



**Aspire Catering - Simple
recipes for all the family
to enjoy & make together**
Book 2

Kitchen Safety Rules

Always wash your hands before and after handling food.

Tie back long hair.

Wear an apron and roll up your sleeves.

Keep food preparation surfaces clean.

Wash fruit and vegetables with cold water before use.

Always check with an adult before using a knife or going near hot things.

Handle knives and other sharp equipment with care.

When using a knife, always cut away from your body or downwards on a chopping board to avoid cutting yourself.

Turn handles of saucepans away from the front of the stove when cooking.

Use oven cloths/mitts when taking items in and out of the oven or microwave.

Do not run around the room where food is being prepared.

Wipe up spilled foods immediately.

Store food appropriately in sealed containers.

Always keep raw meat away from cooked or ready to eat food at the bottom of the fridge.

Wash all equipment and utensils in hot, soapy water when finished.



Never leave children un-attended when using sharp or hot equipment



Helpful Tips

Always weigh
out all of your
ingredients first

Weight Conversions – Grams to Ounces

Grams	Ounces	Grams	Ounces	Grams	Ounces
1g	0.03 oz	70g	2.5 oz	350g	12.3 oz
2g	0.07 oz	80g	2.8 oz	375g	13.2 oz
3g	0.10 oz	90g	3.2 oz	400g	14.1 oz
4g	0.14 oz	100g	3.5 oz	425g	15.0 oz
5g	0.17 oz	110g	3.9 oz	450g	15.9 oz
6g	0.21 oz	120g	4.2 oz	475g	16.8 oz
7g	0.24 oz	130g	4.6 oz	500g	17.6 oz
8g	0.28 oz	140g	4.9 oz	550g	19.4 oz
9g	0.31 oz	150g	5.3 oz	600g	21.2 oz
10g	0.35 oz	160g	5.6 oz	650g	22.9 oz
15g	0.5 oz	170g	6.0 oz	700g	24.7 oz
20g	0.7 oz	180g	6.3 oz	750g	26.5 oz
25g	0.9 oz	190g	6.7 oz	800g	28.2 oz
30g	1.1 oz	200g	7.1 oz	850g	30.0 oz
35g	1.2 oz	225g	7.9 oz	900g	31.7 oz
40g	1.4 oz	250g	8.8 oz	950g	33.5 oz
45g	1.6 oz	275g	9.7 oz	1000g	35.3oz
50g	1.8 oz	300g	10.6 oz	*All measures are approximate and rounded up*	
60g	2.1 oz	325g	11.5 oz		

Weight Conversions –Ounces to Grams

Ounces / Pounds	Grams	Ounces / Pounds	Grams
1oz	28g	16oz = 1lb	454g
2oz	57g	1.5lb	680g
3oz	85g	2lb	907g
4oz = 0.25 lb	113g	2.5lb	1134g
5oz	142g	3lb	1361g
6oz	170g	3.5lb	1588g
7oz	198g	4lb	1814g
8oz = 0.5lb	227g	4.5lb	2041g
9oz	255g	5lb	2268g
10oz	283g	*All measures are approximate and rounded up*	
11oz	312g		
12oz - 0.75lb	340g		
13oz	369g		
14oz	397g		
15oz	425g		

Always pre-heat
your oven for
best results and
even cooking

Oven Baking Temperatures

Fahrenheit (°F)	Celsius (°C)	Gas Mark
225 °F	110 °C	1/4
250 °F	130 °C	1/2
275 °F	140 °C	1
300 °F	150 °C	2
325 °F	165 °C	3
350 °F	177 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8

Note from Chef Paul



Welcome to your second edition of the Aspire family cook book.

I hope you enjoyed making some of the delicious recipes from book 1.

In this book I will be also adding in some helpful tips and tricks of the trade that could save you time and money.

The recipes in this book have been shared by our dedicated cook managers from across the whole Aspire family.



Top Tip for the perfect BBQ Chicken

Don't you just hate it when you go to take the chicken off the BBQ and it's stuck, burns and rips apart? Well this simple trick will ensure you never have that problem again 😊

Simply brush you chicken with plain mayonnaise before placing it on the BBQ, Yes it's a simple as that! The oil in the mayonnaise stops it from sticking! You can even jazz up your chicken with my easy flavour coat recipes.



Easy Flavour Coats for your chicken

Lemon & Pepper mayo

½ lemon – Juice and rind
Good pinch of cracked black pepper
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Garlic & Herb mayo

1 Lrg clove of garlic crushed
Good pinch of dried mixed herbs
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Chilli & Lime mayo

1 lime – Juice and rind
Good pinch of chilli powder (more if you like it hot!)
Pinch of salt
6 table spoons mayo
Mix all together in a bowl
Brush on chicken

Chocolate cake and Chocolate sauce

Ingredients for the cake :

250g of plain flour
250g of caster sugar
250g of margarine
4 medium eggs
2 tbsp of cocoa powder
1 tsp of baking powder
2 tsp vanilla essence

This recipe is best if done with a hand or stand mixer, but can also be done by hand with a whisk and lots of muscle 😊



Recipe:

1. Preheat the oven on 180°C (gas mark 4).
2. Prepare a 20x30cm tin by lining the bottom with greaseproof paper
3. Weigh out of the ingredients in to a mixing bowl.
4. Start mixing slowly to begin with, to incorporate all of the ingredients .
5. Mix on a high setting to really give the mix a good whip until fluffy.
6. Place the mixture into the baking tray and spread it evenly
7. Place in to preheated oven (middle shelf). Bake for 45 minutes.

You could just dust the top with icing sugar or split the cake and fill with chocolate butter cream or serve with custard or chocolate custard 😊

Once baked, carefully take it out of the oven and leave on a cooling rack to cool down.

Serve with warm chocolate sauce in the next recipe 😊

Chocolate cake and Chocolate sauce

Ingredients for the Chocolate Sauce:

Makes about a 500ml of sauce.

4 table spoons of milk
6 table spoons of icing sugar
4 table spoons of cocoa powder
100g unsalted butter

Must be cocoa
powder and not
chocolate
drinking powder



Recipe:

Place all the ingredients in a saucepan and gently bring to the boil. Once all the ingredients are melted and mixed up together it's done. It should look glossy and be thick enough to coat a spoon and still be able to pour.

Allow the chocolate sauce to cool down a little before pouring over your chocolate cake; you could decorate your cake with whipped cream, chocolate shavings or white chocolate buttons for a WOW effect.

If you are making this with children please supervise at all times as chocolate will get very hot and can burn if spilt.

Macaroni Cheese

Ingredients: Makes about 4-6 portions

1 x double recipe of white sauce from Book 1
200g Macaroni pasta
175g of your favourite cheese (plus a little extra)
25g Butter / margarine
Salt and pepper

Why not go wild
and add in some
cooked bacon,
shredded ham or
cook chicken ☺,
about 30g per
person

Recipe:

1. Preheat the oven on 220°C (gas mark 7).
2. Prepare a oven proof dish and rub in the butter all around the sides and bottom.
3. Cook the macaroni 10-15mins in boiling hot water with a pinch of salt, then set aside.
4. Make up the double portion of white sauce from Book 1
5. Mix the Macaroni, cheese and white sauce together in a bowl, season with a little salt and pepper.
5. If using Bacon, ham or chicken, add it in here.
6. Place into the prepared oven dish.
7. Sprinkle the top with as much or as little cheese as you like!!
8. Bake for 25mins in the oven or until the cheese is golden brown on top.



Summer Raisin Cookies

Ingredients: Makes about 20

125g Soft butter/ margarine
75g Caster sugar
1 lemon (zest only)
1 egg separated (yolk only)
200g Plain flour
2 Tbls Milk
1tsp Vanilla essence

½ Tbls caster sugar for decorating

Always sift your flour,
this makes it lighter and
easier to mix into cakes
and biscuits.



Recipe:

1. Preheat the oven on 180°C (gas mark 4).
2. Prepare a baking trays by lining the bottom with greaseproof paper.
3. Weigh out of the ingredients to begin with.
4. In a bowl beat together the butter, sugar and lemon zest until pale and fluffy.
5. Add in the egg yolk and beat together.
6. Using a table spoon, fold in the flour and raisins.
7. Mix the milk and vanilla together and then slowly add to the cookie mix until the dough comes together in a ball.
8. Place the dough ball onto a floured surface and roll out flat to 5mm or ¾ inch.
9. Using any cutter you like , cut out your cookies and place on the baking trays.
10. Bake for 10-12 mins or until just turning golden.
11. When finished remove from the oven and sprinkle with caster sugar and leave to cool.

To fold in just
means mix very
gently

Helpful hints & Tips

“Don’t let leftover wine go to waste (if you have any 😊). Freeze it in wine cubes and use for adding to sauces like Bolognese or stews”.

“Always cook for an army? Don’t throw away leftovers; instead save it all up and have a family buffet meal at the end of the week 😊”

“Plan your weekly menu with your family before you go shopping; this helps you buy only what you need. Stick to your list!”

“Don’t be afraid to experiment with flavours ! Adding little touches of flavours you like will make you love the dish even more and maybe even create something new”.

