

# **Congratulations!** **Active Kids Get Cooking** **Special Challenge Winners** **2008**

**Excerpts from the winning  
entries and recipes**



# Active Kids Get Cooking Challenge 2008

Knowing how your food is produced and where it comes from is important when choosing what you like to eat. Throughout the UK different types of food are grown, reared or made - each with their own regional or local characteristic. This year's challenge celebrates the diversity of foods from around the UK.

## **The schools challenge:**

Create a 2 course meal (a main meal and a dessert) that can be shared with your friends and that uses local/regional ingredients from where you live. You should follow healthy eating guidelines.

All entries should have:

- \* recipe names
- \* photographs of the final dishes
- \* a list of the ingredients used
- \* a list of the equipment used
- \* how you made the dishes, i.e. a particular method
- \* an explanation of why you used the ingredients, i.e. how they link to local/regional

Be creative! Why not ...

- \* visit and work with a local farmer?
- \* use fruits and vegetables grown at school, home or a local farm?
- \* find out about traditional recipes and ingredients from your area?
- \* talk to local/regional food producers about what they make, e.g. cheese making?
- \* make links with local food suppliers?

## **Prizes**

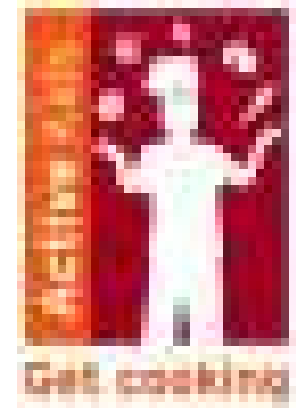
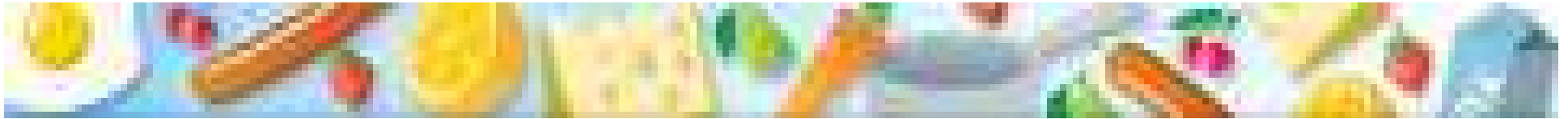
Judges will be looking for the best recipes that show the use of local/regional ingredients and any links that you've made. There are regional prizes for the best primary and secondary school in England, Scotland, Wales and Northern Ireland - all receiving £100. In addition, all regional winners will be invited to a celebration event in London to find out who will be crowned the overall UK winners. The UK winners' prize is £500 each.

## **Entries**

Each school can submit up to a maximum of 4 pieces of work. In primary schools, the work can be by an individual child or a group/class submission. In secondary schools, the work must be by an individual pupil.

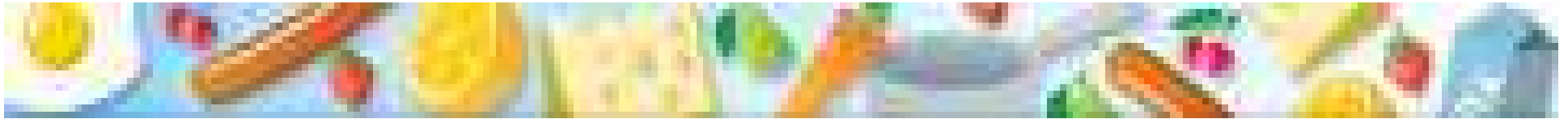
You have until 23 May 2008 to submit your entries





# Primary Winners

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# Gracehill Primary School

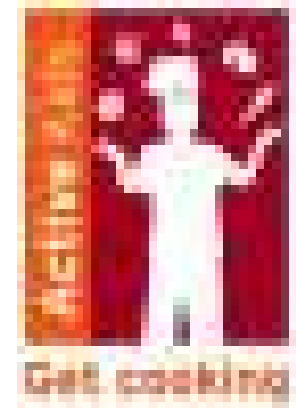
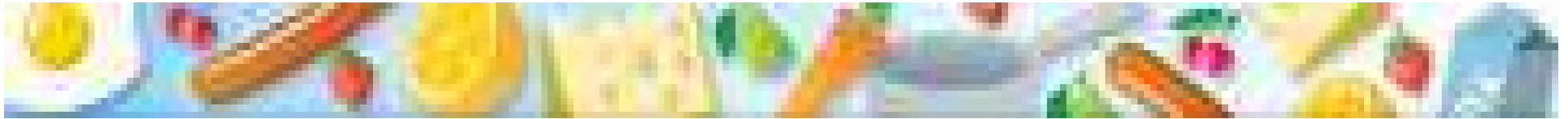
**Northern Ireland  
Primary Winner**

**Main meal**  
Surprise burger  
and chips

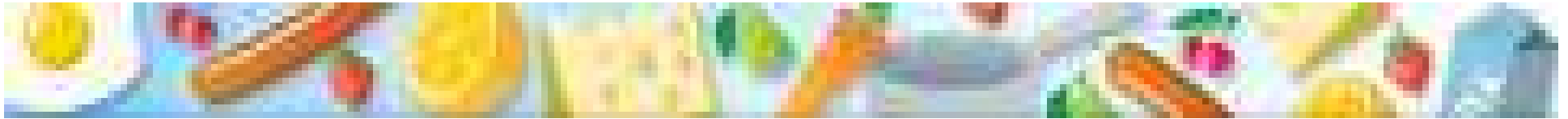


**Dessert**  
Chocolate orange explosion





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# Surprise Burger and Chips

## Ingredients

### Burger

250g pork sausages

$\frac{1}{2}$  cooking apple

### Parsnip Chips

3 thick parsnips

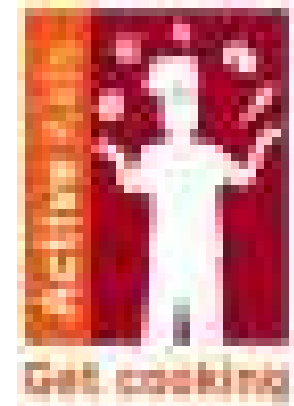
1tbsp olive oil

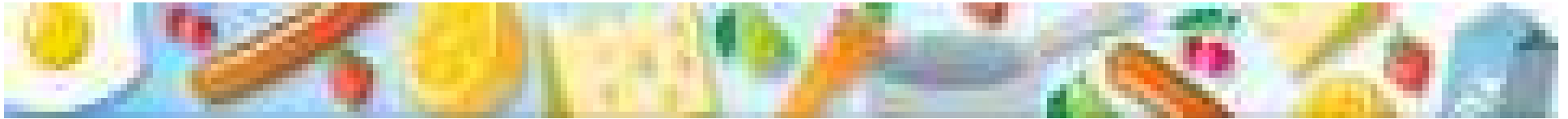
Salt and pepper

### Tomato Sauce (served with burger and chips)

2 tbsp organic tomato sauce

1 tomato





# Irish Potato Bread (served with burger and chips)



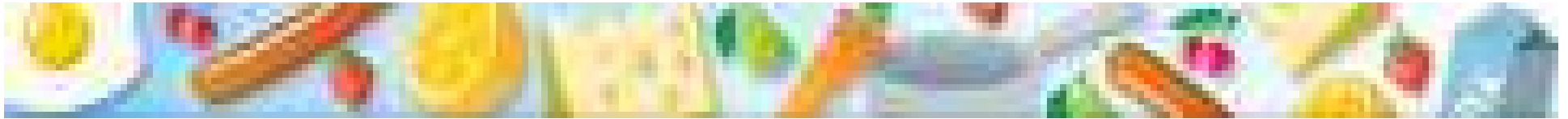
225g warm cooked potatoes finely mashed

25g butter

50g flour

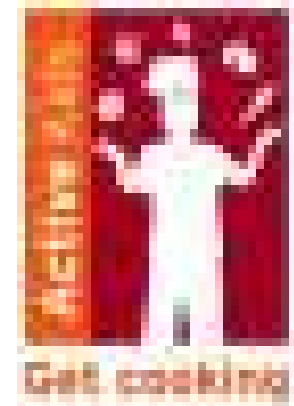
3 spring onions, finely chopped

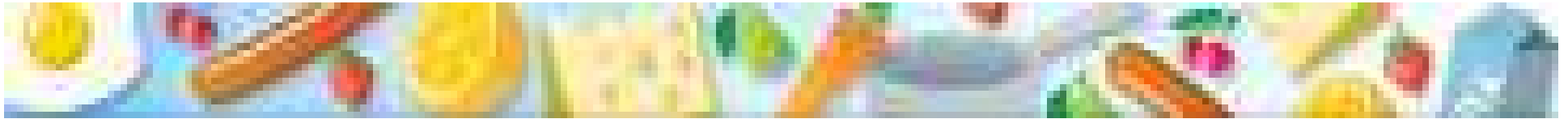
Salt and pepper



# Equipment

Bowl  
Grater  
Knives  
Spoon  
Baking tray  
Serving plate  
Kitchen paper  
Kettle  
Saucepan  
Steamer  
Peeler  
Chopping board  
Masher  
Scales  
Rolling pin  
Fish slice  
Frying pan  
Cooling tray

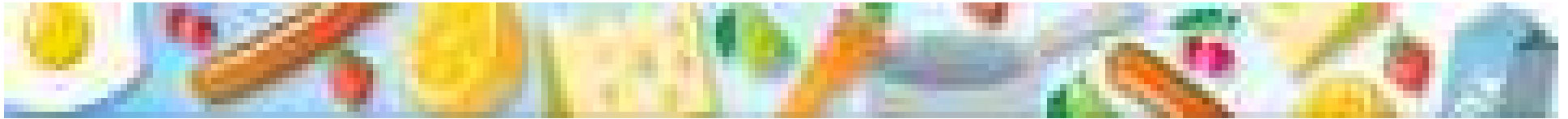




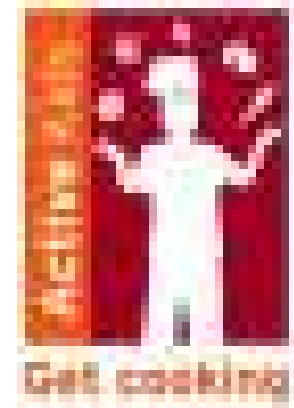
# Burgers



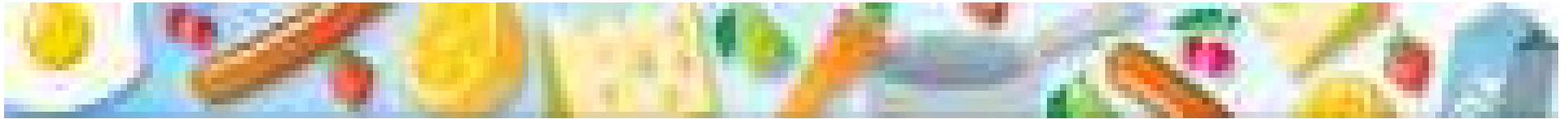
1. Peel and grate the apple
2. Dry with kitchen paper
3. Remove skin from sausages
4. Mix sausage meat and grated apple in a bowl
5. Form into 4 triangular shaped patties
6. Dry fry over a medium heat until brown
7. Place into a preheated baking tray and bake in oven at 190 oc for 20 mins



# Parsnip chips



1. Peel parsnips and cut into thick chips
2. Place on baking tray and drizzle over olive oil
3. Toss parsnips in oil, spread evenly on tray and season
4. Bake at top of oven for 15 - 20 mins until golden



## Tomato sauce (served with burger and chips)



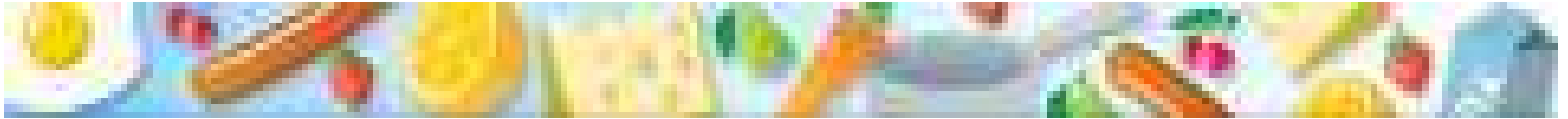
1. Cut cross on top of tomato and place in a bowl of boiling water. Leave for 5 mins
2. Skin tomato, cut in 4 and deseed
3. Finely chop
4. Mix into tomato ketchup



# Irish Potato Bread



1. Pre heat oven to 190 oc, gas mark 5
2. Peel, quarter and steam potatoes until soft
3. Mash well and add salt, pepper and butter
4. Chop spring onions finely and add to potatoes
5. Gradually work in the flour until the dough becomes very pliable
6. Divide the dough in 2 and roll out each piece on a floured surface until approx 1 cm thick. Cut each circle into quarters
7. Bake on a hot griddle or a non stick frying pan lightly dusted with flour for about 5 mins until golden on both sides



# Chocolate Orange Explosion



## Ingredients

### Chocolate Sponge

75g caster sugar

50g plain flour

25g cocoa powder

3 large eggs

1tsp hot water

$\frac{1}{4}$  tsp vanilla extract

### Orange Ice Cream

2 large naval oranges

500ml milk

100g caster sugar

4 large eggs yolks

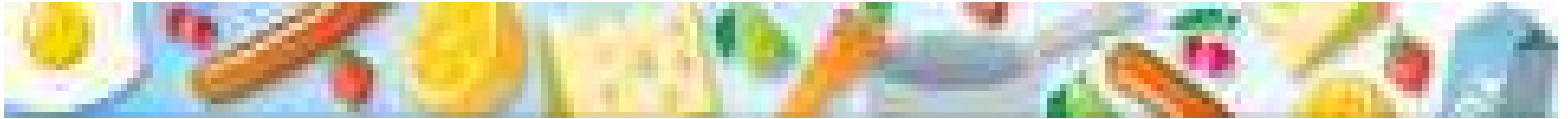
### Chocolate Icing

100g chocolate (milk or mixture of milk and dark)

100g 0% fat Greek yogurt



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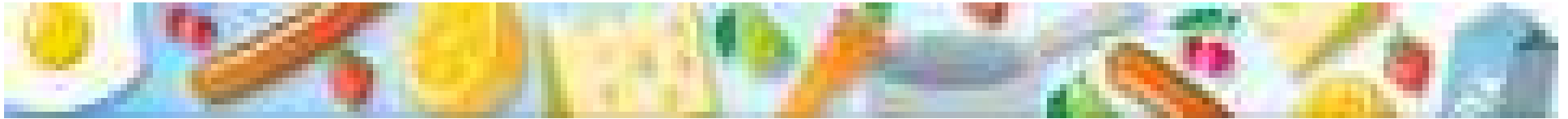


# Equipment

Large bowl  
Electric whisk  
Swiss roll tin  
Baking parchment  
Spatula  
Sieve  
Tablespoon  
Scales  
Cooling tray  
Oven gloves  
Litre pudding basin  
Cling film  
Measuring jug  
Grater  
Squeezer  
Saucepan  
Wooden spoon  
Pan stand  
Ice cream maker



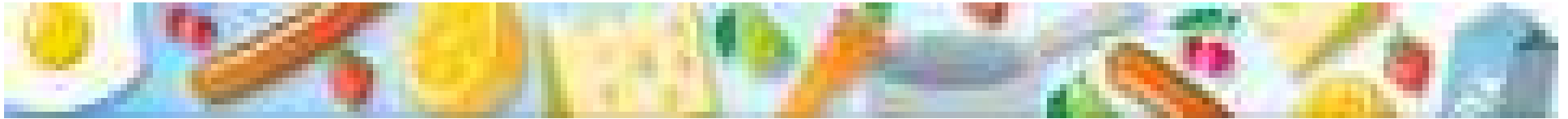
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# Chocolate Sponge



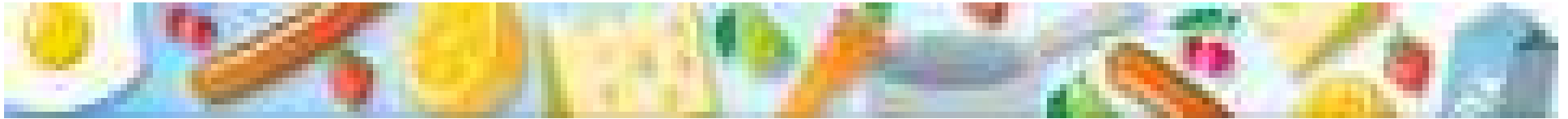
1. Heat oven to 200 oc, gas mark 6
2. Lightly grease and line a large swiss roll tin with baking parchment
3. Whisk eggs and sugar until light and thick (leaves a trail of 8)
4. Fold in water and vanilla
5. Sieve flour and cocoa and fold into mixture
6. Pour into lined tin
7. Bake for 10 - 12 mins at 200oc
8. Turn onto a cooling tray
9. Line a 1 litre freezer proof pudding basin with cling film
10. Cut a small piece of sponge to fit the base then cut triangular pieces to line the sides. Fill any gaps with trimmings. Keep a piece of sponge for the lid



# Orange Ice cream



1. Finely grate zest from oranges and squeeze juice
2. Bring milk, 50g sugar and orange zest to the boil. Remove from the heat and leave for 30 mins
3. Beat egg yolks and remaining sugar until thick with electric whisk
4. Add the milk mixture in a stream while whisking
5. Pour into a saucepan and cook over a moderate heat stirring with a wooden spoon until it coats the back of a spoon. Do not boil
6. Remove from heat, pour through a sieve into a bowl and set down in a larger bowl of iced water. Leave until cold for 10 - 15 mins. Stir occasionally
7. Stir in orange juice and remaining zest and pour into ice cream maker. Churn until thick



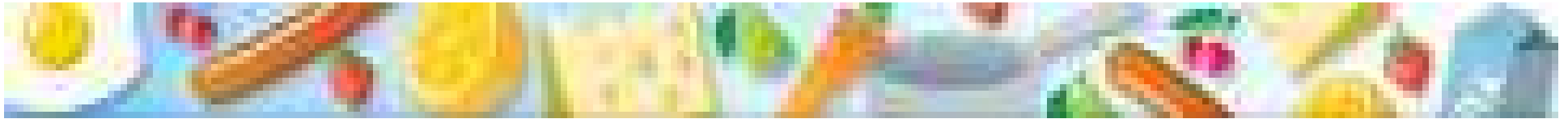
# Chocolate Icing



1. Melt chocolate in bowl over saucepan of hot water
2. Slightly cool
3. Stir in yogurt

## To assemble

1. Lift cake out of the freezer 15 mins before serving
2. Cover with chocolate icing



# Gracehill Primary School

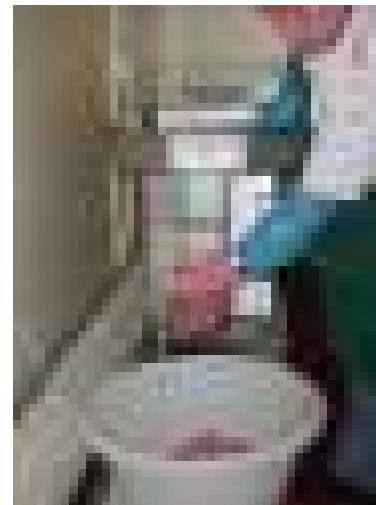
Northern Ireland

Primary Winner

To find out about the food grown and produced in Co. Antrim and Northern Ireland we went on a visit to our local supermarket.



We also went to our local farm shop. We saw how the sausages were made.





# All Saints C.E.P School

England

Primary Winner

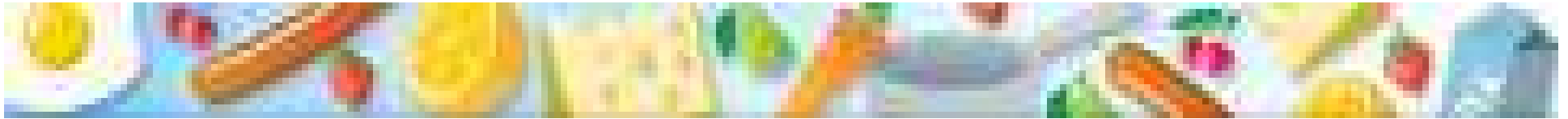


**Main meal**  
Cauliflower flavour  
power

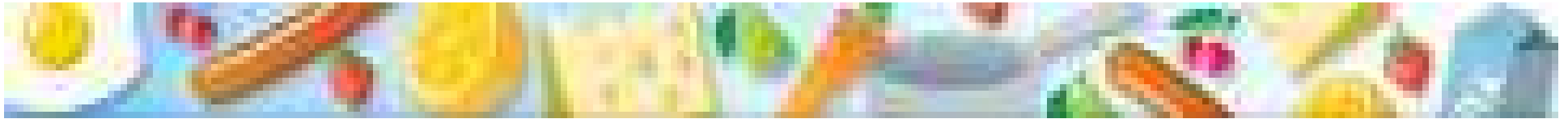


**Dessert**  
Rockin' rhubarb rumble





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# Cauliflower Flavour Power

## Ingredients

1 large cauliflower  
Some purple sprouting broccoli  
1 leek  
50g butter  
4 x 15ml spoons flour  
700ml milk  
300g Cheddar cheese (grated)  
Pepper

## Method

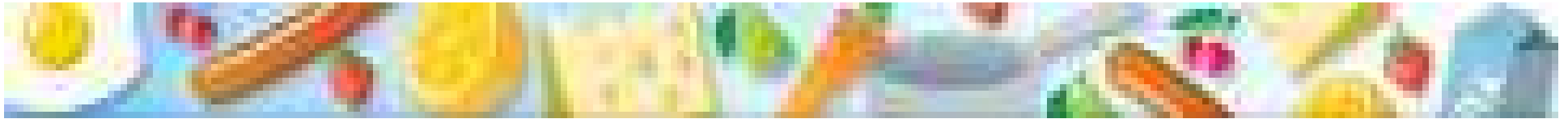
To make the cheese sauce:

1. Melt the butter
2. Stir in the flour
3. Gradually add the milk stirring constantly until smooth
4. Add 250g grated cheese
5. Divide the cauliflower into florets
6. Cut up the leek and broccoli
7. Cook the vegetables until tender
8. Place the cauliflower, leek and broccoli in the base of a dish
9. Pour over the cheese sauce and put the rest of the cheese on top.

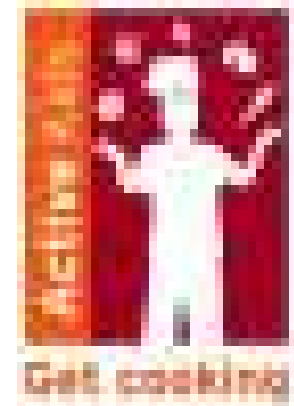
## Equipment

Grater  
Knife  
Spoon  
Saucepan  
Scales  
Bowls





# Rockin' Rhubarb Rumble



## Ingredients

- 75g butter
- 75g plain porridge oats
- 50g Demerara sugar
- 2 tablespoons honey
- 750g rhubarb
- 3 tablespoons honey
- Juice and rind of an orange

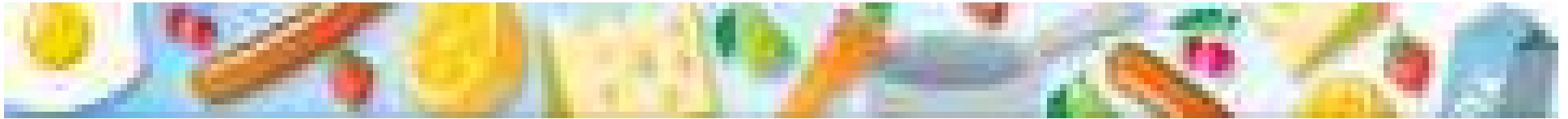
## Equipment

- Knife
- Scales
- Bowl
- Spoon
- Grater
- Sieve

## Method

1. Prepare the topping by rubbing the fat into the flour, then mix in the oats sugar and honey
2. Put the slices of rhubarb into a pie dish
3. Add the rest of the ingredients
4. Spoon the topping over the rhubarb and bake in a hot oven (200 for 30 mins)





# All Saints C.E.P School

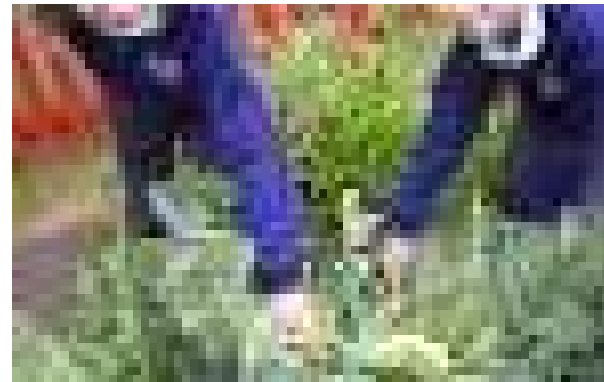


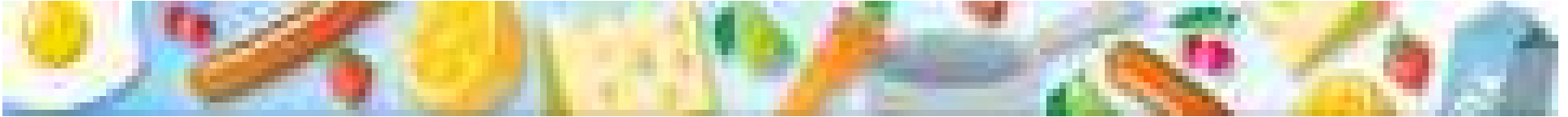
**England**

**Primary Winner**

We chose to make cauliflower, leek and broccoli cheese because we grew the vegetables on our allotment.

The rhubarb in our crumble was also grown on our allotment.





# St. Peter's R.C. Primary School

Scotland

Primary Winner



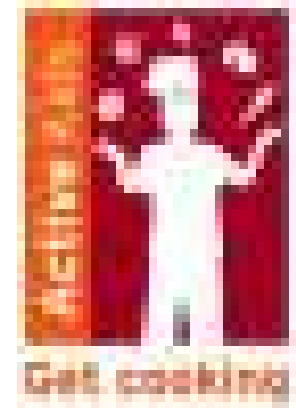
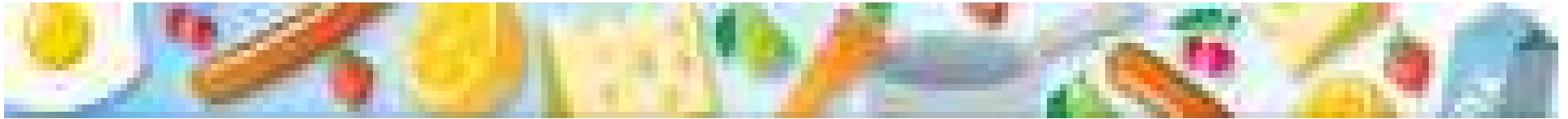
**Main meal**

Isle of Skye salmon  
and leek parcels


**Dessert**

Baked Vanilla sponge  
cake





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# Isle Skye Salmon and Leek Parcels

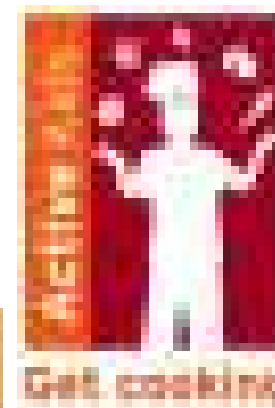
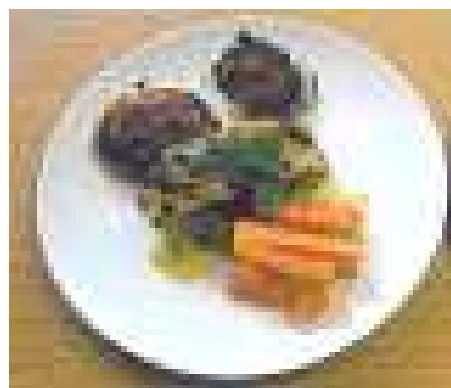
## Served on a bed of curry infused leeks baked in a foil parcel

### Ingredients

- 1 medium leek, trimmed
- 2 Isle of Skye salmon fillets, skinned, about 175g each
- 3 tbsp oil
- 1  $\frac{1}{2}$  tbsp chopped coriander
- $\frac{1}{2}$  teaspoon medium hot curry powder
- 1 tbsp lemon juice
- Salt and freshly ground black pepper

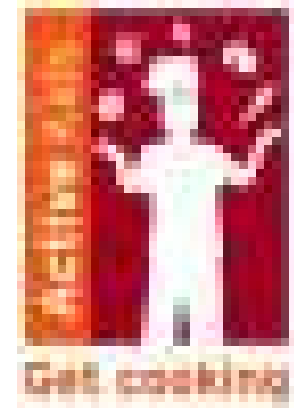
### Method

1. Divide the leeks between 2 pieces of lightly oiled foil, scatter over half of the coriander. Place a salmon fillet on top of each and season
2. mix together the remaining oil, curry powder and lemon juice and pour some over each fillet allowing it to drizzle over the fish onto the bed of leeks. Season with salt and freshly ground black pepper then fold over and seal the parcels.
3. Place on a baking tray and cook in a preheated oven 200 o c /400 f or gas mark 6
4. Remove the packages and serve immediately with the juices and scattering the remaining coriander over the fish.





# Bubble and squeak patties (served with salmon)



## Ingredients

$\frac{1}{2}$  kg Grampian potatoes  
200g white Grampian cabbage

Seasoning

40g butter

30g plain flour

## Equipment

Not given

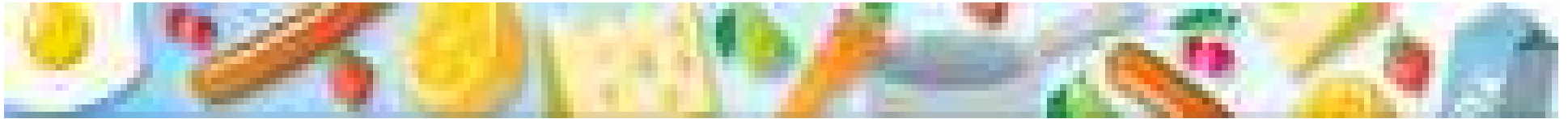
## Method

Simmer cabbage in water for 4 - 5 mins and drain in colander

Boil  $\frac{1}{2}$  kg potatoes, add butter and mash with cooked cabbage

Form into 4/6 patties and coat with flour

Place on a non-stick baking tray and cook in a preheated oven at 200 o c or fan oven 180 o c or gas mark 6 for 20 - 30 mins



# Baked Vanilla Sponge Cake



## Ingredients

100g self raising flour  
100g caster sugar  
100g Scottish butter softened  
2 medium free range Grampian eggs  
 $\frac{1}{2}$  tsp vanilla essence

## Equipment

Not given

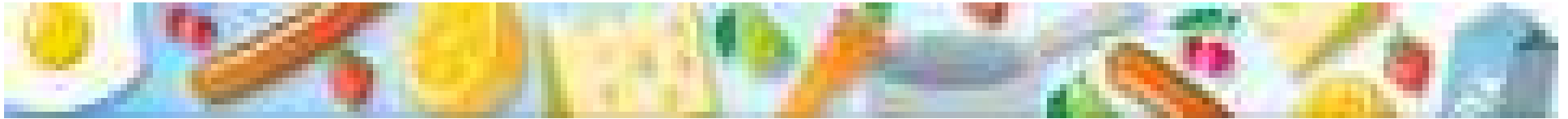
## Method

Place all the ingredients in a bowl and mix thoroughly for 2 - 3 mins

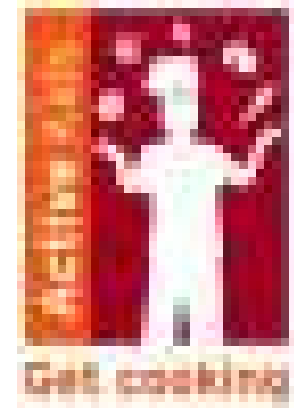
Place mixture in greased and lined ramekins and bake in a preheated oven at 200 o c or fan oven 180 o c or gas mark 6 ofr 25 mins

Remove sponges from oven and allow to cool slightly before removing from ramekins





# Compote of Summer Berry Fruits (served with sponge cake)



## Ingredients

100g strawberries

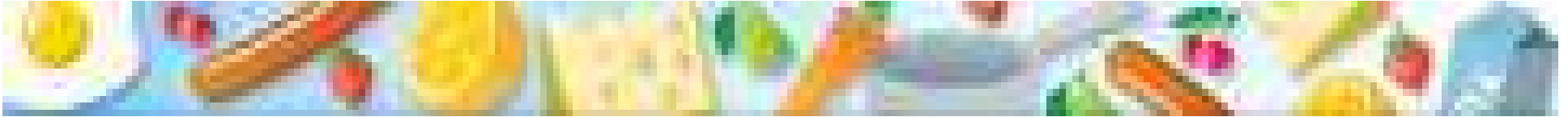
100g raspberries

75g blueberries

5tbsp orange juice

## Method

1. Poach fruits and orange juice in a pan for 4 - 5 mins, be careful not to let the fruit break up completely.



# Vanilla Custard (served with sponge cake)



## Ingredients

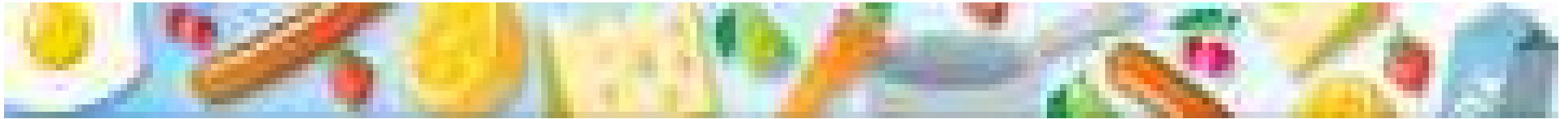
400ml milk

2 rounded tbsp custard powder

$\frac{1}{2}$  tsp vanilla essence

## Method

1. Heat milk until boiling
2. Mix custard powder with  $\frac{1}{2}$  cup of milk and pour into the hot milk. Add the vanilla essence
3. Stir continuously with a wooden spoon until thickened and serve



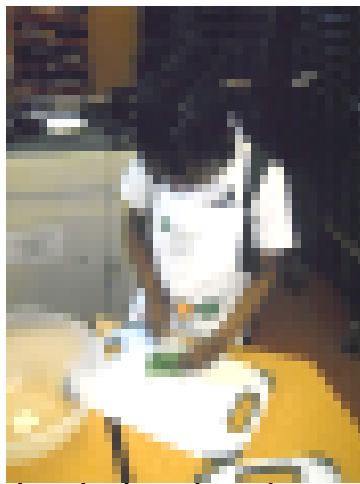
# St. Peter's R.C. Primary School



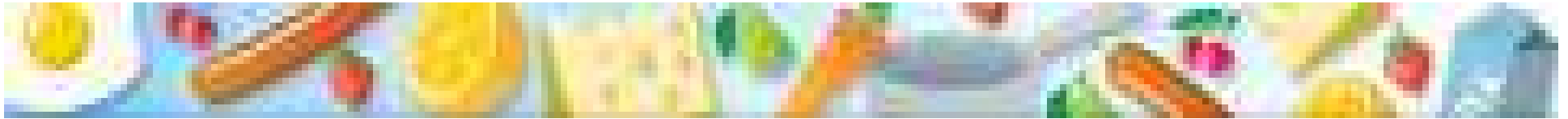
**Scotland**

**Primary Winner**

The milk and butter in our recipes are from Stirling.



The salmon fillets in our parcels are from the Isle of Skye and vegetables in the parcels and bubble and squeak patties are all from Grampian.



# Nantgaredig Primary School



**Wales**

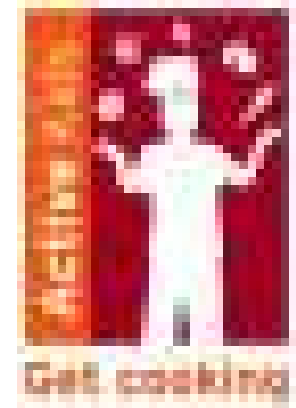
**Primary Winner**

**Main meal**  
Welsh lamb  
burgers, beetroot  
salsa and potato  
wedges

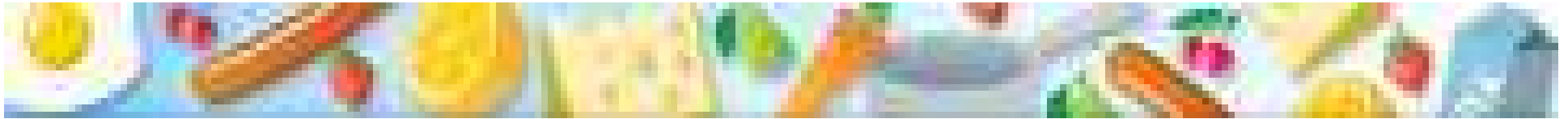


**Dessert**  
Pancakes with  
rhubarb ice-cream  
and apple sauce

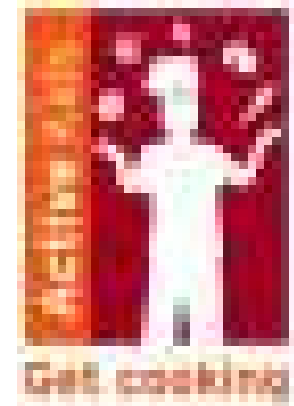




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# Welsh Lamb Burgers and Beetroot Salsa and Potato Wedges



## Ingredients

### Lamb burgers

- 400g Welsh lamb mince
- 1 finely chopped small red onion
- 1 crushed garlic clove
- 1 tsp cumin
- Half a bunch of coriander
- 1 egg yolk

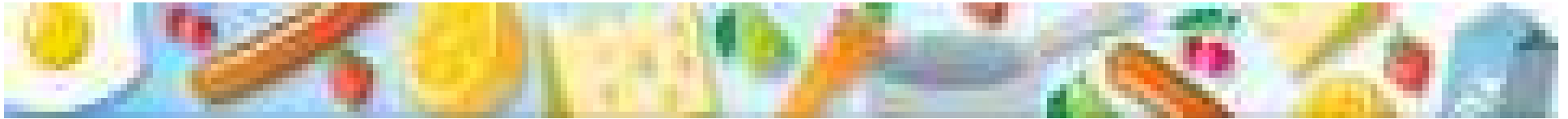
### Beetroot salsa

- 100g cooked beetroot cleaned and diced
- 50g diced cucumber
- 1 small red onion, finely chopped
- Small bunch of coriander
- 1 tbsp red wine vinegar
- 2 tbsp olive oil

### Potato wedges

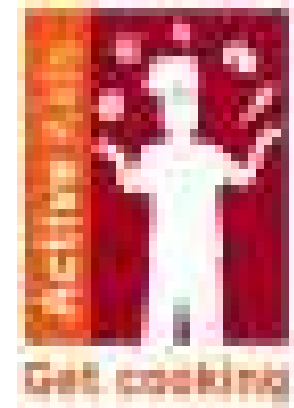
- 2 sweet potato peeled and cut into wedges

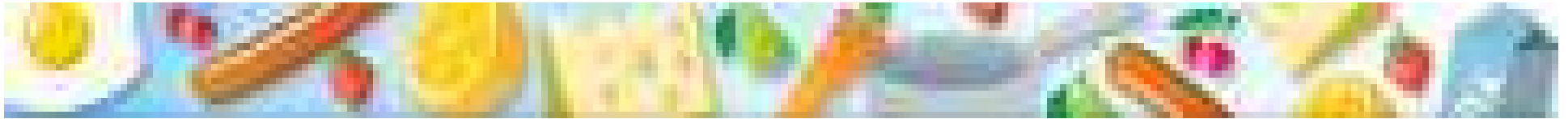




# Welsh lamb burgers

1. Put the lamb, onion, garlic, cumin, coriander and egg yolk in a bowl, season well then mix together with your hands
2. Form into 4 burgers
3. Griddle for 5 mins each side or until just cooked through
4. Serve in a homemade granary bun with sweet potato wedges, beetroot salsa and salad





# Beetroot Salsa and Potato wedges

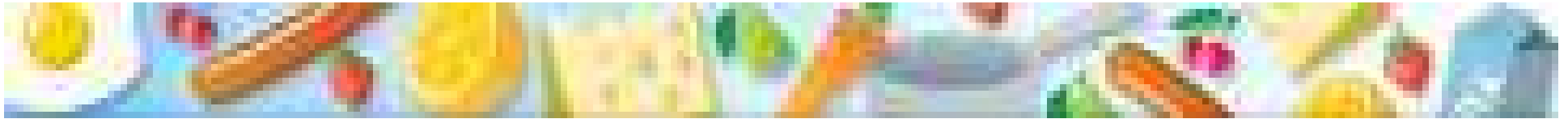
## Beetroot salsa

Mix together all the ingredients and allow to sit for 20 mins

## Potato wedges

1. Gently boil for 10 mins
2. Season and drizzle with a little oil, cook in the oven at 200 o c for 20 mins





# Pancakes with Rhubarb Ice - cream and Apple sauce



## Ingredients

### **Pancakes**

1 cup local plain flour  
2 tbsp melted welsh butter  
3 farm eggs  
Half cup milk and half cup of water  
Pinch of salt

### **Rhubarb ice - cream**

450g rhubarb (from our garden) trimmed and sliced  
200g sugar  
Juice of half a lemon  
425ml double cream from Rachel's dairy

### **Apple sauce**

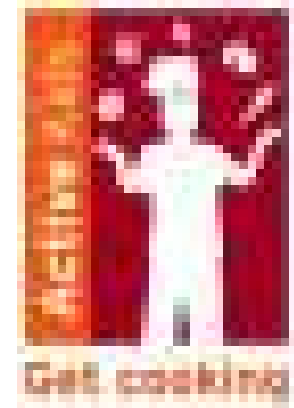
2 cooking apples (from our garden) peeled, cored and iced)  
25g brown sugar  
A little water

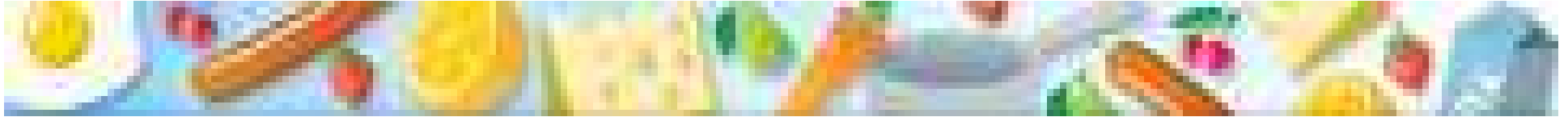




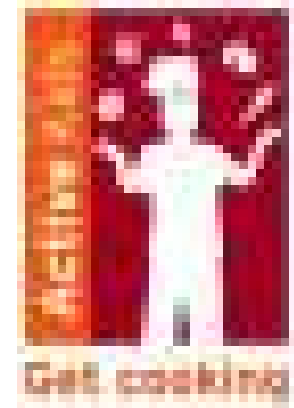
# Pancakes

1. Mix flour, butter, eggs, salt and milk in a bowl.
2. Gradually add water until the mixture resembles a smooth runny liquid
3. Transfer half a cupful to a pre heated frying pan and for cooking on a low temperature
4. Sprinkle with sugar and share between six with apple sauce and ice cream





# Rhubarb Ice-cream and Apple sauce

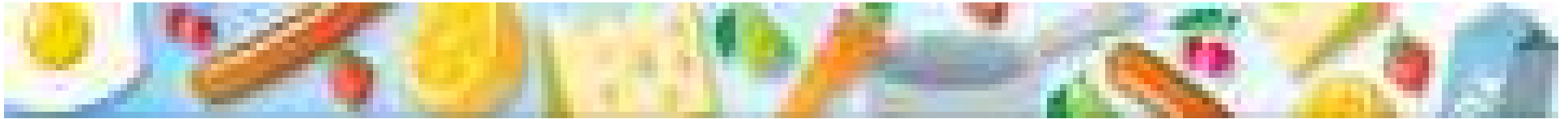


## Rhubarb ice - cream

1. Mix all the ingredients together and freeze in a container for 3 - 4 hours.
2. Whisk the mixture until smooth and return to freezer for a further two hours before serving

## Apple sauce

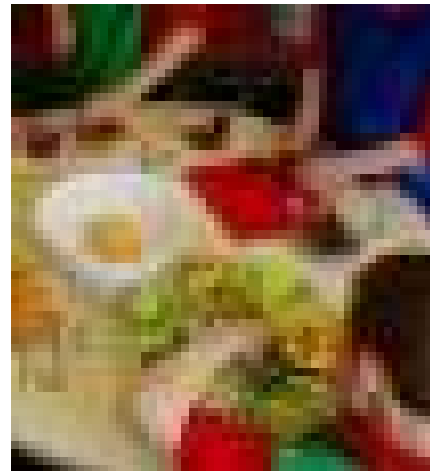
1. Place diced apples, sugar and water into a saucepan and gently cook until mixture resembles a sauce.



# Nantgaredig Primary School

Wales

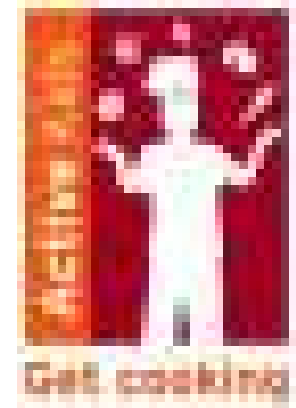
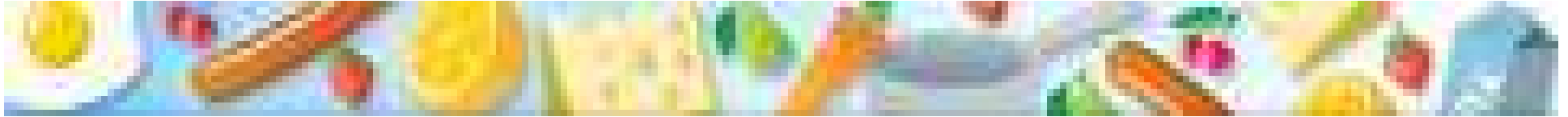
Primary Winner



We live in a very agricultural region of Wales, renowned for its dairy farms and Welsh lamb and beef.

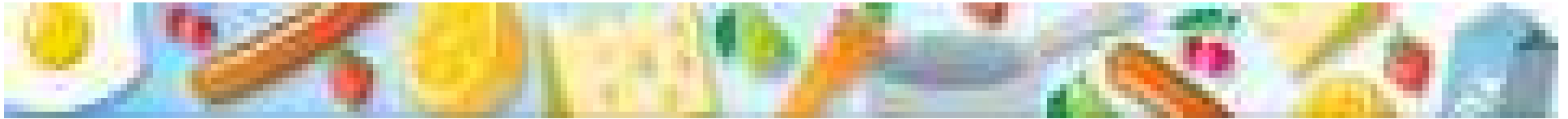
We chose lamb because it's a popular Welsh produce.

We chose beetroot because we always grow it in our garden and it is versatile.



# Secondary Winners

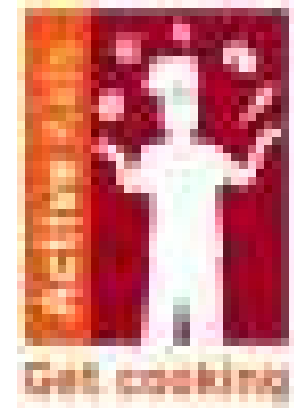
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# Malton School – Chloe Potts

England

Secondary Winner

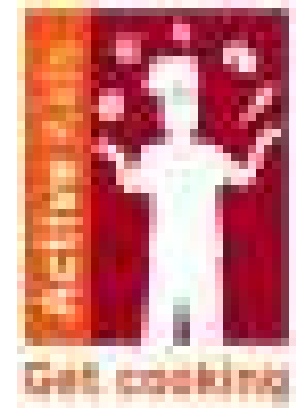
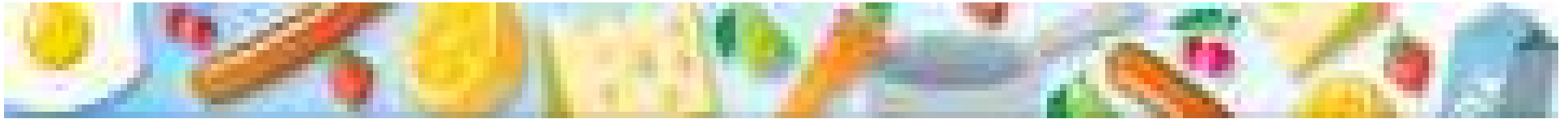


**Main meal**  
Oakcliffe pheasant  
with Ampleforth cider

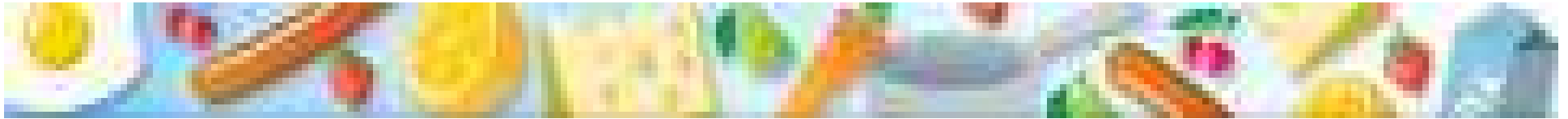


**Dessert**  
Yorkshire rhubarb dream





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# Oakcliffe Pheasant with Ampleforth Cider served with Dad's Home Grown Vegetables

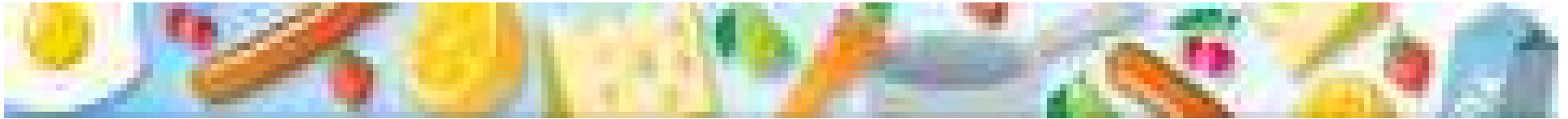
## Ingredients

- 1 pheasant
- 25g butter
- Half a chopped onion
- 3 apples
- 175ml Ampleforth Cider
- 150ml double cream
- Salt and pepper to season

## Equipment

- Casserole dish
- Steamer pan
- Pan and lid
- Knife
- Chopping board
- Wooden spoon
- Serving plate
- Utensils

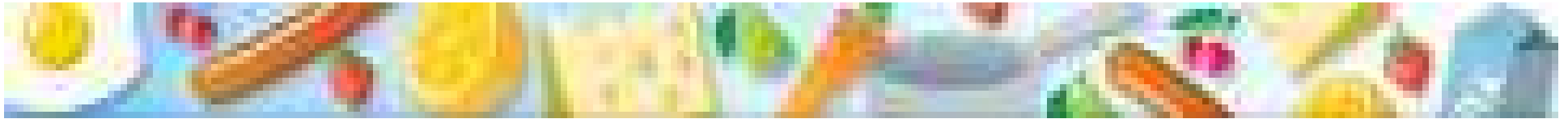




# Method

1. Season the pheasant with salt and pepper, brown in butter
2. Add onions, apple and cider to cook pot
3. Cover and cook in oven 220 o c for one hour, turning the bird half way through cooking
4. Remove the bird to serving plate and simmer stock for 2 minutes
5. Add cream and season
6. Pour over the bird and serve with home grown potato and parsnip mash and steamed purple sprouting broccoli from our garden.





# Yorkshire Rhubarb Dream



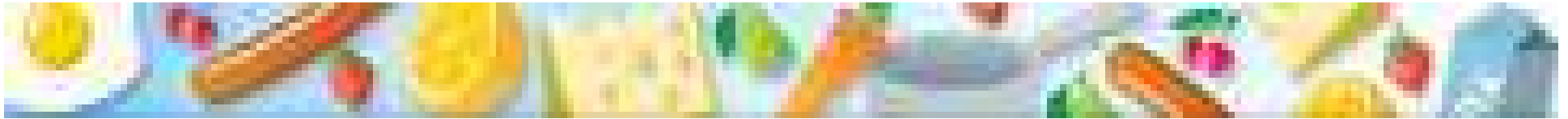
## Ingredients

700ml goats milk  
50g corn flour  
50g sugar  
2 tbsp natural goats milk yogurt  
5 sticks cooked rhubarb  
Half packet ginger biscuits

## Equipment

Mixing bowl  
Pan  
Dessert dishes and spoons

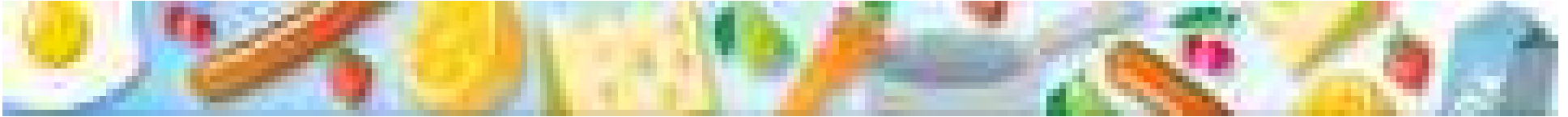




# Method

1. Mix the sugar and corn flour to a smooth paste with a little milk
2. Bring the rest of the milk to the boil and stir in the corn flour mixture
3. Return to the heat and cook for 2 mins
4. Allow to cool slightly the stir in yogurt and 2 tbsp of rhubarb
5. Serve warm with the remainder of rhubarb and ginger biscuits





# Malton School – Chloe Potts

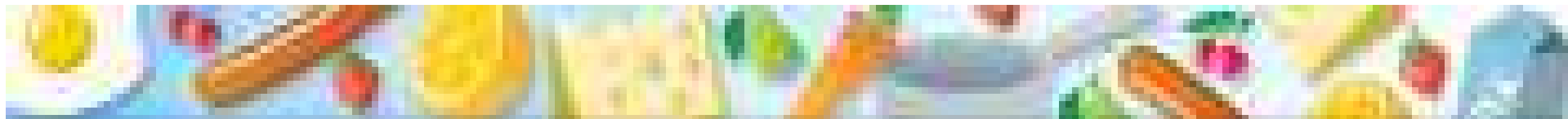
England  
Secondary Winner



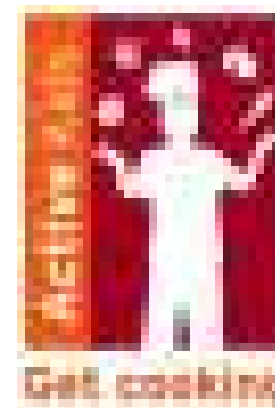
I have chosen this meal as it is one of my favourite ones. All the main ingredients are from home.



We live on a farm and we have a vegetable plot and a greenhouse. The farm is surrounded by wild local game. We are also lucky enough to have a supply of fresh farm eggs too.



# Parkhall College – Victoria Price



**Northern Ireland  
Secondary Winner**

## **Main meal**

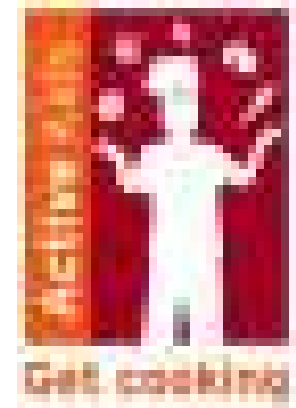
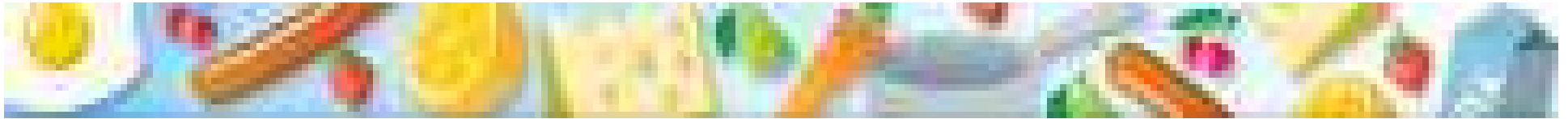
Pork chops and  
peppercorn sauce with  
colcannon



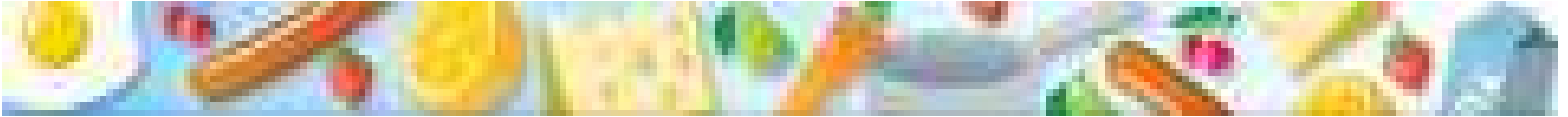
## **Dessert**

Rhubarb fool with shortbread  
hearts





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# Pork Chops and Peppercorn Sauce with Colcannon



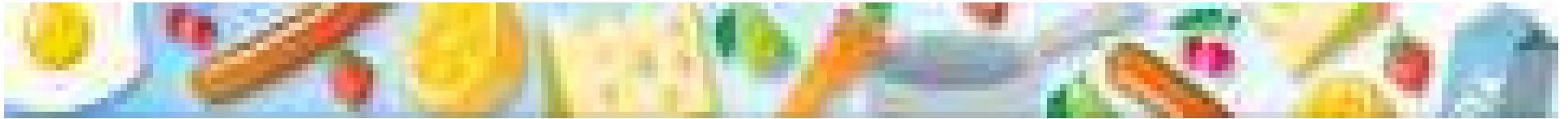
## Ingredients

- 2 potatoes
- $\frac{1}{2}$  cabbage
- 1 onion
- 5g peppercorns
- 1 vegetable stock cube
- 100ml milk
- 50g butter
- 100g crème fraiche
- 2 pork chops
- 5ml oil

## Equipment

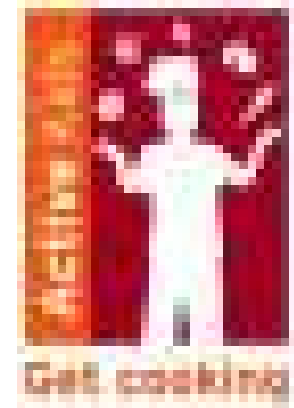
- Pan
- Frying pan
- Knife
- Tablespoon
- Plate
- Chopping board

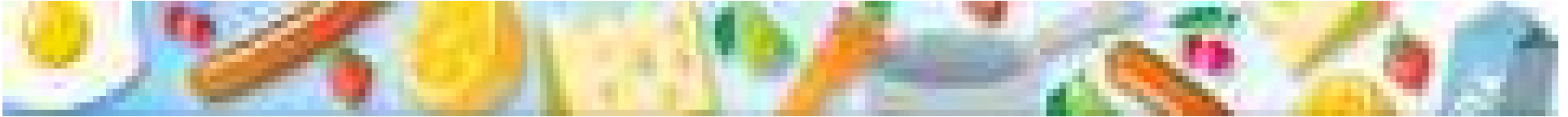




# Method

1. Peel, chop and boil the potatoes and cabbage
2. Drain and mash and add butter and milk
3. Grill the pork chops
4. Add butter and fry onions and peppercorns, stir in vegetable stock
5. Add the crème fraiche and stir until thick
6. Remove chops from the grill and serve with colcannon and peppercorn sauce





# Rhubarb Fool and Shortbread Hearts



## Ingredients

### Shortbread Hearts

4oz plain flour

2oz corn flour

200g rhubarb

### Rhubarb Fool

Sprig of mint

Natural yogurt

4oz butter

2oz sugar

2oz icing sugar

### Equipment

Knife

Roller

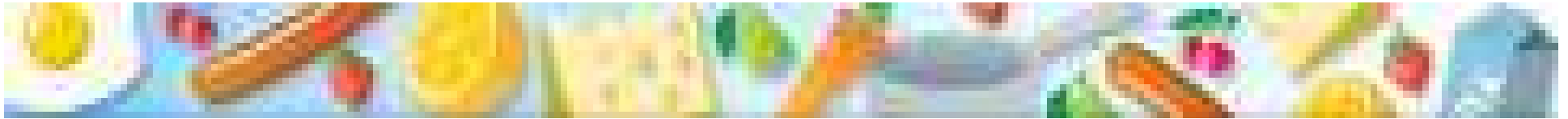
Saucepan

Oven

Chopping board

Glass





# Method

## Shortbread Hearts

Preheat oven to 170 o c

Beat butter and icing sugar until creamy

Gradually add the flour and corn flour

Roll and cut out

Bake for 12 - 15 mins

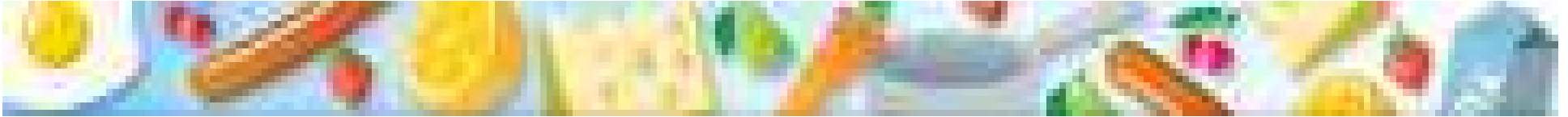
## Rhubarb Fool

Cut the rhubarb and put in the saucepan with the sugar

Blend the rhubarb in a liquidizer and stir the puree into the yogurt.

Top with rhubarb and a sprig of mint and serve with the shortbread

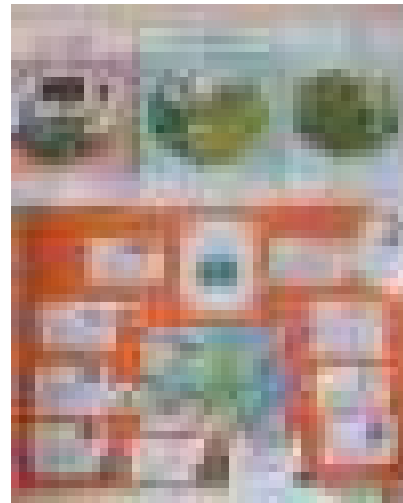




# Parkhall College – Victoria Price

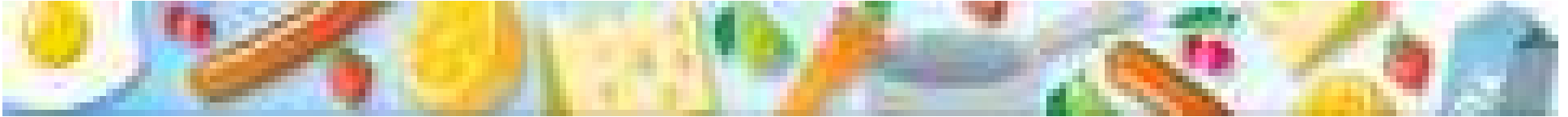
**Northern Ireland  
Secondary Winner**

Local producers came to talk to us about their products.

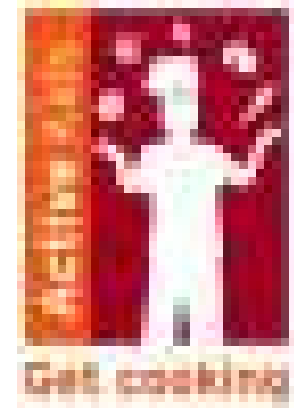


Northern Ireland local produce display.

Home grown rhubarb



# Plockton High School – Naomi MacKenzie



**Scotland**

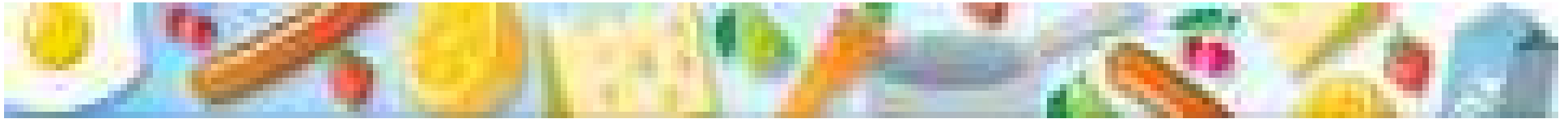
**Secondary Winner**

**Main meal**  
Smoked mackerel  
kedgeree

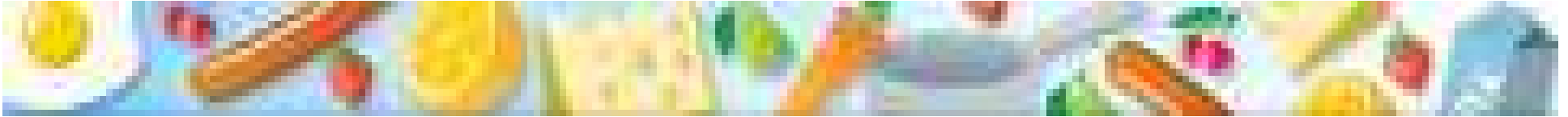


**Dessert**  
West Highland cloutie  
dumplings





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# Smoked Mackerel Kedgeree

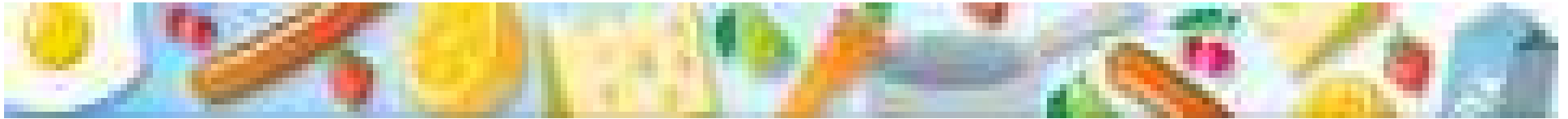
## Ingredients

- 2 fillets smoked mackerel
- 75g long grain rice
- 2 hard boiled eggs
- $\frac{1}{2}$  tsp curry powder
- 1 tbsp mayonnaise
- Parsley

## Equipment

- Pan
- Sieve
- Knife
- Chopping board
- Teaspoon
- Tablespoon

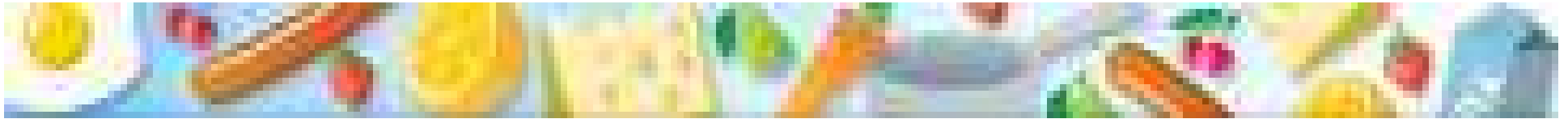




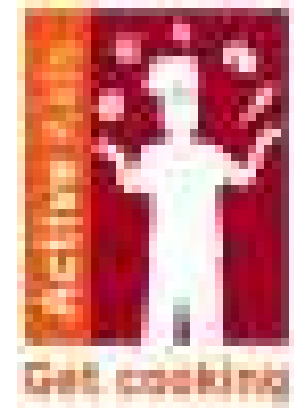
# Method



1. Take skin off the mackerel and flake
2. Boil rice with curry powder for 15 minutes or until soft
3. Boil the eggs then put into cold water and cut up into pieces
4. Mix fish, curried rice, eggs and mayonnaise together
5. Serve with parsley sprinkled on top



# West Highland Cloutie Dumplings



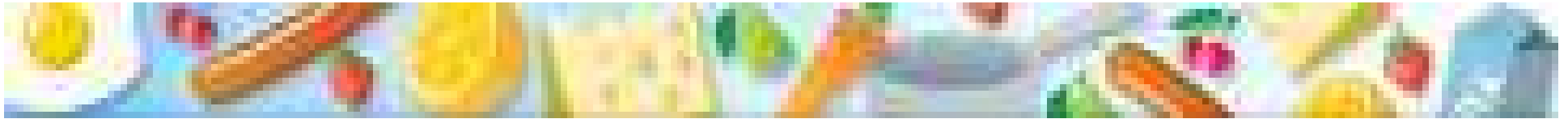
## Ingredients

1 beaten egg  
2 crushed Weetabix  
150g chopped dates  
Juice and rind of 1 orange  
1 mashed banana  
75ml water  
50g brown sugar  
10ml bicarbonate of soda  
20ml treacle  
100g self raising flour  
15ml mixed spice  
10ml cinnamon  
10ml ginger  
50g low fat margarine

## Equipment

Microwave  
Mixing bowl  
Medium Pyrex bowl  
Cup  
Small saucepan  
Cling film  
Fork/whisk  
Grater  
Juicer  
Scales  
Measuring spoons

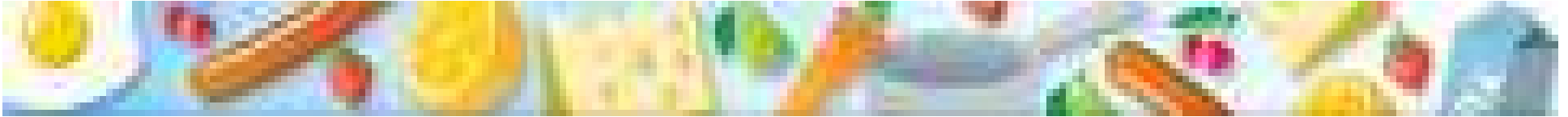




# Method

1. Place the margarine, brown sugar, dates, water, banana, orange rind and juice into a saucepan and melt gently
2. Add beaten egg, flour, treacle, Weetabix, bicarbonate of soda and spices together until smooth.
3. Lightly grease the Pyrex bowl and pour in the mixture
4. Cover the bowl with cling film and microwave for four minutes on high (800w). Increase by One minute for 650w
5. Allow to stand for 2 mins before turning out
6. Serve with spoonful of crème fraiche



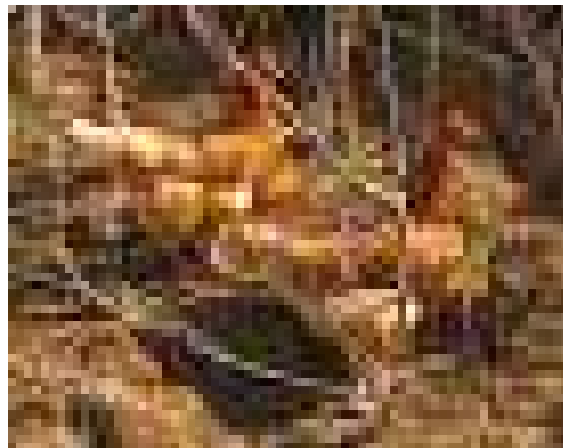
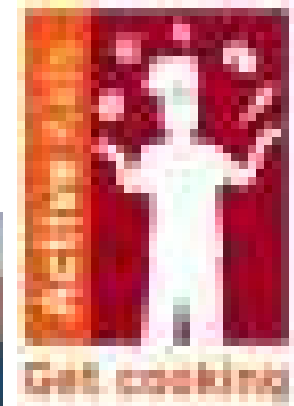


# Plockton High School – Naomi MacKenzie

Scotland

Secondary Winner

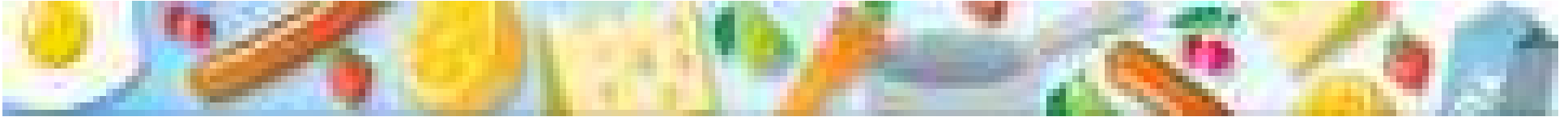
The mackerel I used for my recipe was caught by my Dad in Loch Long, the loch in front of my house.



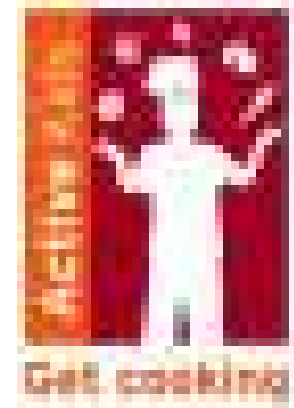
The eggs I used were laid by our hens. I used crème fraiche from the Archmore dairy.



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# Castell Alun High School – Nicola Peate



Welsh

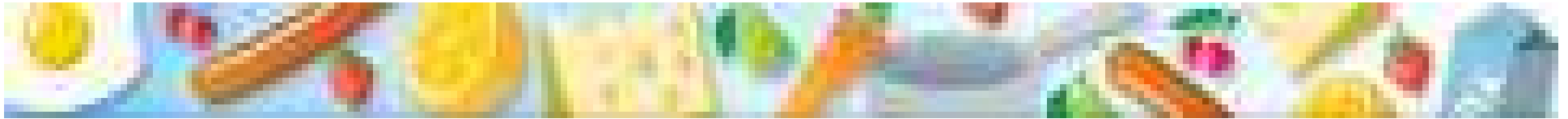
Secondary Winner



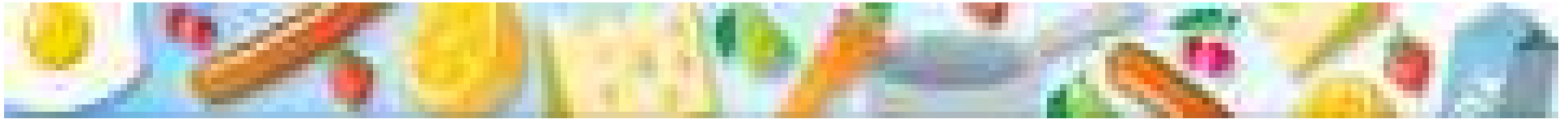
**Main meal**  
Cheesy Welsh  
stuffed aubergine

**Dessert**  
Strawberry, orange and  
Caerphilly crumble





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# Cheesy Welsh stuffed Aubergines

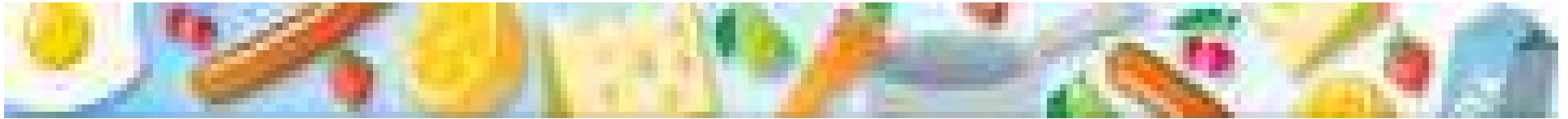
## Ingredients

- 1 medium aubergine
- 25g chopped ham
- 1 tbsp chopped fresh parsley
- 1 skinned and chopped tomato
- 25g fresh breadcrumbs
- 1 leek
- Salt and pepper
- 90g Welsh cheddar cheese

## Equipment

- Chopping board
- Knife
- Bowl
- Tin foil
- Baking dish
- Baking tray

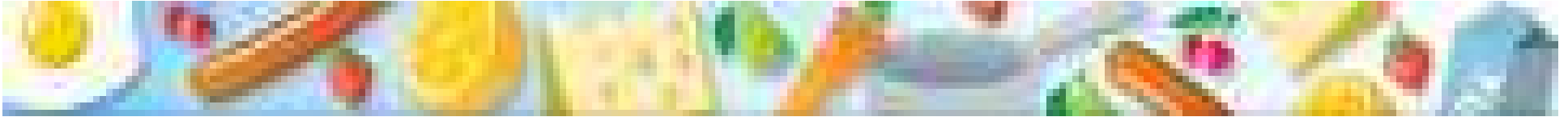




# Method

1. Wash hands, put on an apron and gather equipment
2. Cut the aubergine in half lengthways and scoop out the flesh to leave a 0.5 cm shell. Roughly chop the flesh
3. make the stuffing by combining the ham, parsley, tomato, breadcrumbs, leek, seasoning and 30g cheese with the aubergine flesh
4. Place the aubergine shells in a baking dish and fill with the mixture. Sprinkle with the remaining cheese. Cover with foil
5. bake in the oven at 200 o c for 20 mins, then uncover and cook for a further 5 - 10 mins until crisp and golden. Serve hot garnished with chopped parsley





# Strawberry, Orange and Caerphilly Crumble

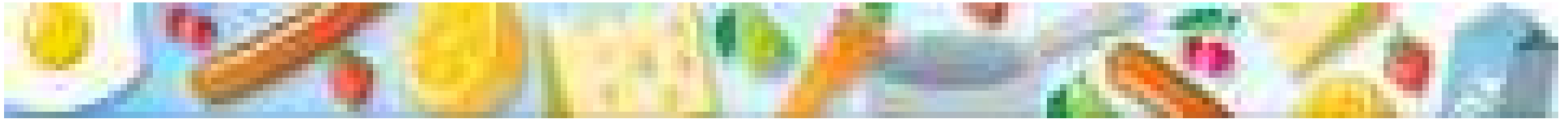
## Ingredients

- 1 punnet strawberries
- 50g caster sugar
- 1 tsp stem ginger
- 110g plain flour
- 50g butter
- 40g Caerphilly cheese
- Zest of  $\frac{1}{2}$  and orange
- 40g Demerara sugar
- 1tbsp Welsh honey
- 1 orange slice and mint to decorate

## Equipment

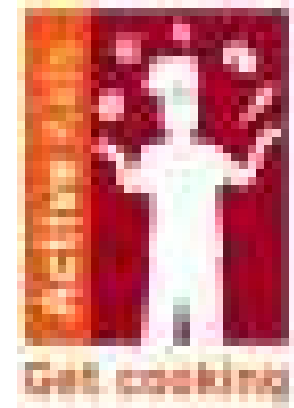
- Chopping board
- Knife
- Heatproof dish
- Sieve
- Bowl
- Wooden spoon

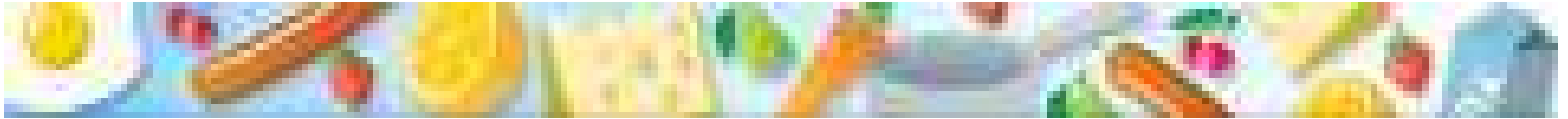




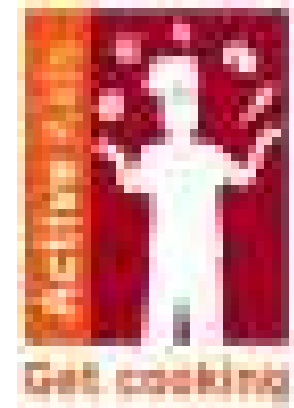
# Method

1. Wash hands, put on apron and gather equipment
2. Pre-heat oven to 180 o c
3. Slice the strawberries in half and layer the bottom of the oven proof dish then sprinkle the caster sugar on top and add a little water to make a syrup
4. Chop the stem ginger and add to dish, add a little of the orange juice
5. Make the crumble by sifting the flour into a mixing bowl, then rubbing the butter in until it resembles breadcrumbs. Crumble in the Caerphilly cheese and stir in the Demerara sugar and orange zest
6. Spoon the mixture over the fruit and even out the surface
7. bake in the oven on the middle shelf for 15 mins. Remove and drizzle honey on top and bake for a further five mins
8. Decorate with orange slice, strawberries and mint





# Castell Alun High School – Nicola Peate



**Welsh**

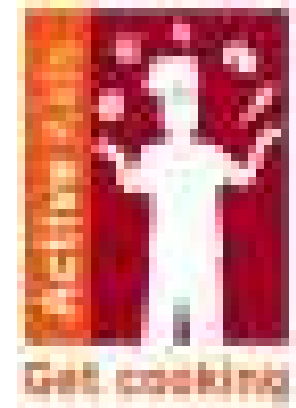
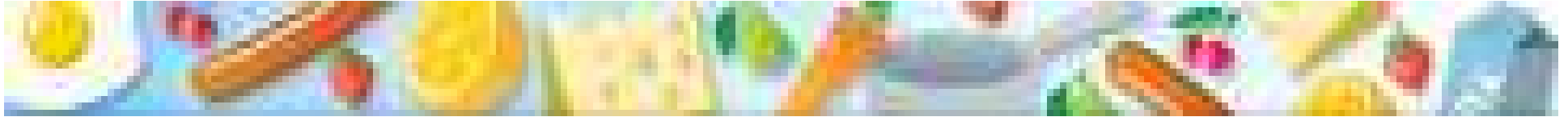
**Secondary Winner**

I purchased many of the ingredients from visiting farmers markets, fruit and vegetable markets and farm shops.

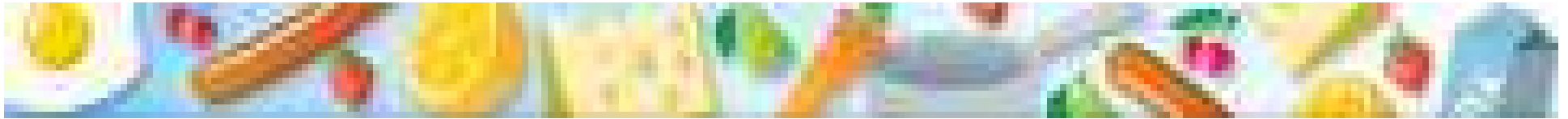
In this recipe I have used welsh ingredients (for example, leek and welsh Cheddar cheese).



Caerphilly cheese is a South Walean crumbly and quite sour cheese and I feel this complements the strawberries (sweet and sour) very well.



# Judges' Commendations



# Isebrook School

**Judges' commendation**



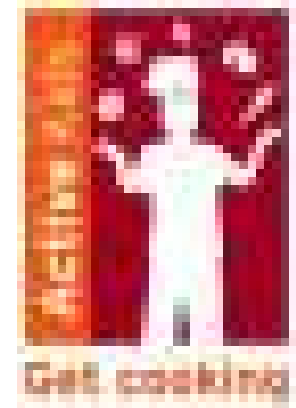
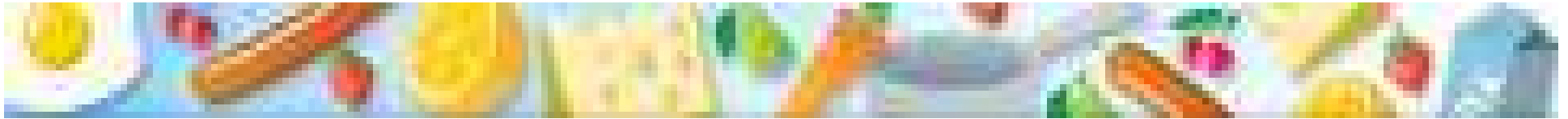
**Main meal**

Pork meatballs flavoured with home grown basil and tomato sauce

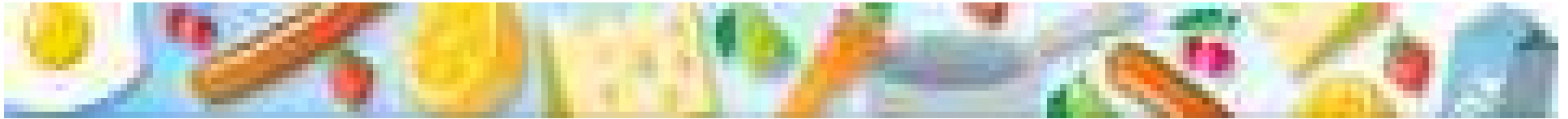
**Dessert**

Northamptonshire pudding





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# Isebrook School

**Judges'  
commendation**

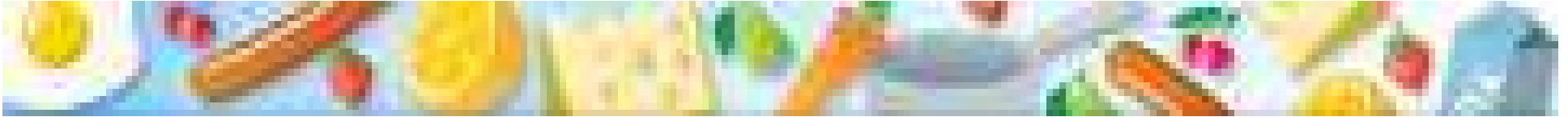


We visited our local  
butcher 'P. Harris'.  
He showed us some of  
his locally reared meat.



With our main  
meal, we served  
salad leaves and  
new potatoes  
grown in our school  
garden.





# Inverurie School – Judith Anderson

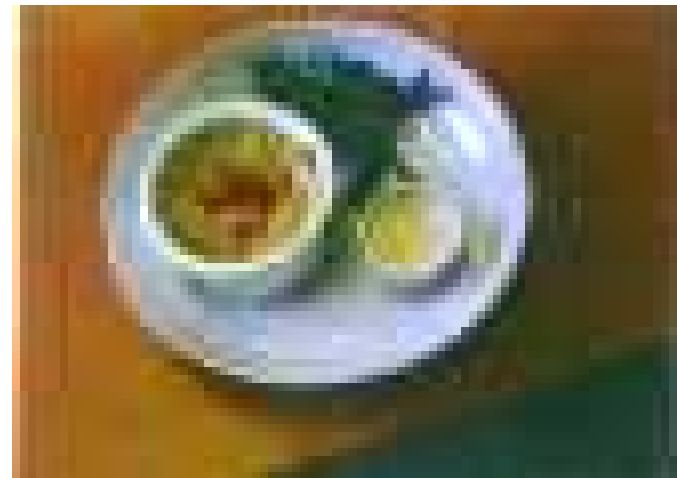


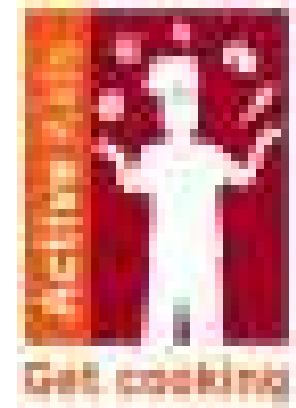
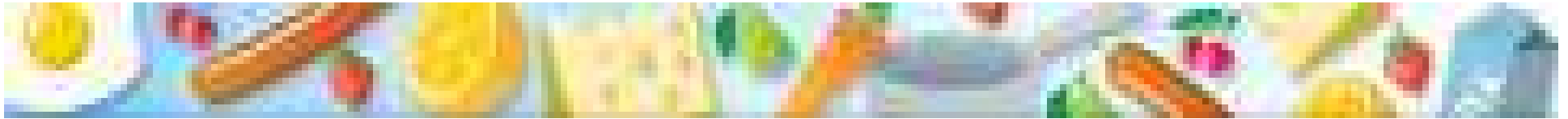
**Judges’  
commendation**



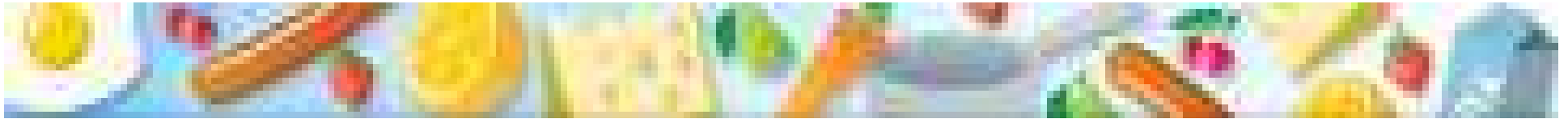
**Dessert**  
Granny’s rhuberry crumble

**Main meal**  
Hearty Highland fling  
with mustard mash  
and country garden  
salad

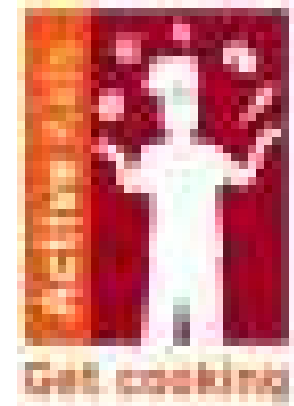




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# Hearty Highland Fling with Mustard Mash and Country Garden Salad



## Ingredients

### Beef

200g beef rump steak  
1tbsp low sodium soy sauce  
1 tbsp vegetable oil  
1 tbsp Heather honey  
4 cherry tomatoes  
6 shallots

### Salad

1 small beetroot  
4 leaves sweet heart lettuce  
4 leaves red cabbage  
 $\frac{1}{2}$  onion  
2 red tomatoes  
Handful fresh coriander

### Salad dressing

20ml Heather honey  
15ml cider vinegar  
15ml rapeseed oil  
Small amount black pepper  
Small amount chopped coriander

### Mustard mash

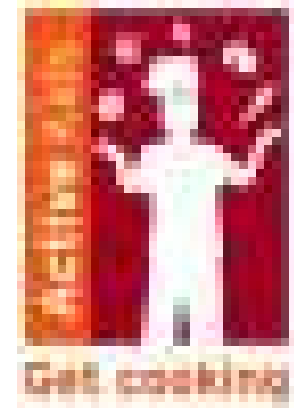
600g potatoes (Maris Piper)  
5ml grainy mustard  
15g butter  
20 ml semi-skimmed milk

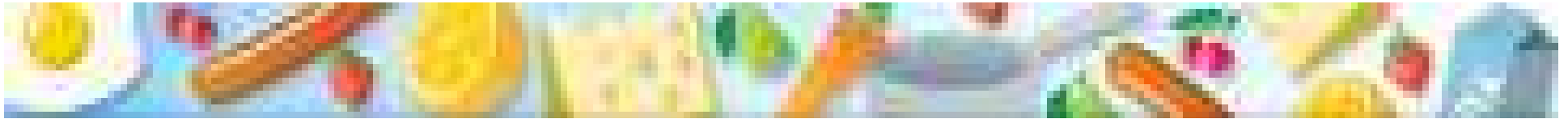




# Method

1. Thread the beef strips and shallots onto wooden skewers
2. Mix the honey and the soy sauce and then put the beef skewers into the sauce and then allow them to marinade for ten minutes
3. Peel the potatoes then boil
4. Using a food processor chop the beetroot, cabbage leaves, coriander, tomatoes and onion
5. Once the potatoes have cooked, drain the water off them
6. Add the butter, milk and mustard, then mash until smooth and creamy
7. Heat the vegetable oil in the frying pan
8. Add the beef skewers and fry until cooked
9. Once everything is prepared and ready place it neatly onto a warm plate





# Granny's Rhuberry Crumble

## Ingredients

### Crumble

50g flour

50g butter

50g Demerara sugar

50g porridge oats

### Filling

50g rhubarb

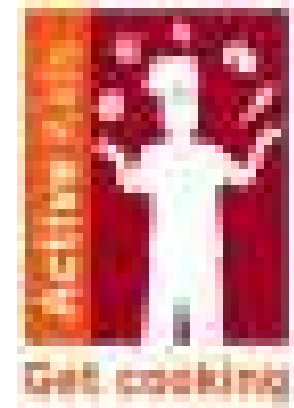
50g raspberries

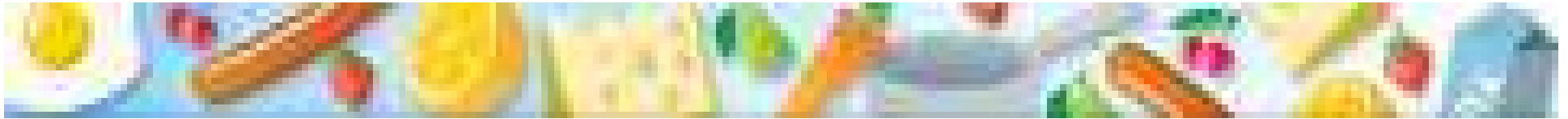
50g Demerara sugar

### To serve

40ml crème fraiche

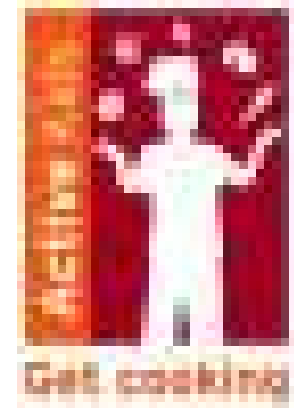
20ml Heather honey

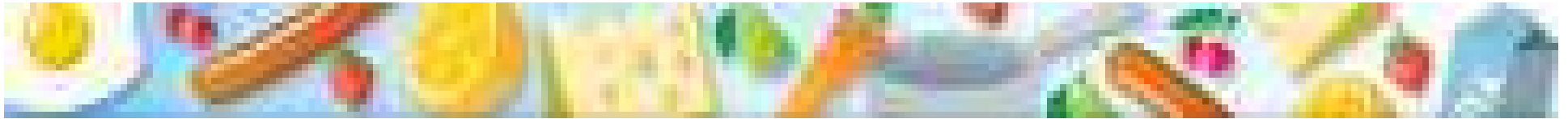




# Method

1. Set the oven at 200 oc/gas mark 6
2. Rub the margarine into dry ingredients
3. Chop up the rhubarb
4. Put the rhubarb into the pan and cover with water
5. Cook the rhubarb until the water starts to boil
6. Drain all the water off
7. Put the rhubarb and raspberries into the dish and sprinkle with sugar
8. Put the crumble on top of the rhubarb and raspberries
9. Put the rhuberry crumble in the oven for 15 minutes until golden brown
10. Mix crème fraiche with the Heather honey and pour into a small pot
11. Once out of the oven serve with the crème fraiche

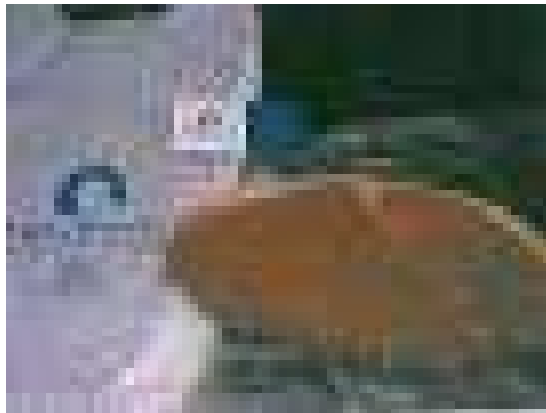




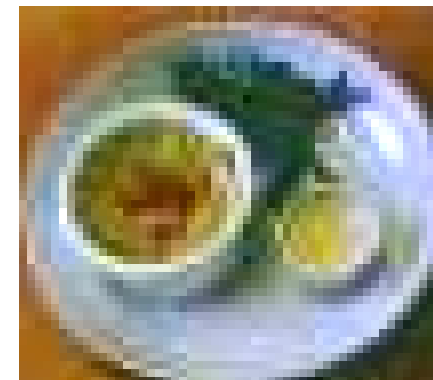
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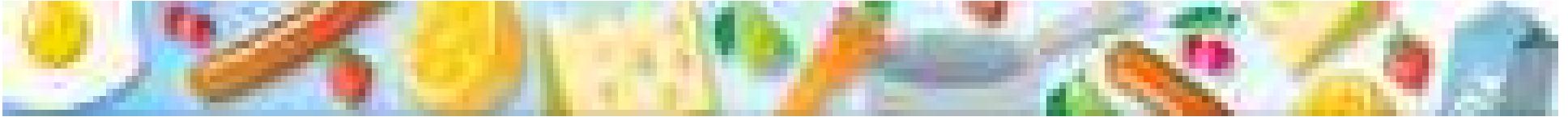
**Judges’  
commendation**

I used rump steak from the local butcher. The steak came from Aberdeenshire. The beef is matured on the bone for 4 weeks and is then filleted and left to mature for a further 2 months.



The rhubarb I used was supplied by me as my family grow it in the garden.





# Longspee School and Service

**Judges' commendation**

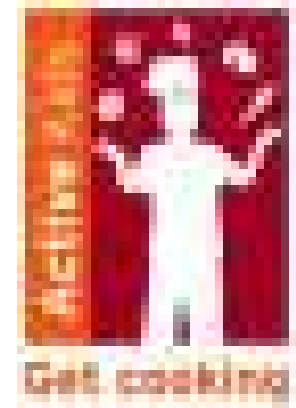
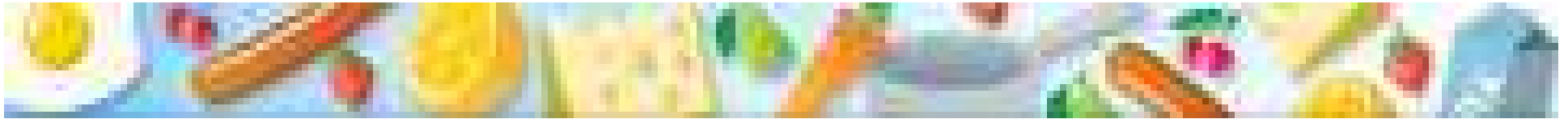


**Main meal**  
Poole clams and cockles with pasta

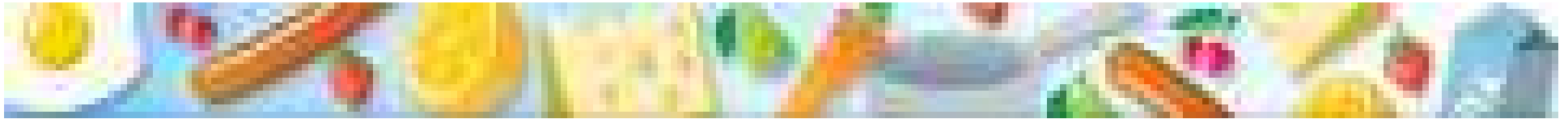


**Dessert**  
Dorset apple cake

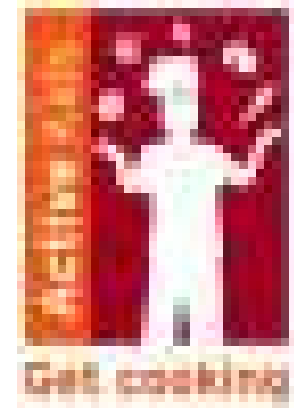




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# Poole Clams and Cockles with Pasta



## Ingredients

Clams and cockles

250g ripe tomatoes

3 cloves of garlic

Herbs (fresh fennel)

100ml passata or 4tsp tomato puree

Salt and pepper

Pasta

Basil for decoration

## Equipment

Rakes

Sieves

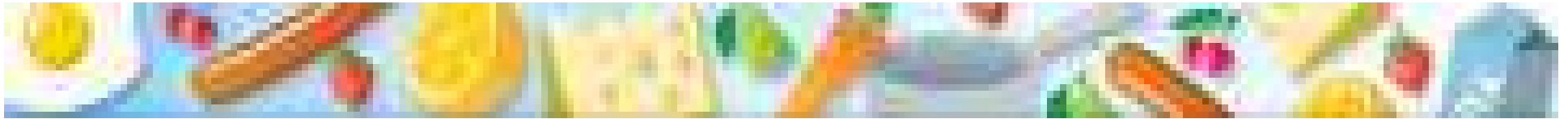
Buckets

Knife

Chopping board

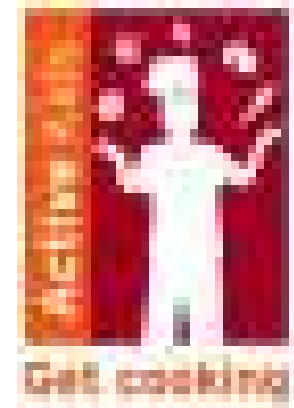
Large saucepan





# Preparing the cockles and clams

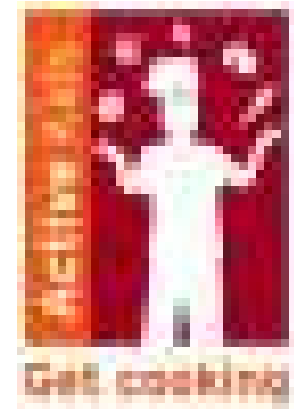
1. Having raked up the cockles and clams from the sand, wash in seawater to remove excess grit using the sieve
2. Put into a bag
3. Put 300g of salt into 5 l of cold water and stir, leave the cockles in the water overnight.
4. Repeat the process with clean salted water after 24 hours

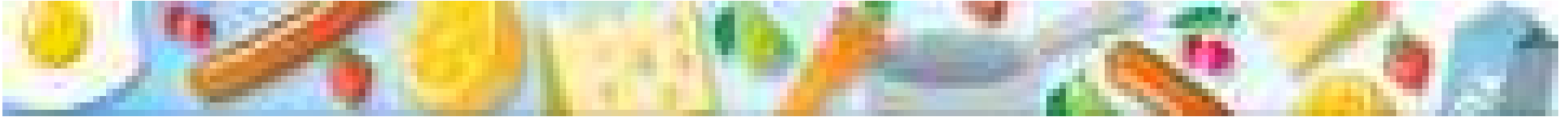




# Cooking the cockles and clams

1. Take the shellfish out of the salted water and throw away any that are open - it is extremely important that this is done
2. In a large pot bring a little stock to the boil and place the shellfish in and put the lid on
3. Leave for about 4 minutes and check to see if the shells have steamed open
4. Turn off the heat
5. Pour some of the liquid off and save
6. Drain the rest into a colander
7. take the shellfish out of the shells and keep, they are now ready to use





# Making the sauce



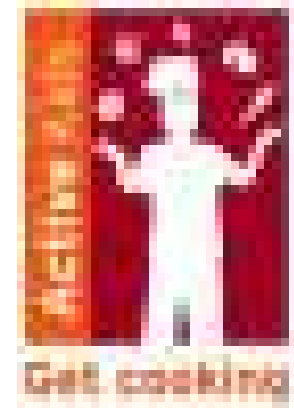
1. Peel the onions and garlic and finely chop with fennel
2. A little oil to sauté them
3. Add skinned tomatoes finely chopped
4. Add passata and salt and pepper
5. Bring to simmer for 5 mins
6. Add cooked cockles and clams at the end to heat through

## Meanwhile...

1. Cook pasta according to instructions
2. Drain pasta into colander and pour boiling water over
3. Divide into bowls and pour over sauce
4. Garnish with basil and enjoy the meal



# Dorset Apple Cake



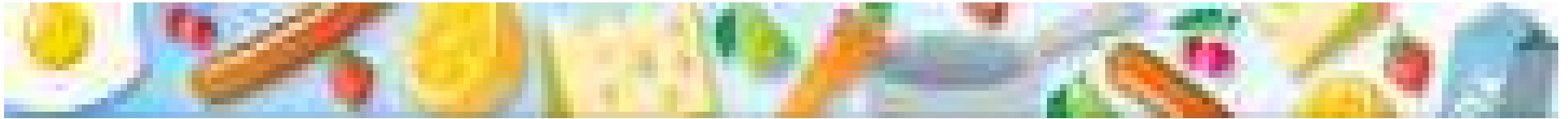
## Ingredients

225g butter  
450g Bramley apples  
Finely grated zest and juice of a lemon  
225g caster sugar  
3 large eggs  
125 g Sturminster Newton flour  
100g self raising flour  
2 tsp baking powder  
25g ground almonds  
1 tbsp Demerara sugar

## Equipment

Bowls  
Sieve  
Cake tin  
Electric whisk  
Measuring jug  
Apple peeler  
grater

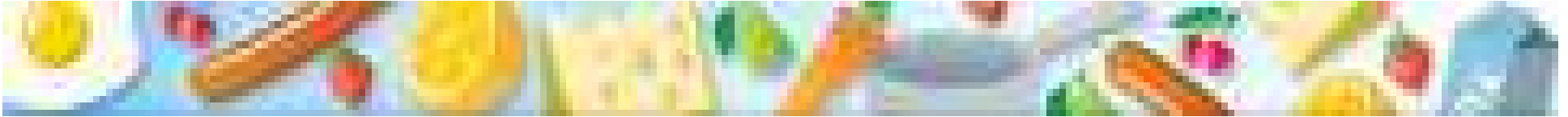




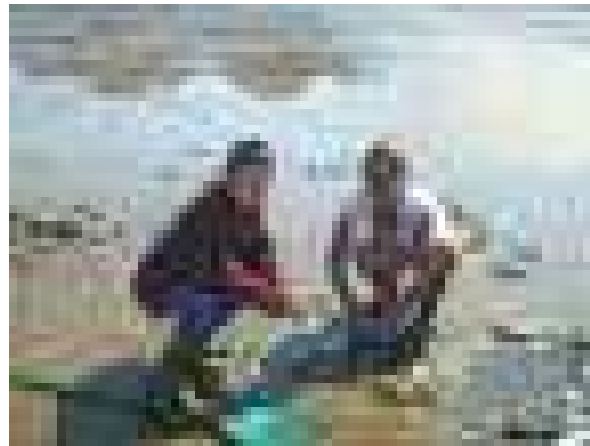
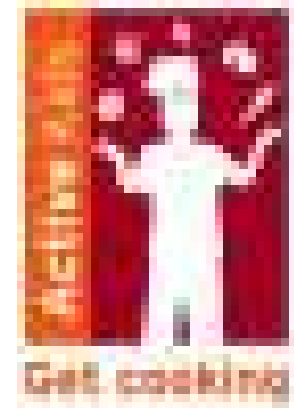
# Method

1. Preheat the oven to 160 oc. Grease a deep springform cake tin and line with baking powder. Peel, core and cut the apples into 1cm pieces and toss in lemon juice
2. Using electric hand whisk, cream together the butter, sugar and lemon zest in a bowl until fluffy. Beat in the eggs one at a time, adding a little of the flour to keep the mixture smooth
3. Sift the remaining flour and baking powder into the bowl and fold in the ground almonds. Drain apple pieces well and the stir into the mixture
4. Spoon into prepared cake tin, lightly level the top and sprinkle with Demerara sugar. Bake in the oven for 1 hour until well risen and a skewer comes out clean when inserted in the middle
5. Leave to cool for 10 mins and take out of tin. Dredge with extra caster sugar and place on a serving plate



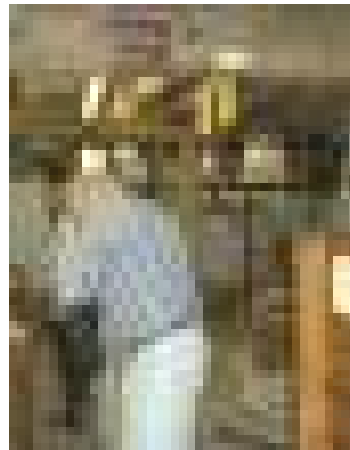


# Longspee School and Service

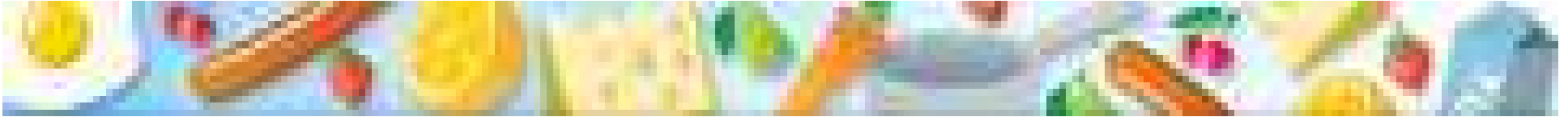


Catching cockles.

Judges' commendation



We visited a local mill. We used flour from the mill in our Dorset apple cake.



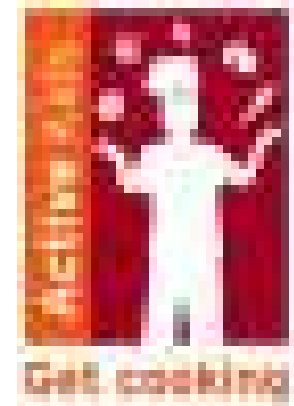
# Oakvale School

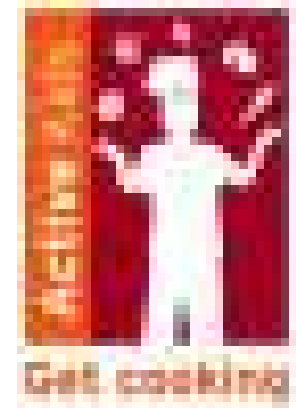
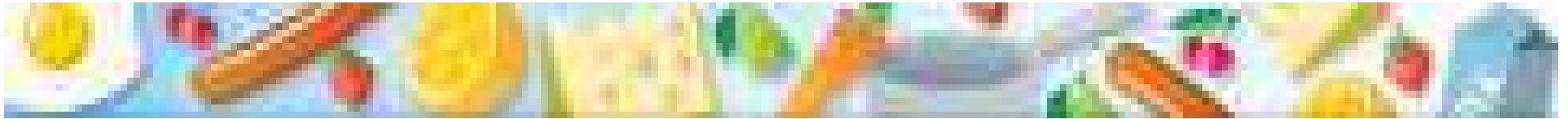
**Judges' commendation**

**Main meal**  
Guernsey crab  
mushrooms

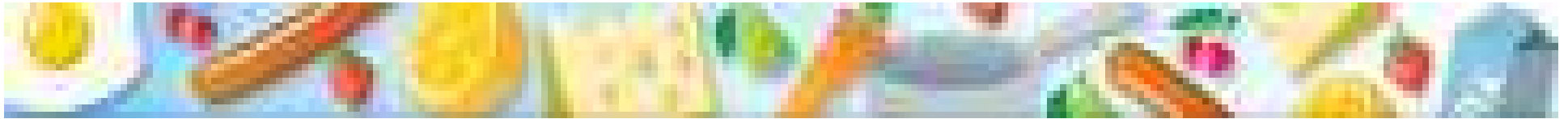


**Dessert**  
Guernsey Gâche bread  
and butter pudding

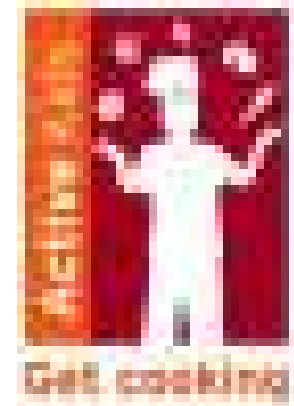




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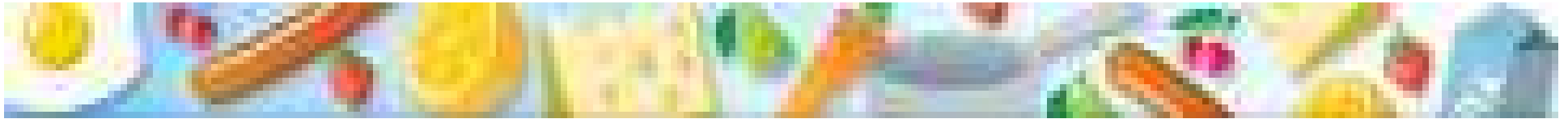
# Guernsey Crab Mushroom



## Ingredients

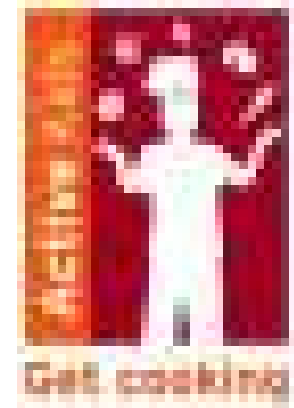
- 8 large flat mushrooms
- 4 Guernsey biscuits sliced in half
- 1 cooked crab, spider or chancre picked
- Spring onions chopped finely
- Lemon or lime juice
- Salt and black pepper
- Fresh breadcrumbs
- Fresh flat leaf parsley
- Melted butter to brush mushrooms with

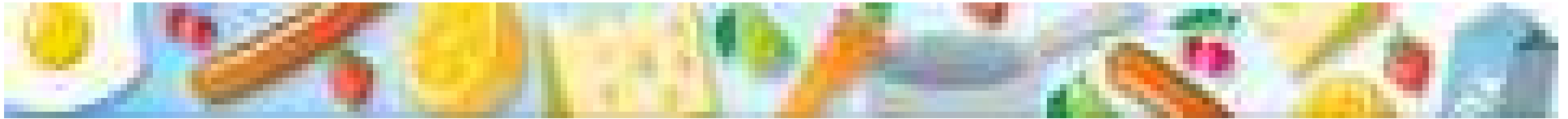




# Method

1. Mix lemon or lime juice, parsley, spring onions and seasoning with crab in a bowl
2. Heat the grill
3. Brush underside of mushroom with butter. Lightly grill mushroom for a minute
4. Put crabmeat onto mushroom
5. Sprinkle breadcrumbs on top of crab mixture
6. Lightly toast Guernsey biscuits under grill
7. Grill mushrooms for 3 - 4 minutes until breadcrumbs are golden
8. Serve mushroom on top of Guernsey biscuit. Garnish the plate with salad leaves





# Guernsey Gache Bread Pudding



## Ingredients

1 small Guernsey Gache cut into 8 thick slices

Unsalted Guernsey butter

275 full crème Guernsey milk

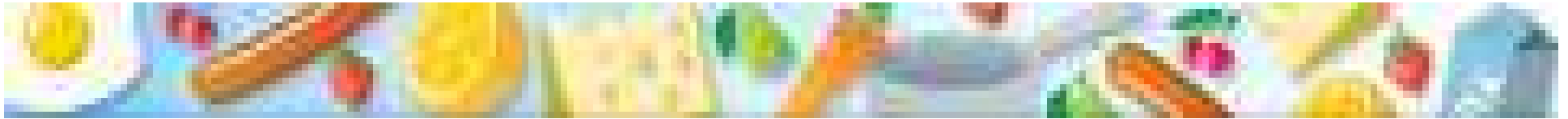
60ml Guernsey double crème

50g caster sugar

3 large Guernsey eggs

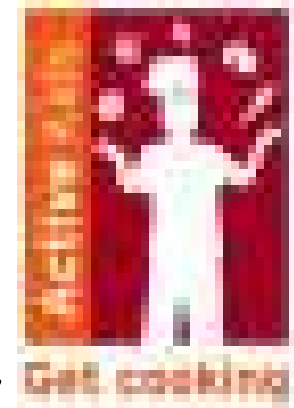
Optional ground nutmeg or cinnamon to flavour

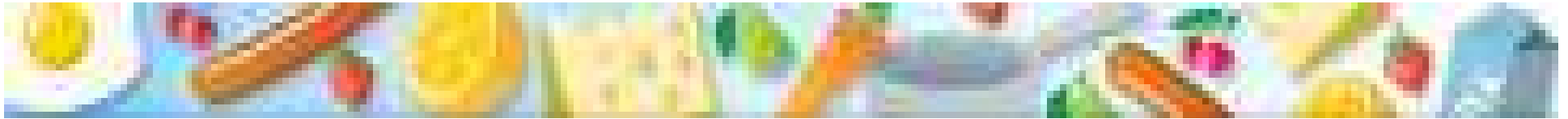




# Method

1. Preheat the oven to 180 oc (350f), gas mark 4
2. Butter a 2 pint (1.2 litre) baking dish
3. Butter the slices of Gache and cut in half diagonally
4. Arrange the slices in the buttered dish
5. In a jug add the double cream and milk. Stir in the caster sugar
6. Whisk the eggs in a bowl and then add to the milk. Add spices if using
7. Pour over the bread mixture
8. Bake in the oven for 30 - 40 mins until custard is set
9. Serve warm with custard, crème or ice cream





# Oakvale School

## Judges' commendation

Picking the meat from the crab.



We used a traditional Guernsey fruit loaf called Gâche to make our bread and butter pudding.

