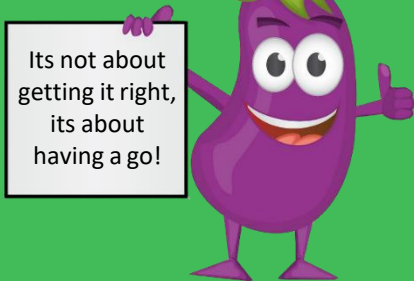


ASPIRE CATERING

Cook Book (5):
Easter Eggstravaganza





NOTE FROM CHEF PAUL

Welcome to your fifth edition of the Aspire family cook book, the Easter Eggstravaganza!

I hope you enjoyed making some of the delicious recipes from book 1,2,3 & 4 with your family.

In this edition you will find many easy recipes from main meals to fun treats for all the family to enjoy. With Easter having many traditions, I have added some Easter themed recipes to have a go at cooking over the half term break.

Happy cooking 😊



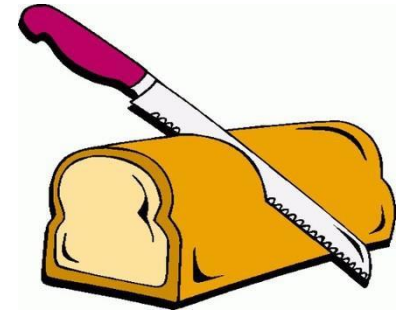
HOT TIP

Always read the recipe in full before you start 😊



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

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		

Always weigh out your ingredients first

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 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

FLUFFY & CRUNCHY EASTER NEST CAKE

Ingredients

1 x chocolate cake (you could use the chocolate cake recipe from book 2, one of your own, or shop bought instead as a time saver!)

4 x large Shredded Wheat

1x 200g white chocolate

1x 200g milk chocolate

Mini Eggs of your choice

Easter decorations; chicks, bunnies optional

Decoration

Add your choice of mini eggs to the top of the cake or go nuts and put them everywhere! Pop in the fridge to cool for 20 mins or until serving.

Method:

- Once you've made your cake recipe and have left it to cool on a wire rack (or using a bought one!), it's time to prepare the nest and decorations.
- In a small bowl, melt the white chocolate in the microwave on a low heat in small 10 second bursts stirring each time. Or you can melt in a bowl over a saucepan of water on the hob. Leave to cool for a few minutes, stirring continuously.
- In a separate bowl, melt the milk chocolate in the same way.
- Break up the Shredded Wheat and add to the melted milk chocolate, stirring continuously until combined. If your mix is too runny, add some more Shredded Wheat until you have the perfect balance of chocolate coated wheat. Leave to one side.
- Once the white chocolate has cooled, pour onto the centre of the cake and let it drizzle down the edges, covering the whole cake. Use a palette knife or a flat bladed butter knife to smooth the chocolate evenly over the cake.
- Add your nest (chocolate and wheat mix) to the edges of the cake. Build up with spoonful's of mix, pressing down firmly around the outside of the cake to make sure it sticks.



INDIVIDUAL MEAT LOAVES & GRAVY

Makes 6-8

Ingredients

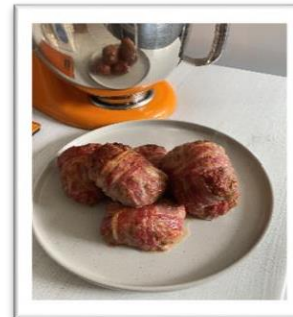
675g pack of lean minced beef
½ Red pepper
½ Green pepper
2/3 Cloves garlic
1 large onion diced
3 slices of bread into bread crumbs
2 Tbsp Worcestershire sauce
1 Tbsp English or American mustard
1 Tsp Dried thyme
1 Tsp smoked paprika
2 Tbsp Fresh coriander
2 Tbsp Fresh parsley
1 Egg
1 Packet streaky bacon
1 Tbsp Tomato paste
½ Beef stock pot
150ml Hot water
1 large Tsp cornflour (optional)

THE GRAVY

Add a little water to the tray, loosen the juice and pour into a saucepan. Add in the tomato paste and 150ml hot water, whisk to combine. Add in the beef stock pot and heat gently until dissolved. Turn up the heat and simmer for 3-4mins. If you like a thicker gravy, add in some cornflour paste and simmer for two mins. Serve over the meat loaf and enjoy.

Method:

- Preheat your oven to 200°C / GM 6 / 400°F
- Place the mince in a deep bowl
- Place the pepper, onions, garlic in blender or use a hand blender and blitz until smooth
- Add the onion mix to the mince
- Add all of the herbs, Worcestershire sauce, mustard, bread crumbs and egg to the mince
- Using your hands, mix all of the ingredients together to combine. Your mix will feel a little wet but will handle well
- Take handfuls of the mince mix and shape into fat oval patties
- Place one piece of streaky bacon lengthways across the Pattie, then place another piece of streaky bacon the opposite way to create a cross effect, wrap the ends under the Pattie
- Place on a deep baking tray
- Bake for 30-40 mins



RASPBERRY MUFFINS

(with or without chocolate)

Makes 12

Ingredients

250g (9oz) plain flour
1tbsp baking powder
100g (4oz) golden caster sugar
75g butter, chilled (straight from the fridge)
1 large egg
175ml milk
150g (5oz) fresh raspberries
Icing sugar for dusting (optional)

Method:

- Preheat your oven to 200°C / GM 6 / 400°F
- Line a 12-hole muffin tray with paper muffin cases
- Sift the flour and baking powder into a large bowl
- Stir in the sugar
- Grate the chilled butter on a large grater setting into the bowl and stir with a fork until all of the butter is coated in the flour mixture
- Beat together the egg and milk
- Add the egg mix to the dry ingredients
- Mix lightly with a fork until just combined
- Take care not to over-beat the mixture, it should still be a little lumpy. Gently fold in the raspberries
- Spoon into the muffin cases.
- Bake for 20-25 mins until the muffins are risen and golden
- Sprinkle lightly with a little extra sugar while still warm

TOP TIP

Why not add some left over or broken Easter egg chocolate here, it will need to be about the size of a 5p or you can use chocolate chips (100g)

Who has left over chocolate?
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SALMON FISH CAKES

With Spring Onion and Lemon

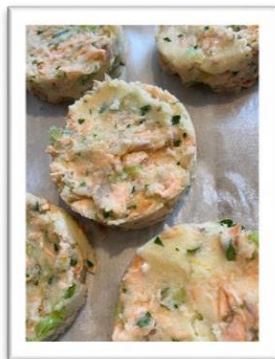
Serves 4/6

Ingredients

400g Fresh salmon fillets
400g Maris Piper
potatoes, peeled and
quartered
1 Tbsp butter
½ un-waxed lemon, finely
grated zest only
2 large spring onions, finely
sliced
1 Tbsp Fresh chopped
parsley (optional)
1 egg yolk
Salt and black pepper for
seasoning.
2 Tbls Extra virgin olive oil

Method:

- Preheat your oven to 220°C / GM 7 / 420°F
- Place the salmon fillets on a baking tray and season generously with salt and pepper
- Bake for 10-12 mins, remove from oven and leave to cool
- Cook the potatoes in a saucepan of boiling salted water until tender. Drain, mash well with the butter and add the lemon zest
- Flake the salmon from the skin and add to the potato mixture, along with the spring onions and egg yolk.
- Carefully fold the salmon into the potato mixture until just combined (try not to break up the salmon flakes)
- Chill in the fridge for 10 minutes.
- Line a baking tray with baking paper. Remove the chilled fishcake mixture from the fridge and carefully shape into 4 or 6 smooth patties. You can use a round cookie cutter to help shape
- Chill in the fridge for another 10 minutes.
- Heat the oil in a frying pan until hot on a medium heat
- Gently place the fish cakes in the pan and cook for 3-4 mins on each side to give colour and a crust
- Place on a tray and cook in the oven for 15 mins
- Serve with new potatoes, a fresh crisp salad or noodles



LEMON & VANILLA POSSET

Serves 4/6

Ingredients

2 Un-waxed lemons
150g Caster sugar
600ml Double cream
1 Vanilla pod scrapped for seeds or 1
Tsp Vanilla bean paste

I use Espresso
cups and saucers
and serve with a
teaspoon and
shortbread finger
for dipping 😊

Method:

- Pour the cream into a large sauce pan
- Add in the caster sugar and whisk until dissolved
- Add in the Vanilla (seeds or paste)
- Ready the zest and juice of the two lemons
- Slowly bring the cream ,sugar and vanilla to a steady boil on a medium heat
- Boil for 3 mins – use a timer
- Remove from heat and add in the lemon juice and zest
- Whisk until the mixture starts to thicken
- Transfer to a pouring jug, whisk again to ensure the mix is smooth
- Pour into your desired glasses or bowl
- Allow to cool and then cover the tops
- Leave to set for 3-4 hours in a fridge



EASTER LAMB HOT POT

Makes 4/6 servings

Ingredients

650g diced lamb shoulder
3 tablespoons plain flour
salt and pepper (to taste)
3 tablespoons oil
2 cloves garlic, minced
1 Lrg onion, roughly chopped
4 Lrg carrots peeled and cut into chunks
500ml lamb stock
4 Lrg sprigs fresh rosemary
4 Lrg sprigs fresh thyme,
3 tablespoons Worcestershire sauce
1 Tsp Smoked paprika
2 tablespoons tomato puree
4-6 Lrg potatoes, peeled and sliced thinly
2 Tbsp melted butter

Method:

- Preheat oven to 170°C, 325°F, GM 3
- In a bowl, add salt and pepper to the flour
- Add the lamb to the flour and coat evenly
- Heat the oil in a large frying pan over a medium heat
- Add the garlic and cook for 1 minute
- Add the lamb and stir to brown on all sides
- Remove the lamb and transfer to a lidded ovenproof casserole dish
- In the same frying pan, add the onions and carrots and cook and stir for 3 to 4 minutes
- Add quarter of the stock to the frying pan just at the end to scrape all the flavour from the bottom of the pan
- Transfer this to the casserole dish and add all of the other ingredients, **except the potatoes**
- Give a good stir and put the lid on
- Bake in the preheated oven for 1 hour
- Remove from oven and discard the lid
- Take out the sprigs of herbs and discard
- Carefully lay the sliced potatoes on top of the lamb
- Brush the potatoes with the melted butter
- Season with salt and pepper
- Turn your oven to 200°C / GM 6 / 400°F and bake for a further 30 to 40 minutes to allow the potatoes to become golden brown. The lamb should be tender and the filling piping hot
- Remove from the oven and serve with your favourite vegetables or some fresh bread and butter



Share with us on Social Media...

#ASPIRESTARTS

We would love to see and hear about your cooking experiences!

Why not take part in our #AspireStars campaign and share photos with us of your children cooking.

Communication and feeling part of a community is extremely important in these times, and we would love to still celebrate the children's achievements at home by sharing these experiences online.

If you would like to join in, please just post a picture/video on Twitter or Facebook tagging Aspire Academies Trust (if you have a private profile, we will not be able to see your photos unless you tag @ us) and we will share across our social pages and parent bulletin.

It would be fantastic if you could include the name of your child's school and #AspireStars.



Please like & follow us on social media here:

