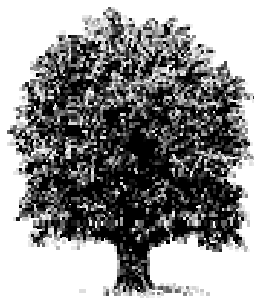


Holsworthy Community College

Recipe Booklet



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Vegetable Soup

1 onion
1 potato
500g vegetables (e.g. carrots, parsnip, swede, tomatoes etc. Use a mixture of up to 3 according to taste)
1 tablespoon oil or 25g margarine
750 ml water
1 stock cube
Salt and pepper (available from school)
A container with a tight fitting lid, which will hold at least a litre of liquid.

Method

1. Peel all vegetables, finely chop onion and dice vegetables.
2. Fry all vegetables in the oil until are glossy and translucent.
3. Add water, stock cube, salt and pepper, bring to the boil and simmer for about 25 minutes or until all the vegetables are soft.
4. Leave soup to cool slightly and then blend in a liquidizer until smooth.

Hot Water Crust Pastry

350g plain flour
125g lard or white vegetable fat
150ml water or milk and water mixed
Pinch of salt
Egg to glaze

Fillings

Pork pie
350g diced pork
or 225g diced pork and 125g bacon chopped

Pork and apricot pie
As above but add 75g dried apricots

Sausage meat pie
350g sausage meat
(You could also add some boiled eggs)

Turkey and cranberry
350g diced turkey
50g dried cranberries

Vegetarian
2 or 3 courgettes sliced and lightly fried
3 tomatoes sliced
100g mushrooms lightly fried
3 eggs sliced
Or any other combinations of vegetables

Method

Sieve flour and salt into bowl.
Heat fat and water in a pan until it reaches boiling point.
Pour into the flour and mix with a round bladed knife until it forms a dough.
Turn onto a floured surface and knead gently till smooth.
Cut off $\frac{1}{4}$ of the dough. Line a 18cm tin with the remaining dough, pressing it around the tin with your hands.
Fill the lined tin with your chosen filling.
Roll or pat out dough to form a lid. Wet edges and place on top of pie, seal edges.
Decorate.
Glaze with egg and bake in a moderate oven Gas 4, 180° for 1 - 1½ hours until golden brown.

Cornish Pasties

Shortcrust pastry

500g plain flour
100g lard or white flora
100g block margarine
Cold water to mix

Filling

200g chuck steak \ skirt or pasty beef

1 large onion
1 large potato
1 small swede

(Vegetarian - change beef for cheese, Quorn or pulses.)

Method

1. Light oven Gas 5, 190° C.
2. Peel and chop onion, potato and swede into 1 cm dice. Keep mixed in a bowl of cold water.
3. Trim fat from meat and chop into 1 cm cubes. (Grate cheese)
4. Rub fat into flour until it looks like breadcrumbs stir in cold water 1 tbsp at a time mixing with a round bladed knife until it forms a dough.
5. Divide the pastry into 4.
6. Roll out each piece into a circle 20 cm in diameter.
7. Place a quarter of the meat and vegetables on one half of the circle of pastry.
8. Wet the edges of the pastry with water, fold the pastry over and seal the edges and crimp.
9. Place on a baking tray and bake in the oven for 30 -35 minutes.

Mince or Fruit Pies

Shortcrust pastry

300g plain flour
75g block margarine
75g lard or white vegetable fat
1 jar of mincemeat or 1 tin of pie filling

Method

Light oven Gas 5, 190°C. Grease a bun tin.

Make shortcrust pastry (Rub fat into sieved flour, until it resembles breadcrumbs, add cold water a tablespoon at a time mixing with a round bladed knife until a dough is formed.)

Divide pastry into two, one half being slightly larger than the other.

Roll out the larger half to a 3mm depth, then using a 8cm pastry cutter, stamp out the bases of the pies.

Line each of the wells with a circle of pastry.

Fill each case with 2 tsp of mincemeat or pie filling, (be careful not to over fill).

Roll out the remaining pastry, and stamp out tops using a 6cm pastry cutter.

Bake for 20-25 minutes until they are a light golden brown.

Sausage Rolls using Puff Pastry

1 packet of puff pastry
Same weight of sausagemeat
1 egg to glaze

Method

Roll out the pastry into a rectangle 30cm x 25cm. Cut into 2 lengthwise.

Divide the sausagemeat into two, roll each length to the same length as the pastry.

Place on the pastry slightly to one side of centre, wet edges and fold one edge over to meet the other, seal and trim edges.

Cut into equal sized lengths, place on a baking tray and glaze with beaten egg.

Place in a hot oven Gas 7, 220°C for 20 minutes, until risen and golden brown.

Sausage Rolls using Flaky Pastry

Flaky pastry
225g strong plain flour
75g block margarine
75g lard or white vegetable fat
Pinch of salt
150ml water
1 tsp lemon juice
200g sausagemeat

Method

Mix the two fats on a plate so that they are evenly distributed in the pastry. Divide into 4.
Sieve flour and salt into a bowl, and rub in one quarter of the fat.
Add all the liquid at once and mix to a soft elastic dough.
Roll out the pastry into a rectangle, three times as long as it is wide. Mark it into 3 squares.
Divide one quarter of the fat equally onto the top two thirds of the rectangle.
Fold the bottom third to the middle and the top third to the bottom.
Seal edges. Give the pastry a quarter turn and roll out to a rectangle, repeat the process until all the fat has been used.
Fold and roll 2-3 times more. Leave the pastry to rest in the fridge for 10 minutes.
Roll out the pastry into a rectangle 30cm x 25cm. Cut into 2 lengthwise.
Divide the sausagemeat into two, roll each length to the same length as the pastry.
Place on the pastry slightly to one side of centre, wet edges and fold one edge over to meet the other, seal and trim edges.
Cut into equal sized lengths, place on a baking tray and glaze with beaten egg.
Place in a hot oven Gas 7, 220°C for 20 minutes, until risen and golden brown.

Quiche Lorraine

Shortcrust pastry
150g plain flour
Pinch of salt
40g block margarine
35g lard or white flora
Filling
1 onion
50g bacon
3 eggs
150ml milk
50g cheese
50g mushrooms (optional)
1 tomato (optional)

Method

Light oven, Gas 5, 190°C. Place the shelf just above the centre. Grease a 20cm flan dish \ ring.
Make shortcrust pastry. Rub fat into flour until it resembles breadcrumbs, add cold water a tablespoon at a time, mixing with a round bladed knife until a dough is formed. Knead gently on a floured worksurface until smooth.
Roll out pastry to 5-7cm larger than the flan dish. Line the dish.
Cut the rind off the bacon and cut into small pieces. Fry the bacon. Chop the onion and add to the bacon.
Wash and chop the mushrooms and fry lightly. Grate the cheese.
Put the bacon, mushrooms and cheese into the flan.
Beat the eggs, milk and a little salt and pepper. Pour into the flan.
Slice the tomato and arrange on top.
Bake for 25 -30 minutes until golden brown and set.
You may add or leave out filling ingredients other than the eggs and milk.

Red Pepper and Goats Cheese Quiche

Shortcrust pastry
150g plain flour
Pinch of salt
40g block margarine
40g lard or white flora
water to mix
Filling
1 onion
2 eggs
250ml $\frac{1}{4}$ milk
Goats' cheese
1 red pepper

Method

Light oven, Gas 5, 190°C. Place the shelf just above the centre. Grease a 20cm flan dish \ ring.
Make shortcrust pastry. Rub fat into flour until it resembles breadcrumbs, add cold water a tablespoon at a time, mixing with a round bladed knife until a dough is formed. Knead gently on a floured worksurface until smooth.
Roll out pastry to 5-7cm larger than the flan dish. Line the dish.
Peel the onion cut into slices. Fry the onion until it caramelises.
Slightly fry the pepper
Beat the eggs, milk and a little salt and pepper. Pour into the flan.
Put our cheese on top
Bake for 25 -30 minutes until golden brown and set.

Cheese and Potato Bake

750g/ 1 $\frac{1}{2}$ lb potatoes
1 egg
50g/2oz butter or margarine
Salt and pepper
2 tbs milk
2 tomatoes
150g/6oz cheese
100g/4oz bacon
1 or 2 onions (depending on size)

Method

1. Light oven Gas 6, 200°C
2. Peel the potatoes, cut into even sized pieces. Put in a pan and cover with cold water and bring to the boil and simmer until soft.
3. Drain the potatoes, then mash with milk, butter, salt and pepper
4. Grate the cheese, add half to the mashed potato
5. Beat the egg in a small bowl and then mix into the mashed potato
6. Peel and chop the onion finely, add to the potato
7. Place the potato mixture in an ovenproof dish
8. Chop the bacon and sprinkle over the top of the potato
9. Slice the tomato thinly and arrange on top of the potato attractively
10. Sprinkle over the remaining cheese and bake in the oven for 20-30 minutes until golden brown.

Chicken and Mushroom Pie

Shortcrust pastry

250g plain flour
Pinch of salt
60g margarine
60g lard or white vegetable fat
200g cooked chicken
100g mushrooms
15g margarine
Sauce
250ml milk
25g margarine
25g plain flour
Salt and pepper

Method

Light oven Gas 6, 200°C. Grease an ovenproof plate about 20cm in diameter.
Wash the mushrooms, chop and fry in the margarine for about 5 minutes.
Make the sauce. Put all the ingredients into a small pan, bring to the boil whisking all the time. Simmer until thick.
Stir in the chopped chicken and mushrooms.
Make the pastry. Rub the fat into the flour until it resembles breadcrumbs, add water a tablespoon at a time mixing with a round bladed knife until a dough is formed.
Divide the pastry into two, use half to line the plate.
Add the chicken filling then cover with the other half of the pastry.
Decorate the pie using the left over pastry.
Brush with beaten egg or milk.
Bake for 25 -30 minutes until golden brown.

Pie using a White Sauce

1 packet of puff pastry or shortcrust(500g) (you could make your own if you prefer, rub in to breadcrumb stage then bring in and add water at school.)
1 egg to glaze
White sauce
250ml milk
25g margarine
25g flour
Salt and pepper
Own choice of filling (Cooked meat, fresh or tinned fish, cheese and vegetables)
1 20cm -30cm pie dish or ovenproof plate.

Method

Light oven Gas7, 220°C. (Gas 5, 190°C for shortcrust)
Prepare and cook any vegetables either by frying or boiling, cut up meat or fish.
Make white sauce, using all in one method. (Add all ingredients to the pan, whisk over a high heat until thick.)
Add filling ingredients to the sauce.
Divide pastry into two. Roll out one half and line plate or dish.
Put filling in.
Roll out remaining pastry, wet edges, cover and seal. Trim edges and decorate.
Glaze with beaten egg and cook for 25-30 minutes until golden brown.

Sausage plait

Packet of puff pastry or make your own shortcrust

500g sausage meat or same weight as pastry

1 onion

2/3 eggs

1 tsp mixed herbs

Salt and pepper

Beaten egg and milk for top

Vegetarian alternatives

White or cheese sauce (250ml milk, 25g plain flour, 25g margarine or butter)

Mixed vegetables of own choice.

100g cheese

Or

Roasted Mediterranean vegetables- onion, courgette, peppers, aubergine, cherry tomatoes, garlic.

1 block feta cheese.

Method

- Place eggs in a pan of water, bring to the boil and simmer for 10 minutes until hard boiled.
- Light the oven, Gas 7, 220~C. Place shelf above the centre. Grease a baking tray.
- Finely chop onion, mix into the sausage meat with the herbs and seasoning.
- Roll out the pastry to a rectangle, about 30cm x 20cm (12" x 8").
- Place half the sausage meat mixture down the centre of the pastry. Slice hard boiled eggs and place on sausage meat, cover with remaining sausage meat.
- Cut the edge of the pastry diagonally into 2cm/1" strips.
- Fold the ends of the pastry over the meat, then fold over alternate sides. Place carefully on the baking tray.
- Brush with beaten egg and milk, then bake for 15 minutes. Turn the oven down to Gas 5, 190C and bake for a further 30 minutes.
- Serve either hot or cold, with a salad.

Serves about 4

Scotch Eggs

500g sausage meat

5 eggs

1 packet breadcrumbs

Vegetarian option

150g red lentils - boil until soft (approx 20- 30 mins)

1 onion finely chopped

100g walnuts finely chopped

100g fresh breadcrumbs

1 tbsp tomato puree

Mix all ingredients together

Method

Boil 4 of the eggs for 10 mins until hard boiled, cool and peel.

Beat remaining egg in a small bowl. Place breadcrumbs on a sheet of greaseproof paper.

Divide sausage meat into 4.

Wrap sausage meat around eggs.

Dip into beaten egg.

Roll in breadcrumbs.

Place on a baking sheet and bake in 180°C Gas 4 for 30- 35 mins. Turning once.

Falafel - Chick Pea Burgers

1 can chick peas
1 tsp ground coriander }
1tsp ground cumin } or 1tsp curry powder
1tbsp chopped fresh coriander or parsley
1 clove garlic or 1tsp garlic paste
1 onion
1 egg

Method

1. Drain chick peas, put into food processor with spices, herbs and garlic.
2. Blend until fairly smooth
3. Place in a bowl and grate in onion.
4. Beat the egg and add to mixture, mix well.
5. Shape into burgers
6. Chill and then fry in oil, turning once until golden brown.

Curry

Ingredients.

500g Chicken, Turkey, quorn or vegetables
1 tbsp cooking oil
1 large onion
2 cloves garlic (optional)
1 tbsp ginger
1 green pepper }
2 potatoes }
1 large cooking apple }
100g mushrooms }
1 level tbsp curry powder
1 tin coconut milk or plain yoghurt

Add all or some according to taste.

Method

Finely chop onion and crush garlic.

Peel and dice potatoes, dice pepper and apple and slice mushrooms.

Heat oil in a pan and lightly fry quorn. Remove.

In remaining oil fry onions, garlic and ginger until soft.

Add remaining vegetable and fry for 2-3 minutes.

Stir in curry powder add coconut milk.

Bring to boil and simmer for 30-40 minutes until quorn is cooked (may need to add a little water if curry appears dry).

Risotto

Here is a basic recipe for risotto for one person. Adapt the recipe to make it suitable for your own family. State the type of meat or protein substitute and the vegetables you will use.

Ingredients

50g meat or protein substitute
1 dessertspoon of cooking oil (increase 1 spoon for every 2 people)
50g long grain or risotto rice
 $\frac{1}{2}$ small onion
75g vegetables
125ml hot water
 $\frac{1}{4}$ stock cube
Salt and pepper.

Method

Peel and chop the onion and vegetables.
Fry onions and vegetables in oil until soft.
Dice or chop meat and add to the vegetables. (grill sausages instead as they tend to fall apart when chopped and fried. Cooked meat add later)
Add rice, water and stockcube, bring to the boil, cover with a tight fitting lid and simmer for 12-15 minutes until the rice is tender and all the water has been absorbed.
(Chop cooked meat and stir in 5 minutes before the end of the cooking time.)

Sweet and Sour

250g - 500g either chicken, turkey, pork or Quorn chopped into 2cm dice or strips
2 tbsp oil
2 onions finely chopped
1 clove garlic
2cm fresh ginger
1-2 green pepper or a mixture of colours
1-2 carrots
200g mushrooms

} optional

Sauce

1 small can pineapple pieces
2 level tbsp sugar (brown or white)
1 tbsp soy sauce (available from school 10p)
1 level tbsp tomato puree or ketchup
1 level tbsp vinegar (any kind)
1 level tbsp cornflour
salt and pepper

Method

Peel and chop all vegetables. Fry in large pan or wok until soft.
Cut up meat and stir fry over high heat for 5 mins.
Drain juice from pineapple into a measuring jug, add enough water to make it 250ml. Add the pineapple to the chicken.
Add all the other ingredients to the jug and mix until smooth. Pour into the pan and bring to the boil, stirring, until the sauce thickens.
Simmer for 5 minutes with the lid on, Stirring occasionally.

Serve with rice.

Stew

1 onion
3 carrots
1 small swede
2 parsnips
2 large potatoes
3 sticks of celery
1 clove garlic
1 tsp mixed herb
25g fat or 2 tbsps oil
500g stewing steak, chicken, pork or neck of lamb
25g plain flour
300ml water
1 stock cube
Seasoning

Vegetarian option - Leave out meat, add more vegetables or Quorn or TVP.

Method

Cut the meat into 3cm cubes. Roll in seasoned flour to coat it.

Peel and chop onion, peel swede, parsnips, potatoes and carrots.

Slice carrots, chop swede, parsnips and potatoes into pieces.

Wash celery and thinly slice. Crush garlic.

Heat the oil or fat in a large saucepan and add the vegetables and fry lightly over a gentle heat until onion has softened.

Add the meat and continue to cook until the meat has browned on all sides.

Add the stock cube and water, herbs and a little salt and pepper. If the stock does not cover the meat and vegetables add more water until it does.

Bring to the boil and simmer for 1 - 1½ hours. Or transfer to a casserole dish, cover and cook in the oven Gas 4, 180°C for 2 hours.

Curry Chicken or Vegetable

4-6 Chicken thighs

Or a range of vegetables

Or a mixture of both

1 large onion

2.5cm cube of fresh ginger

3 cloves of garlic

1 fresh green chilli (optional)

1 tablespoon ground cumin seeds

2 tsp ground coriander seeds

½ tsp turmeric

¼ tsp chilli powder

½ tsp black peppercorns

½ tsp salt

2 tbsp oil

Either 1 tin tomatoes/ coconut milk or 250ml plain yoghurt

Fresh green coriander (optional)

Method

Peel and roughly chop ginger and garlic and place in a blender with 4 tbsp water. Puree.

Grind cumin, coriander and black peppercorns. Add to garlic and ginger mixture with the turmeric, chilli powder and salt.

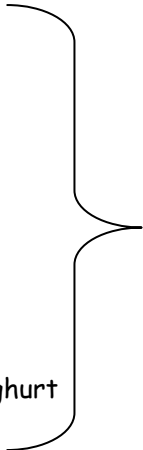
Peel and chop onion finely and thinly slice fresh chilli.

Skin chicken and prepare vegetables.

Heat oil in a pan, fry chicken for a few minutes each side, then remove to a plate.

Fry onion and chilli in remaining oil until soft. Add in made curry paste, cook for 1 minute stirring all the time.

Add tomatoes, yoghurt or coconut milk and bring to the boil. Add chicken and vegetables and simmer for 25 minutes. If it starts to look dry add a little water.



Can be purchased from school

Fish Cakes

250g fish (salmon, cod, haddock or tinned fish)

500g potatoes

25g butter or margarine

Salt and pepper

25g flour

2 eggs

1 packet of breadcrumbs or 4-5 slices bread made into breadcrumbs

Optional flavourings - fresh chopped parsley or coriander, lemon or lime zest and juice, grated fresh ginger, chilli etc.

Method

Peel and boil potatoes until soft, steam wet fish on top.

Mash potatoes with butter or margarine.

Add fish and any flavourings, mix well.

Shape into rounds

Coat in flour

Beat eggs in a bowl, place breadcrumbs on a sheet of greaseproof paper.

Dip fish cakes in beaten egg and then toss in breadcrumbs. Chill.

Either fry or brush with oil and bake 200°C gas 6 for 20-25 minutes.

Basic Meat Sauce

1 onion

250g or 500g minced beef/ lamb/pork/ turkey/ quorn or TVP

15g margarine or 1 tbsp vegetable oil

1 rounded tbsp plain flour

1 large can tomatoes

100ml water

1 stock cube

Salt and pepper

Optional

100g mushrooms

1 green pepper

1 carrot

1 clove garlic

1 tsp mixed herbs

Method

Peel and chop onion, carrot, crush garlic and slice or dice pepper.

Fry onion, carrot, pepper and garlic in oil or margarine until soft.

Add meat and cook stirring until brown.

Stir in the flour, then add the tomatoes, stock cube, seasoning and water.

Bring to the boil and simmer for 25 minutes.

This recipe can be used to create different recipes e.g.

Shepherds pie- 1000g potatoes, 25g margarine or butter, 2tbsp milk

Spaghetti Bolognese - 50g spaghetti per person

Chilli con carne - 1tsp chilli powder, 1 tin red kidney beans

Shepherds pie - Peel and quarter the potatoes. Place in a pan and cover with water and boil for 20 minutes until cooked. Drain and mash with the milk and butter. Place meat sauce in an ovenproof dish and pipe or spread potato over the top. Bake in oven Gas 6, 200°C for 25 minutes until brown.

Spaghetti Bolognese- Bring a large pan of salted water to the boil, add spaghetti and simmer for 10-12 minutes.

Chilli con carne - Add chilli powder and beans after adding stock or tomatoes.

Pasta

Homemade pasta

250g strong plain flour

2 eggs

2 tsp oil

$\frac{1}{2}$ tsp salt

1 tbsp water

Method

Place all ingredients in a food processor and blend for 2 minutes.

Using a pasta machine roll out the dough until smooth and thin.

Cut into the desired shapes.

To cook, simmer in boiling water for 2-3 minutes. Use as required.

Pasta Bake

200g pasta twirls/shells/macaroni

100g cheese

Tomato sauce ingredients

1 medium can tomatoes

15g margarine

1 onion

Salt, pepper

Level teaspoon of sugar

2 rashers of bacon (optional) Vegetarian option - replace with either a pepper or 100g mushrooms

Method

1. Peel and chop the onion. Chop the bacon

2. Melt the margarine in a small pan, fry the onion and bacon (if using) gently until softened (about -10 minutes).

3. Add the can of tomatoes, bring to the boil and simmer gently for about 20 minutes until cooked.

4. In a large saucepan put the pasta and cover with water. Bring to the boil and simmer for 12-15 minutes depending on the pasta.

5. Drain the pasta in a colander. Return to pan.

6. Check the flavour, and add the salt, pepper and sugar as required. 7. Mix sauce and pasta and place in an ovenproof dish.

8. Grate cheese on top and bake in oven Gas 5 190°C for 20-25 minutes until cheese is golden brown. .

Savoury Cheese Muffins

225g self raising flour

50ml oil

175 ml semi-skimmed milk

1 egg

100g Cheddar cheese

1 courgette (optional)

Black pepper

Method

1. Preheat oven to 200°C or gas mark 6.

2. Place the muffin cases in the muffin tin.

3. Cut the ends off the courgette.

4. Grate the courgette and cheese.

5. Mix all the ingredients together to form a smooth batter.

6. Divide the mixture equally between the muffin cases using 2 spoons.

7. Bake for 20 minutes, until golden.

8. Allow to cool on a cooling rack.

Lasagne

1 packet lasagne sheets

Basic tomato and meat sauce

1 onion

1 clove garlic

500g minced beef

15g margarine or 1 tbsp vegetable oil

1 rounded tbsp plain flour

1 large can tomatoes

1tbsp tomato purée

100ml water

1 stock cube

Salt and pepper

White sauce

400ml/ $\frac{3}{4}$ pint milk

35g/ $1\frac{1}{2}$ oz margarine

35g/ $1\frac{1}{2}$ oz flour

Topping

100g cheddar cheese or 25g parmesan cheese grated or a mixture

1 ovenproof dish (30cm x 20cm or equivalent capacity)

Method

Light oven Gas 6, 200°C.

Peel and chop onion and crush garlic.

Fry onion and garlic in oil or margarine until soft.

Add meat and cook stirring until brown.

Stir in the flour, then add the tomatoes, tomato purée, stock cube, seasoning and water.

Bring to the boil and simmer for 25 minutes.

Make white sauce either using all- in- one or roux method.

Assemble lasagne with alternate layers of lasagne sheets, meat and cheese sauce ending with lasagne sheets covered with white sauce.

Sprinkle cheese on top and bake for 30- 40 mins.

Pizza

250g/ $\frac{1}{2}$ lb strong plain flour or strong wholemeal flour

$\frac{1}{2}$ tsp salt

15g/ $\frac{1}{2}$ oz margarine

15g / $\frac{1}{2}$ oz fresh yeast (can buy from school-10p) or 1 sachet dried yeast

150 ml / $\frac{1}{4}$ pt milk or water

1 tube of tomato puree or jar of pizza topping or pasta sauce

100g -150g cheese (cheddar, mozzarella)

Toppings of your own choice

1. Light oven Gas 7, 220 C.
2. Make bread dough as above. When kneaded roll out bread dough into circle to fit baking /pizza tray. Bake for 5 mins then remove for a thin and crispy base, leave to rise for 20 mins then bake for 5 mins for a deep pan base.
3. Spread tomato topping over base leaving a cm rim.
4. Prepare and toppings.
5. Grate or slice cheese and sprinkle or arrange on top.
6. Bake for 10 -20 mins until base edges are light golden brown.

Chicken or Pork with Orange Sauce

4 chicken pieces(breast or thigh skinned) or pork chops
1 clove garlic
1 tsp soy sauce
1 onion
1 pepper or mixed peppers
100g mushrooms
1 tsp tomato puree or ketchup
1 level tbsp cornflour
2 oranges or 6 tbsp orange juice

Method

Light oven Gas 5 190°C.

Skin chicken and place in bowl .

Peel and crush garlic, sprinkle over chicken with the soy sauce and grated orange zest.

Leave to marinate for 20 mins.

Peel and finely chop onion, slice peppers and mushrooms and lightly fry in oil until soft.

Place chicken/ pork and vegetables in a baking dish cover with a lid or foil and cook for 20 - 30 minutes until cooked.

Blend cornflour with orange juice, tomato puree or ketchup. Pour into sauce pan with meat juices from cooked chicken. Bring to the boil, stirring all the time until the sauce has thickened.

Pour over chicken or pork and serve with either rice or potatoes and green vegetables.

Scones

250g S.R flour or plain flour +4 level teaspoons (5ml) baking powder
50g Margarine or butter
125ml milk

Method

1. Light the oven, Gas 7, 220°C. Position the shelf at the top of the oven.
2. Sieve the flour into a bowl. Rub in the margarine.
3. Pour in the milk gradually; mix with a round bladed knife until you have a soft but not sticky dough.
4. Turn onto a floured surface and lightly knead.
5. Roll out, the dough must be at least 1cm thick.
6. Using a biscuit cutter, stamp out the scones and place on a baking tray.
7. Bake for 12-15 minutes until golden brown.
8. Cool on a wire tray.
9. Serve with jam and cream.

Varaitions

Fruit scones - add 75g fruit and 25g sugar before adding milk.

Cheese scones - add 75g grated cheese before adding milk

Gingerbread

Ingredients

250g plain flour
1 rounded tsp ground ginger
1 level tsp mixed spice
1 level tsp bicarbonate of soda
50g sugar (any kind)
100g margarine
150g syrup or treacle
1 egg
125ml milk

Method

Light oven Gas 4, 180° C. Grease and line a 18 x 30 cm tin with greaseproof paper.

Beat the eggs and milk together. Sieve the flour, ginger, mixed spice and bicarbonate of soda into a bowl. Stir in the sugar.

Put the syrup and margarine in a pan and melt without boiling. Pour into the flour and beat well.

Add the egg and milk mixture, adding a little at a time, beating until smooth.

Pour into the tin, and bake for 40 minutes until firm.

Leave in the tin until almost cold, then remove the paper and cut into equal pieces.

Rich Fruit Cake

Ingredients for an 8 inch round (20cm) 7inch square (18cm) cake

900g (2lb) mixed fruit
50g (2oz) glacé cherries
3 tbsp brandy or juice from orange and lemon
225g (8oz) plain flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp grated nutmeg
 $\frac{1}{2}$ tsp mixed spice
50g (2oz) blanched almonds chopped
225g (8oz) soft brown sugar
1 dessertspoon black treacle
225g (8oz) margarine
4 eggs
Grated rind of a lemon
Grated rind of an orange

Method

The night before you make the cake, soak the dried fruit in the brandy or the juice of the orange and lemon.

Light the oven Gas1, 140°C. Grease and line the cake tin.

Cream the margarine and sugar together until light and fluffy.

Beat the eggs in a separate bowl and sieve the flour and spices onto a plate.

Add the eggs a tablespoon at a time with a tablespoon of flour to avoid curdling. When all the flour has been added, fold in the rest of the flour and spices.

Chop the nuts and cherries and stir in with the mixed fruit, lemon and orange rind and the treacle.

Spoon the mixture into the prepared tin and spread out evenly with the back of the spoon. Make a dip in the centre to ensure an even rise.

Tie a band of either newspaper or brown paper around the tin and bake on the lower shelf of the oven for 4-4 $\frac{1}{2}$ hours.

To test whether cooked, pierce with a skewer, if it comes out clean the cake is cooked.

Leave to cool in the tin then remove and wrap in foil or place in an airtight container until you are ready to marzipan.

You may wish to 'feed' with brandy or sherry at odd intervals. Remove lining paper, poke holes in the cake with a skewer and pour on a few teaspoons of brandy and allow to soak into the cake.

Bread

500g / 1lb strong plain flour
1 tsp salt
25g / 1oz margarine
25g / 1oz fresh yeast
300 ml / $\frac{1}{2}$ pt milk or water

Method

Light oven Gas 7, 220 C.

2. Sieve flour and salt into a bowl, rub in the margarine and crumble in the yeast.
 3. Warm the milk or water to blood temperature and add to the flour mixing with a round bladed knife to a soft dough.
 4. Knead the dough on a lightly floured worksurface for 5 minutes until smooth .
 5. Shape either into a loaf or rolls.
 6. Leave to rise until doubled in size, then bake for 10 - 20 minutes depending on the size until golden brown.
- Pies using hot water crust pastry

Chelsea Buns

250g/8oz strong white flour

1/2 level teaspoon salt

15g/1/2oz margarine

125ml 1/4pt milk

15g/1/2oz fresh yeast

1 x 25mg ascorbic acid tablet

Filling

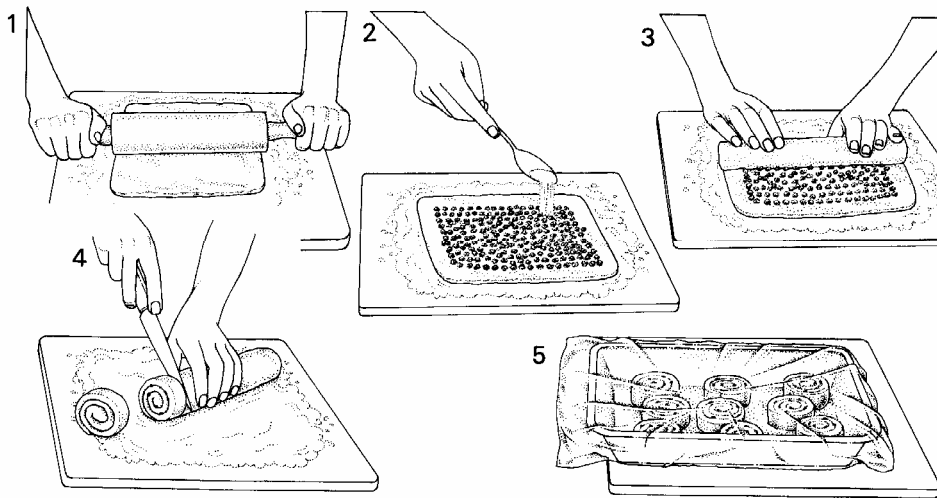
25g/1 oz butter or margarine

75g/3oz currants

25g/1 oz sugar

Method

- 1 Light the oven, Gas 7, 220°C. Place the shelf just above the centre of the oven. Grease a deep-sided roasting tin or Swiss roll tin.
- 2 Put the flour and salt into a bowl, rub in the margarine.
- 3 Crush the tablet, put it into a pan with the milk and stir until it is dissolved. Warm the milk till it is just lukewarm, not hot. Dissolve the yeast in the milk.
- 4 Pour the milk into the flour and mix well. The dough must be soft, so add another 1-2 tablespoons milk or water if necessary.
- 5 Knead the dough for 10 minutes until it is smooth and elastic. Roll out into a square, about 25cm x 25cm (10" x 10") (1).
- 6 Put the butter for the filling into a small pan, warm until melted. Brush it over the dough then sprinkle with the currants and sugar (2).
- 7 Brush the far side of the dough with water, then roll it up like a Swiss roll (3). Cut this into 9 slices and place these into the tin (4). Put into a large polythene bag and leave to rise right to the top of the tin (5).



- 8 Bake for about 20 minutes, turning the oven down to Gas 5, 190°C, if the buns become too brown. If you like, you can ice the buns when they are cooked. Make the icing by sieving 75g/3oz icing sugar and mixing with about 1 tablespoon water. Trickle lightly over the buns.

TASK

Using the above recipe for Chelsea buns develop a new bread product.

1. Brainstorm ideas for both sweet and savoury bread products. The fillings could be changed or the dough adapted.
2. Choose 1 idea and write out a production plan including ingredients (amounts as well) and a flow chart to include making processes.
3. Make your design and evaluate it using a suitable sensory testing method.

Swiss Roll

3 eggs
75g caster sugar
75g SR flour
3-4 tsp jam

Method

Light oven Gas 6, 200°C

Line a swiss roll tin with greaseproof paper and grease the paper.

Sieve the flour onto a piece of greaseproof paper.

Whisk eggs and sugar together until thick and creamy, (you should be able to see a trail of mixture for a slow count of 5).

Add the flour and gently fold in, using a metal spoon, taking care not to destroy too many air bubbles.

Pour into the lined tin.

Bake for 8 - 10 minutes until firm and golden brown. Do not overcook as it will break up when rolled.

While cake is baking, spread the extra sugar onto a piece of greaseproof paper. Warm the jam and place a sharp knife and a palette knife besides the paper.

When the swiss roll is cooked, tip it out onto the paper. Peel off the greaseproof paper and trim the edges of the swiss roll.

Spread the warmed jam over the swiss roll and roll it up using the paper the help you.

Variations.

Chocolate swiss roll - replace 20g of flour with 20g of cocoa.

If you wish to fill with a filling that might melt, you must roll up the swiss roll with a piece of greaseproof paper inside so that it can cool in position and then be unrolled, filled and re-rolled.

Victoria Sandwich Cake

Ingredients

150g S.R flour
150g caster sugar
150g margarine
3 eggs
Jam to sandwich the cake

Method

Light oven Gas 3, 170° C. Grease 2 sandwich tins, 18cm in diameter, and line them with greaseproof paper and grease again.

Cream the margarine and the sugar together until light and fluffy.

Beat the eggs and gradually beat into the mixture adding a tablespoon of flour each time you add egg.

Fold in the rest of the flour.

Divide the mixture equally between the two tins and smooth the tops.

Bake for 30-40 minutes, until firm and golden brown.

Turn on to a cooling rack, leave to cool then sandwich with jam.

Variations

All in one method - All the cake ingredients are added together and beaten until light and fluffy.

Eggs - As eggs vary in size, for best results weigh the eggs and then use the same weight of the other ingredients.

Chocolate- Remove 25g flour and replace with 25g of cocoa.

Lemon Cheesecake

Ingredients

75g (3oz) butter or margarine
175g (6oz) digestive biscuits
15ml (1 level tbsp) gelatine or vege-gel
1 lemon
225g (8oz) cottage cheese or soft cheese
150ml (5fl oz) double cream
75g (3oz) caster sugar
2 eggs (optional)
Fresh fruit for decoration - 20cm or 8" tin or flan dish

Method

Finely crush biscuits in a plastic bag with a rolling pin or in a food processor.
Melt the butter or margarine in a saucepan and mix in the biscuit crumbs. Press into the base of the tin.
Either sieve the cottage cheese or blend in the food processor until smooth. Put into a bowl with the finely grated zest and juice of the lemon.
Lightly whip the cream and add with the sugar to the cheese mixture.
Separate the eggs, adding the egg yolks to the mixture.
Put 4 tbsps of very hot water into a small bowl and sprinkle in the gelatine. Stir until dissolved. Cool slightly and add to the mixture, mixing well.
Whisk the egg whites until stiff and then fold lightly into the mixture. Carefully pour the mixture into the tin and chill.
When set decorate.

Old English Trifle

Ingredients

5 sponge trifles
200g frozen raspberries
2 bananas
Custard-
3 egg yolks
450ml milk
2 tbsp cornflower
300ml double cream
50g almonds

Method

Break up sponges- place in dish
Put thawed raspberries on top
Slice bananas- layer on top of raspberries
Blend egg yolks, sugar and cornflower in saucepan, gradually stir in milk. Heat, bring to boil- stir all the time until thickened.
Pour on top- leave to cool
Whip cream- spread over custard
Toast almonds- sprinkle over cream

Lemon Meringue Pie

150g (6oz) plain flour
100g (4oz) butter
1 egg yolk
20g ($\frac{3}{4}$ oz castor sugar)
2 tsp water

For the lemon filling

2 large lemons
35g ($1\frac{1}{2}$ oz) cornflour
250ml ($\frac{1}{2}$ pint) water
2 egg yolks
75g (3oz) castor sugar

For the meringue topping

3 egg whites
125g (3oz) castor sugar

Method

Preheat the oven to Gas 6, 200°C.

Make the short crust pastry in usual way. Use to line an 8" flan ring, placed on a baking sheet. Prick base with fork and leave in a cold place for 20 minutes. Fill with a piece of crumpled foil or greaseproof paper and baking beans and bake for about 15 minutes. Remove paper and baking beans. Reduce oven temperature to Gas 4 180°C.

Make the filling - put grated lemon rind and juice in a bowl with cornflour. Add 2 tablespoons water and blend until smooth. Boil remaining water and pour it on to the cornflour mixture. Return mixture to the pan, bring to boil and simmer for 3 minutes until thick. Remove from heat and add egg yolks and sugar. Cool slightly then spoon into flan case.

Make the meringue topping - whisk egg whites until they form soft peaks. Add sugar a teaspoon at a time, whisking well after each addition. Pipe or spoon meringue over lemon filling. Bake for 15 minutes.

Lemon Cheesecake

150g / 6oz digestive biscuits
75g / 3oz margarine
225g / 8oz cottage cheese or soft cheese
125ml / 1/4 pint fresh double cream
50g / 2oz caster sugar
1 lemon
25g chocolate to decorate

Method

1. Put the biscuits into a blender to make them into crumbs
2. Melt the butter in a pan, stir in the biscuit crumbs. Use this to line the base of flan case or shallow dish, about 20cm/8" in diameter
3. Whip the cream until thick. Fold in cream cheese into the cream
4. Fold in the sugar, lemon rind, and half lemon juice
5. Spread the mixture over the crumbs
6. Grate chocolate over top and decorate with lemon slices. Chill before serving.

Pineapple Upside-Down Pudding

Serves about 4

1 small can pineapple rings
4 glace cherries
About 2 tablespoons golden syrup
100g/4oz self-raising flour
100g/ 4oz caster sugar
100g/4oz margarine
2 eggs

Method

1. Light the oven, Gas 4, 180°C. Place the shelf in the centre of the oven
2. Grease the tin. Use either a deep 18cm/7" cake tin or a 20cm/8" sandwich cake tin or deep cake tin
3. Cover the bottom of the tin with a thin layer of golden syrup. Drain the pineapple rings and place them on the syrup with half a cherry in the centre of each ring
4. Sieve the flour into a bowl. Add the margarine, sugar, and eggs, and beat well until light and fluffy. Spread this mixture carefully over the pineapples
5. Bake for about 45 minutes until firm. Turn out on to a plate. Serve with either custard or pineapple sauce.

Trifle

5 trifle sponge cakes or 1 plain Swiss roll
1 tin of fruit or 200g frozen raspberries
450ml milk (1 pint)
2 bananas
2 level tablespoons custard powder or 1 packet of whisk & serve custard
1 level tablespoon sugar
300ml double or whipping cream (1/2 pint) (extra cream may be needed if your dish is large)
50g flaked almonds or chocolate or glace cherries and angelica
1 bowl to assemble trifle in.

Method

1. Cut Swiss roll into slices, arrange in the bottom of the bowl (also trifle sponges)
2. Drain fruit reserving 2-3 tablespoons of juice
3. Arrange fruit on top of the sponge slices
4. Slice the bananas and arrange on top of the fruit
5. Put a little of the milk into a jug or basin, add the custard powder and sugar and mix until smooth and lump free. Add the remaining milk
6. Pour into a saucepan, bring to the boil, stirring all the time. When the custard is thick remove from the heat
7. Pour over the fruit and leave to cool
8. In a clean bowl, whisk the cream until thick, then spread over the custard. (This could be piped)
9. Toast the flaked almonds lightly, grate the chocolate, halve the cherries and use to decorate the trifle.

Banoffee Pie

150g Digestive biscuits

75g butter or margarine

1 tin of condensed milk (whole tin boiled for 3 hours) (I usually boil about 3 tins at once, then keep remaining tins in the fridge until I need them)

2-3 bananas depending on size

250ml Double cream

1 tsp instant coffee mixed with 1 tbsp boiling water

18-19" /22-24 cm flan dish

Method

1. Crush biscuits, melt butter or marg in saucepan. Add crushed biscuits and mix thoroughly.
2. Press biscuit mixture into flan dish.
3. Open tin of condensed milk, this should have turned into toffee. Spread over base.
4. Peel and slice bananas and arrange over toffee.
5. Whip cream with coffee until forming soft peaks.
6. Spread over banana, swirl in patterns.
7. Chill until required.

Jelly Whip

1 small can evaporated milk

1 packet of jelly

Grated chocolate or flake to decorate

Small carton of double or whipping cream (optional)

Method

- 1 Put the jelly into a small pan and add 1 25m1/1Apt of water. Warm gently, stirring until the jelly is dissolved. Do not allow it to boil.
- 2 Pour this into a large mixing bowl and add a further 1 25m1/Y4pt cold water. Leave until completely cold.
- 3 Very slowly, pour the milk into the jelly, whisking all the time until the mixture is frothy. Pour into a serving dish. Leave in a cool place to set.
- 4 Decorate with whipped cream, and sprinkle with a little grated chocolate.

Serves 4-5

Lemon Layer Pudding

Grated rind and juice of lemon

50 g (2 oz) butter or marg

100g (4oz) sugar

2 eggs separated

500g (2 oz), self raising flour

300ml($\frac{1}{2}$ pt) milk

Add the lemon rind to the butter and sugar and whisk the mixture until pale and fluffy.

Add the egg yolks and flour and beat well.

Stir in the milk and 30-45ml (2-3tbsp) of lemon juice.

Whisk the egg whites until stiff, fold in and pour the mixture into a buttered ovenproof dish.

Stand in a shallow tin of water and cook in the oven 200°C Gas mark 6 for about 45 minutes until the top is set and spongy to the touch. The pudding will separate into a custard and a sponge top.

Lime Mousse Cake

125g (4oz) ginger nut biscuits
40g (1 ½ oz) butter (melted)
4 limes (or 3 large lemons)
1 x 284ml carton double cream
1 x 397g can sweetened condensed milk

20.5cm (8") diameter loose bottom tin

Crush the biscuits with a rolling pin. Melt the butter and mix it into the biscuit crumb.
Spread the mixture over the base of the loose bottom tin, press down well.
Remove zest from the limes and then squeeze the juice. Reserve some rind for decoration.
Lightly whip the cream, fold in the condensed milk and whisk in the lime rind and juice.
Pour the mixture on top of the biscuit base.
Cover and chill for at least 4 hours, or overnight until set.
Serve decorated with rind and other fruits if liked.

Choux Pastry - Eclairs / Profiteroles

150ml / 5 fl oz water
50g / 2oz butter or marg, cut into small pieces
75g / 3 oz strong plain flour
2 eggs

250 ml / ½ pt double cream

100g plain chocolate
1 tbsp golden syrup
50g butter

} chocolate sauce only- profiteroles

Method

Sift flour onto gresaeproof paper. Beat eggs in a bowl. Prepare baking tray with silicone paper.
Place water and butter in a saucepan and bring to the boil.
Remove from heat and tip in the flour. Beat the mixture vigorously with a wooden spoon until you have a smooth ball that leaves the sides of the pan.
Beat in the eggs a little at a time until you have a smooth glossy mixture.
Pipe either 6cm lengths or spoon small amounts onto baking tray.
Bake Gas 7, 220°C for 25 - 30 mins until pastry is crisp and golden.
Remove from oven and slit open to release the steam, place on a cooling rack.
Whip cream until fairly stiff and fill choux when cool.
To make chocolate coating or sauce melt ingredients in either a bowl over simmering water or in the microwave.
Coat choux.

Apple Crumble

500g/1lb cooking apples
125g/5oz sugar
150g/6oz flour
75g/3oz margarine
50g/2oz porridge oats

Method

1. Light the oven, Gas 5, 190°C. Place the shelf just above the centre of the oven
2. Put the flour into a mixing bowl. Rub in the margarine, then stir in 75g/3oz of the sugar and the porridge oats
3. Cut the apples into quarters, then remove the peel and core. Cut into slices and place in a 1 litre/2 pint ovenproof dish
4. Sprinkle the rest of the sugar on to the apples, then cover them with the crumble mixture
5. Bake for about 30 - 40 minutes until the apples are soft and the crumble is pale golden brown
6. Serve with custard.

For a change, you could make a crumble with a different kind of fruit:

Plum crumble -use 500g/1lb plums instead of apples

Rhubarb crumble -use 500g/1lb rhubarb

Gooseberry crumble -use 500g/1lb gooseberries

Blackberry and apple crumble -use 500g/ 1lb mixed blackberries and apples

(serves about 4)

Easter Nest Cakes

100g (4oz) Margarine
100g (4oz) Caster sugar
85g (4oz) S.R flour
15g (1/2 oz) Cocoa
2 eggs
12 - 18 bun cases

Chocolate butter icing

150g (6oz) icing sugar
75g (3oz) margarine or butter
25g (1oz) cocoa

To decorate - mini eggs.

Method

1. Light oven. Gas 5. 190°C.
2. Put all cake ingredients in bowl and beat with a wooden spoon until light and fluffy.
3. Divide between the paper cases and bake for about 20-25 minutes until well risen and firm.
4. Leave to cool, while you make icing.
5. Sieve icing sugar and cocoa into a bowl. Add butter or margarine and beat well. Pipe onto buns. Decorate with mini eggs.

Fresh Fruit Salad

1 apple (preferably red skinned)
1 pear
1 banana
1 orange
50g/2oz grapes
2 fruits of your own choice (optional)
250ml/1/2 pint fruit juice

1 container with lid

Method

1. Pour fruit juice into a bowl
2. Wash the apple, cut into quarters, remove the core. Cut into equal sized pieces, add to the fruit juice
3. Prepare the pear in the same way
4. Cut away the peel of the orange, cut into segments
5. Peel and slice the banana, add to the fruit juice with the orange.
6. Wash the grapes, cut in half, remove the pips, add to the salad.

Fresh Fruit Gateau

3 eggs
75g caster sugar
75g S.R flour or 60 S.R flour and 15g cocoa for a chocolate sponge

300ml double cream
Fresh or tinned fruit to decorate
Chocolate grated or sprinkles or nuts for sides

Method

1. Light oven Gas 6, 200°C
2. Line a swiss roll tin with greaseproof paper and grease the paper.
3. Sieve the flour onto a piece of greaseproof paper.
4. Whisk eggs and sugar together until thick and creamy, (you should be able to see a trail of mixture for a slow count of 5).
5. Add the flour and gently fold in, using a metal spoon, taking care not to destroy too many air bubbles.
6. Pour into the lined tin.
7. Bake for 8 - 10 minutes until firm and golden brown.
8. Divide equally into 2 or 3 pieces when cold.
9. Prepare the fruit.
10. Whip the double cream until thick.
11. Layer cream and fruit between the cake layers., spread cream around the sides .
12. Put the grated chocolate or nuts on a piece of greaseproof paper and then dip the sides of the cake in this to coat them.
13. Spread or pipe the remaining cream on top of the gateau and arrange the fruit on this.

Fresh Fruit Tart

Rich shortcrust pastry

150g plain flour
75g butter or margarine
25g caster sugar
1 egg yolk
2-3 tsp water

Crème patisserie

3 egg yolks
75g caster sugar
25g plain flour
300ml milk

Decoration

300g Fresh fruit
50g jam for glazing

Method

1. Put on oven 190°C Gas 5.
2. Make Rich shortcrust pastry. Rub butter/ marg into flour until it resembles breadcrumbs. Add caster sugar, mix to a dough with the egg yolk and water.
3. Roll out and line 20cm flan dish. Bake blind for 15 minutes, remove baking beans and cook for a further 10 minutes.
4. Make crème patisserie. Beat caster sugar and egg yolks until pale, stir in flour. Warm milk in a saucepan and then mix into egg mixture, return to saucepan, bring to the boil stirring all the time until thick.
5. Pour into pastry base and chill.
6. Prepare fruit and decorate tart.
7. Melt jam and glaze

Chocolate Log

1 good quality chocolate swiss roll

1 cake board or plate

50g plain chocolate
75g butter or margarine
150g icing sugar

Christmas cake decorations (optional)

Method

1. Melt butter and chocolate in a glass bowl over a pan of hot water. Or melt in a microwave. Make sure you keep stirring with a wooden spoon.
2. Take off the heat and sieve in the icing sugar one tablespoon at a time mixing thoroughly until you have thick mixture.
3. Place the swiss roll on the plate/cake board and spread the icing on with a palette knife covering all sides.
4. Use a fork to make lines to resemble the bark on a log.
5. Add decorations and sieve a small amount of icing sugar over the top to resemble snow.