



**Aspire Catering - Simple
recipes for all the family
to enjoy & make together**
Book 3

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 Third edition of the Aspire family cook book.

I hope you enjoyed making some of the delicious recipes from book 1 and 2.

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

Happy cooking 😊



Melt in the middle chocolate puds

Ingredients for the Pud:

Makes 4 puddings

100g 80% dark chocolate

100g Butter (plus a little extra for greasing)

150g light soft brown sugar

50g plain flour
(plus a little extra for greasing)

3 eggs

2 tsp Vanilla essence

Gluten free? Swap
the regular flour for
65g GF flour



Recipe:

1. Preheat the oven on 200°C (gas mark 6).
2. Prepare 4 ramekins/pudding moulds, butter and flour lightly.
3. Break the chocolate in a microwave bowl and add the butter.
4. Melt in the microwave in short burst until the chocolate and butter has melted.
5. Add the sugar into the melted chocolate and mix well.
6. Add in the eggs one at a time and mix well.
7. Add in the Vanilla flavour and mix.
8. Fold in the flour
9. Divide the mixture into the 4 prepared pudding moulds.
10. Bake for 10-12 mins – Use a timer, the middle of the puds should have a slight wobble.
11. Turn out onto a plate or bowl and serve.

You can keep
these little
puds in the
fridge for up to
48hours before
cooking 😊

Fruit Scones

Ingredients for the Fruit Scones:

Makes about 15 depending on cutter size

350g Self raising flour (plus extra for rolling out)

100g Sultanas

1 tsp Baking powder

¼ tsp salt

85g Butter

3 Tbsp Caster sugar

1 Egg (beaten)

175 mls Milk

1 Tbsp Lemon juice

Why not change the sultanas for cranberry's and the lemon juice for orange as a summer alternative ☺



Scones like to be cosy and together when cooking, so only place them two fingers apart on the baking tray ☺

Recipe:

1. Preheat the oven on 220°C (gas mark 7).
2. Prepare some baking trays with baking paper so the scones do not stick.
3. Tip the flour, salt and Baking powder into a large bowl and mix.
4. Add the butter and rub in with your fingers until it looks like fine bread crumbs.
5. Stir in the caster sugar.
6. Put the milk into a jug and warm for about 30 secs in a microwave, add the lemon juice to the milk.
7. Make a well in the dry mix, add the milk and sultanas and combine it quickly, it will seem wet at first!
8. Scatter some flour on your work surface and hands, tip the mix out and fold the dough into itself 3 times until its smooth.
9. Roll out dough so its about 4-5cm deep, then using a plain 5cm cutter dipped in flour cut out your scones, repeat until you have used all of your dough.
10. Place your scones onto a lined baking tray, brush with beaten egg.
11. Bake for 10 mins until risen and golden on top.

Easy Fruit Cake

Ingredients:

Makes a 2lb loaf tin so lots of slices 😊

- 1 Egg
- 1 Cup of Milk
- 225g Self raising flour, plus a little extra for greasing
- ½ tsp Cinnamon
- 1 tsp of mixed spice
- 340g Mixed fruit
- 115g Soft brown sugar
- 115g Butter (melted) Little extra for greasing

Recipe:

1. Preheat the oven on 140°C (gas mark 1).
2. Prepare a 2lb loaf tin by rubbing it with butter all around the sides and bottom and then coat with flour , or use a cake liner.
3. In a large bowl tip in the flour and spices and mix well.
4. Add in the fruit and sugar, mix until all fruit is coated with flour mix.
5. Add the melted butter and egg and mix everything together.
6. Transfer to your prepared tin and bake for about 1.5hrs



To check that a cake is cooked, insert a cocktail stick or bbq skewer into the centre of your cake, it should come out clean when you pull it back out. If it has cake mix on it, bake for a little bit longer

Italian Bruschetta

Ingredients:

6 Salad tomatoes
1 Red onion (small/med size)
2 Cloves fresh garlic (minced)
Fresh basil leaves
2 Tbls Extra virgin olive oil
Salt and cracked black pepper

This healthy and
delicious topper is
so quick and
versatile you will
want to make it all
summer ☺



Recipe:

1. Cut all the tomatoes into quarters and remove the seeds and soft pulp.
2. Dice all of the tomato quarters into small squares and place into a bowl.
3. Dice the red onion to the same size as the tomatoes and add to the bowl.
4. Mince or fine grate the garlic into the tomato mix
5. Using a 8-10 basil leaves finely shred into ribbons and add to the tomato mix.
6. Add in the olive oil and mix all of the ingredients together.
7. Add salt and pepper to taste.

Serving suggestions:

Serve on thin crisp breads, use as a burger topping, add to salads, top a salmon filet, or add to a chicken wrap. The options are endless !