

**WHAT'S IN OUR FOOD?**

**2018**

<b>CONTENTS</b>	
<b>Banana and Honey Muffins</b>	<b>1</b>
<b>Chicken and Rice Soup</b>	<b>5</b>
<b>Chilli Cheese Wraps</b>	<b>10</b>
<b>Easter Nests</b>	<b>14</b>
<b>Mandarin Cheesecake</b>	<b>17</b>
<b>Vegetable Stir-Fry</b>	<b>21</b>

What's in Our Food?

# Banana and Honey Muffins



# Ingredients

- 125g self-raising flour (allergen)
- 1.25ml bicarbonate of soda (allergen)
- Pinch of salt
- 55g sugar
- 1.25ml cinnamon (allergen)
- ½ banana
- ½ egg (allergen)
- 4x 15ml milk (allergen)
- 3x 15ml oil
- 5ml honey (allergen)

# Method

1. Set oven to 190°C or Gas 5.
2. Place 6 muffin cases into the muffin tin.
3. Collect 1 banana in a measuring jug and mash with a fork.
4. Add to the jug and mix together:
  - 1.25ml vanilla essence
  - ½ egg (allergen)
  - 4x 15ml milk (allergen)
  - 3x 15ml oil
  - 5ml honey (allergen)

# Method

5. Collect in a large bowl:
  - 125g self-raising flour (allergen)
  - 1.25ml bicarbonate of soda (allergen)
  - Pinch of salt
  - 1.25ml cinnamon (allergen)
  - 55g sugar
6. Pour the contents of the jug into the bowl and stir approximately 8 times until flour is incorporated (it will be lumpy).
7. Spoon into muffin cases.

# What's in Our Food?

## **Chicken and Rice**



Focus: Nutrients (Carbohydrate,  
protein and fat)

# Ingredients

- ½ carrot
- ¼ onion
- ¼ stick celery (allergen)
- 1 chicken stock cube (allergen) + 500mls water
- 25g rice (allergen)
- ¼ chicken breast



# Preparing the stock

## **Collect in a medium pot:**

- 500ml water
- 1 chicken stock cube
- ¼ chicken breast

## **Collect in a small bowl:**

- 25g (1 tablespoon) rice (allergen)

## **Method:**

1. Put the ingredients in the medium pot on to boil. Once it is boiling turn it down to simmer and add the rice.

# Preparing the vegetables

## Collect on a plate:

- ½ carrot
- ¼ onion
- ¼ stick celery (allergen)

## Method:

2. Wash the vegetables. Peel the onion and carrot.
3. Finely dice the onion. Thinly slice the celery. Grate the carrot.
4. Add the vegetables to the simmering stock.

# Finishing the soup

5. When the chicken is cooked, remove and shred with a fork.
6. Return the chicken to the soup.
7. Serve when the vegetables are soft.

# What's in Our Food?

## **Chilli Cheese Wraps**



# Ingredients:

- 50g mince beef
- ¼ onion
- 100ml chopped tomatoes
- 100ml water
- ½ beef stock cube (allergen)
- 25g kidney beans (allergen)
- 2.5ml chilli powder (allergen)
- 10ml tomato puree
- 2 soft flour tortilla wraps (allergen)
- 25g cheese (allergen)

# Making the Chilli

## Collect in a medium pot:

- 50g mince beef

## Collect on a brown or green chopping board:

- ¼ onion

## Collect in a measuring jug:

- 100ml chopped tomatoes
- 100ml beef stock (allergen)
- 25g kidney beans (allergen)
- 2.5ml chilli powder (allergen)
- 10ml tomato puree

## Method:

1. Dice onion.
2. Brown mince and onion in medium pot.
3. Add in contents of measuring jug.
4. Bring to boil then simmer for 15mins.

# Assembling the wrap

**Collect on a white or yellow chopping board:**

- 2 soft flour tortilla wraps (allergen)
- 25g cheese (allergen)

## **Method**

1. Grate cheese.
2. Spoon chilli on to the wraps.
3. Sprinkle with cheese.
4. Fold up the wraps and serve.

# Easter Nests





# Ingredients

- 100g chocolate (allergen) – Large Bowl
- 50g cornflakes (allergen) – Small Bowl
- Chocolate mini eggs (allergen) - optional

# Method:

1. ¼ fill a medium sized pot with water and place onto hob and bring it to the boil.
2. Collect 100g chocolate (allergen) in a large bowl.
3. Once the pot with water is boiling, place on a pot stand. Put the large bowl over the pot and melt the chocolate.
4. Once the chocolate is melted stir in the cornflakes (allergen).
5. Spoon mixture into 6 cases.
6. Optional - Decorate with chocolate mini eggs (allergen).
7. Chill in fridge until set.

# What's in Our Food?

## **Mandarin Cheesecake**



# Ingredients

- 50g (4) digestive biscuits (allergen)
- 25g margarine (allergen)
- 50g double cream (allergen)
- 50g soft cheese (allergen)
- 10ml icing sugar
- 15ml mandarin juice (allergen)
- 8-10 mandarin segments (allergen)

# Making the base

- 50g digestive biscuits - in a food bag
- 25g margarine - small pan

## Method

1. Crush digestive biscuits carefully with a rolling pin.
2. Gently melt margarine on a low heat. Remove from heat.
3. Add crushed biscuits to the melted margarine and combine.
4. Press into the base of your container and smooth with a metal spoon.
5. Put into the fridge until set.

# Making the filling

## Collect in a measuring jug

- 50mls double cream

## Collect in a small bowl:

- 50g soft cream cheese
- 2 x 5mls icing sugar
- 15mls mandarin juice

## Collect on a plate:

- 8-10 mandarin segments

## Method

1. Mix the cream cheese, icing sugar and mandarin juice together.
2. Whisk the cream with a balloon whisk until thick.
3. Fold in the cream cheese mixture to the whipped cream.
4. Chop 4-5 mandarin segments then mix into the cream mixture.
5. Spread mixture over the set base and smooth with a pallet knife.
6. Decorate with the remaining mandarin segments.

# What's in Our Food?

## Quorn & Vegetable Stir Fry



# Ingredients

- 50g Quorn pieces
- $\frac{1}{4}$  onion
- $\frac{1}{2}$  carrot
- $\frac{1}{4}$  pepper
- 2 mushrooms
- 1 tbsp beansprouts
- 1 tbsp peas/sweetcorn
- 15ml soy sauce (allergen)
- 1 block noodles (allergen)



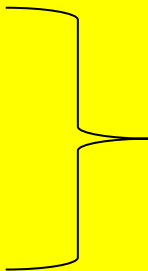
# Preparing the noodles

- 1 block of noodles

## Method

1. Fill the kettle ten boil.
2. Put the block of noodles in a medium pan.
3. Cover with boiling water then leave to soak for 10-15 minutes.
4. Stir with a fork to separate then drain with a colander.

# Preparing the vegetables

- ¼ onion
  - ½ carrot
  - ¼ pepper
  - 2 mushrooms
  - 1 tbsp beansprouts
- Brown/green chopping board
- 

## Method

1. Peel and slice onion.
2. Peel, wash and slice carrot into thin batons.
3. Deseed, wash and slice pepper.
4. Wipe and slice mushrooms.

# Stir Frying

- 1 tbsp peas/sweetcorn - small bowl
- 1 tbsp oil - in frying pan/wok
- 15ml soy sauce - small bowl

## Method

1. Heat the oil in the frying pan/wok.
2. Add the Quorn & vegetables to pan and stir fry for 5-10minutes until soft.
3. Add the drained noodles and soy sauce then stir through.
4. Remove from the heat then transfer into your container.