

# Chargrilled veg kebabs



Serves 6



## Equipment list

- 8 wooden skewers
- Large roasting tray
- Chopping board
- Knife
- Large mixing bowl
- Teaspoon
- Weighing scales
- Y-shaped peeler
- Microplane
- Measuring spoons
- Griddle pan
- Tongs
- Serving platter



The wooden skewers need to be able to fit into your griddle pan, so trim them to the right size before you start, if needed. These kebabs work brilliantly cooked on a barbecue, too.

## Ingredients

- 50g ciabatta
- 1 yellow pepper
- 150g halloumi cheese
- 1 courgette
- 180g chestnut mushrooms
- 2 red onions
- optional:** 1 fresh red chilli
- 1 lemon
- extra virgin olive oil
- 2 sprigs of fresh rosemary
- 200g cherry tomatoes

Allergy info  wheat, gluten, dairy



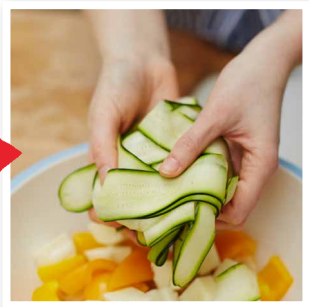
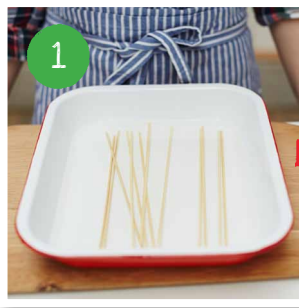
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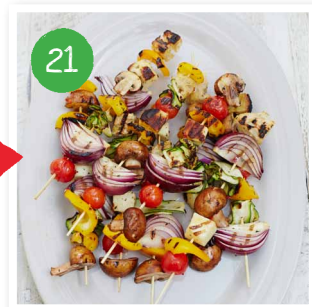
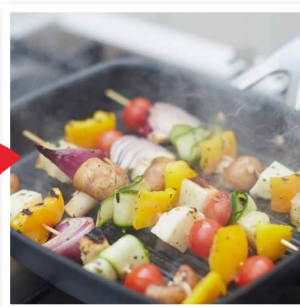
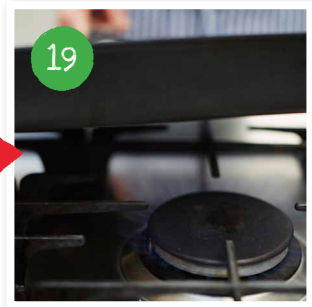


# Step by step





# Step by step



# Fluffy rice

Serves 6



Jamie's top tip

Here's a basic recipe for getting perfect rice every time - you'll be amazed at the light and fluffy results. Before you start, check that the sieve sits nicely on top of the rice pan.

## Ingredients

- sea salt
- 350g basmati rice

## Equipment list

- Large saucepan with lid (25cm) or
- Weighing scales
- Sieve



## Here's how to make it

- 1 Place a large pan of water on a high heat, add a tiny pinch of salt and bring to the boil.
- 2 Rinse the rice in a sieve under running water for about 1 minute, or until the water runs clear – this will stop the grains sticking together later.
- 3 Once boiling, carefully add the rice to the water and wait for the grains to start dancing around – from that point, boil for 5 minutes.
- 4 Drain the rice over the sink into a sieve.
- 5 Pour roughly 2.5cm of boiling water into the empty pan, place back on the heat and bring it to the boil again, then turn down to a simmer.
- 6 Cover the rice in the sieve with a lid (or you can use kitchen foil).
- 7 Place the sieve on top of the pan of simmering water and let the rice steam over it for 8 to 10 minutes.
- 8 Remove from the heat and if you're ready, serve immediately. If not, leave covered and put aside until ready to serve – it should stay warm for about 20 minutes.

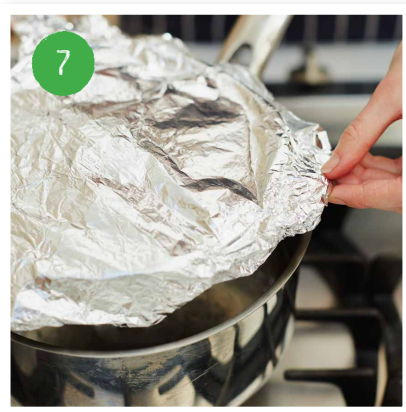
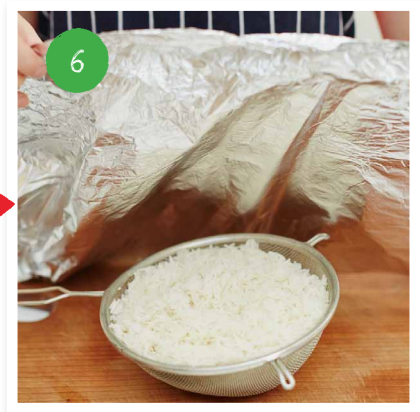
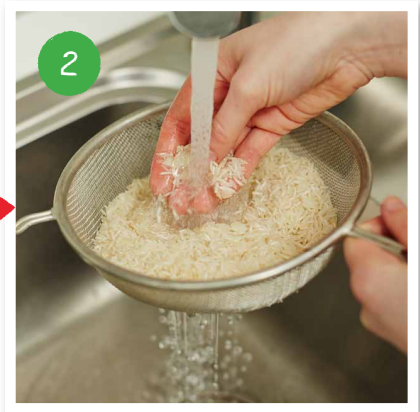


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# Step by step



# Easy flatbreads

Makes 12



## Equipment list

- Weighing scales
- Measuring spoons
- 2 mixing bowls
- Spoon
- Plate
- Chopping board
- Knife
- Garlic crusher
- Small saucepan (15cm)
- Rolling pin
- Griddle pan
- Tongs
- Pastry brush
- Serving board

Jamie's top tip

I've given you a recipe for garlic butter here too, but these flatbreads are lovely just as they are alongside some soup, with a fresh salad or dunked in some homemade dip.

## Ingredients

### for the flatbreads:

- 350g self-raising flour, plus extra for dusting
- sea salt
- 1 teaspoon baking powder
- 350g natural yoghurt

### Optional - for the garlic and herb butter:

- 2 cloves of garlic
- a bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill
- 40g unsalted butter

Allergy info  wheat, gluten, dairy



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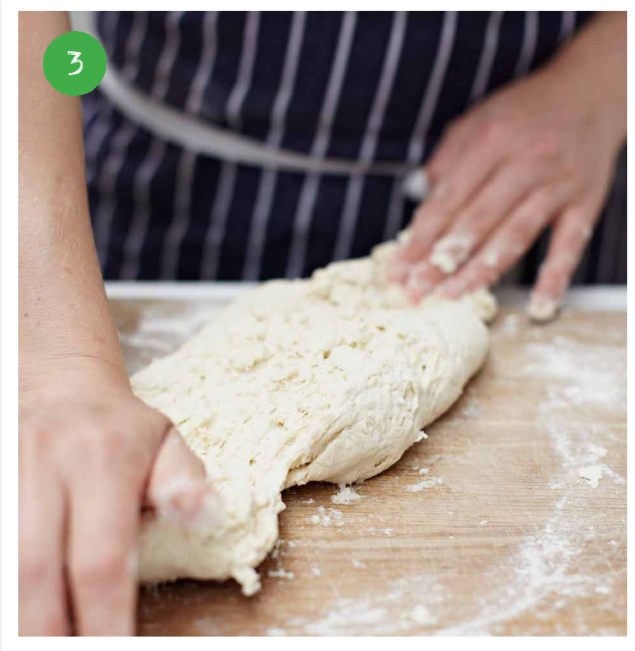
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# Step by step





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