

## FAST AND EASY COOKING

### Drinks

Blackcurrant cordial  
Frothy iced coffee  
Fruit milkshakes with ice cream  
Chocolate milkshakes  
Coffee milkshakes  
Slushy drink  
Fruit milkshakes without ice cream  
Orange squash  
Hot apple tea  
Hot chocolate  
Elderflower cordial  
Old fashioned lemonade  
Limonada  
Sparkling lemonade  
Gin fizz  
Vodka cooler  
Pink grapefruit juice  
Apple and carrot juice  
Iced melon and mint  
Orange and banana smoothies  
Egg cognac  
Irish coffee  
Sangria – lighter version  
Sangria – strong version  
Bellinis  
Mulled wine

### Dressings and Sauces

Basic white sauce  
Parsley sauce  
Caper sauce  
Béchamel sauce  
Cheese sauce  
Basil dressing  
Béarnaise sauce  
Mint sauce  
Beurre blanc  
Coriander sauce  
Bolognese sauce  
Ragu Bolognese

### Starters

Salmon tartare  
Black olive tapenade  
Chicken liver pâté  
Tzatziki – cucumber raita  
Stilton pâté  
Fish terrine with red pepper jelly and tomato balsamic sauce  
Fish terrine  
Red pepper jelly  
Tomato balsamic sauce  
Courgette flans  
Guacamole  
Salmon mousse with cucumber sauce  
Court bouillon  
Salmon mousse  
Cucumber sauce  
Sardine mousse  
Salmon terrine with cucumber jelly and fennel sauce

### Soups

Cucumber jelly  
Salmon terrine  
Fennel sauce  
Tuna tapenade  
Hummus  
Pesto puff pastry appetizers  
Mystery soup  
Carrot and coriander soup  
Prawn soup  
Leek and potato soup  
Celeriac and porcini soup  
Chicken soup  
Chicken stock  
Pappa pomodoro  
Courgette and oregano soup  
Cream of asparagus soup  
Cucumber soup  
Curried parsnip soup  
Fennel soup  
Gazpacho  
Lettuce soup

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### Light Dishes for Lunch, Supper and Breakfast

Bread sauce  
Horseradish sauce  
Hollandaise  
Sauce mouseline  
Pesto  
Radicchio sauce  
Mayonnaise  
Quick mayonnaise  
Aioli  
Basil mayonnaise  
Shrewsbury sauce  
Tartare sauce  
Apple sauce  
Tomato ketchup  
Tomato sauce 1  
Tomato sauce 2  
Pepperoni sauce  
French dressing  
Cheese soufflé  
Brandade  
Asparagus risotto  
Welsh rarebit  
Boiled eggs  
Scrambled eggs deluxe  
Fusilli with red and yellow pepper sauce  
Gougères  
Kedgeree  
Mushroom risotto  
Onion tartlets  
Pasta dough  
Pasta verde  
Pasta with spicy prawns and ginger  
Penne with prawns and rocket  
Pizzas  
Polenta  
Creamy polenta with cheese  
Quick polenta  
Porridge

### Fish

Green pea and lettuce soup  
Mushroom soup  
Trout with pesto, tomatoes and vegetables  
Aioli Marseillais  
Fish couscous  
Fish rolls  
Involtini di pesce  
Prawns and crab with noodles  
Green curry paste  
Fish balls  
Gefilte fish  
Sauce to serve with fish balls  
Fish pie  
Fish and tomatoes provençale  
Salmon with mushroom sauce  
Spanish potatoes and prawns  
Sofrito  
Coquilles St Jacques  
Red pepper mayonnaise  
Sweet chilli carrot salad  
Braised fennel  
Celeriac rémoulade  
Chick pea curry  
Garam masala  
Middlesburg Plantation corn pudding  
Creamed spinach  
Sweet pepper and rice rolls  
Mashed potatoes  
Mixed steamed vegetables  
Polish beetroot salads  
Cold beetroot salad  
Hot beetroot salad  
Polish potato cakes  
Red cabbage  
Ratatouille  
Spicy Indian salad  
Steamed asparagus  
Tomato conserve

### Vegetables, Salads and Vegetarian Meals

### Jams and Preserves

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### Meat and Poultry

Smooth porridge  
Quiche Lorraine  
Savoury bread and butter pudding  
Spaghetti alla Puttanesca  
Mincing raw meat and poultry  
Mincing cooked meat and poultry  
Smoked loin of pork (Kassler) with savoy cabbage  
Cashew chicken  
Burgers stuffed with goats cheese  
Chicken, rice and vegetables  
Chicken satay  
Chicken with tuna sauce  
Pollo tonnato  
Kidneys in sherry – Rognones in Jerez  
Ham croquettes  
Croquetas de jamon  
Hungarian goulash  
Lamb curry with mushrooms  
Lasagne  
Meatballs in white wine sauce  
Meatloaf with sauce  
Moussaka  
Shepherds pie  
Pierogi  
Chicken with a tomato and fennel sauce  
Red chicken curry  
Red curry paste  
Gravy  
Polpettone  
Italian meatballs  
American sour cream cheesecake  
Chocolate rosemary pots  
Chocolate and vanilla custard layers  
Crème anglaise  
Chocolate hazelnut torte  
Banana custard sauce  
Chocolate mousse  
Crème brûlée

### Desserts

### Breads and Baking

Apple and kiwi jam  
Blackberry jam  
Apple, peach and apricot chutney  
Chilli chutney sauce  
Chocolate and hazelnut spread  
Melon, plum and ginger jam  
Fruit spread  
Plum jam  
Butter  
Strawberry jam  
Focaccia  
Bread loaf or rolls  
Bread with seeds or nuts  
Apricot and hazelnut bread  
Cheese and apple bread  
Apple crumble  
Gluten free bread  
Gluten free flour  
Choux pastry  
Fergosa  
Scones  
Milk rolls, burger buns, finger rolls  
Pitta  
French bread  
Quick puff pastry  
Sablée pastry  
Shortcrust pastry  
Rich shortcrust pastry  
Filo pastry (strudel pastry)  
Hot water crust  
Vetebrod  
Southern cornbread  
Chollah  
Yorkshire pudding  
Banana nut loaf  
Carrot cake  
Cream cheese icing  
Chocolate chip cookies

### Cakes and Biscuits

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Raspberry crème  
Thermomix cream  
Zabaglione  
Bramley apple shortcake  
Crème pâtissière  
Fruit compote  
Dairy free banana ice cream  
Fruit ice cream  
Italian style sorbet  
Fresh fruit sorbet  
Vanilla ice cream  
Chocolate ice cream  
Coffee ice cream  
Sauces for ice creams and puddings  
Lemon sauce  
Sticky toffee sauce  
Chocolate sauce  
Strawberry sauce  
Raspberry & white chocolate truffles  
Italian chocolate mousse cake  
Whipped cream  
Lemon and mascarpone tart  
Spanish rice pudding  
Pancakes and crêpes  
American pancakes  
Drop scones  
Crêpes  
Quick apple compote  
Meringues  
Pavlova  
Mont Blanc  
Tiramisu  
Yoghurt

Cherry almond cake  
Cantucci - Italian biscotti  
Chocolate and amaretti cake  
Butter biscuits  
Double chocolate cake  
Chocolate filling/icing  
Coffee, walnut and hazelnut cake  
Langues de chat  
Lemon curd cake  
Lemon curd  
Lemon squares  
Tangy lemon cake  
Walnut cake with almond filling  
Almond filling for cakes  
Quick sponge cake  
Raspberry cheesecake brownie squares  
Baci di dama

### **Baby Food and Adult Purées**

Baby rice  
Meat and vegetables with rice  
Fruit and yoghurt purée  
Cream of ham and vegetables  
Egg custard  
Cauliflower cheese purée  
Fish and vegetables  
Apple and kiwi purée  
Carrot and almond casserole  
Cream of garden peas