

DT Cooking and Nutrition Recipes All recipes serve 4

Quesadilla Cheesy Tortillas

150g grated cheese

4 flour tortillas

Hot or tomato sauce (optional, for serving)

Optional guacamole or salsa (see below) or sour cream

A sweet treat could include chocolate, butterscotch or caramel

Equipment: barbeque tongs, serving dish

Method:

1. Create a double layer of foil for each tortilla.
2. Place a tortilla in the centre of each foil.
3. Place cheese (and any other fillings) on one half of the tortilla and fold it in half.
4. Bring the edges of foil together and crimp edges to seal the parcel.
5. Place foil parcels side by side onto the grill or in the embers and cook for around 5 minutes, rotating with tongs occasionally.
6. Carefully remove 1 parcel from the heat and check if cheese is melted returning it to the heat if necessary. Serve with sauce, if desired.

Guacamole

1 ripe avocado

1 lime

1 clove of garlic

Optional: chopped tomato flesh

Equipment: chopping board, vegetable knife, mixing bowl, lemon squeezer, garlic press, fork, serving dish, a plate.

Method:

1. Halve the avocado, remove the stone, peel and place in the mixing bowl.
2. Cut the lime in half and squeeze the juice from one half of the lime into the mixing bowl.
3. Peel and crush the garlic then add it to the other ingredients.
4. Mash all the ingredients together with the fork and serve.
5. Serve with quesadilla or grilled tortilla bread cut into triangles

Salsa

$\frac{1}{4}$ cucumber

2 tomatoes

1 or 2 spring onions cut into small pieces with scissors

4 tablespoons of chopped fresh mint leaves and parsley

1 x 10ml olive oil

1 lemon

Equipment: Chopping board, vegetable knife, kitchen scissors, mixing bowl, lemon juicer, small bowl, a 10ml spoon, a 5ml spoon, serving dish.

Method:

1. Chop cucumber and tomato into rough cubes.
2. Halve the lemon, use the juicer to squeeze the juice from one half and pour it into a small bowl.
3. Place all the chopped ingredients into a mixing bowl and add the olive oil and a 5ml spoon of the lemon juice.
4. Mix all the ingredients together.
5. Cover and leave in the fridge for 1 hour before eating.

Damper bread

250g self-raising flour

100ml water

40g caster sugar

Chocolate spread or jam

Equipment: a bowl and spoon, foil-covered stick or stick with bark removed.

Method:

1. Mix the flour and sugar in a bowl.
2. Gradually add the water mixing after each addition, kneading the mixture into a soft dough.
3. Divide the dough into 5 or 6 equal sized pieces.
4. Create long thin 'sausages' of the dough by rolling it between hands.
5. Wrap it in a spiral around the stick.
6. Hold the stick over the heat, turning it regularly and checking for burning.
7. After about 10 minutes it should become lightly brown and hard to the touch.
8. The bread can be eaten on the stick, spreading it with syrup, honey, butter, jam or chocolate spread.
9. Alternatively, slide the damper bread off the stick and fill the centre with the chocolate spread or jam.
10. For a savoury version, substitute the sugar for a pinch of salt, and add some grated cheese or a touch of butter, garlic and herbs

Bruschetta

1 bagel or 4 thick slices of bread

3 chopped tomatoes

2-3 x basil leaves

1 x spring onion

Grated cheese or small ball of mozzarella

1 x garlic clove

Equipment: mixing bowl, kitchen scissors, dessert spoon, bread knife, chopping board, tongs or green sticks, plate.

Method:

1. Open and strain the canned tomatoes.
2. Tip the tomatoes into the mixing bowl.
3. Tear the basil leaves finely and add to the mixing bowl.
4. Snip the spring onion into the mixing bowl, using the kitchen scissors.
5. Stir all the ingredients together.
6. Slice the bagel in half, then cut each half through the middle
7. Using toasting prongs or green sticks toast the bagel quarters (or thick bread slices) on the fire.
8. Allow to cool on a plate.
9. Peel the garlic clove and rub it 2 or 3 times over each piece of bagel.
10. Spoon the tomato mixture onto each piece of bagel.
11. Sprinkle with grated cheese or place a small pieces of mozzarella on top of each piece of bruschetta.

Couscous

350ml water

1 x 5ml spoon of stock

200g couscous

2 spring onions (chopped)

$\frac{1}{2}$ yellow or red pepper chopped

$\frac{1}{4}$ cucumber chopped

2 medium tomatoes chopped

30ml mint and parsley

30ml low fat dressing

Equipment: Kelly kettle, or fire proof pot, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, scissors, mixing spoon.

Method:

1. Heat the water in the Kelly kettle or fire pot and measure 350ml into the measuring jug.
2. Add the stock to the water ensuring it dissolves
3. Pour the stock over the couscous in a large bowl.
4. With a fork lightly mix and leave to stand for 5 minutes.
5. Chop the tomatoes, pepper and cucumber into small chunks.
6. Add all the vegetables, mint and parsley to the couscous and snip the spring onions into small pieces into the bowl using the scissors.
7. Stir everything together.
8. Add the dressing.

Raita

150ml low fat plain yogurt

$\frac{1}{4}$ cucumber

4-5 sprigs of mint

Equipment: chopping board, grater, knife, mixing spoon, mixing bowl.

Method:

1. Carefully grate the cucumber.
2. Chop the mint.
3. Stir all the ingredients together in a mixing bowl.

Poached pears

2 pears

150ml water

300ml apple juice

10ml honey

Ricotta or crème fraise and pinch of cinnamon to accompany

Equipment: saucepan, measuring jug, measuring spoons.

Method:

1. Carefully peel the pears.
2. Place the water and apple juice in a pan and carefully add the pears.
3. Place on the fire and cook until soft, approximately 5-10 minutes.
4. Remove the pears from the pan and serve with a spoon of ricotta or crème fraise sprinkle with cinnamon and a drizzle of honey.

Banana fritters

3 or 4 ripe bananas

One egg

1teaspoon of honey

Self-raising flour (amount may vary)

Caster sugar

Cooking oil (sunflower)

Equipment: fork, mixing bowl, frying pan or deep pot, fish slice, tongs, kitchen roll.

Method:

1. Take three or four ripe bananas and mash roughly in a bowl.
2. Add an egg and a honey and mix
3. Gradually stir in the flour to make a thick batter.
4. Heat 2 inches of sunflower oil in a deep pot or frying pan over the fire.
5. When the oil is hot, gently place one spoonful into the oil, which should 'sizzle' if hot enough.
6. Turn the fritter over to cook on both sides.
7. When lightly browned, scoop them out and place onto kitchen roll to remove excess oil.
8. Sprinkle with a small amount of sugar and cinnamon.

Additional sources for nutritional information include:

PHE The Eatwell Guide 2018 available from www.nhs.uk or www.gov.uk

Food - a fact of life available from <https://www.foodafactoflife.org.uk/>