

Westminster Community Primary School's Recipe Book



Beef Stew

Oven temperature 170°C, 325°F, Gas Mark 3

Cooking time 1-1½ hours

Ingredients

- 500g diced beef
- 100g diced onions
- 500mls gravy

Optional ingredients

- Mushrooms
- Peppers
- Tinned chopped tomatoes

Method

1. Fry onions and beef until browned.
2. Add gravy, bring to the boil and simmer for 1-1½ hours or put it in an ovenproof lidded container and cook for 1½-2 hours.



Spaghetti Bolognese

Ingredients

- 500g minced beef
- 100g chopped onions
- 200g chopped tomatoes
- 50g tomato paste
- 50g flour
- 250mls water
- Cornflour to thicken if necessary
- 500g dried spaghetti

Optional ingredients

- Dried herbs
- Garlic

Method

1. Lightly fry the onions and mince to brown.
2. Add tomato paste and flour cook for approx 5 minutes, stirring so not to burn the mixture.
3. Add chopped tomatoes and water.
4. Bring to the boil, stirring constantly.
5. Simmer for approx 30 minutes.
6. Add spaghetti to a pan of boiling water, cook for 8-12 minutes.



Chilli

Ingredients

- 500g minced beef
- 100g chopped onions
- 200g chopped tomatoes
- 50g tomato paste
- 50g flour
- 250mls water
- Cornflour to thicken if necessary
- Red kidney beans
- Chilli powder

Optional ingredients

- Dried herbs
- Garlic

Method

1. Lightly fry the onions and mince to brown.
2. Add tomato paste and flour cook for approx 5 minutes, stirring so not to burn the mixture.
3. Add chopped tomatoes, kidney beans, chillie powder and water.
4. Bring to the boil, stirring constantly.
5. Simmer for approx 30 minutes.



Pie Mix

Ingredients

- 500g minced beef
- 100g chopped onions
- 200g chopped tomatoes
- 50g tomato paste
- 50ml gravy
- 250ml water
- Cornflour to thicken if necessary

- 500g dried spaghetti

Optional ingredients

- Dried herbs
- Garlic

Method

1. Lightly fry the onions and mince to colour slightly.
2. Add tomato paste and flour cook for approx 5 minutes, stirring so not to burn the mixture.
3. Add chopped tomatoes, water and gravy.
4. Bring to the boil, stirring constantly.



5. Simmer for approx 30 minutes.



Quiche

Oven temperature 180°C, 350°F, Gas Mark 4

Cooking time 20 minutes

Ingredients

- 225g plain flour
- 100g margarine
- 4 eggs
- 8 tablespoons of milk

Filling ideas

Ham, sweet corn, peppers, mushrooms, red onions.

Method

1. Make the pastry by rubbing the margarine into the plain flour using your fingers, until it looks like yellow breadcrumbs.
2. Add a little cold water to the mixture so it forms a dough.
3. Roll out your dough on a lightly floured work surface, approx 1-2 cms thick.
4. Press pastry into a greased flan dish or cut 6 circles and line in a greased muffin tray.
5. Carefully prick pastry with a fork and then bake in oven for 5 minutes.

6. While baking, crack eggs into a bowl, add milk and whisk until well mixed.
7. Pour egg mixture into pastry case. Do not over-fill as eggs will rise during baking.
8. Add fillings of your choice, top with grated cheese.
9. Put back in the oven and cook for approx 12-15 minutes or until egg is set/cooked.

Chicken Korma

Oven temperature 170°C, 325°F, Gas Mark 3

Preparation and cooking time 1hr 45mins

Serves 6 people

Ingredients

- 500g diced chicken
- 100g korma paste
- 50g desiccated coconut
- 1 tin coconut milk
- 3 tablespoons mango chutney
- Cornflour to thicken

Method

1. Mix diced chicken with korma paste, coconut, chutney and coconut milk in bowl, cover and leave in fridge for 1 hour.
2. Fry chicken mixture lightly in saucepan.
3. Add enough water to cover chicken and simmer for 15 minutes approx.
4. Mix 1 tablespoon of cornflour with 2 tablespoons of water.
5. Add to chicken korma to thicken.
6. Transfer to ovenproof dish and cook in oven for 30 minutes.



Pizzas

Oven temperature 180°C, 350°F, Gas Mark 4
Cooking time 10 minutes

Ingredients

- Choice of bread:

Pizza bases

Part bake bread

Bread rolls

Muffins

Finger rolls

- Pizza sauce - passata

- Toppings

Ideas - Ham, salami, pepperoni,
tuna, sweet corn, peppers,
mushrooms, red onions.

- Grated cheese

Cheddar, Red Leicester, mozzarella



Method

1. On your choice of bread add your pizza sauce, cheese and toppings.
2. Cook in oven 180°C, 350°F, Gas Mark 4 for approx 10 minutes.

Rice Krispie Cakes

Ingredients

- 100g margarine
- 175g syrup
- 50g cocoa powder
- 100g icing sugar
- ½ teaspoon vanilla essence

Method

1. Melt margarine in a saucepan.
2. Add syrup, cocoa powder, vanilla essence and icing sugar.
3. Whisk until smooth (Do not boil the mixture)
4. Mix in 100g Rice Krispies, scoop into paper cup cakes for Rice Krispie cakes.

The chocolate sauce will keep in an airtight container in the fridge for approx 1 week.

Extra idea

Use the chocolate sauce to dip in marshmallows or fruits.



Vanilla Sponge

Oven temperature 180°C, 350°F, Gas Mark 4

Cooking time 25-30 minutes

Makes 2 x 20cm cake tins

Ingredients

- 225g margarine
 - 225g sugar
 - 4 eggs
 - 225g self raising flour
 - 1 teaspoon vanilla essence
 - 1 tablespoon milk
- Options
 - Chocolate cake add 75g cocoa powder
 - Coffee cake add 5tsp of coffee power mixed with hot water

Method

1. Whisk margarine and sugar together until pale and fluffy.
2. Slowly add eggs, vanilla essence and flour until completely mixed, add milk if batter is too firm.
3. Divide between the two tins.
4. Bake in oven at 180°C, 350°F, Gas Mark 4 for 25-30 minutes until golden brown.



Sticky Toffee Apple Sponge

Oven temperature 180°C, 350°F, Gas Mark 4

Cooking time 25-30 minutes

Ingredients

- 800g sliced apples (fresh or tinned)
- 150g brown sugar
- 150g golden syrup
- Vanilla sponge mixture



Method

1. Grease an ovenproof tin and line with sliced apples. Pour over syrup and sprinkle with sugar.
2. Cover apples with sponge mixture.
3. Bake in the oven at 180°C, 350°F, Gas Mark 4 for 25-30 minutes until golden brown.

Custard

- 225g custard powder mix
- 800ml milk
- 2 teaspoons vanilla essence



Or buy a carton of ready made custard!

Chocolate Crunch

Oven temperature 170°C, 325°F, Gas Mark 3

Cooking time 40 minutes

Ingredients

- 110g margarine
- 110g sugar
- 150g plain flour
- 30g cocoa powder

Method

1. Whisk margarine and sugar together.
2. Add flour and cocoa powder and mix well.
3. Press into greased tin.
4. Score the surface with a fork.
5. Bake in oven at 170°C, 325°F, Gas Mark 3 for approx 40 minutes.



Pancakes

Makes 6/10 pancakes

Ingredients

- 100g plain flour
- 30g sugar
- 2 eggs
- 300mls milk
- Oil for frying

Method

1. Mix dry ingredients.
2. Slowly add eggs and milk until mixture coats the back of a spoon.
3. Heat oil in medium size frying pan, add pancake mix, flip over, cook until golden brown in colour and repeat.

Toppings

Chocolate sauce (from Rice Krispie recipe), strawberries, lemon juice, golden syrup, maple syrup, bananas, chocolate spread.



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