

educaterers®



A FOOD
STORY

GET YOUR 
Whisks

at the

READY

your

RECIPE

BOOK!



FOOD glorious FOOD

Welcome to our first
recipe book!

WE LOVE IT WHEN CHILDREN TELL US THEY WANT TO RECREATE OUR DISHES AT HOME.

That's why we've now created our first recipe book that encourages healthy eating alongside a lifelong appetite for cooking and nutrition. Because good food should be fun to make and enjoy!

When serving up over 120,000 nutritious tasty meals in schools and colleges every week, we're always delighted to hear so many requests for our recipes.

So we've produced **The Educaterers Recipe Book**: it's packed with healthy and delicious ideas to inspire your own menus both at home and in the classroom. Enjoy!

A big thank you to the pupils and staff at Birchwood Primary School for helping us test our recipes and develop this booklet - gold stars all round.



FUNNY FACE

Pizza

Use half the hand baked bread mix to make 2 x 10 inch pizzas or 4 x 5 inch pizzas

Ingredients

- 100ml tomato passata
- 1 tbsp tomato puree
- 1 garlic clove, peeled and crushed
- Pinch of dried mixed herbs
- 175g mixed grated cheddar and mozzarella cheeses
- 8 cherry tomatoes cut in half
- Handful of fresh basil leaves
- Drizzle of olive oil
- Flour for dusting

Optional Ingredients

choose a selection of your favourites to make the funny faces

Sliced mixed peppers (assorted colours)

Sliced cooked salami

Ham or chicken

Sweetcorn kernels

Assorted stoned olives

Thinly sliced mushrooms

Fresh or tinned pineapple chunks

Method



1. Once the dough has been kneaded well, divide it into 2 or 4 equal pieces and shape into balls. Roll the dough out onto a floured surface until about 1cm thick keeping the round shape.

2. Transfer the pizza bases onto floured baking trays (to stop them sticking).

3. Divide the tomato sauce topping between the pizza bases and spread over evenly.

4. Now have some fun using a variety of toppings to make your funny face pizzas.

5. Sprinkle with the grated cheese mixture to finish off and bake in an oven, preheated to 230°C (450°F, Gas Mark 8) for 8 – 10 minutes or until the cheese is bubbling and the edge of the base is crisp and golden.

6. Sprinkle over some fresh basil leaves and a drizzle of olive oil to finish.



FOR A QUICK AND EASY ALTERNATIVE SWAP THE HOMEMADE PIZZA BASES FOR PART BAKED FRENCH STICKS CUT IN HALF LENGTHWAYS. TOP AND COOK IN THE SAME WAY.



CHEF'S

SAUSAGE ROLLS

WITH A

twist

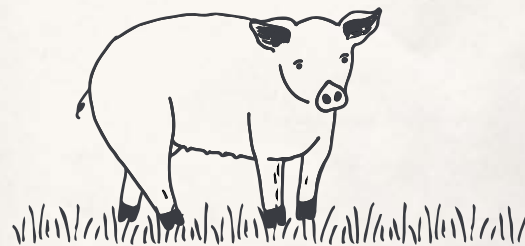
Makes up to 12 sausage rolls

Ingredients

- 320g ready rolled puff pastry
- Flour for dusting
- Egg wash: 1 egg lightly beaten with a splash of milk.

Mix together to make the meat filling

- 300g pork mince
- 50g white breadcrumbs
- $\frac{1}{2}$ tbsp dried mixed herbs
- 2 tbsp worcester sauce
- Salt and freshly ground black pepper to season



Method

1. Roll out the pastry on a floured surface and cut into 2 neat rectangles 30cms long and 12cms wide. Trim edges for neatness.
2. Using floured hands roll the meat filling mixture into long thin sausages that are the same length as your pastry rectangles.
3. Place the sausages lengthways down the centre of the pastry, brush the edges of the pastry with egg wash and roll the pastry around the sausage making sure all the edges are securely stuck together. Trim the ends of each long sausage roll.
4. Cut each sausage roll into 6 equal portions, place onto a baking tray, snip the top of each sausage roll with a clean pair of scissors and brush with egg wash.
5. Bake in a preheated oven 200°C (400°F, Gas Mark 6) for approximately 20 minutes until the pastry is golden brown.

Variations

MAKE UP 50G SAGE AND ONION STUFFING MIX ACCORDING TO THE INSTRUCTIONS ON THE PACKET AND ADD THE RAW MIXTURE TO THE PORK MINCE IN PLACE OF THE BREADCRUMBS AND MIXED HERBS.

REMOVE 50G OF PORK MINCE AND REPLACE WITH 50G FINELY DICED CHORIZO SAUSAGE OR BLACK PUDDING.

REMOVE THE MIXED DRIED HERBS AND WORCESTER SAUCE AND REPLACE WITH 1 TABLESPOON OF ONION MARMALADE. SPRINKLE THE TOP OF EACH SAUSAGE ROLL WITH A LITTLE GRATED CHEESE 5 MINUTES BEFORE THE END OF THE COOKING TIME AND PUT BACK IN THE OVEN.



MAKE SURE YOU STICK DOWN THE EDGES OF EACH ROLL REALLY WELL OTHERWISE THE MEAT FILLING WILL LEAK OUT.



Ingredients

- 300g chicken breast meat
- 40g lemon and herb stuffing mix
- $\frac{1}{2}$ tbsp fresh chilli, deseeded and finely diced
- 75ml tomato passata
- 80g onion, finely diced
- 1 garlic clove, finely chopped
- 1 egg yolk
- 100ml coconut milk
- 400g spinach
- Vegetable oil for shallow frying
- Seasoning to taste

Method

1. Chop raw chicken finely and place in a bowl (use a food processor if you have one).
2. Add lemon and herb stuffing mix, chilli and onions and mix together with the egg yolk and tomato passata.
3. Divide the mixture into 4 equal amounts and shape into patties, about 1.5cms thick. Place in the fridge to chill.
4. Heat oil in a large frying pan and gently fry the frittatas until they are golden brown on the outside and piping hot in the middle.
5. *Blanche spinach for 10 seconds and drain, squeezing all the liquid out of it.
6. Gently fry the chopped garlic, add the drained spinach and coconut milk, season to taste.
7. Serve each fritta on a bed of the coconut spinach and crushed new potatoes with carrot ribbons.

*BLANCHE MEANS TO PUT IN BOILING WATER, REMOVE AFTER A SHORT TIME, THEN PLUNGE INTO COLD WATER TO STOP THE COOKING PROCESS.



CHILLI CHICKEN

FRITTA WITH

coconut SPINACH

To serve 4 people



By Educaterers
School Chef of the Year
finalist Tanya Malone





FANTASTIC

Fish Cakes

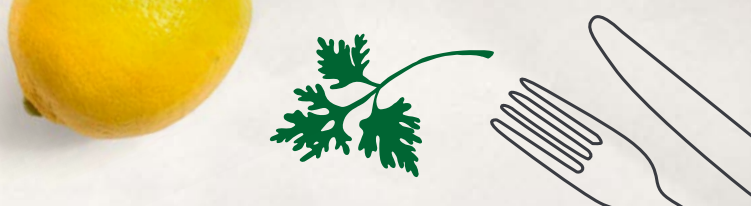
Makes at least 8 fish cakes

Ingredients

- 200g cooked fish, flaked and bones removed
Suitable fish may include; white fish fillet such as haddock or pollock, flaked smoked mackerel fillet, fresh salmon fillet or tinned and drained tuna or salmon
- 2 tbsp lemon juice
- 2 medium sized potatoes such as Maris Piper
- 100g cream crackers or similar savoury biscuit
- 2 spring onions - finely chopped
- 50g grated cheese
- 1 tbsp chopped fresh parsley
- 1 tbsp vegetable oil
- Freshly ground black pepper

Method

1. Wash and bake the potatoes with their skins on in a hot oven 220°C (425°F, Gas Mark 7). When cooked leave to cool then cut them in half and scoop out the cooked potato. Put the potato in a bowl and crush using a potato masher, fork or clean fingers.
2. Add the flaked fish, pepper, lemon juice, spring onion, parsley and grated cheese, mix well. Taste to check seasoning and adjust if needed.
3. Place the crackers in a sealed sandwich bag, cover with a tea towel and crush by rolling over them with a rolling pin applying lots of pressure, so you can feel them breaking up. Pour the fine crumbs out of the bag and into a bowl. Have another bowl ready with some water in it for dipping hands in.
4. **NOW FOR THE MESSY BIT.** Get your hands a little bit wet and roll small balls of the fishcake mixture. Don't worry too much



about making perfect balls - you can flatten them into patties later. Get the outside of the fishcakes damp again and push them into the bowl of crushed crackers - you want a light coating of crumbs all over the fishcakes.

5. Brush the oil generously over the bottom of a baking tray and place the fishcakes on top, flattening them into patties. Turn them all over once so that they have a little oil on each side. Place the fishcakes into a preheated oven to 220°C (425°F, Gas Mark 7).

6. Bake the fishcakes for 7-8 minutes then take them out of the oven and turn them over, baking for a further 7-8 minutes or until they are piping hot right through and golden brown.

7. Serve with ketchup, lemon mayonnaise or sweet chilli dipping sauce.



OILY FISH SUCH AS FRESH SALMON AND MACKEREL IS ESSENTIAL IN MAINTAINING HEALTHY LEVELS OF FAT IN OUR BODIES. ALL FISH IS A GREAT SOURCE OF HEALTHY PROTEIN USED TO HELP US GROW AND REPAIR OURSELVES.

FRESH fruit KEBABS



Ingredients



- Use a selection of soft fruits such as; melon, kiwi, banana, strawberries, grapes, peaches, pineapple, mango and orange segments/slices
- Lemon juice as required
- Packet of brightly coloured plastic drinking straws

Method

1. Wash, peel and chop fruit into bite sized chunks.
2. Push the fruit chunks onto the drinking straws, using different fruits to add variety and colour. Put at least 6 pieces of fruit on each drinking straw and serve with fruit yoghurt for dipping.



USING DRINKING STRAWS IN PLACE OF SKEWERS IS A FUN, SAFE OPTION FOR YOUNGER CHILDREN. ENJOY THESE KEBABS AS ONE OF YOUR 5 A DAY.



TIP: Coat the banana chunks in lemon juice to stop them going brown. If you opt to use tinned fruits chose those in fruit juice rather than syrup for a healthier option.



Method

1. Heat oven to 180°C (330°F, Gas Mark 4) and line a 2lb loaf tin with greaseproof paper.
2. In a large bowl, beat together the butter and sugar until the mixture become lighter, creamier and paler in colour using a food mixer with a beater attachment or hand held electric whisk/blender.
3. While continuing to mix, gradually add the beaten egg to the mixture until it is all combined.
4. Sift the flour into the mixture and add the lemon zest. Fold gently using a metal spoon until the flour is all incorporated into the mixture.
5. Spoon the mixture carefully into the lined loaf tin and gently smooth over the top. Bake for at least 45 minutes or until a skewer inserted into the centre of the cake comes out clean.
6. While the cake is cooling in its tin, mix the lemon juice and sugar together to make the drizzle. Prick the cake all over with the skewer and pour the drizzle evenly over the cake. The sweetened juice should sink into the warm cake leaving a crispy sugary topping once cooled.

Ingredients

- 225g unsalted butter, softened
- 225g caster sugar
- 225g self raising flour
- 4 eggs, beaten well
- Grated zest of 1 lemon
- For the drizzle:
Juice of 1 lemon and
80g caster sugar



TRY SUBSTITUTING ORANGE ZEST AND JUICE IN PLACE OF LEMON AND DECORATE WITH FRESH ORANGE SEGMENTS.

LEMON DRIZZLE

Cake



UP-BEET CHOCOLATE muffins

Makes 12 muffins



TIP: Best eaten the next day when the beetroot has moistened the cake to give it a delicious sticky texture.

Ingredients

- 180g plain flour
- 75g cocoa powder
- 2 tbsp baking powder
- 250g caster sugar
- 250g cooked beetroot pureed or finely grated
- 3 eggs, beaten well
- 200ml vegetable oil
- 1 tbsp vanilla extract
- Icing sugar for dusting



Method

1. Heat oven to 180°C (330°F, Gas Mark 4) and arrange paper muffin cases in a 12 mould muffin tin.
2. Sift the flour, cocoa powder and baking powder into a bowl. Mix in the sugar (dry ingredients).
3. In a separate bowl, thoroughly mix the beetroot, eggs, vanilla and oil together (wet ingredients).
4. Make a well in the centre of the dry ingredients, add the wet ingredients and lightly mix together, the flour needs to be well incorporated but it should not be over mixed.
5. Divide the mixture evenly between the muffin cases and bake for approximately 30 minutes or until the top is firm when pressed with a finger.
6. Cool on a wire rack, dust with icing sugar and serve.

BEETROOT IS LOW FAT, FULL OF VITAMINS AND MINERALS AND PACKED WITH POWERFUL ANTIOXIDANTS - A REAL HEALTH FOOD TITAN. ANTIOXIDANTS ARE VITAMINS AND MINERALS FOUND IN FOOD THAT HELP PROTECT THE CELLS IN OUR BODY.





Ingredients

- 500g strong white bread flour
- 25g butter
- 2 tsp salt
- 7g fast action dried yeast
- 300ml warm water
- 2 tsp sugar
(To give added flavour and a thicker crust - optional)



Method



1. In a large bowl, mix together the flour, (optional sugar) and salt, rub in the butter and then stir in the yeast.
2. Stir in the water and mix into a soft dough by hand.
3. Knead for about 5 minutes in an electric mixer fitted with a dough hook, or turn out onto a floured surface and knead well for 10 minutes by hand.
4. Shape the dough, then place in a greased 2lb tin or on an oven tray. Cover with a clean, damp tea towel to stop the dough from drying out and leave in a warm place until it has doubled in size (1-2 hours).
5. Uncover and bake in an oven, preheated to 230°C (450°F, Gas Mark 8) for 30 – 35 minutes. The baked loaf should sound hollow when tapped underneath.



YEAST IN BREAD MAKING PRODUCES A GAS CALLED CARBON DIOXIDE THAT MAKES THE DOUGH RISE BEFORE BAKING!



HAND BAKED Bread

Makes 1 loaf





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