



# Autumn Recipes



Dear pupils, students and parents.

Why not use the half term to learn some new skills, practice some old skills and generally have fun in the kitchen!

Whether you are currently studying Food or not, we invite you to try some of the following seasonal recipes over half term.

Please send Mrs O'Reilly pictures of any recipes you try and you will receive merriits when we return to school.



A decorative border of autumn leaves in various colors (yellow, orange, red, brown) and small red berries is arranged around the top and sides of the page.

# Spicy Pumpkin Soup

A small, stylized leaf icon is centered below the title.

## Ingredients

2 tbsp olive oil  
2 onions, finely chopped  
1kg pumpkin or squash,  
peeled, deseeded and  
chopped into chunks  
700ml vegetable  
stock or chicken stock  
150ml double cream

## Method

**STEP 1** Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

**STEP 2** Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

**STEP 3** Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

**STEP 4** Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve. *The soup can now be frozen for up to 2 months.*

A decorative border surrounds the central text box, featuring various autumn leaves in shades of yellow, orange, and red, along with clusters of red berries and a single acorn.

## Autumn Crunchy Crumble

### Ingredients

140g plain flour  
100g margarine  
4 tbsp rolled oats  
2-3 tbsp demerara sugar  
1 tsp cinnamon  
4 eating apples or pears or  
6 plums (or a mixture)  
handful sultanas , soaked  
in hot water for 10 mins  
1-2 tbsp honey

### Method

**STEP 1** Heat oven to 200C/180C fan/gas 6. Sift the flour into a bowl and add the margarine.

**STEP 2** Using a fork or your hands, mash together the margarine and flour until it resembles breadcrumbs and there are no remaining lumps of margarine.

**STEP 3** Add the oats, sugar, and cinnamon to the flour and margarine mixture.

**STEP 4** Core the apple and/or pears, and stone the plums, if using. Chop all the fruit, keeping the skin on for added flavour, vitamins, and minerals, and put in an ovenproof dish in layers.

**STEP 5** Drain the sultanas and add to the fruit. Drizzle with the honey.

**STEP 6** Sprinkle over the crumble mixture. Bake for 20-30 mins until the crumble topping is golden and the fruit is bubbling.



A decorative border of autumn leaves in various colors (yellow, orange, red, brown) and small red berries is arranged around the top and sides of the page.

# Spiced Chocolate Chip Cookies

A small, stylized maple leaf icon is centered below the title.

## Ingredients

180g butter  
2 eggs  
250g brown sugar  
300g self-raising flour  
200g milk chocolate chips  
100g white chocolate (for decoration)  
1 Tsp cinnamon  
1 Tsp mixed spice

## Method

**STEP 1** Preheat oven to 180°C.

**STEP 2** Beat the butter and sugar together until smooth.

**STEP 3** Beat the eggs. Add the flour, cinnamon, mixed spice, chocolate chips and eggs to the buttery mix. Mix until smooth. (It might look a weird texture, just keep mixing until smooth!)

**STEP 4** Chill the mixture for 20 minutes.

**STEP 5** On a baking tray with grease-proof paper, spoon the mixture roughly into about 16 balls. Space out well as they spread a little. Bake for 12-14 minutes until golden.

**STEP 6** Remove from the oven and leave to cool.

**STEP 7** Break up the white chocolate into chunks in a microwaveable bowl. in 15 second bursts, microwave the chocolate until melted.

When the cookies have cooled, drizzle over the white chocolate and enjoy!

# Pumpkin Muffins

## Ingredients

225g plain flour  
2 tsp baking powder  
1 tbsp ground  
cinnamon 100g caster sugar  
50g soft light brown sugar  
200g pumpkin purée (blended  
pumpkin)  
2 large eggs  
125g slightly salted  
butter, melted

## Method

**STEP 1** Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar by rubbing them between your fingers.

**STEP 2** Whisk the purée and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2 mins with an electric hand whisk until just combined.

**STEP 3** Bake for 15 mins until golden and risen and a skewer inserted comes out clean. Lift onto a wire rack to cool completely. *Will keep for three days in an airtight container.*



A decorative border of autumn leaves in various colors (yellow, orange, red, brown) and small red berries is arranged around the top and sides of the page. The leaves are of different shapes, including maple and oak. The berries are small and round, clustered together.

## Pork and Apple Sausage rolls

### Ingredients

1 leek  
1 Royal Gala apple  
Pinch of thyme  
500 g minced pork  
½ teaspoon mustard  
seeds  
500 g puff pastry  
1 large free-range egg

### Method

**STEP 1** Preheat the oven to 200°C/400°F/gas 6.

**STEP 2** Wash, trim and dice the leek, core and dice the apple.

**STEP 3** Combine the pork, leek, apple, thyme leaves and mustard seeds in a bowl. Season and set aside.

**STEP 4** Roll out the pastry to 1cm thick and 34cm x 30cm. Halve lengthways and place a strip of mince down the centre of each.

**STEP 5** Brush the edges with beaten egg, roll up and seal. Brush with more egg, then cut each strip into 3 rolls.

**STEP 6** Score the tops and bake for 20 minutes, or until golden and cooked through.

A decorative border of autumn leaves in various colors (yellow, orange, red, brown) and small red berries is arranged around the top and sides of the page.

## Cheese and bacon scones

### Ingredients

100g butter , plus extra for greasing  
10 rashers streaky bacon  
275g self-raising flour  
½ tsp baking powder  
150ml milk  
50ml vegetable oil  
1 egg  
handful snipped chives  
150g grated cheddar

### Method

**STEP 1** Heat oven to 200C/180C fan/gas 6 and grease a 12-hole muffin tin. In a frying pan over a medium heat, fry the bacon for 5 mins until golden. Let it cool, then chop into chunks and set aside

**STEP 2** In a bowl, combine the flour, baking powder and 1 tsp sea salt. Using your fingers, mix the butter into the flour mixture until it resembles breadcrumbs

**STEP 3** In a small bowl, whisk together the milk, oil and egg. Tip into the dry mixture, and gently mix until the flour mixture is mostly moistened (lumps will remain). Stir in the bacon, chives and cheese, then spoon the batter into the muffin tin.

**STEP 4** Put the muffin tin in the oven and bake for 20 mins or until the tops are golden brown. Serve warm.



# Apple Caramel Crumble Muffins

## Ingredients

### Crumble

15g soft butter  
25g plain flour  
15g demerara sugar

### Muffins

15g soft butter  
25g plain flour  
15g demerara sugar  
300g plain flour  
1tbsp baking powder  
190g caster sugar  
210ml milk  
1 large egg  
100g butter, melted  
300g apple, peeled, cored and chopped  
into chunks  
jar of salted caramel/duche de leche

## Method

**STEP 1** Preheat oven to 200c/180c fan. Line 12 hole muffin tin. Make the crumble topping by rubbing together the butter and flour till it resembles breadcrumbs. Stir in the sugar and set aside.

**STEP 2** For the muffins sift the flour and baking powder into a bowl then stir in the sugar. In a jug, combine the milk, egg and melted butter.

**STEP 3** Stir the wet mixture into the dry mixture till combined. Fold in the chopped apple pieces.

**STEP 4** Spoon one tbsp of the mixture into the cases. Then place a tsp of salted caramel into the middle of each case, followed by another tbsp of apple mixture on top.

**STEP 5** Sprinkle over the crumble topping. Bake for 20-25mins



We can not wait to see what you make.  
Please feel free to adapt recipes to suit your  
tastes and family budget.

**Please make sure you have permission and are working with guidance  
from an adult when cooking. We want you all to be safe.**