



# St. Joseph's Grammar School Donaghmore Home Economics Department

**DELICIOUS  
RECIPES FOR  
YOU TO TRY AT  
HOME**



## Pizza

### Ingredients

½ French baguette



### Topping

1 tablespoon pizza topping/tomato puree  
50g grated cheddar cheese  
Toppings - ham, salami, pepperoni, mushrooms, corn, pineapple etc.

### Method

1. Pre-heat oven 200°C or Gas Mark 6. Grease tray.
2. Sieve flour; rub in margarine until mixture looks like bread crumbs.
3. Add water and mix to a soft but not sticky dough.
4. Knead lightly and roll into 7" circle place on greased tray.
5. Spread tomato ketchup on base, sprinkle grated cheese on top and add toppings of your choice.
6. Bake the pizza for 20-30 minutes, until the dough is thoroughly cooked and cheese has melted.

## Soda Bread

### Ingredients

560g Neill's Self Raising Soda Bread Flour  
600ml Buttermilk

### Method

1. Heat oven to 200°C, Gas Mark 6, lightly grease large baking tin.
2. Mix buttermilk into flour with spoon and immediately turn into tin. Place tin in centre of oven and bake for 40-45mins. If small tins are used shorter baking time is required.

The addition of 50g sugar and 225-350g mixed dried fruit makes delicious fruit soda bread.

The secret of good soda bread baking is quick and light mixing and baking without delay.



## Crepe's (Makes 12)

### Ingredients

250g Plain Flour  
2 Eggs  
3 Tbsp caster sugar  
500ml Milk  
3 Tbsp Oil  
Pinch of salt



### Method

1. Sieve flour into mixing bowl
2. Add 2 eggs, 3 tablespoons of caster sugar, 3 tablespoons of vegetable oil, 500ml of milk and whisk all ingredients together using electric hand mixer or balloon whisk.
3. Rub oil over surface and heat griddle.

## Chicken Curry

### Ingredients

2 fillets cooked chicken  
1 tbsp oil  
1 small onion  
1-2 cloves garlic  
½ small cooking apple  
1 dessertspoon curry powder



25g flour  
400mls water  
1 vegetable or chicken stock cube  
1 dessertspoon tomato puree  
1 dessertspoon of mango chutney  
25g raisins – optional  
1 tbsp coconut – optional  
50g rice per person

### Method

1. Prepare vegetables according to kind.
2. Fry onion, apple and garlic lightly in heated oil.
3. Add curry powder and fry 2-3 mins.
4. Add flour and fry.
5. Add stock and bring to the boil stirring continually.
6. Add tomato puree, mango chutney and prepared vegetables.
7. Add cooked chicken, reduce heat, cover, simmer 15-20 mins. Until vegetables are cooked and chicken is thoroughly heated.
8. Serve with boiled rice and sambals.

## Feta Cheese and Sun-dried Tomato bread

### Ingredients

600g soda bread flour  
75g margarine  
150 g feta cheese, cubed  
1 teaspoon mixed herbs  
12 sun-dried tomatoes, chopped  
10 black olives, stoned and chopped  
Approx. 400 ml buttermilk

### Method

1. Grease and flour 3 x 1 lb loaf tins. Pre-heat oven to 210°C.
2. Rub the margarine into the flour. Add the herbs, cheese, tomatoes and olives.
3. Make a well in the centre, pour in the buttermilk and mix to a soft elastic consistency.
4. Divide between loaf tins.
5. Bake in a hot oven for 30-40 minutes.



## Truffles

### Ingredients

100g margarine  
Small tin condensed milk  
15 digestive biscuits  
2x 15ml drinking chocolate

25g fruit (optional)  
50g coconut



### Method

1. Melt 100g margarine and the condensed milk in a saucepan over a low heat.
2. Put biscuits into a processor, place crumbs into mixing bowl.
3. Add fruit, drinking chocolate, coconut and melted ingredients to biscuit crumbs.
4. Form small balls with hands. Roll in coconut. Place in paper cases. Chill in fridge

## Apple Crumble

### Ingredients

Topping  
100g plain flour  
50g margarine  
50g brown sugar  
50g granulated sugar.

### Filling

200g Fruit (Apples/blueberries)  
50g granulated sugar



### Method

1. Prepare self, set oven 190oC, Gas Mark 5.
2. Make crumble – sieve flour, rub in margarine, add sugar and mix.
3. Prepare fruit – quarter, core and slice apple/ cut rhubarb into 2cm pieces.
4. Put / slice half of the fruit into the pie, add sugar and then the remainder of the fruit.
5. Spoon crumble mixture over and level with a spoon.
6. Place on black tray and bake for 20 – 30 mins, until fruit is cooked and top is golden.
7. Serve with custard or yogurt.

## Custard Sauce

### Ingredients:

10g Custard Powder  
2 Tablespoons Skimmed Milk Powder  
200ml Water  
Sugar to taste – Optional

### Method:

1. Put all ingredients except sugar into saucepan.
2. Add water gradually, stirring to mix well.
3. Stir contents of saucepan over a low heat until boiling – cook 2 mins.
4. Add sugar to taste.

## Creamed Country Vegetable Soup

### Ingredients

1 medium potato  
1 medium onion  
1 medium carrot  
2 sticks celery  
500ml vegetable stock  
125ml milk  
25g low fat spread

### Equipment

Chopping board  
Vegetable peeler  
2 Vegetable knives  
Measuring jug  
Wooden spoon  
Medium saucepan  
Pot stand



### Method

1. Prepare vegetables-peel and slice onion, wash potato, carrot and celery, use food processor to slice vegetables.
2. Heat fat in saucepan, and add the sliced onion.
3. Saute for 2-3mins to lightly brown. Add other vegetables, stir well together and cook
4. Add the stock, parsley (retain some for garnish), seasoning and bring to boil.
5. Reduce the heat and simmer with lid on until the vegetables are cooked.
6. Liquidise soup in blender or food processor.
7. Pour milk into the saucepan, add the liquidised soup and reheat together.
8. Garnish with remaining parsley.