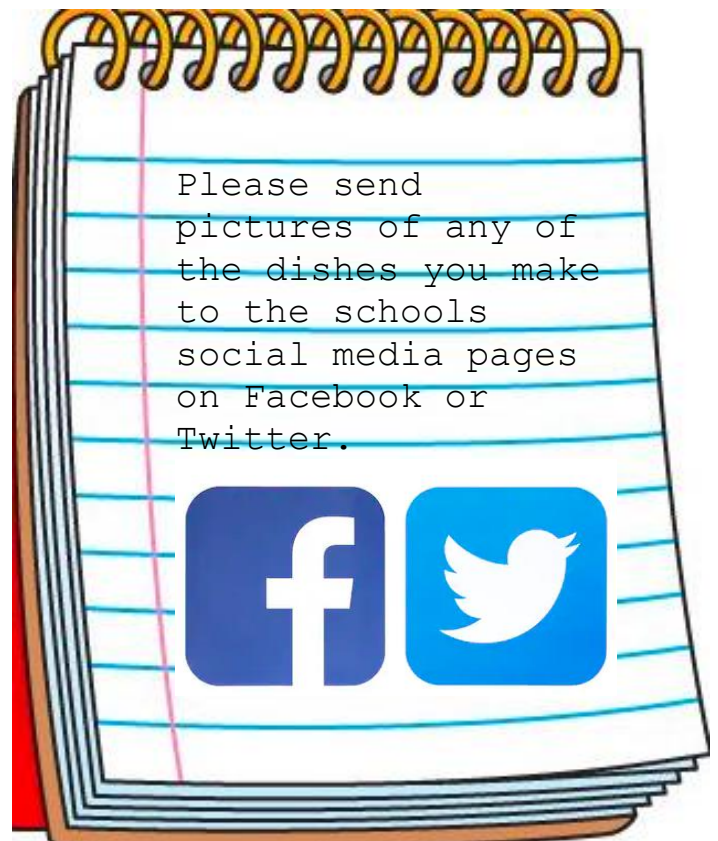




**SOUTH WIRRAL HIGH SCHOOL**  
A Visual & Performing Arts, Maths & Computing College

# Lockdown

# Recipes 2



# Chilli con carne recipe



## Method

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1. Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square. The easiest way to do this is to cut the onion in half from root to tip, peel it and slice each half into thick matchsticks lengthways, not quite cutting all the way to the root end so they are still held together. Slice across the matchsticks into neat dice.
2. Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop. Peel and finely chop 2 garlic cloves.
3. Start cooking. Put your pan on the hob over a medium heat. Add 1 tbsp oil and leave it for 1-2 minutes until hot (a little longer for an electric hob).
4. Add the onion and cook, stirring fairly frequently, for about 5 minutes, or until the onion is soft, squidgy and slightly translucent.
5. Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.
6. Give it a good stir, then leave it to cook for another 5 minutes,

## Ingredients

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- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tbsp oil
- 1 heaped tsp hot chilli powder (or 1 level tbsp if you only have mild)
- 1 tsp paprika
- 1 tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- ½ tsp dried marjoram
- 1 tsp sugar (or add a thumbnail-sized piece of dark chocolate along with the beans instead, see tip)
- 2 tbsp tomato purée
- 410g can red kidney beans
- plain boiled long grain rice, to serve
- soured cream, to serve

stirring occasionally.

7. Brown 500g lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince.

8. Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits. Make sure you keep the heat hot enough for the meat to fry and become brown, rather than just stew.

9. Make the sauce. Crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.

10. Add a 400g can of chopped tomatoes. Tip in ½ tsp dried marjoram, 1 tsp sugar and add a good shake of salt and pepper. Squirt in about 2 tbsps tomato purée and stir the sauce well.

11. Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.

12. Check on the pan occasionally to stir it and make sure the sauce doesn't catch on the bottom of the pan or isn't drying out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough. After simmering gently, the saucy mince mixture should look thick, moist and juicy.

13. Drain and rinse a 410g can of red kidney beans in a sieve and stir them into the chilli pot. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.

14. Taste a bit of the chilli and season. It will probably take a lot more seasoning than you think.

15. Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes before serving. This is really important as it allows the flavours to mingle.

### **HOMEMADE TORTILLA CHIPS & DIP**

#### **Ingredients**

2 Wraps

1 tsp oil

Salt/Pepper/Paprika



To make the Nachos spray the tortilla wraps with low calorie cooking spray, sprinkle on paprika and a pinch of salt. Divide the wrap into 8 triangles and place under the grill for 1/2 minutes on each side. (WATCH CAREFULLY). To make the dip mix two tablespoons of yogurt and chopped chives together.



## STICKY SAUSAGE HOT DOGS

# Glazed honey & mustard sausages



## Method

1. Preheat the oven to 200C/Gas 6/fan oven 180C. Pour the oil into a large roasting tin and heat in the oven for 3-4 minutes. Tip the sausages into the roasting tin and toss to lightly coat in the oil. Roast for 20-25 minutes or until browned and cooked through.
2. Drain the sausages well on kitchen paper, then tip them into a clean roasting tin. Blend the honey and mustard together in a small bowl, pour over the sausages and stir and shake them so they become coated. Return to the oven for 5 minutes, turning them over halfway. Serve hot or warm, with cocktail sticks and little pots of ketchup and mustard for dipping.
3. Prepare ahead: you can roast the sausages the day before, cool them on kitchen paper and then just keep them in a plastic container in the fridge overnight. Toss in the honey and mustard mix and reheat for 10-12 minutes in the oven before serving.
4. Stagger the cooking: heat half the sausages through in half the honey and mustard mix just before your guests arrive, then do the other half just as this first batch runs out.

Serve with a Hot Dog roll and salad.

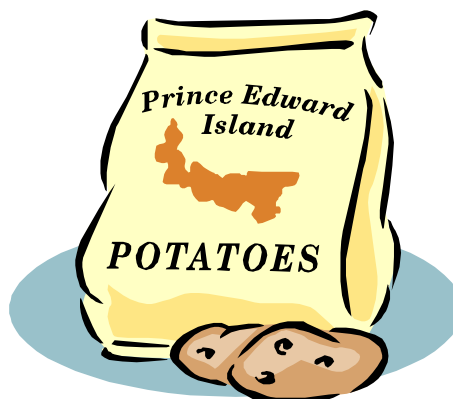
## Ingredients

- 2 tbsp sunflower oil
- 48 cocktail sausages, separated if linked
- 3 tbsp clear honey
- 3 tbsp wholegrain or Dijon mustard
- ketchup and mustard, to serve

## POTATO WEDGES

### Ingredients

1 large potato (cleaned)  
½ - 1 tsp dried herbs or spices  
1 tbsp oil  
Plastic food bag



### Process:

1. Put 1 tablespoon of oil into your food bag along with your choice of herbs/spices
2. Cut the potato in half and then into narrow wedges
3. Put the wedges into the plastic bag and shake well to make sure they are coated in oil and flavouring
4. Tip the wedges onto a greased baking tray and bake in the oven at 220°C gas mark 9 for 15-20 minutes until golden brown.



## HOMEMADE TAKEAWAY CHICKEN

### Ingredients

850g chicken thighs and drumsticks, skinned  
150ml buttermilk  
2 cloves garlic, crushed  
1 tbsp lemon juice  
½ tsp freshly ground black pepper  
100g cornflakes, crushed  
1 tbsp dried oregano  
½ tsp cayenne pepper  
4 tbsp light mayonnaise  
2 tbsp fresh chives, snipped



\*Swap the buttermilk for natural yogurt.

- 1** Place the chicken thighs and drumsticks in a large shallow dish. Mix together the buttermilk, garlic, lemon juice and black pepper and pour over the chicken. Turn the chicken portions to coat in the buttermilk and cover and marinate in the fridge for at least 1 hour.
- 2** Preheat the oven to 200°C/gas mark 6. Mix the crushed cornflakes with the oregano and the cayenne pepper and spread out on a large flat plate.
- 3** Lift each chicken portion from the marinade, shaking off any excess. Roll in the cornflake mixture, pressing down well to completely coat. Place on a large baking tray lined with greaseproof paper.
- 4** Bake in the oven for 35-40 minutes until the chicken is cooked through (the juices should run clear when the flesh is pierced with the tip of a knife) and the cornflake crust is crisp and golden. Cover loosely with foil if the crust starts to over-brown before the chicken is cooked.
- 5** Mix the mayonnaise with the chives in a small bowl. Serve the chicken with the chive mayonnaise.

MEATBALLS IN TOMATO SAUCE - The Usborne Beginners Cook Book, we have in school. I can send photo if you are not going in. Served with pasta.

## Crumbly chicken & mixed vegetable pie



### Method

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1. Heat oven to 200C/fan 180C/gas 6. Peel and chop the onion as finely as possible. Melt the butter in the pan over a medium heat. Add the chopped onion and leave to cook for 5 mins, stirring occasionally. Finely slice the mushrooms and add them to the pan with the onions.
2. When the onions and mushrooms are almost cooked, add the flour to the pan and stir to make a thick paste called a roux. Crumble the stock cube in and stir well. Continuously stir the roux over a low heat for 2 mins to cook out the flour. This stops the sauce from having a starchy taste.
3. Slowly add the warm milk to the pan, stirring all the time. Once all the milk has been added, season with salt, pepper, nutmeg and mustard powder. Add the bay leaf and bring to the boil, stirring all the time to stop the sauce becoming lumpy.
4. When the sauce has thickened, add more milk or water as necessary to get the desired consistency, bring to the boil, then turn

### Ingredients

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- 1 onion
- 40g butter
- 100g button mushroom
- 40g plain flour, plus extra for dusting
- 400ml milk, warmed
- 1 chicken stock cube
- pinch nutmeg
- pinch mustard powder
- bay leaf
- 250g cooked chicken
- 200g mix of sweetcorn, peas, chopped, peppers, broccoli, carrots or other veg
- 250g shortcrust pastry
- 1 egg, beaten or milk, for glazing



down to a very low heat. Chop the cooked chicken into even-sized pieces and add to the sauce. Add your veg and pour into the pie dish.

**5.** Put the pastry on a clean, floured surface. Make sure you also dust the rolling pin with flour. Roll out the pastry, trying not to make any tears. Measure the pastry against the pie dish and once the pastry is slightly larger than the top, lift it carefully over the dish. It might be helpful to use the rolling pin to help you move the pastry. Trim off the pastry hanging over the edge of the dish. Press the outside edge of the pastry with a fork or your fingers to make a nice pattern.

**6.** Brush the top of the pie with beaten egg or milk. Make a small hole in the centre of the pastry top to allow the steam to escape. You can use any leftover pastry to decorate the top of the pie with pastry shapes if you like. Place the pie in the oven for 25 mins. It is ready when golden brown.

## Easy rocky road



## Method

1. Grease and line an 18cm square brownie tin with baking paper.
2. Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps. Set aside.
3. In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.
4. Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients (dried fruit, nuts, popcorn, honeycomb), if you like, and stir into the chocolate mixture until everything is completely covered.
5. Tip the mixture into the lined baking tin, and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

## Ingredients

200g digestive biscuits (Rich Tea can also be used)

135g butter or margarine

200g dark chocolate (70% cocoa works best)

2-3 tbsp golden syrup

100g mini marshmallows (chopped regular marshmallows work too)

icing sugar, to dust

### Optional (up to 100g)

raisins, dried cranberries or any dried fruit

nuts

popcorn

honeycomb, broken into pieces

Icing sugar and extra ingredients like sweets, raisins etc optional if you have them. Decorate the Rocky Road.

# Fresh Fruit Salad

## Ingredients

- 5 Fruits: Maybe:
  - 2 Exotic Fruits (Pineapple, Sharron, Papaya, Etc)
  - 2 'Everyday' Fruits (Apples, Pears, grapes, Etc)
  - 1 Tinned Fruit (Cherries, Mandarins, Pears, Etc)
- 1 cup of Fresh/Pure Orange Juice
- Water proof Container with lid.



## Method:

Wash all fruits.

Chop into bite size pieces and place into a bowl with the orange juice. The orange juice has an acidic property that stops the fruit from turning brown.

Mix fruit well so that you can see the colours.

Serve straight away.

*TIP – If you have Jelly, make Jelly according to pack instruction and add some fruit to the cooled mixture. Leave to set in the fridge overnight and you will have Jelly Fruit pots in the morning.*