

Recipes



Vegetable Soup

Vegetable Soup



From the garden



to the classroom.

Ingredients

1 Leek 3 Carrots Parsley

1 Onion 1 Parsnip 1 Turnip

Salt & Pepper Vegetable Stock

Equipment

Sharp Knife Pan Spoon

Chopping Board Cooker

4. Bring the soup back to the boil and serve.

Enjoy your vegetable soup with some crusty bread and butter.

Preparation

1. Chop all of the vegetables and put them in a pan and cover with water.

2. Place the pan on the hob and bring to the boil.

3. Add the vegetable stock and parsley and simmer for 5 minutes.

Rhubarb Crumble

 
Rhubarb Crumble


From the garden


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Ingredients

 100g Sugar

 140g Flour

 85g Butter

 500g Rhubarb



Equipment





 Spoon





 Pan





 Dish

 Oven


Preparation

1    
1. Put the rhubarb and sugar in a pan and cook on a low heat for 15 minutes.

2    
2. Rub the flour, sugar and butter together with your hands in a bowl until you have a crumble.

3    
3. Put the rhubarb in an oven proof dish, put the crumble mix on top of the rhubarb.

4     **200**
4. Bake the rhubarb crumble in the oven at 200 degrees for 30 minutes.

  
Enjoy your rhubarb crumble with some custard.



Vegetable Curry

vegetable curry



From the garden



to the classroom



ingredients

1 tomato and tomato puree	salt and pepper	2 green peas
250g mixed vegetables	1 vegetable stock cube	3 tablespoons of curry powder
1 onion	340ml water	fresh coriander

Equipment

sharp knife	wooden spoon	chopping board
saucepan	tablespoon	

Preparation

1. In a large saucepan heat oil and toast onion and garlic until golden.

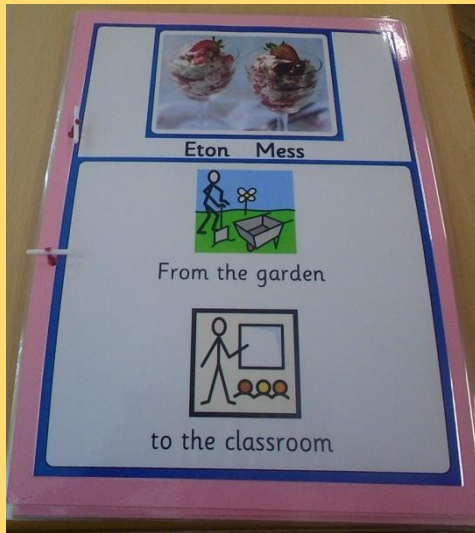
2. Stir in curry powder and tomato puree, cook for 2-3 minutes.

3. Stir in tomatoes, stock cube, mixed vegetables, water, a pinch of salt and pepper then cook for 20-30 minutes until well done.

4. Sprinkle with fresh coriander and serve.

Now enjoy your curry.

Eton Mess



Pan Haggerty

Pan Haggerty









From the garden



to the classroom.



Ingredients



-  Cheese 115g
-  Butter 125g
-  Potatoes 450g
-  Salt
-  Onion 250g
-  Pepper




Equipment

-  Pan
-  Cooker
-  Knife
-  Scales
-  Spoon

Lets Start Cooking

  Heat the oven to 190 degrees.

  Melt 40g butter in a frying pan.

 Cook 250g of sliced  onions in the melted butter. 

 In an oven  proof frying pan  melt 40g butter then  remove the pan  from the heat.

 Slice 450g of potatoes  and arrange a layer of the potatoes  in the frying pan.

Add a layer of  onions  on top of the potatoes and then  a layer of cheese.

Season with  salt and  pepper.