

## Aioli



### Ingredients:

- 3 cloves garlic
- Salt
- 1 cup mayonnaise
- 2 1/2 teaspoons fresh lemon juice

### Instructions:

1. Gather the ingredients.
2. Crush the garlic cloves with the flat of a knife, and remove the skin.
3. Using a mortar the garlic until smooth ( can use a garlic crusher).
4. Add the garlic to a small bowl, and whisk together with mayonnaise, lemon juice, and 1/4 teaspoon salt. Put into fridge and serve with wedges.

## Step by Step Instructions:

1. Gather the ingredients.



2. Crush the garlic cloves with the flat of a knife, and remove the skin.



3. Using a mortar crush the garlic until smooth.



4. Add the garlic to a small bowl, and whisk together with mayonnaise, lemon juice, and 1/4 teaspoon salt. Put into fridge and serve with wedges.



5. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.



## Cheesy Crunchy Bread Rolls



### Ingredients:

- 4 cups self-raising flour (G.F option plus 1tspn. of Xanthan Gum)
- 2 teaspoons salt
- 2 tablespoons butter (Dairy Free option)
- 1 cup milk (Lactose Free option)
- 1 cup water
- ½ cup grated cheese
- 3 Shallots, finely chopped

### Instructions:

1. Preheat oven to 220c and line two trays with baking paper.
2. Finely chop **shallots**.
3. Next, place the **self-raising flour**, **salt** in a large mixing bowl.
4. Put butter into bowl with the flour mix and rub it into the flour with your hands to combine.
5. Form a well in the centre, then pour in the **milk** and **water**. Give everything a really good stir until it forms a nice dough.
6. Add grated **cheese** and **shallots**. Mix together.
7. Separate the dough into 15 portion sizes (tasty mini dampers).
8. Now pop your dough onto the lined tray and slice a cross into the top using a sharp knife.
9. Bake for around 10mins at 220° C, then for a further 8mins at 180° C until your gorgeous damper is golden brown and delicious looking.
10. With the help of an adult helper, tap the bottom and your damper should sound hollow – that's when you know you're done!



## Step by Step Instructions:

1. Preheat oven 220c and line 2 trays with baking paper.



2. Mix self-raising flour and salt into a large bowl.



3. Add butter and rub it to the flour mix with your hands.



4. Form a well then pour in milk and water. Mix together until it form a dough.



4. Add cheese and shallots, knead dough on a clean floured surface.



5. Put dough onto lined tray and slice a cross into the top using a sharp knife.



6. Bake in oven for 10mins at 220c then reduce to 180c for a further 8mins.



7. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.





## Pumpkin Soup



### Ingredients:

- 1kg pumpkin, peeled, seeded and chopped
- 1 brown onion sliced
- 3 garlic cloves, peeled whole
- 1 tablespoon ginger, grated
- 2 tablespoon butter ( Nuttelx )
- 3 cups vegetable broth
- 1 cup of water
- Salt and pepper
- ½ cup of cream ( lactose/vegan option )

### Instructions:

1. Peel, de-seed and chop pumpkin into small pieces ( 4cm big ).
2. Take the first layer off onion and slice.
3. Remove the outer skin of the garlic.
4. Sauté ginger and garlic with butter in the big pot for 2mins.
5. Add the pumpkin, onion, garlic, broth and water into the pot - liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat until pumpkin is tender (check with butter knife) - about 10 minutes.
6. Remove from heat and use a stick blender to blend until smooth.
7. Season to taste with salt and pepper.
8. Stir through cream.
9. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.



## Step by Step Instructions:

1. (Peel, grate fresh ginger if using fresh.) Sauté ginger and garlic with butter in the big pot for 2mins.



2. Chop pumpkin into small pieces ( about 4cm big ).
3. Add the pumpkin, onion, garlic, broth and water into the pot. Bring to a boil, let simmer until pumpkin is tender (check with butter knife) - about 10 minutes.
4. Remove from heat and use a stick blender to blend until smooth.
5. Season to taste with salt and pepper. Stir through cream.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.





## Oven Baked Potato Wedges with Rosemary and Garlic



### Ingredients

8 large potatoes

6 twigs of fresh rosemary

6 cloves of garlic

20mls Olive oil

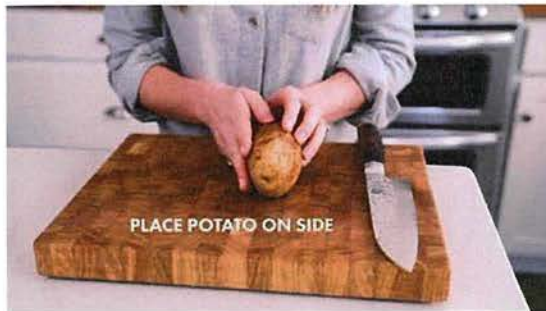
Salt

### Instructions

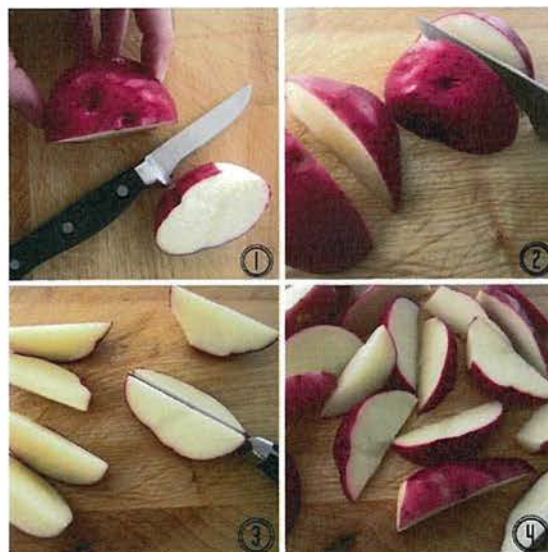
1. Pre-heat oven to 220c.
2. Slice potatoes into wedges, no need to remove the skin.
3. Cover the baking trays with baking paper.
4. Divide the potato wedges onto the baking trays.
5. With the flat side of a knife, crush the gloves of garlic and place between the potato wedges.
6. Add the rosemary between the potatoes.
7. Drizzle the olive oil over the wedges and sprinkle with salt.
8. Place the baking trays into oven and bake for 30 mins.

## Cutting up potatoes to make wedges

### Example 1



### Example 2



## Apple and Cinnamon Muffins



### Ingredients:

- 1cup apple sauce
- 2 eggs slightly whisk ( egg replacement option )
- 2/3 cup milk (Vegan/Lactose option)
- 1/3 cup oil
- 2 tsp cinnamon
- 2 cup self-raising flour ( G.F option )
- 2 apples (grated)

### Instructions:

1. Preheat the oven to 180. Line muffin trays with patty cakes.
2. Wash apples then grate with grater leaving the skin on.
3. In a medium bowl whisk together the apple sauce, eggs, milk, oil and cinnamon.
4. Stir in the flour, mix lightly with a wooden spoon until just combined.
5. Gently stir through the grated apples.
6. Portion into mini muffin tins.
7. Bake for approximately 15 minutes.
8. Allow to cool in the tin until cool enough to handle, remove from the tin.
9. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.



## Step by Step Instructions:

1. Line muffin trays with patty cakes.



2. Wash apples then grate both with grater leaving the skin on.



3. In a medium bowl whisk together the apple sauce, egg, milk, oil and cinnamon.



4. Stir in the flour, mix lightly with a wooden spoon until just combined. Then gently stir through the grated apple.



5. Portion into mini muffin tins and bake for approximately 15 minutes.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

