

Year 10 Recipe Book

Name:

Teacher:

Room:

Group:

Food Department
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Dear Parent/Carers.

Welcome to Food Preparation and Nutrition the new GCSE.

Over the next year your child will be cooking a range of dishes as they study the various commodity units. We ask that parents/carers provide the ingredients for your child to cook with. All students will be issued with a recipe book and a reminder in their homework planners.

Important points:

- ◆ If there are measurements listed, it is highly advisable for your child to weigh out ingredients at home in plastic sandwich bags, rather than carrying a 1kg bag of flour, sugar etc to school. It saves time in lessons too!
- ◆ Make sure that they bring a container suitable for carrying their food home, clearly labelled with their name and tutor group – this is very important!
- ◆ Please remind your child to place their ingredients into the fridge in T1/T2 when they arrive at school.
- ◆ Any issues regarding the recipe please make contact prior to your child's food lesson.
- ◆ All of the recipes are planned to cover all elements within each commodity.

Please be aware that if your child fails to bring ingredients in or a note to state the reason for not cooking they will be issued with a break time detention. If this becomes an on going problem they will be given an after school detention which will be sent via the post.

Should there be an issue with providing ingredients please do contact your child's head of year, we will do our very best to help any situation.

This recipe book is for the whole year, covering all commodities. Each half term a different commodity will be covered with an end of term assessment. Your child will be notified of the dates as each week will vary.

Many thanks

Yours Sincerely

Miss H Barrow
Head of Food

Autumn Berry Cobbler

Commodity: Fruit and vegetables, including potatoes (fresh, **frozen**, dried, canned and juiced)

Ingredients

4 cooking apples, peeled, cored and cut into 2cm (¾ in) dice

100g blackberries **OR** 1/2 packet of frozen berries

50g Demerara sugar

icing sugar, for dusting

FOR THE COBBLER

150g self-raising flour

50g cold butter, cubed, plus extra for greasing

50g caster sugar

2 egg, beaten

4 tbsp milk

Extra flour for dusting

Please bring in an oven proof dish.

Method

1. Preheat the oven to 200C/180C fan/gas 6 and grease the dish with butter.
2. Place the apples, blackberries and Demerara sugar in the prepared dish and mix together.
3. To make the cobbler, measure the flour and butter into a food processor and whiz until the mixture is like breadcrumbs (or place in a mixing bowl and rub the butter into the flour with your fingertips). Add the caster sugar, egg and milk and mix again until combined. It should be like a wet scone mix.
4. Spoon blobs of the cobbler mixture over the fruit in the dish (see Tip), then bake in the oven for 30-35 minutes or until golden brown on top and the fruit is soft and bubbling.

Classic Ratatouille

Commodity: Fruit and **vegetables**, including potatoes (**fresh**, frozen, dried, canned and juiced)

Ingredients

- 1 small red onion
- 2 cloves of garlic
- 1 **small** aubergine
- 1 courgette
- 1 red or yellow pepper
- 2 ripe tomatoes
- ½ a bunch of fresh basil
- 2 tbsp olive oil
- 1 x 400 g tin plum tomatoes
- 1 tablespoon balsamic vinegar * (can be purchased @school 10p)
- black pepper & pinch of salt
- salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. Prep your ingredients before you start – peel and cut the onion into wedges, then peel and finely slice the garlic.
2. Trim the aubergine and courgette, deseed the peppers and chop into 2.5cm chunks.
3. Roughly chop the tomatoes. Pick the basil leaves and set aside, then finely slice the stalks.

Heat 2 tablespoons of oil in a large casserole pan or saucepan over a medium heat.

4. Add the chopped aubergines, courgettes and peppers (you may need to do this in batches) and fry for around 5 minutes, or until golden and softened, but not cooked through.
5. Spoon the veg into a large bowl. To the pan, add the onion, garlic, basil stalks with another drizzle of oil, if needed.
6. Fry for 10 to 15 minutes, or until softened and golden. Return the cooked veg to the pan and stir in the fresh and tinned tomatoes, the balsamic and a good pinch of sea salt and freshly ground black pepper.
7. Mix well, breaking up the tomatoes with the back of a spoon.
8. Cover the pan and simmer over a low heat for 30 to 35 minutes, or until reduced, sticky and sweet.
9. Tear in the basil leaves.

Hawaiian Chicken Kebabs

Commodity: Fruit and **vegetables**, including potatoes (**fresh**, frozen, dried, **canned** and juiced)

Ingredients

2 chicken breasts, cubed into 1-inch cubes

25ml barbecue sauce

25ml soy sauce

1 tablespoon brown sugar

1 tablespoon rice wine vinegar

1 garlic clove, finally chopped

1 tbsp olive oil

1 small can pineapple (keep the juice) 25ml pineapple juice

10 rashers Streaky bacon rashers, halved lengthways

1 red pepper, diced into 1-inch pieces

1 green pepper, diced into 1-inch pieces

1 red onion, diced into 1-inch pieces

Salt and cracked pepper, to taste

12 wooden skewers

Please bring a plate to take them home on.

Method

1. Slice all of the vegetables in to even sized chunks.
2. Mix the bbq sauce together with the soy sauce, pineapple juice, rice vinegar, garlic and sesame oil in a large jug or bowl.
3. Preheat the oven to 180c.
4. Cut the chicken in to chunks and wrap with bacon.
5. Thread the red onion, red pepper, pineapple, green pepper, bacon and chicken onto skewers.
6. Repeat until all of the chicken has been used.
7. Coat skewers all over with HALF of the marinade (reserving the other HALF for basting).
8. Place in the oven on a piece of grease proof paper on a baking tray.
9. Cook for 30 minutes.
10. Half way through turn skewers over and coat with remaining marinade.

Fruit Granola Breakfast Bar

Commodity: Fruit and vegetables, including potatoes (fresh, frozen, **dried**, canned and juiced)

Ingredients

1 x 397 g can condensed milk

250 g rolled oats

75 g shredded coconut

100 g dried cranberries

100 g sultanas

125 g mixed seeds (pumpkin, sunflower, sesame)

125 g natural unsalted peanuts

Bring in a square tin to cook it is or purchase a tins (x2) at school for 60p

Method

1. Preheat the oven to 130°C and oil a 23 x 33 x 4cm / 9 x 13 inch baking tin, or use a throwaway foil one.
2. Warm the condensed milk in a large pan.
3. Meanwhile, mix together all the other ingredients and then add the warmed condensed milk, using a rubber or wooden spatula to fold and distribute.
4. Spread the mixture into the tin and press down with the spatula to even the surface.
5. Bake for 1/2 an hour, then remove from the oven and, after about 15 minutes, cut into four across, and four down to make 16 chunky bars. Let cool completely.

Eccles Cakes

Commodity: Butter, oils, margarine, sugar and syrup.

quick flaky pastry

For the filling

75g unsalted butter

150g soft brown sugar

150g currants

1 tsp ground cinnamon (optional)

½ tsp freshly ground nutmeg (optional)

1 orange, juice and finely grated zest

50g mixed citrus peel

For the pastry

25-50g margarine, for greasing

1 block ready-made puff pastry

flour, for dusting

2-3 tbsp milk, for glazing

caster sugar, for dusting

icing sugar, for dusting

Bring a container to take it home in.

Method

1. For the filling, melt the butter over a low heat in a small saucepan. Once melted, remove from the heat and stir in all of the remaining filling ingredients until well combined. Set aside to cool.
2. Preheat the oven to 220C/425F/Gas 7. Grease a baking tray with the margarine.
3. For the pastry, roll out the pastry on a lightly floured work surface to a thickness of about 3mm/¼in. Using a 6cm/2½in cutter, cut the pastry into rounds.
4. Place a teaspoon of the filling in the middle of each round, then brush the edges of half the pastry with milk. Bring the other half of the pastry over and seal. Bring the corners of the pastry up into the middle and pinch to seal.
5. Turn the sealed pastry parcel over, so that the seam is underneath, then gently roll out until it is about ½cm/¼in thick. Gently pat back into a round shape and place onto the greased baking tray.
6. Slash each cake across three times using the tip of a sharp knife. Brush the cakes with milk and sprinkle with caster sugar.
7. Bake for 15 minutes, or until the pastry is golden-brown and puffed up. Transfer the cakes to a wire rack to cool.
8. Dust the eccles cakes with icing sugar before serving.

Chocolate Traybake

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

bring a container to take them home in.

For the cake

115g plain flour

175g caster sugar

40g cocoa powder

½ tsp baking powder

½ tsp bicarbonate of soda

1 free-range egg

125ml milk

65ml vegetable oil

1 tsp vanilla extract

125ml boiling water

For the chocolate icing

200g plain chocolate

200ml double cream

Please bring in a rectangle/square tin to cook the cake in or a Victoria sandwich tin X1 or purchase a tin at school for 30p

Method

1. Preheat the oven to 180C/350F/Gas 4. Grease and line a rectangle/square tin.
2. For the cake, place all of the cake ingredients, except the boiling water, into a large mixing bowl.
3. Using a wooden spoon, or electric whisk, beat the mixture until smooth and well combined.
4. Add the boiling water to the mixture, a little at a time, until smooth. (The cake mixture will now be very liquid.)
5. Pour the batter into the tins and bake in the oven for 25-35 minutes, or until the top is firm to the touch and a skewer inserted into the centre of the cake comes out clean.
6. Remove the cakes from the oven and allow to cool completely, still in their tins, before icing.
7. For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts.
8. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened then spread over the cake.

Pineapple Upside-Down Pudding

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

125g butter/margarine

125g caster sugar

2 medium eggs

125g self-raising flour, sieved

½ teaspoon baking powder, sieved

Topping

5 tablespoons golden syrup

1 x 428g can pineapple rings, drained

4 glacé cherries, halved

bring a sandwich tin (not a spring-form tin)

Method

1. Preheat the oven to 180c
2. Place all sponge ingredients in a mixing bowl and beat together with a wooden spoon for 2 - 3 minutes until well mixed.
3. Grease and bottom line a 20cm (8 inch) sandwich tin. Pour golden syrup in tin and arrange pineapple rings in it. Place glacé cherries in the middle of the rings.
4. Spread pudding mixture evenly on top and bake in preheated oven 170°C, 160° C fan oven, Gas mark 3 for 45-55 minutes.
5. Turn out and serve hot or cold.

Pear & Chec Upside-Down Pudding

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

125g butter/margarine

125g caster sugar

2 medium eggs

100g self-raising flour, sieved

50g coco powder, sieved

½ teaspoon baking powder, sieved

Topping

6 tablespoons golden syrup

1 x 428g can pears, drained

bring a sandwich tin (not a spring-form tin)

Method

1. Preheat the oven to 180c
2. Place all sponge ingredients in a mixing bowl and beat together with a wooden spoon for 2 - 3 minutes until well mixed.
3. Grease and bottom line a 20cm (8 inch) sandwich tin. Pour golden syrup in tin and arrange pears in it.
4. Spread pudding mixture evenly on top and bake in preheated oven 170°C, 160° C fan oven, Gas mark 3 for 45-55 minutes.
5. Turn out and serve hot or cold.

Chilli Con Carne

Commodity: Meat, fish, poultry and eggs.

Ingredients

- 1 tbsp oil
- 1 large onion
- 1 red pepper
- 2 garlic cloves, peeled
- 1 heaped tsp hot chilli powder
- 1 tsp paprika
- 1 tsp ground cumin
- 300g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- ½ tsp dried marjoram (optional)
- 1 tsp sugar
- 2 tbsp tomato purée
- 410g can red kidney beans

Bring in a container to take it home in

Method

1. Prepare your vegetables. Chop 1 large onion into small dice, about 5mm square.
2. Cut 1 red pepper in half lengthways, remove stalk and wash the seeds away, then chop.
3. Peel and finely chop 2 garlic cloves.
4. Start cooking. Put your pan on the hob over a medium heat. Add the oil and leave add the onions and cook, stirring fairly frequently, for about 5 minutes, or until the onions are soft, squidgy and slightly translucent. Tip in the garlic, red pepper, 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, 1 tsp paprika and 1 tsp ground cumin.
5. Brown the lean minced beef. Turn the heat up a bit, add the meat to the pan and break it up with your spoon or spatula.
6. Making the sauce. Crumble 1 beef stock cube into 300ml hot water.
7. Pour this into the pan with the mince mixture.
8. Open 1 can of chopped tomatoes (400g can) and add these as well.
9. Tip in ½ tsp dried marjoram and 1 tsp sugar, if using and add a good shake of salt and pepper. Squirt in about 2 tbsp tomato purée and stir the sauce well.
10. Simmer it gently. Bring the whole thing to the boil, give it a good stir and put a lid on the pan. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
11. Drain and rinse 1 can of red kidney beans in a sieve and stir them into the mix. Bring to the boil again, and gently bubble without the lid for another 10 minutes, adding a little more water if it looks too dry.

Pizza Marinara

Commodity: Meat, **fish**, poultry and eggs.

Ingredients

2 tbsp tomato purée

185g can tuna in oil, drained, oil reserved

1 tbsp capers

125g pack mozzarella

10 pitted black olives

1 small red onion, halved and thinly sliced

small handful rocket (can be added at home)

225g Strong Plain Flour, plus 50g flour, for dusting

1 pack Dried Yeast

Pinch of salt

1 tbsp Oil

150ml Warm Water

Bring in a plate to take it home on

Method

1. Heat oven to 240C/220C fan/gas 9.
2. To make the dough: in a bowl measure the flour, salt and yeast. In a measuring jug add 150ml of warm water.
3. Make a well in the flour and add the warm water. Then add the oil.
4. Mix together using a knife, until a dough is formed. Leave to the side.
5. Meanwhile, mix the tomato purée with 4 tbsp water, 1 tbsp oil from the tuna and some seasoning.
6. Knead the dough for a few mins on a floured surface, then halve and put each piece, spaced apart, on a large oiled baking tray. Press with an oiled hand to make thin flat pizzas – they don't have to be perfectly round.
7. Spread with the tomato purée mixture, then top with the tuna, capers, cheese and olives. Bake for 10-12 mins.
8. Serve scattered with the onion and rocket.

Chicken Jambalaya

Commodity: Meat, fish, **poultry** and eggs.

Ingredients

1 tbsp olive oil

2 chicken breasts, chopped

1 small onion, diced

1 red pepper, thinly sliced

1 garlic clove, crushed

75g chorizo, sliced

1 tbsp Cajun seasoning

100g long grain rice

400g can plum tomato

200ml chicken stock

black pepper & pinch of salt

Bring a container to take it home in.

Method

1. Slice the pepper and onion and finally chop the garlic.
2. Heat the oil in a large frying pan and add in the onion and garlic and cook for 3-4 minutes until soft.
3. Add the chicken, making sure all chicken is cooked all the way through.
4. Add the chorizo and Cajun seasoning, and cook for 5 minutes more.
5. Add the rice, tomatoes and stock. Cover and simmer for 20-25 mins until the rice is tender.

Butter Crunch Biscuits

Commodity: Cereals (including flours, breakfast cereals, bread and pasta)

Ingredients

175g Self Raising flour

80g Porridge Oats

175g Golden caster sugar

1 tsp Bicarbonate of soda

1 tsp Baking powder

175g butter

2 tbsp golden syrup

Bring a container to take it home in.

Method

1. Preheat your oven to 160oC
2. In a pan melt the butter and golden syrup.
3. Place all other ingredients in a large bowl.
When the butter is melted pour this into the dry ingredients, combine.
4. Using your hands make balls and place these onto a baking tray, squidge down slightly and bake for 15 minutes.
5. Remove and cool fully.

Chicken Fajita Pasta

Commodity: Cereals (including flours, breakfast cereals, bread and **pasta**)

Ingredients

- 2 tsp smoked paprika
- 1 tsp chilli powder
- 1 tsp ground cumin
- ½ tsp cayenne pepper
- ¼ tsp garlic powder
- 2 chicken breasts, cut into strips
- 1½ tbsp olive oil
- 200g pasta (any shape)
- 1 small red onion, sliced
- 1/2 red pepper, deseeded and sliced
- 1/2 yellow pepper, deseeded and sliced
- 2 tbsp tomato puree
- 230g tomato salsa
- 150g sour cream
- 50g cheddar cheese, grated

Bring in a container to take it home in

Method

1. Mix together the smoked paprika, chilli, cumin, cayenne and garlic powder. Rub half into the chicken pieces.
2. Cook the pasta: place a saucepan of water on the hob until it starts to boil, then add the pasta and boil for 10 minutes. Drain well and set aside, reserving a little of the cooking water.
3. Heat 1 tbsp oil in a pan and cook the chicken.
4. Add the onions along with the remaining spice mix for 3-4 minutes until tender. Season, then add the peppers and cook for another 3-4 minutes until just soft.
5. Add the tomato puree.
6. Cook for 2 minutes, then stir in the cooked pasta, salsa and sour cream.
7. Heat through, and if the sauce needs loosening, add a little of the reserved pasta water until you reach a desired consistency.
8. Sprinkle over the cheese.

Pesto & Cheese Pinwheels

Commodity: Cereals (including flours, breakfast cereals, bread and pasta)

Ingredients

225g strong white bread flour, plus a little for dusting

7g sachet fast-action dried yeast

1 tsp golden caster sugar

1 tbsp olive oil, plus a drizzle

75g green/red pesto

100g grated cheese

25g parmesan (optional)

handful basil leaves (optional)

black pepper & pinch of salt

Bring in a plastic container please.

Method

1. In a bowl add the flour, yeast, salt, oil and warm water (150ml). Combine all ingredients until a dough is formed.
2. Pre heat oven to 200C/180C fan/gas 6. and line a baking tray with parchment.
3. Roll the dough out to a rectangle, roughly 40 x 30cm. Spread the pesto over the dough, then scatter cheese and the basil. Roll the dough up from one of the longer sides, into a long sausage.
4. Use a sharp knife to cut the dough into 8 even pieces.
5. Place on the baking tray, cut-side up.
6. Leave a little space between each roll as they will grow and touch as they prove.
7. Leave to prove for 20 minutes until almost doubled in size again.
8. Bake on the middle shelf in the oven for 20 minutes until golden brown and the centre looks dry and not doughy.
9. Remove from the oven and leave to cool for at least 10 minutes.

Chicken Stroganoff

Commodity: Milk, cheese and yogurt

Ingredients

300g chicken breast

65g unsalted butter

1½ tbsp paprika * (can be purchased @school 10p)

1 large onion, very thinly sliced

10 button mushrooms, thinly sliced

3 tbsp sunflower oil

300ml natural yogurt

2 tsp lemon juice

small handful of parsley leaves, finely chopped (optional)

salt

freshly ground black pepper

Bring a container to take it home in.

Method

1. Cut the chicken into small dice.
2. Melt the butter in a large saucepan, add the paprika and chopped onion and cook slowly until the onion is soft and sweet, but not browned.
3. Add the chicken and cook through. Then add the mushrooms and fry gently for three minutes.
4. Add the yogurt and simmer gently for 10 minutes.
5. Stir in the lemon juice and parsley.

Cauliflower & Broccoli Bake

Commodity: Milk, cheese and yogurt

Ingredients

2 cloves of garlic

25 g unsalted butter

25 g plain flour

250 ml semi-skimmed milk

150 g fresh or frozen broccoli

75 g mature cheddar cheese

150 g fresh or frozen cauliflower

150g breadcrumbs

2 sprigs of fresh/dried thyme (optional)

25 g flaked almonds

olive oil

salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Peel and finely slice the garlic and put it into a medium pan on a medium heat with the butter.
3. When the butter has melted, stir in the flour for a minute to make a paste, then gradually add the milk, whisking as you go, until smooth.
4. Add the broccoli (cut up first, if using fresh) and simmer for around 20 minutes, or until the broccoli is cooked through and starts to break down, Grate in half the Cheddar and season.
5. Arrange the cauliflower in an appropriately sized baking dish (cut into florets first, if using fresh), pour over the broccoli white sauce and grate over the remaining Cheddar.
6. Roughly chop the fresh thyme and flaked almonds and then mix it with the breadcrumbs.
7. Sprinkle over the top of the vegetables and add any remaining cheese. Bake for 30 minutes or until golden and cooked through.

Thai Red Curry

Commodity: Milk, cheese and yogurt

Ingredients

2 tbsp oil

1 small onion, finely sliced

2 garlic cloves, finely sliced

2 heaped tbsp Thai red curry paste (this can be purchased from school at a cost of 50p)

1 tsp sugar

400ml coconut milk

2 chicken breasts, sliced

1 red pepper, sliced

Handful of fresh Thai basil or fresh coriander, chopped (optional)

salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. Heat the oil in a wok or frying pan and fry the onion for 5 minutes until softened.
2. Add the garlic and fry for 30 seconds more.
3. Add the curry paste and fry for 1 minute, the sugar, coconut milk, 75ml water.
4. Bring to the boil and then add the chicken and cook for another 10 minutes. Add the peppers and cook for a further 5 minutes until tender.
5. Remove from the heat, then stir in the herbs.

Chicken Satay Noodles

Commodity: Soya, tofu, beans, **nuts** and seeds

Ingredients

2 chicken breasts, cut into strips
2 tbsp soy sauce
1 tsp cornflour
150g dried egg noodles
2 tsp oil
4 spring onions, thinly sliced
2 tbsp peanut butter
2 tbsp sweet chilli sauce
1 x 400ml tin coconut milk
50g sugar snap peas (optional)
50g frozen peas
50g frozen sweetcorn
1 lime, juice only
1 carrot, shaved into thin slices using a vegetable peeler
25g baby spinach leaves (optional)
2 tbsp freshly chopped coriander (optional)
salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. Put the chicken in a bowl, add the soy sauce and cornflour and mix well. Cover and set aside for a few moments.
2. Meanwhile, bring a large pan of water to the boil, add the noodles and cook according to the packet instructions. Drain in a colander, rinse with cold water until they are cold, then drain once more and tip them back into the cold pan.
3. Add half the oil and toss.
4. Heat a saucepan until hot, add the remaining oil and the spring onions and stir-fry for 1 minute, or until softened.
5. Add the peanut butter, chilli sauce and coconut milk and stir until combined.
6. Bring to a simmer, then add the marinated chicken and poach for 4 minutes, or until cooked through.
7. Add the sugar snap peas and simmer for another 2 minutes, or until nearly tender, then add the frozen peas, beans and sweetcorn.
8. Return to the boil, stir in the lime juice and check the seasoning.
9. Stir in the cooked noodles and heat for 1-2 minutes, or until hot through. Stir in the carrot shavings and spinach and remove from the heat. The heat from the dish will wilt the spinach down. Stir a couple of times.

Potato & Courgette Dauphinoise

(soya)

Commodity: Soya, tofu, beans, nuts and seeds

Ingredients

250ml Soya milk (*school will provide at a cost of 50p*)

1 large potato

1 tbsp olive oil

1 courgette

1 clove of garlic, crushed

2 bay leaves (optional)

100g cheddar cheese, grated

black pepper & pinch of salt

Bring in an oven proof dish

Method

1. Start by pre heating your oven to 200°C, then warm the milk, bay leaves and crushed garlic.
2. Take the pan off the heat once it comes to the boil.
3. Peel the potatoes and the courgette and thinly slice. Meanwhile, grease a baking dish with a olive oil.
4. Arrange a layer of potatoes on the bottom of the baking dish and season with pepper and a small pinch of salt.
5. Then, alternate layers of courgette slices and potato slices, seasoning every layer as you go and finishing with a layer of courgette. Pour over the creamy sauce mixture until 2/3 of the veggies are covered.
6. Sprinkle grated cheese over the top and bake for 35-40 minutes until the potatoes are tender and the top nicely golden.

Parmesan & Poppy Seed Twists

Commodity: Soya, tofu, beans, **nuts and seeds**

Ingredients

175g plain flour

85g butter

pinch cayenne pepper

1 egg yolk mixed with 3 tbsp cold water

1 egg, beaten

3 tbsp freshly grated Parmesan (or vegetarian alternative)

1 tbsp each poppy seeds and caraway seeds

salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. To make the pastry, put the flour, butter and cayenne pepper into a food processor, then whizz into fine breadcrumbs. sprinkle the egg and water mixture onto the flour, then pulse again until the mixture begins to come together. tip the mixture onto a board and gently squeeze the pastry until it begins to come together in a ball, adding more water if it feels dry.
2. Heat oven to 190C/fan 170C/gas 5.
3. Roll the pastry into a large a4-sized rectangle, roughly 20 x 30cm. Brush the sheet with the beaten egg and cut in half widthways. Sprinkle one half with the Parmesan and the second half with poppy and caraway seeds.
4. Lightly run the rolling pin across the top to press the cheese and the seeds into the pastry. Cut each half into 12-15 sticks. arrange on a baking sheet and chill for 10 minutes.
5. Bake for 8-10 minutes until golden brown, then cool for 5 minutes before lifting onto a wire rack.