



Recipe Book 2



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Smoked Fish Chowder



Utensils



Pan



Chopping Board



Jug



Can opener



Potato peeler



Knife



Teaspoon



Colander

Ingredients



2 potatoes



1 onion



½ teaspoon black pepper



250ml vegetable stock



120ml milk



140g sweetcorn

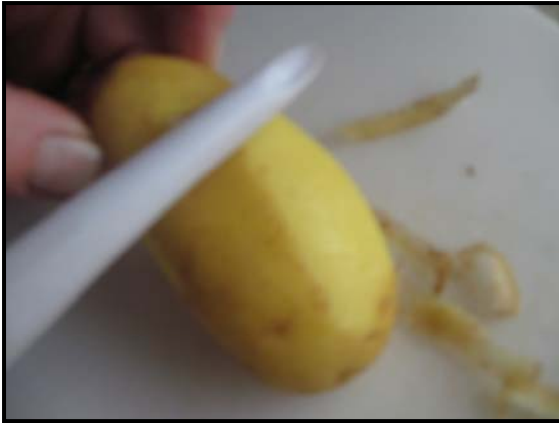


1 large smoked haddock

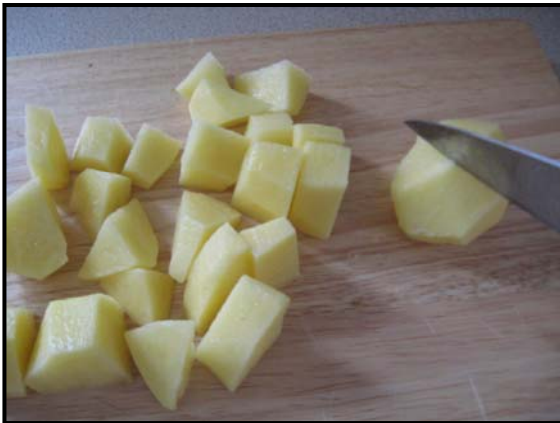


Parsley

Method.



Peel Potatoes.



Cut potatoes.



Put potatoes in pan.



Peel onion.



Cut onion.



Put onion in pan.



Add 250ml boiled water to jug.



Add 1 vegetable stock cube.



Stock.



Add stock to pan.



$\frac{1}{2}$ teaspoon black pepper.



Add to pan.



Bring to boil, then put on low heat for 15-20 minutes.



Mash potatoes with fork.



Cut up fish.



Add fish to pan.



Get sweetcorn.



Drain sweetcorn.



Add sweetcorn to pan.



Get milk.



Add milk to pan.



Stir.



Heat gently.



Cut parsley.



Serve in bowl with
small bit of parsley.

Coronation Chicken



Utensils



Bowl



Chopping board



Knife



Tablespoon



Teaspoon

Ingredients



4 tablespoons
reduced fat
mayonnaise



2 cooked chicken
breasts



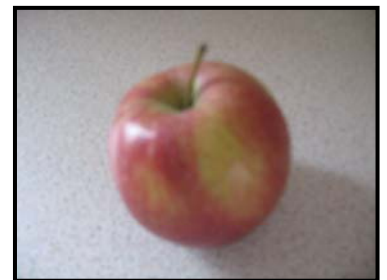
1 teaspoon runny
honey



1 celery stick



12 seedless grapes



1 apple



1 small pot low fat
yoghurt



1 tablespoon mild
curry powder

Method.



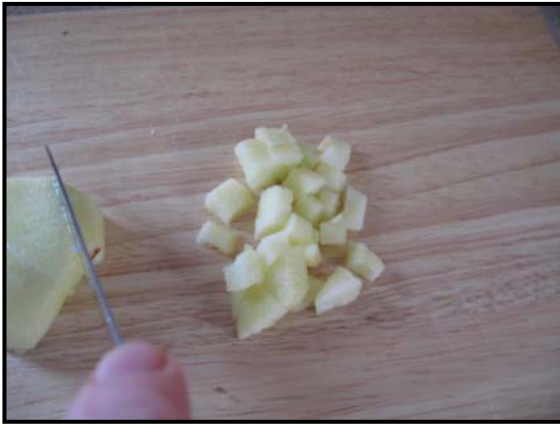
Wash celery in water.



Cut celery.



Peel apple.



Cut up apple.



Get 12 grapes.



Cut up grapes.



Get chicken.



Cut up chicken.



Put yoghurt in bowl.



Add 4 tablespoons
mayonnaise.



Add 1 tablespoon
curry powder.



Add 1 teaspoon
honey.



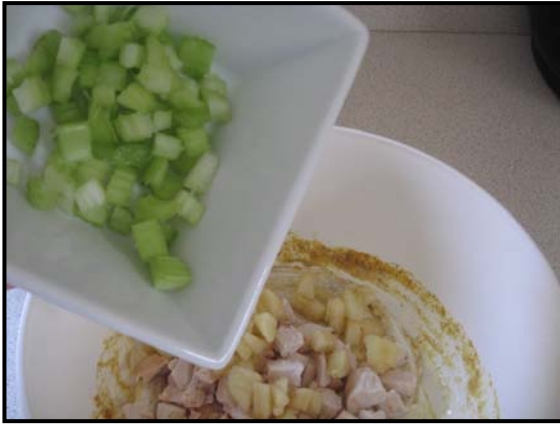
Mix.



Add chicken.



Add apple.



Add celery.



Add grapes.



Mix.



When ready to eat.



Serve with salad.

Couscous Salad



Utensils



Bowl



Weighing Scales



Chopping Board



Knife



Jug



Tablespoon



Fork



Lemon Juicer

Ingredients



200g Couscous



50g sultanas



4 spring onions



2 tomatoes



1 tablespoon fresh
mint



1 tablespoon lemon
juice



1 tablespoon
coriander



500mls vegetable
stock

Method.



Weigh 200g
Couscous.



Weigh 50g
sultanas.



Add 500mls boiling
water to jug.



Add vegetable stock cube.



Add couscous to a bowl.



Add sultanas.



Pour stock into bowl.



Leave for 5 minutes.



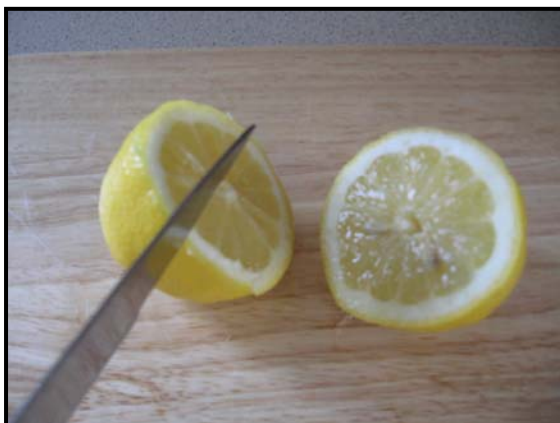
Mix with fork.



Cut up tomatoes.



Cut up
spring onions.



Cut lemon.



Squeeze lemon .



Cut mint.



Add tomatoes.



Add spring onions.



Add 1 tablespoon
lemon juice.



Add 1 tablespoon
mint.



Add 1 tablespoon coriander.



Mix.



Serve.

Mandarin Ginger Crunch



Utensils



Bowl



Rolling Pin



Spoon



Serving Dish



Can Opener



Colander

Ingredients



1 Tin Mandarin Segments



½ Packet Ginger Snap Biscuits



2 Pots Mandarin Yoghurt



1 Tub Greek Yoghurt

Method.



Add 2 pots
mandarin yoghurt to
bowl.



Add greek yoghurt.



Mix.



Crush $\frac{1}{2}$ packet
ginger crunch
biscuits.



Put into bowl.



Drain mandarins.



Put in bowl.



Sprinkle $\frac{1}{2}$ the crushed biscuits into serving bowl.



Pour a layer of yoghurt over the biscuit.



Add mandarins.



Sprinkle biscuits .



Pour yoghurt.



Add mandarins.



Put in fridge.



Serve.

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