During National School Meals Week the Following Recipes are featured for you to recreate at Home.

Wholemeal Roasted Vegetable Tart

(Friday week 3 on your school Menu)
(4 portions)

40g Plain Flour
40g Wholemeal Flour
40g Baking Margarine
32g Fresh Courgette
32g Fresh Tomatoes
32g Onions
32g of Fresh Red and Green Peppers
84ml Skimmed Milk
Pinch Mixed Herbs
120g Fresh Egg (or 1 large egg)
8g Vegetable oil

For the pastry, rub the margarine into the two Flours until it resembles breadcrumbs, add water and mix to a dough. Roll out into a half shallow small flan tin, prick and bake blind.

(Cont…….)
For the filling, prepare the vegetables, cutting in to good sized shapes; mix together in a large bowl with the oil and mixed herbs.
Roast in a preheated oven until tender
Beat the egg and milk together
When the Vegetables are cooked put into the flan case and then pour over the beaten egg mixture.
Bake in a moderate oven until set and golden in colour.

Chocolate Carrot Cake

(Friday week 3 on your school Menu)
(4 portions)
125ml Vegetable Oil
100g Light Brown Soft Sugar
2 Free Range Eggs
100g Plain Flour
7.5g Baking Powder
½ tsp ground Cinnamon
175g Fresh Carrots
37g Fairtrade Cocoa Powder
10ml Water

Place all the dry ingredients into a mixing bowl.
Grate the Carrots (finely) and add to the dry mix with the oil and give a mix to ensure an even mixture.
Spoon into a parchment lined baking tin
Cook 165°C for 20-25minutes.

Apple Sponge

(Wednesday week 3 on your school menu)
(6 portions)

112g Baking Margarine
2 Free Range Eggs
112 g Granulated Sugar
112g self-raising Flour
520g Apples (tinned suits this recipe better than fresh)
125g Caster Sugar

Cream the flour and caster sugar together until white and Fluffy
Beat the eggs into a bowl and mix thoroughly
Gradually incorporate the beaten egg into the creamed fat and sugar
Fold in the flour carefully
Mix the apple with half the granulated sugar and decant into a baking dish and then top with the sponge mix.
Sprinkle on top the remaining sugar and bake in an oven 175°C for 25-30 minutes or until cooked through.

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