



NHS

Supply Chain

75 Years of British Classics

Supporting

NHS 75

Introduction

Since the NHS was founded in 1948, it has always innovated and adapted to meet the needs of each generation.

This book of recipes provides examples of classic, crowd-pleasing, traditional dishes that have stood the test of time, and continue to feature on our hospital menus alongside new, innovative and creative recipes developed by our skilled NHS chefs.

As we celebrate the 75th anniversary of the NHS, we're looking back on our history and achievements, and the dedication of the hundreds of thousands of staff and volunteers across the health service, including more than 6000 catering staff who serve around 199 million meals every year.

At this landmark anniversary, we are also looking ahead to the opportunities to shape the next 75 years of the health service. When it comes to hospital catering, the National Review of Hospital Food and the National Standards for Hospital Food have set the benchmark for continual progress with healthcare catering, adapting to the needs of our patients and staff. We now have significant momentum and focus on raising the standards of Hospital Food. This book is yet another stepping stone in this journey.

Thank you to everyone who contributed to creating this recipe book, and to all those in hospital catering service who continue to play an integral part in patient care and services for staff every day.

Simon Corben

Director and Head of Profession, NHS Estates and Facilities
NHS England, Commercial Directorate

YOUR NEW NATIONAL HEALTH SERVICE
On 5th July the new National Health Service starts

Anyone can use it—men, women and children. There are no age limits, and no fees to pay. You can use any part of it, or all of it, as you wish. Your right to use the National Health Service does not depend upon any weekly payments (the National Insurance contributions are mainly for cash benefits, such as pensions, unemployment and sick pay).

YOU AND YOUR FAMILY

YOUR FAMILY DOCTOR

HOSPITAL & SPECIALIST SERVICES | DENTAL SERVICES
MATERNITY SERVICES | MEDICINES, DRUGS AND APPLIANCES | EYE SERVICE

CHOOSE YOUR DOCTOR NOW

The first thing to do is to pick up with a doctor. When you have done this, your doctor can put you in touch with all other parts of the Service as you need them. Your relations with him will be free, personal and confidential. The big difference is that the doctor will not charge you fees. He will be paid out of public funds to which all contribute as taxpayers.

So choose your doctor now. If one doctor cannot accept you, ask another, or ask to be put in touch with one by the new "Executive Council" which has been set up in your area (you can get its address from the Post Office).

If you are already on a doctor's list under the old National Health Insurance Scheme, and do not want to change your doctor, you need do nothing. Your name will stay on his list under the new Scheme.

But make arrangements for your family now. Get an application form (F.C.H. 1) on a member of the family either from the doctor you choose, or from any Post Office, Executive Council Office, or Public Library; complete them and you leave to the doctor.

There is a lot of work still to be done to get the Service ready. If you make your arrangements in good time, you will be helping both yourself and your doctor.

Printed by the Department of Health for Scotland

This advertisement appears in selected Sunday, Morning and Evening newspapers in Scotland.





PATIENTS MENU - A

		1		Cost in pence	
		W	R	W	R
Breakfast	Porridge or Cereal with milk	1.74	2.07		
	Bacon & Tomatoes	3.99	5.28		
	Bread	.75	.85		
	Marmalade	.75	1.00		
	Tea (2 cups)	1.20	1.42		
					8.43
Mid-morning drink	Coffee	1.84	2.23		
Dinner	Celery Soup	1.82	2.34		
	Bread	.19	.21		
	Lancashire Hot Pot	3.53	4.74		
	Mashed Turnips	.87	1.23		
	Parsley Potatoes	.73	1.01		
	Apple Pie (T)	1.99	2.57		
	Custard	1.08	1.31		
				10.21	13.41
Tea	Watercress	1.00	1.35		
	Bread	.75	.85		
	Jam	.81	1.06		
	Tea (2 cups)	1.20	1.42		
					3.76
Supper	Pea Soup	.91	1.21		
	Bread	.19	.21		
	Grilled Fillet of Sole	11.67	15.51		
	Runner Beans (Fr)	4.05	4.95		
	Boiled Potatoes	.61	.88		
	Fruit Salad (T)	5.08	5.74		
	Cream	.36	.54		
				22.87	29.04
Late evening drink	Milk	2.17	2.54		
				Total costs	49.28 62.52

	Cost in pence	
	W	R
2		
Porridge or Cereal with milk	1.74	2.07
Chipolata Sausages & Baked Beans	5.84	6.86
Bread $\frac{1}{2}$.37	.42
Toast	.58	.67
Marmalade	.75	1.00
Tea (2 cups)	1.20	1.42

10.48 12.44

Cocoa	1.31	1.70
Vegetable Soup	1.24	1.60
Bread	.19	.21
Boiled Gammon	9.60	12.00
Parsley Sauce	.60	.73
Brussel Sprouts	2.28	2.99
Mashed Potatoes	.92	1.25
Baked Rice Pudding	1.81	2.24

16.64 21.02

Chelsea Bun	UK ⁹³ 1.14	1.14
Bread	.75	.85
Jam	.81	1.06
Tea (2 cups)	1.20	1.42

3.69 4.47

Windsor Soup	1.02	1.36
Bread	.19	.21
Roast Chicken & Bacon	22.87	28.39
Bread Sauce	.34	.42
Tinned Peas	2.98	3.66
Croquette Potatoes	1.55	2.09
Ice Cream	2.00	2.50
Melba	.55	.72
Wafer Biscuits	.10	.13

31.60 39.48

Coffee	1.84	2.23
--------	-------------	-------------

65.56 81.34

	Cost in pence	
	W	R
3		
Porridge or Cereal with milk	1.74	2.07
Bacon & Fried Bread	2.96	3.73
Bread	.75	.85
Marmalade	.75	1.00
Tea (2 cups)	1.20	1.42

7.40 9.07

Coffee	1.84	2.23
Cream of Potato Soup	1.77	2.57
Bread	.19	.21
Breaded Lamb Cutlet	8.88	10.55
Spring Greens	1.49	1.85
Saute Potatoes	.98	1.38
Stewed Plums (T) & Semolina Pudding	1.35	1.62
	1.76	2.17

16.42 20.35

Coconut Bun	.88	1.08
Bread	.75	.85
Jam	.81	1.06
Tea (2 cups)	1.20	1.42

3.64 4.41

Tomato Soup	1.26	1.68
Bread	.19	.21
Assorted Cold Meats	6.69	8.06
Lettuce & Tomato Salad	2.08	2.86
Parsley Potatoes	.73	1.01
Bread & Butter Pudding	2.51	3.15
Vanilla Sauce	.84	1.02

14.30 17.99

Milk	2.17	2.54
------	-------------	-------------

45.77 56.59

	Cost in pence	
	W	R
4		
Porridge or Cereal with milk	1.74	2.07
Pork Sausage	4.28	4.91
Bread	.75	.85
Marmalade	.75	1.00
Tea (2 cups)	1.20	1.42

8.72 10.25

Chocolate	2.51	3.10
Cream of Vegetable Soup	1.06	1.28
Bread	.19	.21
Roast Leg of Pork	9.03	11.04
Gravy	.12	.16
Apple Sauce	.69	.83
Stuffing	.52	.65
Savoy Cabbage	1.02	1.32
Creamed Potatoes	.93	1.25
Strawberry Mould & Cream	1.44	1.74
	.36	.54

15.36 19.02

Orange	3.15	3.85
Bread	.75	.85
Jam	.81	1.06
Tea (2 cups)	1.20	1.42

5.91 7.18

Lentil Soup	.91	1.28
Bread	.19	.21
Grilled Fillet of Plaice	8.92	11.01
Tartare Sauce	1.20	1.67
Carrots	1.05	1.21
Parsley Potatoes	.73	1.01
Ice Cream	1.50	1.87
Raspberries (Fr)	2.97	3.68

17.47 21.94

Milk	2.17	2.54
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52.14 64.03

H.B. 1
 10 MINISTRY OF FOOD
RATION BOOK
 (GENERAL) 1947-1948

Surname HALL
 Initials M.N. NATIONAL REGISTRATION NUMBER TFBCH 2:7
 Address HOLME LANE
CONINGTON
 (For change of address)

FOOD OFFICE CODE No.
 (COUNCIL & DISTRICT)
E. 35.
 FOOD OFFICE

IF FOUND RETURN TO ANY FOOD OFFICE

Serial No. of Ration Book
AM 448719

IT'S GOOD-BYE TO ALL THAT After 14 Years of Rationing

HOUSEWIVES can tear up their ration books at midnight tonight, the hour at which the Ministry of Food relinquishes its jurisdiction over the price and distribution of meat and bacon—the last items on a once impressive list of controlled commodities.

From tomorrow, ration books—everyone's key to the nation's cupboard for over 14 years—will permit only household stores, except for vitamins, instead of these items.

They books will be retained until the new regulations come into effect on October 31.

The cost of a full year's supply of meat will be about £100, and that of a year's supply of bacon about £100.

Preparing in Pools

MORLEY, working in a new bathhouse building in Independence Day for the



This is not an "Independence Day" picture from America, but a new bathhouse built in a London's kitchen in the day of

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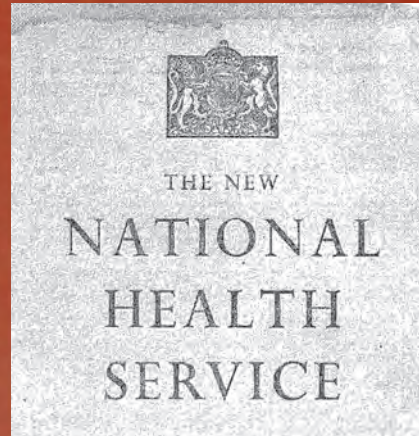
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Cream of Tomato Soup

INGREDIENTS

Ingredients	Unit Measure	Qty
Onion	Grams	50
Carrots	Grams	80
Ground black pepper	Grams	3
Caster sugar	Grams	12
Plain flour	Grams	25
Vegetable bouillon	Grams	20
Rapeseed oil	ml	50
Parsley	Grams	10
Thyme	Grams	5
Tomato paste	Grams	125
Tomatoes	Grams	500
Bay leaves	Grams	2
Double cream	ml	50

METHOD

- 1 Dilute the bouillon with the water to make the stock.
- 2 Prepare the carrots and onions in to small dice.
- 3 Quarter the tomatoes.

MAKE THE BOUQUET GARNI

- 1 Pull the leek skins apart.
- 2 Chop the celery and herbs small enough to lay onto the leek skins.
- 3 Wrap into a parcel and tie with string. Leave enough string to tie to the pan handle so the parcel will be covered by the soup but **not** resting on the base of the pan.

METHOD

- 1 Heat the oil in a pan. Add the onions, carrot and tomatoes. Cook for 10 minutes.
- 2 Add the flour and cook for another 5 minutes.
- 3 Add the tomato purée. Gradually add the stock and sugar.
- 4 Add the bouquet garni and tie to the handle.
- 5 Bring to the boil and simmer for 1 hour.
- 6 Remove the bouquet garni. Purée and strain. Season with the pepper.

Serves 10

Cream of Leek and Potato Soup

METHOD

- 1 Prepare 2 litres of vegetable stock as per manufacturer's instructions.
- 2 Peel and thinly shred the leek and onion.
- 3 Sweat off the onions and leeks in the margarine until they are transparent.
- 4 Add the vegetable stock.
- 5 Cut the potatoes into small pieces 2-3 cm dice and add to the soup bring to the boil and simmer for approximately 30 minutes or until the potatoes are fully cooked and soft.
- 6 Remove from the heat and blend with a stick blender or process through a food processor.
- 8 Adjust consistency and season with pepper as necessary.
- 9 Garnish with chopped parsley.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
White potatoes	Grams	800
Cracked black pepper	Grams	1
Vegetable bouillon	Grams	40
Cold water	Litres	2
Leeks	Grams	600
Parsley	Grams	10
Margarine	Grams	60
Double cream	ML	50





Cottage Pie

INGREDIENTS

Ingredients	Unit Measure	Qty
Mince beef, 90% vl	Grams	1120
Tomato paste	Grams	20
Hot water	l	450
Beef bouillon paste	Grams	18
Carrots	Grams	280
Vegetable oil	l	45
Potato, whole peeled	Grams	2000
Chopped tomatoes in tomato juice	Grams	800
Bay leaves	Grams	1
Ground black pepper	Grams	1
Thyme	Grams	5
Baking margarine	Grams	70
Onion, white	Grams	420

METHOD

- 1 Cut the onions into $\frac{1}{2}$ cm dice. Cut the carrots into $\frac{1}{2}$ cm dice. Remove the thyme from the stalk and chop. Make the beef bouillon into stock with hot water. Cut the potatoes into 2cm chunks. Pre-heat the oven to 180°C.
- 2 Heat the oil in a large saucepan. Add the onion and carrot and cook over a medium heat for five minutes or until soft.
- 3 Add the minced beef and cook for three minutes to brown.
- 4 Add the chopped tomatoes, tomato purée, beef stock, bay leaf and thyme.
- 5 Cover and simmer for 30 minutes. Season with half the pepper. Transfer into a suitable ovenproof serving dish.
- 6 Boil (or steam in steamer) the potatoes until soft and tender for mashing. Drain the potatoes and return to the pan place on the heat for approximately five minutes to dry any excess liquid remove from the heat and mash with the remaining pepper and the margarine.
- 7 Pipe the potatoes on top of the beef mixture with a piping bag and piping tube then place in the preheated oven and cook for approximately 20 minutes or until golden brown on top and the core temperature has been reached 75°C Eng.

Serves 10

Shepherds Pie

METHOD

- 1 Pre-heat the oven to 170°C. Peel and cut the onion and carrot into 1cm dice. Wash and cut the celery into 1cm dice. Remove rosemary from the stalks and chop. Peel wash and chop the garlic. Dilute the bouillon with the water. Make the mashed potato as per sub recipe on page 18.
- 2 Brown the lamb in a pan, add the rosemary, onion, garlic, celery, carrot and bay leaf and continue to cook for 15 minutes. Add the red wine and Worcester sauce and reduce until all liquid has gone.
- 3 Stir in the flour and cook out for 10 minutes. Add the purée, HP Sauce and stock. Stir well and simmer for up to one hour.
- 4 Place the mince in the base of a pie dish top with mash potato and cook in the preheated oven for approximately 25 minutes or until golden and the core temperature has been reached reached 75°C Eng.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Lamb mince, British	Grams	1200
Onion, white	Grams	360
Carrots	Grams	400
Bay leaves	Grams	3
Rosemary	Grams	15
Red cooking wine	ML	300
Worcester sauce	ML	100
Garlic purée	Grams	10
Tomato paste	Grams	100
Plain flour	Grams	40
Cold water	ML	1200
Beef bouillon paste	Grams	30
HP sauce	Grams	14







Lancashire Hot Pot

INGREDIENTS

Ingredients	Unit Measure	Qty
Onion, white	Grams	1120
Lamb paste bouillon	Grams	20
Potato, whole peeled	Grams	2500
Plain flour	Grams	56
Ground black pepper	Grams	5
Thyme	Grams	10
Vegetable oil	ml	90
Lamb shoulder, 85vl diced	Grams	1400
Cooking margarine	Grams	150
Hot water	ml	2000

METHOD

- 1 Pre-heat the oven to 20°C.
- 2 Prepare the onions in to thin slice.
- 3 Dilute the bouillon with two litres of hot water to make the stock.
- 4 Thinly slice the potatoes.
- 5 Season the diced lamb shoulder with 2.5g pepper and dust with the flour. Reserve the leftover flour.
- 6 Melt 50g margarine.
- 7 Heat 50ml oil in a heavy based pan. Fry the lamb on a high heat until browned all over.
- 8 Heat the remaining 34ml oil in another pan. Fry the onions on a high heat until they begin to colour.
- 9 Add 100g margarine. Cook for approximately 2-3 minutes until the onions soften.
- 10 Dust the onions with the reserved flour. Stir well.
- 11 Gradually add the lamb stock. Stir continuously to avoid lumps. Sprinkle in the thyme.
- 12 Bring to the boil. Season with the remaining 2.5g pepper. Simmer for approximately 10 minutes.
- 13 Using an oven-proof casserole dish (with a lid) cover the bottom with a layer of potatoes.
- 14 Follow with a layer of meat and a little sauce then another layer of potatoes. Repeat this process until all the meat and sauce has been used.
- 15 Finish the top with a layer of overlapping potato slices.
- 16 Brush the top with a little of the sauce. Place the lid on and cook in the pre-heated oven for approximately 30 minutes.
- 17 Reduce the heat to 130°C. Continue to cook for two hours.
- 18 Remove the lid from the dish and increase the heat back up to 220°C.
- 19 Brush the top of the hot pot with the melted margarine.
- 20 Return to the oven for 30 minutes or until potatoes are golden. Ensure core temperature has been reached: 75°C Eng.

Serves 10

Roast Beef

CHOOSING AND BUYING

Lean meat should be bright red, with small flecks of white (marbled). Fat should be firm and brittle in texture, creamy white in colour and odourless.

CUTS SUITABLE FOR ROASTING

Sirloin, topside and fore rib are probably the most common joints for roasting.

DEGREE OF COOKING OR INTERNAL TEMPERATURE GUIDE

- Well-done: 72°C
- Medium to well-done: 64°C
- Medium: 60°C
- Rare to medium: 58°C

METHOD

- 1 Season the joint with salt and pepper, place on a trivet in a roasting tray.
- 2 Place a little oil on top and place into a pre-heated oven set from 220°C to 250°C.
- 3 Baste frequently and reduce the heat to 170°C after 20 minutes.
- 4 Roasting time should be 15 minutes per half kg and 15 minutes over.
- 5 Rest the joint for 15 minutes then carve in thin slices against the grain.

Serves 10









Roast Chicken

CHOOSING AND BUYING

The breast should be plump, breastbone pliable and the flesh firm. The skin should be white and unbroken with a faint blush tint. Older birds will have coarse scales, large spurs on the legs and long hairs on the skin.

CUTS SUITABLE FOR ROASTING

All parts of the chicken are suitable, whole or cut into breasts, legs, halves etc.

DEGREE OF COOKING OR INTERNAL TEMPERATURE GUIDE

Cook until minimum 75°C core temperature has been reached.

METHOD

- 1 Season the joint with salt, place on a trivet in a roasting tray.
- 2 Brush with melted butter and place into a pre-heated oven set to approximately 180°C.
- 3 Baste frequently.
- 4 To test if fully cooked, pierce with a fork between drumstick and thigh and hold over a plate.

Serves 10

CHEF'S TIP

For best results avoid joints that are breast and leg boned and rolled together. White and brown meat cook very differently.

Roast Pork

CHOOSING AND BUYING

The flesh should be pale pink, firm and of a fine texture. Fat should be white, firm, smooth and not excessive. Any skin or rind present should be smooth to touch.

CUTS SUITABLE FOR ROASTING

Leg, loin, belly and shoulder are probably the most common joints for roasting.

DEGREE OF COOKING OR INTERNAL TEMPERATURE GUIDE

Cook until minimum 75°C core temperature has been reached.

METHOD

- 1 Season the joint with salt and pepper, place on a trivet in a roasting tray.
- 2 Lightly brush the skin with oil and place into a pre-heated oven set to 220°C to 250°C.
- 3 Baste frequently and reduce the heat to 170°C after 20 minutes.
- 4 Roasting time should be 25 minutes per half kg and 25 minutes over.
- 5 Rest the joint for 15 minutes, remove the skin then carve in thin slices against the grain.

Serves 10







Roast Potatoes

INGREDIENTS

Ingredients	Unit Measure	Qty
Potatoes, whole	Grams	1600
Vegetable oil	Grams	65
Water	ML	
Cracked black peppercorn	Grams	1

METHOD

- 1 Quarter the potatoes - try to ensure they are all of a similar size. Place in cold water and bring to the boil. Discard the boiling water, then replace with more cold water and bring to the boil once again.
- 2 Insert a small sharp knife into a potato to test they are about half cooked. When they are, drain in a colander and allow to air dry.
- 3 Toss the potatoes in the colander to ensure they have some rough fluffy edges on them, then tip them into a roasting tray.
- 4 Toss in the oil and pepper then roast in a pre-heated oven set to 170°C until golden brown and cooked through.

Serves 10



Mashed Potato

METHOD

- 1 Peel the potatoes and cut into even pieces.
- 2 Boil or steam the potatoes for approximately 20 minutes.
- 3 Drain the potatoes, add the margarine and mash. Season with pepper and salt.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Ground white pepper	Grams	1
Cooking salt	Grams	3
Potatoes, whole	Grams	2000
Butter	Grams	100







Buttered Cabbage

INGREDIENTS

Ingredients	Unit Measure	Qty
Ground black pepper	Grams	5
Margarine	Grams	50
White cabbage	Kg	1

METHOD

- 1 Devein the cabbage leaves and finely shred.
- 2 Cook the cabbage in boiling water for 6 minutes. Drain well.
- 3 Melt the butter in the pan and stir through the cabbage. Ensure nicely evenly coated.
- 4 Season with the black pepper.
- 5 Place the cabbage in a serving container. Serve as required.

Serves 10



Braised Red Cabbage

METHOD

- 1 Quarter the cabbage. Remove the root, shred finely and wash. Place a pan on the stove and add the cabbage.
- 2 Add the red wine vinegar and sugar and cook for five minutes. Cover with a well-fitting lid, lower the heat and cook until cabbage is cooked and just soft.
- 3 Season with pepper.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Red cabbage, shredded	Grams	1000
Light soft brown sugar	Grams	40
Red wine vinegar	ml	90
Ground black pepper	Grams	1







Roasted Vegetables

INGREDIENTS

Ingredients	Unit Measure	Qty
Brussels sprouts	Grams	250
Carrots	Grams	250
Butternut squash	Grams	250
Beetroot, raw	Grams	250
Courgette	Grams	250
Potato, whole	Grams	250
Vegetable oil	ml	250
Ground black pepper	Grams	40

METHOD

- 1 Defrost the brussels sprouts under controlled conditions, ensuring as much water as possible has been removed. Dry once again using a clean kitchen cloth.
- 2 Pre-heat the oven to 180°C.
- 3 Prepare and chop the potatoes, carrots, butternut squash, beetroot and courgette into 2cm dice.
- 4 Place all the vegetables onto a baking tray. Coat in the oil and season with the black pepper.
- 5 Cook in the preheated oven for approximately 15 minutes, or until cooked through and nicely caramelised.
- 6 Ensure core temperature has been reached: 75°C Eng.

Serves 10



National Health Service
and Community Care
Act 1990

CHAPTER 19

Homemade Yorkshire Pudding

METHOD

- 1 Pre-heat oven to 200°C. Sift the flour into a mixing bowl and make a 'well' in the centre.
- 2 Add the eggs to the flour with half the milk. Beat well (until all lumps are gone) and add the remaining milk. Beat again to make a smooth batter. Leave to stand for at least 30 minutes or, ideally, in a fridge overnight.
- 3 Heat the oil in individual Yorkshire pudding tin. Place in the pre-heated oven until the oil is hot and almost smoking.
- 4 Remove the tray from the oven and carefully pour the batter into the tray and bake for approximately 10-15 minutes or until the batter is well risen and golden.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Plain flour	Grams	200
Free range eggs, large	Each	6
Semi skimmed milk	ml	400
Vegetable oil	ml	60

The screenshot shows a promotional page for the NHS 70 Windrush Awards. At the top left, there is a photo of four diverse individuals. To the right, the text 'NHS 70' is displayed in large blue letters. Below the photo, the text reads: 'Windrush awards ceremony Thank you all for your amazing nominations and contributions. On Tuesday, 12 June we are holding our Windrush awards event in Manchester.' A blue button labeled 'View Challenge' is visible. On the right side, there is a graphic with the text 'point of Diversity | things differ of being di' and 'NHS England Windrush Awards - Tuesday 12 June'. A small '0' icon is at the bottom right of the graphic.





Apple Pie

INGREDIENTS

Ingredients	Unit Measure	Qty
Caster sugar	Grams	50
Apples	KG	1
Margarine	Grams	225
Cold water	ML	60
Plain flour	Grams	400
Milk	ML	30



PREPARE THE PASTRY

- 1 Sieve the flour.
- 2 Cut 200g of margarine into small blocks.
- 3 Rub the flour into the margarine until the mixture resembles breadcrumbs.
- 4 Make a well in the centre and add sufficient water to the mix to form a firm paste.
- 5 Handle as little and as lightly as possible. Use as required.

METHOD

- 1 Prepare the pastry as per recipe above.
- 2 Drain the apples thoroughly.
- 3 Use 25g of margarine to grease a suitable serving dish. Roll out the pastry to a thickness of 3mm and line the dish.
- 4 Spoon in the apples and sprinkle with the castor sugar.
- 5 Milk wash the edge of the pie. Roll out the remaining pastry and top and seal the pie, cutting off any loose pastry.
- 6 Soya milk wash and cook in a moderate oven at 170°C for 15 to 20 minutes or until golden.

Serves 10

Oaty Apple Crumble

METHOD

- 1 Sieve the flour.
- 2 Rub the butter into the flour and sugar (125g) until it resembles breadcrumbs.
- 3 Add the oats and mix together.
- 4 Core, peel and cut the apple into chunky pieces. In a thick bottomed saucepan heat a 'splash' of water over a medium heat. Add the apples and cook until just soft.
- 5 Sprinkle the apples with the remaining caster sugar and cinnamon then stir in.
- 6 Place the cooked apples into an ovenproof dish. Top the apple base with the crumble mix and bake in a moderate oven (180°C) until golden brown.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Plain flour	Grams	250
Baking margarine	Grams	125
Caster sugar	Grams	150
Porridge oats	Grams	250
Cooking apple, Bramley	Grams	1200
Ground cinnamon	ml	2







Steamed Sponge Pudding

INGREDIENTS

Ingredients	Unit Measure	Qty
Vanilla flavouring	Grams	5
Free range eggs, large	Each	4
Self raising flour	Grams	400
Caster sugar	Grams	400
Baking margarine	Grams	400
Golden syrup	Grams	250

METHOD

- 1 Grease the moulds and put a tablespoon of syrup into the bottom of each mould and set aside.
- 2 Beat together the margarine and the sugar until light and fluffy then gradually add the beaten eggs and vanilla. Fold in the flour and spoon evenly into the moulds place into a tray and tightly cling film so no water can get in.
- 3 Place into a steamer and cook for approximately 40 minutes until are fully risen and firm to the touch.
- 4 Loosen the puddings with a palette knife before turning out into a warm dish.

Serves 10



Bread and Butter Pudding

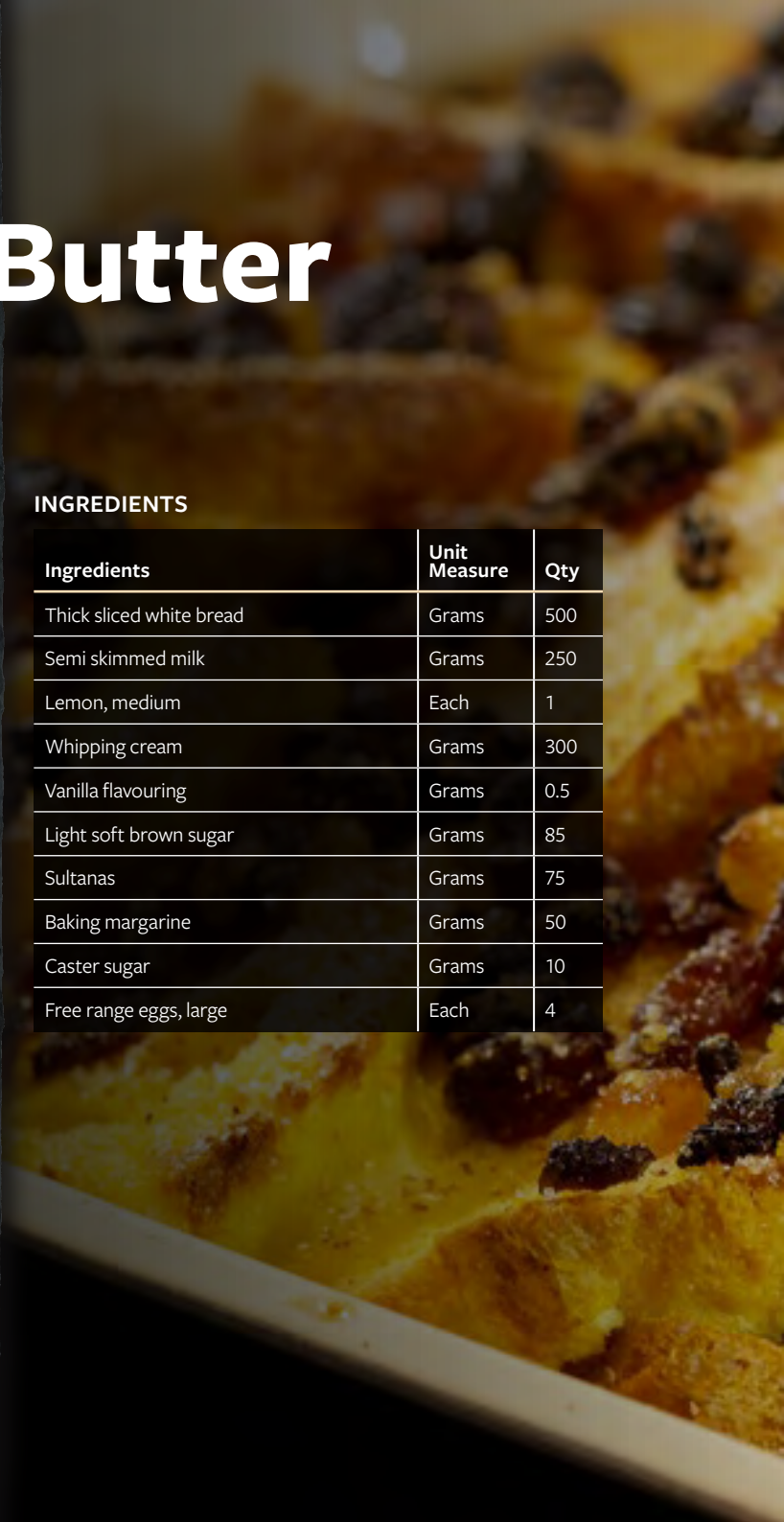
METHOD

- 1 Cut the crusts from the bread slices.
- 2 To make the custard heat the milk cream and vanilla together in a saucepan to just before boiling point.
- 3 Meanwhile separate two eggs and discard the white. Mix the yolk with the two whole eggs.
- 4 Whisk the eggs with caster sugar in a bowl slowly pour the warm milk mixture over the eggs mix stirring continuously until smooth.
- 5 Butter an ovenproof dish.
- 6 Butter the bread and cut into triangles lay half of the bread slices in the bottom of the dish. Mix the sultanas with lemon zest and sprinkle over the bread. lay the rest of the bread over the fruit.
- 7 Pour the custard over the bread and leave to soak for least an hour.
- 8 When the custard has soaked into the bread sprinkle the caster sugar over the bread and bake for 35 minutes at 160°C until golden brown and puffed up.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Thick sliced white bread	Grams	500
Semi skimmed milk	Grams	250
Lemon, medium	Each	1
Whipping cream	Grams	300
Vanilla flavouring	Grams	0.5
Light soft brown sugar	Grams	85
Sultanas	Grams	75
Baking margarine	Grams	50
Caster sugar	Grams	10
Free range eggs, large	Each	4







Baked Rice Pudding

INGREDIENTS

Ingredients	Unit Measure	Qty
Short grain rice	Grams	550
Semi skimmed milk	ML	2400
Caster sugar	Grams	200
Unsalted butter	Grams	100
Whipping cream	Grams	600

METHOD

- 1 Wash the rice under cold water then drain.
- 2 Place all the ingredients in a saucepan, stir thoroughly then set in a Bain Marie.
- 3 Place over a medium heat and cover. Bring to just off the boil.
- 4 Stir frequently ensuring the rice does not stick together.
- 5 When the rice is tender remove from the heat and serve.

Serves 10



Basic Custard Sauce

METHOD

- 1 Mix custard powder and sugar together with 100ml of the cold milk.
- 2 Warm the rest of the milk in a bain-marie.
- 3 Whisk the custard mixture into the milk continue to whisk until thickened.
- 4 Serve as required.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Caster sugar	Grams	60
Semi skimmed milk	Grams	1000
Custard powder	Grams	60







Homemade Scones

INGREDIENTS

Ingredients	Unit Measure	Qty
Plain flour	Grams	500
Baking powder	Grams	15
Cooking salt	Grams	1
Caster sugar	Grams	100
Baking margarine	Grams	100
Semi skimmed milk	ml	250

METHOD

- 1 Dice the 'butter' into 1cm cubes.
- 2 Sift the flour and baking powder into a bowl then add the sugar, salt and butter.
- 3 Rub all ingredients together forming a breadcrumb like mix.
- 4 Slowly add the milk and bring the mix together to a dough.
- 5 Wrap in clingfilm and rest in the fridge for at least two hours.
- 6 Roll out to desired thickness and, using a pastry cutter, cut to size required.
- 7 Set on a lined baking tray, brush with a little extra egg and bake in a pre-heated oven set to 180°C for 10-15 minutes.
- 8 Remove from the oven when golden brown and ensure they are cooked through by turning over and tapping the bottom of the scone - if cooked you will hear a hollow sound.

Serves 10



Rock Cakes

METHOD

- 1 Sieve the flour and baking powder.
- 2 Rub in the margarine to achieve a sandy texture.
- 3 Add the fruit and sugar.
- 4 Gradually add the well beaten eggs and mix as lightly as possible until combined.
- 5 Fashion roughly with a fork into 12 shapes on a greased baking sheet.
- 6 Brush with milk and bake at 220°C for about 20 minutes.

Serves 10

INGREDIENTS

Ingredients	Unit Measure	Qty
Baking powder	Grams	850
Eggs	Each	3
Caster sugar	Grams	180
Semi-skimmed milk	ML	10
Self-raising flour	Grams	250
Margarine	Grams	180
Mixed fruit	Grams	125











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