

Vegetable Tajine and Plum traybake & streusel

(Deva Douillet Year 1 Chef Reading College)



Ingredients

For pastry-

- 200g plain flour
- 125g unsalted butter
- Pinch of salt
- 1 egg
- 1 tsp of baking powder
- 25ml cold water

For filling-

- 3 small apples
- 3 pears
- 1tbsp unsalted butter
- 1tbsp lemon juice
- 2tbs sugar

For topping-

- 125ml double cream
- 2 egg yolks
- 2tbs sugar

1. Heat oven to 170c/150c fan/gas 3
2. Pour water, flour, butter, salt, egg, and baking powder into the bowl
3. Knead the dough for a few minutes until its soft and not sticky
4. Roll out the dough on a well- floured surface to a 1cm thickness
5. Place the dough on a baking tray
6. Prick the bottom of the tart with a fork
7. Bake pastry in the oven for about 20 mins
8. Make syrup by melting the butter with lemon juice and sugar in a small saucepan
9. Remove from the heat
10. Cut peeled and cored apples and pears into thin slices
11. When the tart bottom has chilled, lay the apple and pear slices in concentric circles
12. Sprinkle the syrup over the fruit
13. Bake for 20 mins until the pastry is pale golden brown
14. Whisk together the double cream, egg yolks and sugar till thick and creamy
15. When the pastry is ready pour the cream over the tart
16. Bake the cake in the oven for next 10 mins until mixture just set

Apple and Pear Tart (Chloe Wilson Year 1 Chef Reading College)



For pastry-

200g plain flour
125g unsalted butter
Pinch of salt

1 egg

1 tsp of baking powder

25ml cold water

For filling-

3 small apples

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1tbsp lemon juice

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For topping-

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Pear Rhubarb and Blackberry crumble
(Brandon Aiken Year 1 Chef Reading College)



Serves 4

Ingredients

700g of ripe Pears (peeled and cubed)
100g of golden granulated sugar
125g of rhubarb
200g of plain flour
100g of unsalted butter
125g of blackberry's
100g of demerara sugar
Honeycomb Ice Cream to serve (240ml)

STEP 1

You must Heat the oven to 190C/fan 170C/gas 5. Place the pears in a medium-size pan, add the granulated sugar and cook on a medium heat until the fruit starts to soften, releases its juices, about 10 mins. Add the blackberries and bring back to boil, then remove from the heat. Remove the fruity mixture and then put into large ovenproof dish, or 1 very large baking dish.

STEP 2

Place the flour, butter, and a pinch of salt in a large mixing bowl and rub together with your fingers until the mixture turns to breadcrumbs. Add the demerara sugar then combine.

Step 3

Sprinkle crumble over the cooked fruit gently. This can be done one day ahead, or if u freeze it, I can last for up to 1 month. Bake for 20-25 mins if it is a small Dish. 40 minutes if a large, until golden. If you are baking from frozen add another 15 minutes to the cooking time, then when that is done Remove from the oven, cool slightly, then serve with honeycomb ice cream. If you want to.

Poached Pears with Caramel sauce
(Kye Hubbucks Year 1 Chef Reading College)



Method:

1. Peel pears and put In pan
2. Mix 1l of water, 300g caster sugar, 1 ½ tsp vanilla extract and 1 cinnamon stick together and pour in pan
3. Bring to a simmer and cook until pears are tender
4. Add 200g of sugar to pan and stir constantly on high heat till melted
5. Add 90 g butter and 120ml heavy cream and stir
6. Place pear in bowl and drizzle over caramel sauce then cream



Easy Apple and raspberry crumble and Pureed pumpkin soup
(Yasmin Trigwell Year 1 Chef Reading College)



Recipe makes around 6 individual crumbles or 1 big crumble.

Ingredients

- Two fresh apples
- 250g raspberries
- 50g plain flour
- 25g butter, cubed
- 25g Demerara sugar plus extra for serving
- Optional 1tsp cinnamon

Method

1. Preheat the oven 180 °.
2. Peel, core and cut the apple into small chunks.
3. Wash the raspberries and put them into a saucepan along with the apple chunks.
4. Add in the cinnamon (optional).
5. Simmer on a low heat until the apple is soft, and the raspberries have broken apart.
6. Leave to cool
7. Put the flour and butter in a bowl
8. Rub in the flour and butter until a breadcrumb texture (TOP TIP- shake the bowl and big lumps of butter come to the surface).
9. Add in the sugar and mix until combined.
10. In ramekins or an oven proof dish pour the fruit mixture evenly. If using ramekins make sure you leave space for the topping.
11. Add on the topping. Make sure your topping layer is not too thick
12. Bake in the oven for around 10 minutes
13. Leave to cool for a few minutes then sprinkle with some extra sugar.
14. Ready to serve to your family and friends!



Allotment Pie (Amelie Battye Year 1 Chef Reading College)



For the pastry

- 175g plain flour, plus extra for dusting
- 85g chilled butter, cut into cubes

For the filling

- 1 small beetroot
- ½ a butternut squash
- Few sprigs of the thyme leaves
- 1 potato
- 1 large carrot
- ½ a swede
- 1 tablespoon of orange marmalade
- 1 tablespoon of crème fresh
- 35g of cream cheese



Recipe

1. Preheat oven to 200 degrees
2. Make the pastry
3. Tip the flour into a large mixing bowl. Add the butter and rub in gently with fingertips until the mixture resembles fine breadcrumbs. Add 3 tablespoons of cold water until the pastry comes together in a ball.
4. Roll out the dough on a lightly floured surface and use it to a 20cm (8in) loose bottomed flan tin. Ideally use a fluted tin.
5. Chill in the fridge for 30 minutes.
6. Roast the butternut squash
7. Peel the butternut squash and cut into bite size chunks. Coat lightly in olive oil add thyme leaves, salt, and pepper.
8. Put in the oven and roast for 15 minutes or until soft.
9. Make the mash.
10. Peel the potato (cut the potato into bigger chunks as it cooks quicker than the swede), swede and carrot and cut into even bite size chunks. Put in boiling water with salt and boil until soft enough to be able mash.
11. Wash, peel and grate the beetroot. Put in a frying pan (without any oil) and heat to allow evaporate some of the moisture. Once beetroot is cooked add the marmalade and crème fresh and stir well.
12. Drain the carrot, swede, and potato. Mash with cream cheese. (Season I use white pepper.)
13. Turn up the oven to 220 degrees. Prick pastry case all over with a fork, to prevent air bubbles forming during baking.
14. Line the base and sides with baking parchment and weigh it down with baking beans.
15. Place on a baking tray and bake for ten minutes.
16. Remove the baking beans and baking parchment and bake the empty case for a further ten minutes. Or until the base is lightly browned.

17. Trim the overhanging pastry. Reduce oven temperature to 170.
18. Pipe or spoon the mash around the edge of the pastry to create a circle.
19. Within the mash circle create another circle with the roasted butternut squash.
20. In the centre add the beetroot mixture.
21. Bake for ten minutes.
22. Cut onions as desired, then begin to melt butter in a pan over low/medium heat.
23. Add onions to the pan and add a pinch of salt, stir to combine.
24. Cook from anywhere from 30 mins to 2 hours or until desired texture is reached.
25. Take already prepared pastry and put in a greased tart tin then bake at 200C for 10 mins
26. Brush thoroughly with butter and bake for 5 more mins then reserve for later.
27. Take the pan off the heat and add sour cream along with any other desired ingredients.
28. Add to the tart, add the top and seal then bake at 180C for 20 mins or until the top is golden brown.

Reading Ratatouille
(Jacob Grantham-Watts Year 1 Chef Reading College)



Ingredients

- 1 onion
- 2 gloves of garlic
- 2 aubergines
- 2 courgettes
- 20 small plum tomatoes
- 1/2 a bunch of fresh basil
- 1 tablespoon balsamic vinegar
- Juice from half a lemon
- A grating of parmesan
- Fresh egg spaghetti



Method

1. Slice aubergines and courgettes thinly
2. Roughly chop plum tomatoes
3. Slice onions into crescents
4. Thinly slice garlic
5. Gently fry courgettes and aubergines for 8 minutes then place aside
6. Gently fry onions and garlic for 5 minutes
7. Add plum tomatoes, season with salt, and fry until soft
8. Re-add vegetables and the can of chopped tomatoes
9. Add half a cup of water bring to simmer
10. Add hand-torn basil and lemon juice
11. Cover with lid and simmer on low heat for 20 minutes
12. After 10 minutes bring the spaghetti to boil and leave to simmer for 5 minutes
13. **Drain spaghetti and add to ratatouille**
14. **Serve and garnish with a few more basil leaves and grated parmesan**



Caramelized onion tart
(George Spooner Year 1 Chef Reading College)



Ingredients:

- Caramelized onion tart.
- One white onion
- Butter
- Sour cream
- Salt
- For the pastry
- Strong white flour
- Salt
- Butter- room temp, but firm
- Cold water

Method

1. Cut onions as desired, then begin to melt butter in a pan over low/medium heat.
2. Add onions to the pan and add a pinch of salt, stir to combine.
3. Cook from anywhere from 30 mins to 2 hours or until desired texture is reached.
4. Take already prepared pastry and put in a greased tart tin then bake at 200C for 10 mins
5. Brush thoroughly with butter and bake for 5 more mins then reserve for later.
6. Take the pan off the heat and add sour cream along with any other desired ingredients.
7. Add to the tart, add the top and seal then bake at 180C for 20 mins or until the top is golden brown.

Vegetarian Wellington with potato and caramelised onion purée,
(Sofia Kahlil Year 1 Chef Reading College)



Pastry –

- 250g strong plain flour
- 1 tsp salt
- 250g butter at room temp but not soft
- Cold water

Method –

1. Sift 250g flour and salt into a large mixing bowl. Roughly break the butter into small chunks, add them to the bowl and rub them in together. You need to see bits of butter.
2. Make a well in the bowl and pour about two thirds of the the cold water, mixing until you have a firm dough you may need extra depending on how your dough is.
3. Cover with cling film and leave to rest for 20 minutes.
4. Roll the dough in one direction only, until it seems like 3 times the width it should be roughly 20x50cm. Make sure to keep the edges straight and even also don't overwork the butter streaks you should have a marble effect in the dough.
5. Fold the top third down to the centre, then the bottom third and over that. Give the dough a quarter turn you can do left or right it is up to you and roll again until three times the length .
6. Fold as before and cover with cling film and at least 20 minutes before rolling again to use.

Wellington filling –

- 1 tbsp olive oil
- 500g mushrooms sliced
- 1 onion sliced
- 3 garlic cloves chopped
- 115g spinach chopped
- 2 tbsp soy sauce
- 1 tbsp chopped sage
- ¼ tsp black pepper
- Puff pastry (should be 375g)
- Milk

Method –

1. Heat the oil in a large pan over medium/high heat, then add the mushrooms and onions and cook make sure to stir often so the mix won't stick or burn in the pan, until all the moisture from the mushrooms evaporates, this should take about 10 minutes the least.
2. Add the garlic, spinach, soy sauce, sage, salt and pepper and cook all together again stirring often cook for about 4 minutes or until the moisture evaporates or until the mixture starts to stick to the bottom of the pan.
3. Allow the mix to cool a bit but make Allow the mix to cool a bit but make sure it does not go too cold about lukewarm should be fine. Then press into a log shape and roll in cling film and allow to cool in the fridge for about 30 minutes.

4. Heat the oven to 400F, 200C or Gas mark 6. Line a baking sheet with parchment paper and leave to the side.
5. Roll out the puff pastry until it is all rolled out and thin make sure it is not too thin as to it can break. Unwrap the filling from the clingfilm and place on top of the pastry, try to make sure the filling is in the centre. Brush a bit of water around the edges of the pastry fold the pastry around the filling (trim any excess pastry) and press the seams to seal.
6. Place the Wellington with the seam side down on the baking tray which should be lined with baking paper. Use a sharp knife to score the pastry diagonally.
7. Brush the Wellington with a little bit of milk, place it in the oven for about 30 minutes or until you see the pastry has become golden brown or flaky.

Potato and caramelised onion purée –

- 6 medium potato's
- 8 tbsp butter (make sure it is either melted or at room temp)
- Salt and pepper to taste
- Caramelised onion –
- 1 large thinly sliced onion
- 2 tbsp of butter or oil
- Salt and pepper to taste

Method –

1. Peel the potatoes and cut into even slices. Slice the onion into thin slices and set aside.
2. Add the peeled potato to a strainer and rinse to remove some of the starch. Then, add the potatoes to a large pot and fill the pot with cold water until the potatoes are just covered by about 1/2 of water. Add a generous heaping of salt until you get salty water.
3. Bring the pot of potatoes to a boil and cook for about 15 – 20 minutes until you can pierce a fork into the potatoes easily. Check at the 12-minute mark as to they can over cook easily and become mushy.
4. Add 2 tbsp of oil or butter to a frying pan and turn the stove on. Once you start to see the butter or oil bubble then add the onions. Pan fry at a low heat until all the onions are browned. This will take about 20 – 40 minutes. Make sure to keep stirring frequently to make sure that it does not burn. Once the onions are done season with salt and pepper.
5. Once the potatoes are done strain them and add back to the pot. Use a potato masher to roughly mash the potatoes while still hot.
6. Once the potatoes are done and mashed add in the 8tbsp of the room temp butter and continue to mash until the potatoes are smooth and there are no chunks left.
7. Gently fold in the caramelised onions and a bit of salt and pepper.

Vegetable gravy –

- Vegetable gravy granules
- Hot water

Method -

Mix the granules with hot water and stir add more water if you want until you get the consistency you want.

Vegetable Pie with Garlic mash and buttered cabbage
(Sam Hampton Year 1 Chef Reading College)



Pastry

- 250g flour
 - 125g butter
 - 65g cheese (grated)
 - 3tbsp water with ice
1. Mix flour, butter and cheese together and add the water one tablespoon at a time until comes together as a dough
 2. place on a floured board and roll the dough into a ball.
 3. Wrap the dough in cling file and put in fridge for 30 mins.

Pie Sauce

- 50g butter
 - 3 tbsp of flour
 - 200ml milk
 - 2 stock cubes in 400ml hot water
 - 150g cheese
1. Melt the butter and add flour.
 2. Keep stirring for 2 minutes.
 3. Stir in the milk bit by bit whisking the sauce all the time so it doesn't go lumpy.
 4. Then add the stock cubes mixed in 400ml of water bit by bit until the sauce reaches the right thickness, keep whisking.
 5. Add in the cheese and stir until all melted. Put sauce to one side and cook the vegetables (below).

Pie Filling

- 1 onion, peeled and chopped
 - 2 leeks, washed and chopped
 - 2 corn on the cob, slice the sweetcorn off
 - 2 carrots, peeled and cut into cubes
 - 150g frozen peas
1. Fry onion and leek in olive oil and butter for 5 minutes, until soft.
 2. Add carrots and sweetcorn and cook until soft.
 3. Add sauce and frozen peas.
 4. Add salt and pepper to taste.

Pie assembly

1. Roll the pastry out on floured board and cut out a pie lid about 1cm bigger than the pie bowl.
2. Add the pie filling to the pie bowl and put water around the rim of the bowl so the pastry sticks.
3. Put the pastry on top of the pie and pinch the edges.
4. Put 2 holes in the pastry and brush some milk over the top.
5. Bake in the oven at 180 for 30 minutes.
6. Serve the cooked pie with roasted garlic mash and buttered cabbage.

Cabbage

- 1 tbsp
 - 20g butter
 - 1 cabbage
 - Salt and Pepper
1. Heat the oil and butter in a frying pan add the cabbage once the butter has melted and fry for 4-5 minutes.
 2. Add salt and pepper to taste.

Roasted Garlic Mash:

- 1 whole garlic
 - Olive Oil
 - 40g butter
 - 30ml cream
 - 500g potatoes, peeled and chopped
1. Coat garlic in olive oil and wrap in foil.
 2. Roast in the oven at 180 for 45 minutes.
 3. Cook the potatoes in salted water until they are soft.
 4. Drain the potatoes.
 5. Cut the roasted garlic in half and squeeze out the contents and put it in a potato ricer along with the cooked potatoes.
 6. Once the potato has been through the potato ricer add the cream and butter.
 7. Stir until smooth.
 8. Add salt and pepper to taste.

Your main course is then ready to serve.