

Strike Lane


Recipe Book and Growing Guide




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Recipe Book
and Growing Guide







Welcome to our Recipe book and Growing Guide based on the vegetables we have grown this year.



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You can tap to turn the pages or click on the home button  each page to go back to the contents and from there click on the recipe or growing guide you want to look at.

Enjoy.



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Carrot muffins

Method

•STEP 1 Preheat the oven to 200C/gas mark 6/fan 180C. Melt the margarine in the microwave.

•STEP 2 Top and tail, then peel and grate the carrots.

•STEP 3 Combine the carrots, sugar and margarine in a bowl.

•STEP 4 Sift in the flour, cinnamon and baking powder.

Ingredients

- 150g margarine
- 250g carrots
- 200g sugar
- 200g flour
- 1.5tsp cinnamon
- 2tsp baking powder
- 2 large eggs
- 125g sultanas
- 50g nuts

• STEP 5 Beat the eggs in a small bowl and then add to the mixture. Also mix in the nuts and sultanas.

• STEP 6 Line a muffin tray with 12 muffin cases and divide the mixture equally between them. Bake for 20 minutes.

Spiced Beetroot

2lb raw beetroot

2 rashers of bacon

1 medium onion

3 tbsp white or red wine vinegar

3 tbsp tomato ketchup

1 tbsp Worcester sauce

1 tsp demerara sugar



- Cook the beetroot – either boil for approximately 1.5 hours until soft, microwave on high heat for approximately 15 minutes, or pressure cook for approximately 0.5 hours. Once cooked remove the skin and stalks from the beetroot and cut into small pieces.
- Cut the bacon into small pieces. Peel and finely chop the onion then fry together with the bacon in a small amount of oil until tender.
- Add the vinegar, ketchup, Worcester sauce and sugar to the pan and simmer for 2-3 minutes.
- Add the beetroot pieces to the sauce and stir gently until heated through.

If preferred this dish is just as good without the bacon.

From the Fare Family (Emily year 2)



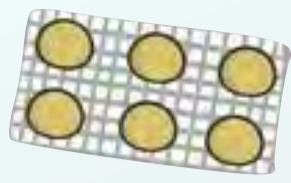
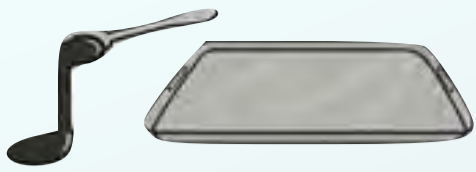
A good old sausage dinner



No explanation necessary!

Joey Year 3





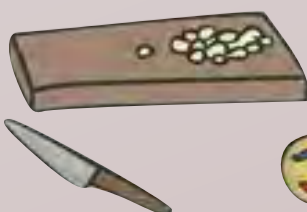
My Hawaiian pizzas.

Ingredients

Tomato purée/ 2 tbs
Honey, roasted ham/ two pieces
Pizza bases/2
Garlic/2 cloves
Pineapple/ half a cup
Salami
Grated cheese



- 1 evenly spread your tomato purée on your two pizza bases
- 2 chop up your garlic and add it to the tomato purée
- 3 carefully add your grated cheese and ham and salami
- 4 add your pineapple
- 5 put it in the oven at 200 degrees for 15mins



Lottie Year 4



SWEETCORN FRITTERS



★ RATING-5 STARS ★

INGREDIENTS:

150G SELF-RAISING FLOUR

1 STP BAKING POWDER

1 TSP SMOKED PAPRIKA

160ML WHOLE MILK

1 EGG

550G SWEETCORN

50G SLICED CHIVES

HANDFUL OF PARSLEY, CHOPPED

2 SPRING ONIONS, CHOPPED

, PLUS A LITTLE EXTRA CUT INTO THIN STRIPS TO SERVE

RAPESEED OIL, FOR FRYING



PREPARING TAKES TEN MINUTES

COOKING TAKES TWENTY MINUTES

IT'S EASY TO COOK AND IS 😋 CRUNCH-ALISIOUS 😋



STEP ONE, MIX THE FLOUR, BAKING POWDER, PAPRIKAS AND SOME MILK IN A LARGE BOWL, MIX IN THE EGG FOLLOWED BY THE SWEETCORN BITS, CHOPPED SPRING ONIONS, CHIVES, PARSLEY, 1 TSP SALT FOLLOWED BY THE GROUND PEPPERS.

STEP TWO, HEAT A 1 CM DEPTH OF OIL IN A FRYING PAN OVER A MEDIUM HEAT UNTIL A SMALL AMOUNT OF FRITTER SIZZLES WHEN DROPPED IN. FOR LARGE FRITTERS, DROP 2 HEAPED TABLESPOONS OF THE MIXTURE INTO THE PAN AT A TIME IN A CLOCKWISE DIRECTION (THIS WILL HELP YOU REMEMBER THE ORDER THEY WERE ADDED TO THE PAN ,,SO YOU CAN FLIP THEM AT THE RIGHT STAGE.) FOR SMALLER FRITTERS, DO THE SAME, BUT WITH 1 HEAPED TABLESPOON OF MIXTURE AT A TIME.

FINALLY STEP 3, AFTER TWO MINUTES FLIP THE FRITTERS OVER IN THE SAME ORDER , THEY WERE ADDED TO THE PAN. COOK FOR ANOTHER 2 MINUTES. CONTINUING TO TURN EVERY NOW AND THEN ENSURE BOTH SIDES ARE EVENLY GOLDEN BROWN. WHEN READY, THE FRITTERS SHOULD BE DARKER BROWN WITH CRISPY PRECISE OF CORN AT THE EDGES, BE VERY CAREFUL AS SOME OF THE KERNELS MAY BURST DURING THE COOKING PROCESS. REMOVE TO A WIRE RACK AND PAT AWAY ANY EXCESS OIL USING KITCHEN POWER. SERVE STRAIGHTAWAY WITH A FEW STRINGS OF SPRING ONIONS SCARRED OVER IF YOU LIKE. AND THERE YA GO A DELICIOUS MEAL, MAYBE ADD SOME SAUCE ON THE SIDE LIKE BBQ SAUCE, MAYONNAISE OR TOMATO SAUCE?



Lyla Year 6



spaghetti With carrots



Ingredients

Pasta noodles
Carrots
Onions
Pasta sauce
Cheese
Oven



how to make

- . Use a large pot
- . Put some salt and water in the pan
- . Put the spaghetti in the pan
- . Then turn it on and wait for it to sink
- . Then cut up some carrots
- . Cut up some onions
- . Cut up some spaghetti meat put it in a pan
- . Get some pasta sauce put it in a pan
- . Wait for it to warm up
- . Put them on a plate
- . Now eat.

You need to use these ingredients and then you will be able to make this amazing food and if you would like you can have a side with it like garlic bread or maybe some soup. If you want you can also have some mints in the spaghetti or on the spaghetti

Katie Year 6





Caramelised carrots & onions

Ingredients

500g [carrot](#), peeled and cut into long chunks

50g [butter](#)

1 tbsp [olive oil](#)

8 [red onions](#), peeled and quartered with root intact

3 [sprigs thyme](#)

1 tbsp [soft brown sugar](#)

3 tbsp red wine

1 tbsp [good-quality balsamic vinegar](#)

Method

STEP 1

Blanch carrots in a pan of boiling salted water for 3 mins, drain well, then pat dry. In a large pan, melt the butter and oil, then fry the carrots, onions and thyme over a low heat for 30 mins until golden.

STEP 2

Stir in the sugar and red wine and bubble for a few mins to boil off the alcohol. Add the vinegar, then continue to cook until syrupy, about 5 mins. Remove the sprigs of thyme and serve. Make up to 2 days ahead, stored in a covered container. Tip back into a pan and reheat or use a microwave.



Stuffed peppers with rice



Ingredients

4 [red peppers](#)

2 [pouches cooked tomato rice](#)

2 tbsp [pesto](#)

handful [pitted black olives](#), chopped

200g goat's cheese, sliced

Method

STEP 1

Use a small knife to cut the top out of 4 red peppers, then scoop out the seeds. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 mins until they have wilted and softened.

STEP 2

While the peppers are cooking, mix two 250g pouches cooked tomato rice together with 2 tbsp pesto and a handful of chopped pitted black olives and 140g of the sliced goat's cheese.

STEP 3

Scoop the rice, pesto, olives and goat's cheese mix into the peppers, top with the remaining 60g sliced goat's cheese and continue to cook for 8-10 mins.



ROASTED RED PEPPER SAUCE

INGREDIENTS:

2 red peppers
1 tbsp olive oil
1 small garlic clove - smashed
1 small shallot - roughly chopped
85ml vegetable stock
1/2 tsp sugar (optional)

METHOD

Step 1: Heat oven to 200C/180C fan/gas 6. Place the peppers on a baking tray and roast in the oven for about 45 mins until the skins are blackened. Remove from the oven and put into a plastic bag - this makes them sweat and the skins slip off more easily. When cool enough to handle, peel off the skins with your fingers. Slice the peppers open, pick out and discard all the seeds and membrane, then roughly chop the red flesh.

Step 2: Heat the olive oil in a frying pan. When hot, fry the garlic and shallot for a few mins. Add the chopped peppers and continue to fry for a few mins, stirring to combine everything. Add the vegetable stock, bring to the boil, then allow it to reduce a little.

Step 3: Pour the contents of the pan into a blender and whizz until smooth. Adjust the seasoning to taste. Depending on the ripeness of the peppers, you shouldn't need any sugar - but if they retain a slightly bitter flavour, return the sauce to the pan, add sugar to taste and let it dissolve over the heat. Serve hot or at room temperature.

Prep: 10 mins
Cook: 1 hour

To make Buttery baked CORN:



1. Heat oven
2. Mash butter, garlic and Parsley
3. cut 4 pieces of foil
4. Put a cob on each
5. Put butter on cob
6. Wrap cob in foil
7. Cook for 30\35 mins

Ingredients

100g butter

1 garlic clove

~~1~~ chopped parsley

4 corn cobs



Harlow Year 2



Cottage pie



Main ingredients:

Mince beef with Olive oil

Gravy granules

Potatoes(mashed) butter milk or cream

Vegetables(carrots,peas and onions)



1

FRY MINCE WITH OLIVE OIL AND ONIONS.ONCE ALL MINCE COOKED ADD GRAVY GRANULES AND WATER

2

PEEL AND CHOP POTATOES PUT IN BOILING WATER UNTIL SOFT THEN DRAIN WATER AND MASH WITH BUTTER AND MILK OR CREAM

3

LAYER COOKED MINCE IN LARGE OVEN DISH TOP WITH MASHED POTATOES AND PUT IN OVEN FOR 45 MINUTES AT 180°C

Tilli Year 5



Pumpkin Pie Recipe

Ingredients-

750g/1lb 10oz pumpkin or butternut squash, peeled, etc, deseeded and cut into chunks

350g sweet shortcrust pastry

plain flour, for dusting

140g caster sugar

1/2 tsp salt

1/2 tsp fresh nutmeg, grated

1 tsp cinnamon

2 eggs beaten

25g butter, melted

175ml milk

1 tbs icing sugar



Method:

1. Place the pumpkin into a large saucepan and cover with water, bring to the boil. Cover with a lid and simmer for 15 mins until tender. Drain the pumpkin and let it cool.

2. Heat the oven to 180C/160fan/ gas 4. Roll out the pastry on a lightly flavoured surface and use it to line a 22cm loose bottomed tart tin. Chill for 15 minutes. Line the pastry with baking parchment and baking beans. Remove the beans and paper, cook for a further 10 mins until the pastry is pale golden and biscuity. Remove from the oven and allow to cool slightly.

3 Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

4 Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.



Roasted Tomato Soup



INGREDIENTS :-

- 1kg of large tomatoes, one red onion, four garlic cloves, 1 teaspoon of oregano, handfuls of fresh basil, three tablespoons of olive oil and 500 ml of veg stock.

Method :-

- 1 - Slice the tomatoes into halves and onion into quarters.
- 2- Place onto an oven baking tray along with four garlic cloves still in their skin. Drizzle over the olive oil and sprinkle the dried oregano on top along with a couple pinches of salt and pepper. Place in the oven for one hour at 160'c.
- 3- Remove from the oven and scrape the ingredients from the tray into a large pot. Add the 500 ml of stock along with the handful of fresh basil leaves. Bring to the boil and then allow to simmer for 10 minutes.
- 4- Now just hand blend till smooth then serve.



Roasted red pepper, sweet potato & smoked paprika soup.



Ingredients

- 1 [sweet potato](#), roughly chopped into dice with the skin still on
- 1 [red pepper](#), de-seeded and cut into chunks
- 1 [red onion](#), peeled and cut into chunks
- 3 [garlic cloves](#), peeled
- 1 tsp [smoked paprika](#)
- 2 tbsp [olive oil](#)
- 200ml [coconut milk](#)
- 200ml chicken stock
- ½ tbsp [sriracha](#)
- 1 tsp [maple syrup](#)

Method

STEP 1

Heat oven to 190C/170C fan/gas 5. Put the sweet potato, pepper, onion and garlic on a baking tray. Sprinkle with the paprika and seasoning, then drizzle with the oil. Toss together. Roast for 30 mins or until beginning to brown.

STEP 2

Tip the roasted vegetables into a blender (or use a [stick blender](#)) with the coconut milk, stock, sriracha and maple syrup. Whizz until smooth. Pour back into the pan and heat until piping hot. Check for seasoning, and pour into a flask. Serve with soda bread or toasted sourdough.

This sweet chili delight will fill your mouth with never ending pleasure, the reason being the incredible ingredients that overflow with delicious flavors

This heavenly delight is a delivery from God which will strike your taste buds with dreamy wonder



Ingredients

1. Teaspoon of olive oil.
2. One chopped onion
3. 1-3 tsp of chilli powder, depending on how hot you want it
4. 1tbsp sweet smoked paprika
5. 400g can of kidney beans in chilli sauce
6. 400g mixed beans, drained
7. 400g can of chopped tomatoes
8. optional rice

Method

STEP 1

Heat the oil in a large pan. Add the onion and peppers, and cook for 8 mins until softened. Tip in the spices and cook for 1 min.

STEP 2

Tip in the beans and tomatoes, bring to the boil and simmer for 15 mins or until the chili is thickened. Season and serve with rice, if you like.

Easy iced biscuits



Ingredients

100g/3½oz unsalted **butter**, softened at room temperature
100g/3½oz **caster sugar**
1 medium free-range **egg**, lightly beaten
1 tsp **vanilla extract**
275g/10oz **plain flour**

To decorate

200g/7oz **icing sugar**
3-4 tbsp water
2-3 drops **food colourings**

Method

1. Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until combined. Beat in the egg and vanilla extract, a little at a time, until well combined. Beat in the egg and vanilla extract, a little at a time, until well combined, then stir in the flour and bring together to form a dough.
3. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in. Using biscuit cutters, cut biscuits out of the dough and carefully place onto the baking tray.
4. Bake for 8-10 minutes, or until pale golden-brown. Set aside to firm up for 2 minutes, then transfer to cool on a wire rack.
5. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
6. Carefully spread the icing onto the biscuits using a knife and set aside until the icing hardens.

Sweetcorn Pancakes

Ingredients

a whole corn on the cob or a 330g can of sweetcorn, drained

2 medium eggs

5 tbsp milk

25g butter, melted

85g self-raising flour

2 spring onions, finely chopped

4 tbsp sunflower oil, for shallow frying

To serve

4 tomatoes, cut in half

olive oil, for drizzling

Brushers good quality bacon, streaky or back

chilli sauce to serve



Sweetcorn pancakes

[Good Food team](#)

★★★★★ 24 ratings [Rate](#) [24 comments](#)

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Total time 40 mins

Ready in 30-40 minutes

Easy

Serves 4

These easy, storecupboard sweetcorn pancakes are great for a late or weekend breakfast, or even an after school snack

Nutrition:

	kcal	fat	saturates	carbs	sugars	fibre	protein	low in salt
	309	20g	6g	26g	0g	2g	7g	0.43g



Pumpkin pie!

Step 1: Place the pumpkin in a large **saucepan**, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. **Drain** pumpkin; let cool.

Step 2: Heat oven to 180C/160C fan/gas 4. **Roll** out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Step 3: Increase oven to 220C/200C fan/gas 7. Push the cooled **pumpkin** through a sieve into a large **bowl**. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. **Mix** in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

Step 4: Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.

Prep: 40 mins More effort Serves 8
Cook: 1 hr and 30 mins
Plus chilling

Ingredients

750g/1lb 10oz **pumpkin** or butternut squash, peeled, deseeded and cut into chunks

350g sweet shortcrust pastry

plain flour, for dusting

140g **caster sugar**

½ tsp salt

½ tsp **fresh nutmeg**, grated

1 tsp **cinnamon**

2 **eggs**, beaten

25g **butter**, melted

175ml **milk**

1 tbsp **icing sugar**



Victor Year 6



Sweet corn Fritters

Ingredients

- 150g [self-raising flour](#)
- 1 tsp [baking powder](#)
- 1 tsp [smoked paprika](#)
- 160ml [whole milk](#)
- 1 [egg](#)
- 550g [sweetcorn](#)
- 2 [spring onions](#), chopped, plus a little extra cut into thin strips to serve (optional)
- 10g sliced chives
- [handful of parsley](#), chopped
- [rapeseed oil](#), for frying

Method

STEP 1

Mix the flour, baking powder, paprika and milk together in a large bowl. Mix in the egg, followed by the sweetcorn, chopped spring onions, chives, parsley, 1 tsp salt and some freshly ground black pepper.

STEP 2

Heat a 1cm depth of oil in a frying pan over a medium heat until a small amount of the fritter mixture sizzles when dropped in. For larger fritters, drop 2 heaped tablespoons of the mixture into the pan at a time in a clockwise direction (this will help you remember the order they were added to the pan, so you can flip them at the right stage). For smaller fritters, do the same, but with 1 heaped tablespoon of mixture at a time.

STEP 3

After 2 mins, flip the fritters over in the same order they were added to the pan. Cook for another 2 mins, continuing to turn every now and then to ensure both sides are evenly golden brown. When ready, the fritters should be darker brown with crispy pieces of corn at the edges - be careful, as some of the kernels may burst during the cooking process. Remove to a [wire rack](#) and pat away any excess oil using kitchen paper. Serve straightaway with a few strips of spring onion scattered over, if you like.



Vegetarian

Nutrition: Per serving (18)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
88	4g	0.6g	9g	1g	1g	3g	0.4g

Violet Year 6



How to make green bean casserole

Tap or click to add a subtitle



Ingredients

50g [butter](#)
2 tsp [olive oil](#)
250g chestnut or [button mushrooms](#),
sliced
500g green beans, trimmed
50g [flour](#)
500ml [milk](#)
100g [crispy onions](#)

Are you tired of hard rock food? Well, would you like something that would wake up your taste buds? Here you go, a full guide to spice you up.



Step6:
Add 500ml of milk.

Step7:
Add 100g of crispy onions and bake in the oven.

Step 1:
Add 50g of butter to a bowl.

Step2:
Add two teaspoons of olive oil.

Step3:
Put 250g of chestnut or button mushrooms (your choice).

Step4:
Add 500g trimmed green beans.

Step5:
Put in 50g of flour.

SPICED PUMPKIN SOUP



SUPER STEPS

Method

1. Put the onion, carrots, garlic bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the squash and potato, mix to combine and cook for a further 2-3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.
3. Pick out the bay leaf and blend the soup until smooth using a stick blender.
4. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
5. Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
6. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.

INTERESTING INGREDIENTS

HOW LONG IT SHOULD TAKE

Prep: 35 Mins
Cook 1 hr

Ingredients

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g/1oz unsalted butter
- 2 tbsp olive oil
- 1 medium pumpkin (prepared weight about 850g/1lb 14oz) deseeded and roughly chopped
- 1 medium-sized floury potato, such as Maris Piper, roughly chopped
- 1 litre/1¾ pint vegetable or chicken stock, a little extra may be needed
- 100ml/3½ fl oz double cream
- 3 tbsp pumpkin seeds
- salt and freshly ground black pepper

Recipe tips

HOW GOOD IS IT?

As a person who has tried this delicious meal before, unless you aren't fond of pumpkins, I can guarantee that this meal will make your tastebuds beg for more!

DID YOU KNOW?

Spiced Pumpkin Soup can usually, only be made in October time, because that is the time of year when pumpkins come into shops for Halloween.



Caramelised carrots & onions

Method

STEP 1

Blanch carrots in a pan of boiling salted water for 3 mins, drain well, then pat dry. In a large pan, melt the butter and oil, then fry the carrots, onions and thyme over a low heat for 30 mins until golden.

STEP 2

Stir in the sugar and red wine and bubble for a few mins to boil off the alcohol. Add the vinegar, then continue to cook until syrupy, about 5 mins. Remove the sprigs of thyme and serve. Make up to 2 days ahead, stored in a covered container. Tip back into a pan and reheat or use a microwave.

Ingredients

500g [carrot](#), peeled and cut into long chunks

50g [butter](#)

1 tbsp [olive oil](#)

8 [red onions](#), peeled and quartered with root intact

3 [sprigs thyme](#)

1 tbsp [soft brown sugar](#)

3 tbsp red wine

1 tbsp [good-quality balsamic vinegar](#)

★ ★ ★ ★ ★ 42 ratings



Garlicky runner beans

Servings: 4 Time: 15 minutes

Tags: **vegetables, sides, autumn, winter, british**

INGREDIENTS

500g (about 1 pound) runner beans
salt
2 tbsp. unsalted butter
2 large cloves of garlic, sliced thinly
1 tbsp. dried white breadcrumbs
½ tsp ground white pepper
2 tbsp. grated Parmesan
a large pinch of sea salt flakes

METHOD

1. Top and tail the beans; de-string on both sides. Rinse them in cold water and cut into diamond shapes on a really long diagonal. Use a sharp knife or a mandolin on the widest setting.
2. Bring a pan of salty water to the boil; add the beans and simmer for 4-5 minutes until crunchy but not tough. Drain and rinse with cold water to stop them cooking further.
3. In the same, empty pan over medium heat melt the butter; add the garlic slices and fry gently until the butter foams and the garlic colours very slightly. Stir in the breadcrumbs.
4. Return the beans to the pan and toss with the garlic; cook for a few minutes mainly to heat them up again. Stir in the white pepper and the Parmesan.
5. Serve immediately sprinkled with a pinch of salt flakes.





Spiced Carrot Soup with a touch of Potato



Prep time - 10-15mins
Overall time - 1hr 25mins

Ingredients

- 1kg carrots - peeled and chopped
- 1 onion - chopped and diced
- 450ml of chicken stock
- 1tsp of mild curry powder
- 1 tablespoon of butter
- 50ml of garlic purée
- Salt and pepper
- 1 small cup of water (if it's dry)
- 2 medium potatoes - peeled and diced
- 1 tablespoon of olive oil



Method

- 1) Firstly, preheat your oven to 180°C.
- 2) Secondly, peel and chop up your onions, potatoes and carrots.
- 3) Thirdly, add a tablespoon of olive oil onto the carrots, then roast them in the oven for 45mins.
- 4) Next, add the potatoes in a pan, and boil them for 20mins.
- 5) When the potatoes are near to finishing, add the onion in for 5mins to soften.
- 6) Once the carrots are cooked, combine the onions, potatoes and all the other ingredients (other than water, salt and pepper) in a deep pan for 5 - 10mins, then blend into a delicious soup consistency.
- 7) Finally, if necessary, add the water and seasoning to control the flavour and thickness.



How to make sweet corn pancakes



These are the best food I have ever had



I'm telling you they are so so good the best food you will ever taste!!! 🍌 🌽

Hmm these are so good and are absolutely amazing

First turn the grill on high. If using fresh corn, remove the husk and slice the kernels from the cob with a large sharp knife, then cook them in a pan of boiling water for 5 minutes. Drain and leave to cool while you whisk the eggs, milk and butter together. Whisk in the flour and a large pinch of salt until smooth, then mix in the corn (fresh or canned) and the spring onions.



STEP 2

Put the tomatoes cut-side up on a large baking tray, drizzle with olive oil and season with salt and pepper. Lay the bacon next to the tomatoes in a single file on the tray. Grill for 8-10 minutes until the tomatoes have softened and the bacon is crispy, turning the rashers over at half time.

STEP 3

While the bacon's crisping up, heat the sunflower oil in a large frying pan. Add 4 large spoonfuls of the batter and fry for 1-2 minutes on each side until the pancakes are puffed up and golden. Lift out on to a plate lined with kitchen paper and cook the remaining 4 pancakes. Bring to the table with a bottle of chilli sauce.





Strike lane cook book

Tomato risotto



Tip the rice, onion and half the butter into a large microwave-proof bowl. Cover and cook in the microwave on High for 3 mins. Stir in the stock and passata, then continue to cook, uncovered, for 10 mins. Give it a good stir and mix in the tomatoes and mozzarella. Microwave on High for a further 8 mins until the rice is cooked and the tomatoes have softened.

Leave the risotto to relax for a few mins, then stir in the remaining butter, parmesan and basil. Season to taste and serve straight from the bowl.



GREEN BEANS MAC N CHEESE

Ingredients

2 tbsp [rapeseed oil](#)

3 tbsp [wholemeal flour](#)

500ml [milk](#)

1 tsp [ground nutmeg](#)

350g macaroni (or other pasta tubes)

185g [pack sliced runner beans](#)

220g pack fine green beans

140g [mature cheddar](#), half chopped, half
grated

25g pumpkin seeds

peppery salad (such as rocket &
watercress), to serve (optional)



Instructed guide I

STEP 1

Put the oil in a medium saucepan over a medium heat, add the flour and stir well.

Still stirring, slowly pour in a little of the milk and mix well until smooth. Add a little more milk, repeating until all the milk has been added and you have a smooth sauce. Stir in the nutmeg, season, then take off the heat while you cook the pasta.

STEP 2

Heat oven to 220C/200C fan/gas .7 Bring a large pan of water to the boil, add the macaroni and boil for 8 mins. Add the runner beans and boil for another 3 minutes.

ROAST CARROTS



INGREDIENTS

1 tbsp Olive oil
6 large carrots
1 bulb of garlic
3 sprigs of rosemary
Fresh black pepper

FROM:

Oliver

(Year 2 Class)

4-6

Serves

> 5 MIN

Prep time

10 MIN

Total time

PREPARE

Peel, top and tail the carrots. Preheat oven to 200°C/400°F/gas 6. Bash the garlic and rosemary up.

DIRECTIONS

Put the carrots in a large pan and boil for 5 minutes. Drain in a colander and allow to steam dry. Add the olive oil to a roasting tray and place in the preheated oven. After 2 minutes add the carrots to the hot roasting tray with the garlic and rosemary. Roast for 45 minutes, turning occasionally. Remove from the oven, place on kitchen towel to remove the excess oil and serve immediately.





Carrot cake



Ingredients

- 275g plain flour
- 1tsp salt
- 3tsp cinnamon
- 1tsp baking powder
- 2tsp bicarbonate of soda
- 4 eggs
- 400g caster sugar
- 350ml vegetable oil
- 375g grated carrots
- 200g sultanas

Method

1. Preheat the oven to 160C/ gas 3. Lightly grease and flour a 20cm cake tin.
2. In a large bowl, combine flour, salt, cinnamon, baking powder and bicarbonate of soda.
3. In a large mixing bowl cream together eggs and sugar. Add oil.
4. Slowly add dry ingredients and blend together well. Add carrots, walnuts and sultanas.
5. Pour into cake tin and bake for 35 - 45 minutes. Check after the first 35 minutes to see if a skewer inserted into the centre of the cake comes out clean. If not, continue to cook, checking every five minutes.
6. Top with a cream cheese icing and enjoy.



by Mrs Butcher



Year 1 grew tomatoes.

So we made a ...

Salsa!



Ingredients

- 4 plum tomatoes, diced finely
- Half a yellow pepper, diced finely
- 1 tbsp coriander, diced finely
- Juice of one lemon



Follow these 5 simple steps to make your own tangy tomato dip!

Method

- 1 Carefully dice the tomatoes and pepper into fine pieces.
- 2 Pat the diced tomatoes dry on some kitchen paper to remove any excess liquid.
- 3 Put the diced tomatoes, pepper and coriander into a blender. Squeeze in the juice of a lemon.
- 4 Blitz the ingredients in the blender very briefly but make sure the texture doesn't turn too thin.
- 5 Use as a yummy dip with veggie sticks or crisps!



My Pumpkin, Red Pepper and Tomato Soup - by Isla McDowell, Year 3

1) First of all you need to chop the top off a large pumpkin and scoop out the insides. Remove the seeds - you will not need these.



2) Next, chop up the flesh that you have removed from inside the pumpkin. Add this to a roasting dish.



3) After that, add into the dish with the pumpkin chopped red pepper, cherry tomatoes, sliced onion and garlic. You can add as much or as little as you like depending on how sweet you like your soup.

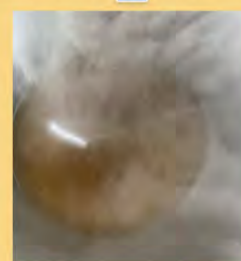
4) Once everything is in the roasting dish, you can add salt, pepper and any spices or herbs you want. I added some chilli powder. Then drizzle with oil and stir so all of the soup mixture is coated.



5) Roast the soup mixture in the oven until soft and cooked thoroughly (the vegetables should feel soft). Whilst this is cooking, get a large pan and make some vegetable stock. Let it gently bubble on the stove. Now add the cooked soup mixture to the pan of stock and heat gently for about 5 minutes. Then, using a hand-held blender, blend your soup mixture until it is smooth.



6) Next, add a small tub of double cream into the cooked soup mixture and mix together. This will make your soup nice and creamy. (You can leave this out if you want to).



7) Finally, you can enjoy your tasty soup with crusty bread. (It tasted delicious).



Perfect Pumpkin Soup!

As the days start to get colder, we have the perfect pumpkin soup to keep you warm!

Ingredients

- 1 medium pumpkin
- 1 sweet potato
- 1 large carrot
- 1 onion
- 2 tablespoons of olive oil
- 1 vegetable stock cube



Method

- 1 Peel and chop the pumpkin. Don't forget to remove the seeds.
- 2 Cut the sweet potato and carrot in cubes and chop the onion.
- 3 Heat the oil in a pan and fry all the vegetables until golden.
- 4 Add 2L of boiling water to the pan and stir in the stock cube. Bring to the boil and simmer for 20 minutes until the vegetables are soft.
- 5 Using a blender, liquefy the soup until it is nice and smooth.
- 6 Taste and season with salt and pepper.





How to grow carrots

1. Buy carrot seeds from either the supermarket or a garden centre.



2. In February or March, scatter the seeds in lines and put topsoil over the top. Make sure the soil is fine, not lumpy. Water them daily.

3. Transfer the plants outside in May. Put nets over the plants to stop rabbits getting to them.



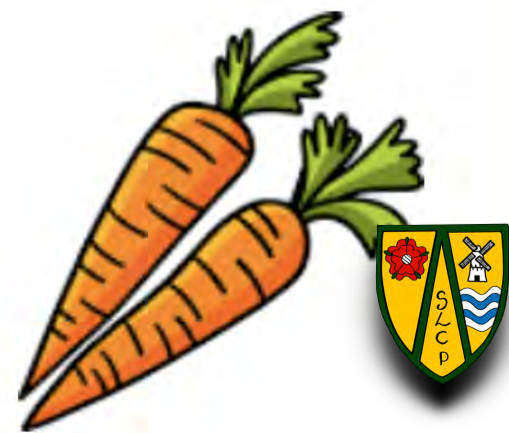
4. Harvest them in September. You should get lots of carrots.



5. Remove the leaves and use them in recipes such as carrot cake, carrot soup or a smoothie.



Sam Year 6





How to grow runner beans

1. Get some soil, a cup or plant pot and a seed. Make a hole with your finger. Put the seed in the hole. Cover the seed with soil and water it.



2. Put the seeds in a place where they will get sunlight and some warmth. Water them once a day or every other day.



3. When they are about 10cm tall, plant them outside in June. Water them regularly. Tie them to a cane to help them grow straight.



4. Harvest them in September. You should get lots of beans.

5. Chop the beans up into chunks and boil them in a pan. They will taste lovely with a roast dinner!





How To Grow Pumpkins

1. Buy pumpkin seeds from either the supermarket or a garden centre.

2. In around April time, scatter the seeds in lines and put topsoil over the top. Make sure the soil is fine, not lumpy. Water them daily.

3. Transfer the plants outside in June. Put nets over the plants to stop any insects from eating the pumpkins.

4. Harvest them in October. You should get lots of pumpkins.

5. Use the pumpkins to either carve them for Halloween, or use them in recipes like Pumpkin And Sausage Pinwheels, or Pumpkin Biscuits.





How to grow sweetcorn

1. Buy sweetcorn seeds from either the supermarket or a garden centre. You could also take the seeds straight from the vegetables.



2. In April, scatter the seeds in lines and put topsoil over the top. Make sure the soil is fine, not lumpy. Water them daily.

3. Transfer the plants outside in May. Put nets over the plants to stop animals getting to them.



4. Harvest them in September. You should get lots of sweetcorn.



5. Remove the leaves and use them in recipes such as sweetcorn fritters or try cheesy sweetcorn bakes.



Thank you to everyone who sent in a recipe or picture. It has been great to see the whole school collaborate on this long term project that has culminated into this fun and informative recipe book!

