



**Cooking with
Abbot's Lea!**

Cheese Tarts

Ingredients:

- 170g self-raising flour
- 85g butter
- 2-3 tbsp water
- Butter for greasing
- Flour for sprinkling
- Variety of finely chopped vegetables.

Method:

1.

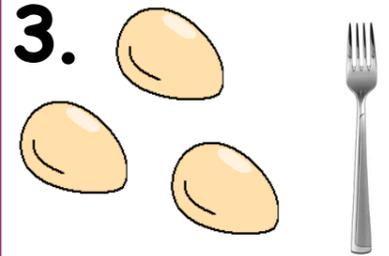


Preheat the oven to 220°C.

2.

Using butter, grease the bottoms and sides of the muffin tins.

3.



Crack 3 eggs into a measuring jug and beat well with a fork.

4.

Using safe chopping techniques, finely chop the onion and peppers (if you are using them) and shred the ham.

5.



Grate the cheese. Add cheese, ham and the veg to the bottom of the muffin tins.

6.



Fill the muffin tins with the beaten egg, leaving a space at the top so it doesn't overflow.

7.



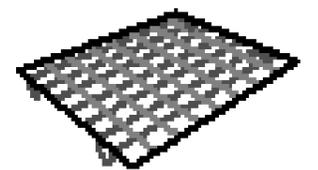
Using oven gloves, put into oven for 15-20 minutes.

8.



Wash and tidy away all equipment used.

9.



Using oven gloves, take omelettes out of oven and leave to cool before eating!

Cheesy Nachos

Ingredients:

- 1 red/yellow/green pepper
- 2 tomatoes
- $\frac{1}{2}$ cucumber
- Cheese
- Tortilla chips
- 1 tin of chopped tomatoes



Method:

1.



Preheat the oven to 200°C.

2.

Using safe chopping techniques, finely chop the tomatoes, cucumber and peppers.

3.

Place a variety of finely chopped veg in a bowl and add some chopped tomatoes to make a salsa.

4.

Put the tortilla chips into a foil baking tin.

5.

Grate cheese on top of the tortilla chips.

6.



Add the salsa over the tortilla chips and the salsa.

7.



Using oven gloves put in oven for about 7 - 10 minutes.

8.



Wash and tidy away all equipment used.

9.



Using oven gloves, carefully remove cheesy nachos and enjoy!



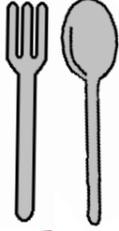
Abbot's Lea is a Liverpool school for children and young people with Autism.

At Abbot's Lea, we love to cook!
But some of us find recipes hard to read and the instructions use words that we don't understand, so we have created our own recipe book full of our favourite recipes.

All of the recipes are easy to follow and have pictures to help show us what we need to do.

As we think cooking is so much fun, we wanted to share our recipes with you so you can enjoy cooking too!

Useful Measurements

 <p>(the little spoon)</p> <p>tsp teaspoon</p>	 <p>(the big spoon)</p> <p>tbsp tablespoon</p>	<p>lb pound</p>
<p>oz ounce</p>	<p>g grams</p>	<p>Kg Kilograms</p>
<p>ml millilitre</p>	<p>L litre</p>	<p>°C Celsius</p>
<p>Mass:</p> <p>1oz = 30g 4oz = 125g 1lb = 500g 2lb = 1kg</p>	<p>Liquids:</p> <p>1tsp = 5ml 1tbsp = 12½ml 1 cup = 250ml 1 pint = 600ml</p>	<p>Temperature:</p> <p>80°C = 175F 160°C = 325F 180°C = 350F 200°C = 400F</p>

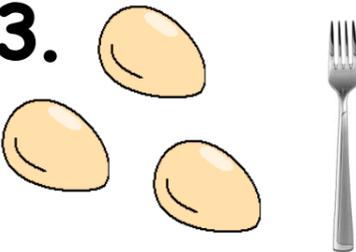
Omelette Muffins

Ingredients:

- 3 eggs
- 1 onion, 1 pepper (optional)
- Ham
- Salt and pepper
- Cheese
- Butter for greasing

Method:

- 

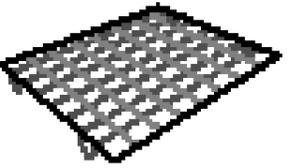
Preheat the oven to 220°C.
- Using butter, grease the bottoms and sides of the muffin tins.
- 

Crack 3 eggs into a measuring jug and beat well with a fork.
- Using safe chopping techniques, finely chop the onion and peppers (if you are using them) and shred the ham.
- 

Grate the cheese. Add cheese, ham and the veg to the bottom of the muffin tins.
- 

Fill the muffin tins with the beaten egg, leaving a space at the top so it doesn't overflow.
- 

Using oven gloves, put into oven for 15-20 minutes.
- 

Wash and tidy away all equipment used.
- 

Using oven gloves, take omelettes out of oven and leave to cool before eating!

Garlic Bread

Ingredients:

Garlic Butter:

- 50g softened butter
- 1 garlic clove

Bread base:

- 100g strong white flour
- $\frac{1}{4}$ sachet of fast-action yeast
- 1tsp olive oil
- 60ml warm water

Method:

1.



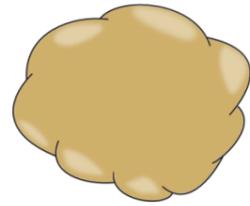
Preheat the oven to 240°C.

2.



Add together 100g flour, fast-action yeast, 1tsp olive oil and mix.

3.



Pour into the mixture 60ml of warm water and mix until you get a soft dough.

4.



Knead the dough.

5.



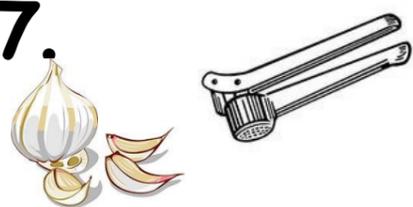
Roll out the dough into a large circle about 1cm thick and place onto a baking tray.

6.



In a mixing bowl, melt 50g butter using the microwave for about 30 seconds.

7.



Crush the garlic clove and add into the butter. Spread the butter onto the rolled out dough.

8.



Using oven gloves put in oven for about 12 minutes.

9.



Wash and tidy away all equipment used.

Contents

Starters and Snacks...

Beans on Toast

Omelette Muffins

Sandwiches

Cheese Tarts

Nachos

Garlic Bread

Mains...

Chicken Pie

Sausage Rolls

Pizza

Burgers

Spaghetti Bolognese

Jacket Potato

Curry

Big Breakfast

BBQ Chicken Wraps

Tuna Pasta Bake

Sweet and Sour Chicken

Special Fried Rice

Desserts...

Cookies

Jam Tarts

Vanilla Biscuits

Cheesecake

Scones

Cupcakes

Brownies

Apple Crumble

Beans on Toast

Ingredients:

- Tin of beans
- 1 or 2 pieces of bread
- Butter (optional)

Method:

1. Preheat the oven to 240°C or gas mark 9.	2. Add together 100g flour, fast-action yeast, 1tsp olive oil and mix.	3. Pour into the mixture 60ml of warm water and mix until you get a soft dough.
4. Knead the dough.	5. Roll out the dough into a large circle about 1cm thick and place onto a baking tray.	6.  In a mixing bowl, melt 50g butter using the microwave for about 30seconds.
7. Crush the garlic clove and add into the butter.	8. Spread the butter onto the base and then put in oven for about 12 mins.	9.  Wash and tidy away all equipment used.

Sandwiches

Ingredients:

- 2 slices of bread
- Butter

Method:

1. Preheat the oven to 220°C.	2. Using butter, grease the bottoms and sides of the muffin tins.	3. Crack 3 eggs into a measuring jug and beat well with a fork.
4. Using safe chopping techniques, finely chop the onion and peppers (if you are using them) and shred the ham.	5.  Grate the cheese. Add cheese, ham and the veg to the bottom of the muffin tins.	6. Fill the muffin tins with the beaten egg, leaving a space at the top so it doesn't overflow.
7. Using oven gloves, put into oven for 15-20 minutes.	8.  Wash and tidy away all equipment used.	9. Using oven gloves, take omelettes out of oven and leave to cool before eating!