**BUSY BAKERS**

**TUESDAY MARCH 8th 2022**

**MEXICAN VEGETABLE BAKE**

Serves 4

1 red onion chopping board & sharp knife

2 cloves garlic plastic food bag

1 pepper colander

1 small fennel bulb or 2 sticks celery mixing bowl

1 large courgette

2 tbsp oil

280g jar artichoke hearts

1 tsp oregano

1tsp paprika or mild chilli

½tsp cumin

400g tinned tomatoes

400g tinned red kidney beans or pinto beans

200g Quark

120ml semi skimmed milk

100g mature cheese

2tbsp wholemeal bread crumbs (approx. slice of bread toasted and crumbed)

Salt & Pepper

Casserole dish

Preheat oven Electric 200C/Fan 180C, Gas 6

Method

1. Peel and cut onion into thin wedges
2. Peel and chop garlic
3. Deseed and cut pepper into chunks
4. Thinly slice fennel
5. Slice courgette, thickly
6. Drain artichoke heart and beans
7. Place onion, pepper, garlic, fennel and courgette in food bag. Add oil and toss
8. Tip into ovenproof dish
9. Stir in artichokes, season and sprinkle over spices
10. Roast for 15mins
11. Stir in tomatoes and beans and cook for further 10 mins
12. Mix Quark with milk to obtain thick cream consistency
13. Drizzle over the vegetables
14. Mix cheese and crumbs together and sprinkle over the top
15. Bake for 10-15mins until bubbling and golden
16. Serve with warm soft tortillas

**VEGETABLE MOUSSAKA**

Serves 4

2 courgettes chopping board & sharp knife

1 aubergine mixing bowl

300g new potatoes grater

2 red peppers colander

400g tin borlotti beans tin opener

4 ripe tomatoes large pan

3tbsp fresh basil slotted spoon

2tbsp oil kitchen paper

150g plain low fat, natural yogurt griddle pan/frying pan

1 egg

30g Parmesan or Italian hard cheese

Salt & Pepper

Casserole dish

Preheat oven Electric 180C/Fan 160C, Gas 4

Method

1. Slice courgette
2. Slice aubergine
3. Scrub and slice potatoes
4. Deseed and cut pepper into strips
5. Drain and rinse beans
6. Skin and chop tomatoes
7. Chop basil
8. Bring large pan of salted water to boil, add courgette and cook for 2mins, remove from water with slotted spoon, drain well on kitchen paper
9. Add aubergine to water and cook for 2 mins, remove with slotted spoon
10. Add potatoes to the water and cook for 10 mins, drain and put with other blanched vegetables
11. Cook pepper in griddle pan/frying pan until slightly charred
12. Place all vegetables in casserole dish, stir in beans, tomatoes and basil
13. Drizzle over oil and season
14. Beat egg
15. Mix yogurt, cheese and egg until well blended.
16. Spread over vegetables
17. Bake for about 40mins.

**SWEET POTATO CURRY WITH PANEER**

Serves 4

1tbsp oil chopping board & sharp knife

1 onion frying pan with lid or saucepan with lid

2 cloves garlic garlic crusher

500g sweet potatoes

1tsp mild curry powder

1tbsp fresh root ginger

400g tin chopped tomatoes

100ml vegetable stock

150g frozen peas

250g Paneer (Indian Cheese)

2tbsp fresh mint

Method

1. Peel and finely chop onion
2. Peel and crush garlic
3. Peel and cut sweet potato into chunks
4. Peel and finely chop ginger
5. Cut Paneer into cubes
6. Chop mint
7. Heat oil in frying pan/saucepan and fry onion for about 4 mins, add garlic and cook for further 2 mins, stirring continually
8. Add sweet potatoes and stir fry for 2-3 mins
9. Stir in curry powder and ginger
10. Stir in tomatoes and stock. Bring to the boil.
11. Cover and simmer for about 15mins, or until the potatoes are tender
12. Stir in peas and simmer for 3-5mins
13. Add paneer, stir until melted and serve sprinkled with mint
14. Serve with naan bread

**MIXED VEGETABLE BIRYANI**

Serves 6

3 tbsp oil chopping board & sharp knife

1 onion colander

50g/2oz raisins pestle and mortar

1 cinnamon stick, broken garlic crusher

8 black peppercorns 2 large pan with lid

6 cloves

6 green cardamoms

1 tbsp coriander seeds

2tsp ground Cumin

½tsp cayenne pepper

4 garlic cloves

200g/8oz new potatoes

1 carrot

150g/6oz green beans

1 courgette

150g/6oz frozen peas

200g Greek yogurt

300g basmati rice

Pinch saffron

Preheat oven Electric 180C/Fan 160C, Gas 4

Method

1. Peel and thinly slice onion
2. Crush cardamom and discard shells
3. Crush coriander seeds
4. Peel and crush garlic
5. Scrub and cube potatoes
6. Peel and slice carrot
7. Trim and chop beans
8. Slice courgette
9. Heat 1tbsp oil and cook onion over moderate heat for about 12 mins, should be golden.
10. Remove from pan, add raisins and stir around pan for 30 seconds, remove and put with onion
11. Add remaining oil to pan and add cinnamon, peppercorns, cloves, cardamom, and coriander seeds.
12. Stir around for about 1 minute
13. Add cumin, cayenne pepper and garlic, stir around for 30 seconds
14. Stir in all the vegetables and 4tbsp water, cook for about 10 mins, keep checking there is liquid present and the vegetables are not burning/catching
15. Stir in yogurt and continue to cook for about 5 mins
16. Rinse rice under running water
17. Put rice, 550mi water, pinch saffron, pinch salt into another pan and bring to the boil
18. Reduce heat, cover and simmer for about 10mins until all water is absorbed and rice is becoming tender **(Cool rice when making this in class)**

Either layer rice and vegetables in pan or casserole and cook for 20-30 mins **(complete this stage when ready to serve)**

1. Scatter onion and raisins over.
2. Serve with hard boiled eggs and a sprinkling of flaked almonds, cucumber and mint salad

**CHOCOLATE PEPPERMINT SLICE**

About 24 pieces

250g/10oz bourbon biscuits plastic bag and rolling pin

150g/6oz butter pan

250g/10oz icing sugar mixing bowl

1 tsp peppermint extract sieve

50ml milk, as needed

200g/8oz dark chocolate

20x30cm tin, lined with baking parchment

Method

1. Crush biscuits until fine
2. Melt butter and add biscuits. Press into base of tin. Chill in freezer
3. Sieve icing sugar into bowl, add peppermint extract and enough milk to produce spreading consistency
4. Spread over biscuit base and chill
5. Melt chocolate and spread over the mint mixture
6. Leave until set
7. Cut into pieces and store in airtight container in the fridge for up to 4 days