



Join our Seabrook Church of England

READY, STEADY HARVEST CHALLENGE

Try making one of our simple Harvest recipes or pick your own recipe to try making at home then send some photos in of what you have made. We can't wait to see what you come up with!

Send your photos into office@seabrook.kent.sch.uk





Cheese and Vegetable Muffins

Ingredients

250g grated cheese

2 cups self-raising flour
(alternatively, use plain
flour and baking powder - 2
tsp baking powder to 1 cup
plain flour)

2 eggs

1½ cups milk

small tin sweetcorn (125g)

½ red pepper

1 handful baby spinach

Salt and pepper to taste

Fresh basil leaves to add to
the mix and on top (optional)

Method

1. Preheat oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. Whisk the eggs, then chop the red pepper, spinach (and optional basil).
4. Make a well in the flour then add in the rest of the ingredients.
5. Mix until combined.
6. Spoon into a greased muffin tray (pop a basil leaf on top of each, if desired) and bake for 25 minutes or until the tops are golden brown.

This recipe makes about 14 regular
muffins or 12 large ones.



Chicken and Corn Patties

Ingredients

200g chicken breast – minced
1/3 large fresh corn on the cob
3 water chestnuts – finely diced
10 strings of fine French beans – finely diced
1 small red onion – minced
½ cup normal breadcrumb
2 ½ tbsp cornflour
1 large egg (lightly beaten)
2 tsp cooking oil

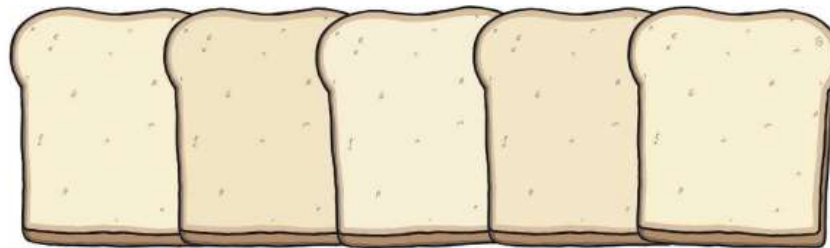
Seasoning

1 tsp salt
¾ tsp sugar
¼ tsp paprika
Dash of pepper

Method

1. Put the minced chicken breast, water chestnuts, French beans and red onion into a mixing bowl. Remove the sweetcorn kernels from the cob and add to the bowl. Combine well.
2. Add breadcrumbs and cornflour to the mixture.
3. Add egg, seasoning and oil. Stir in one direction until the batter is well distributed.
4. Heat a little oil in a non-stick pan and drop 1 tablespoonful of batter into the pan, then flatten slightly with a spatula/fork.
5. Lower the heat and cook for 2-3 minutes on each side or until golden brown.
6. Cook the patties in batches.
7. Transfer patties to a serving plate lined with kitchen paper.

Serve warm with dipping sauce.



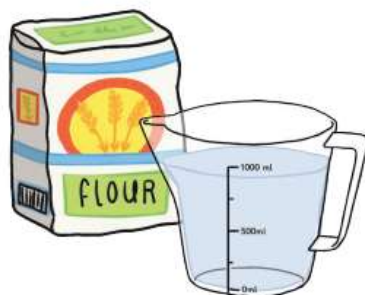
How to Make Bread

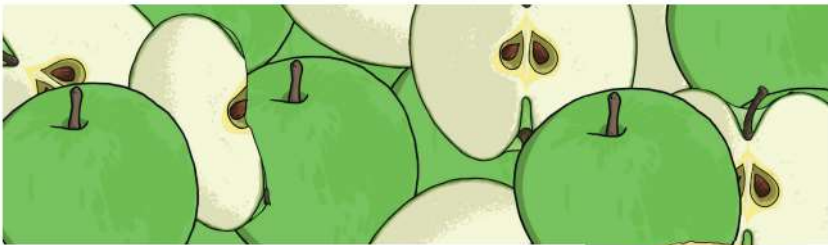
Ingredients

- 1.5kg bag plain flour
- 2 sachets dried yeast
- 900ml warm water
- 1 tbsp salt

Method

1. Sieve flour, salt and yeast into a bowl.
2. Add the warm water.
3. Mix together to form a dough.
4. Knead the dough.
5. Leave the dough to rise in a covered bowl.
6. Line a baking tray with baking parchment, roll the dough into a ball and put it into the tin.
7. Bake in an oven at 220°C for 25 to 30 minutes until the loaf is golden brown. It should sound hollow when tapped from underneath.
8. Leave the bread to cool then slice it and enjoy!





Apple Pie Baked Apples



Ingredients

Shortcrust pastry

1 tsp cornstarch

1 tbsp (15ml) warm water

5 large, perfectly round
and firm apples - Granny
Smiths if possible

1 tsp cinnamon (optional)

1/2 cup (100g) granulated
sugar

1 tsp vanilla extract

1 large egg

1 tsp milk

Caramel sauce for drizzling
(optional)

Method

1. **Make the apple filling:** In a very small bowl, mix the cornstarch and warm water together until smooth, creamy and the cornstarch has dissolved.
2. Set aside. Peel and dice 1 apple.
3. In a medium saucepan over medium heat, cook the apple pieces, cornstarch/water mixture, cinnamon and sugar. Stir constantly for 5 minutes. Switch to low heat and allow to simmer for 5 minutes.
4. Remove from heat, stir in the vanilla and allow to cool off for 20 minutes.
5. **Assemble:** On a floured work surface, roll out the pie dough.
6. Turn the dough about a quarter turn after every few rolls, until you have a circle of 10-11 inches in diameter.
7. Cut into quarters, as if you were cutting a pizza. (Pizza cutter works best here!)
8. Then, cut each piece into $\frac{1}{4}$ inch wide strips. Remember, you always want your pie dough to be COLD.
9. Preheat oven to 375°F.
10. Slice off the tops of the 4 remaining apples.
11. Using a spoon, dig out the core.

12. Spoon the prepared apple filling into the cored-out apples.

13. Lay 3-4 strips of the pie dough on top of the apple. Then, working with one new strip at a time, alternate weaving it over and under the dough strips already in place. Repeat until the top of the apple has been covered with this lattice style crust. Using a sharp paring knife, trim excess pie crust around the edges. Repeat with remaining apples and pie dough strips.

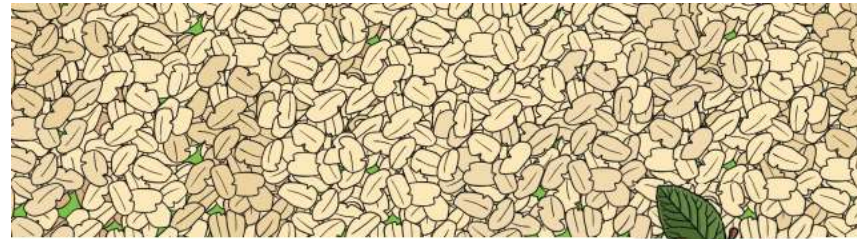
14. Place apples into an 8 inch or 9 inch square baking pan or pie dish.

15. Next, in a small dish, whisk the egg and milk together. Lightly brush the tops with this egg wash.

16. Sprinkled a little bit of cinnamon on top of the egg wash (optional), before putting it into the oven.

17. Bake for 25-30 minutes or until the crust is browned and the filling is bubbly.

18. If desired, drizzle each with salted caramel.



Apple Cinnamon Baked Oatmeal Cups



Ingredients

2 cups porridge oats
1 tsp baking powder
 $\frac{1}{8}$ tsp salt
 $\frac{1}{2}$ tsp cinnamon
1 cup milk
1 egg
 $\frac{1}{2}$ cup mashed banana (about
 $1\frac{1}{2}$ medium bananas)
1 large apple, peeled, cored
and diced



Method

1. In a large bowl, combine the oats, baking powder, salt, and cinnamon.
2. Add the milk, egg and mashed banana, then mix until combined.
3. Stir in the apple.
4. You can either put the mixture into the fridge overnight or continue with the directions and bake right away.
5. Grease a muffin tin and fill each cup with the oatmeal mixture, almost to the top.
6. Bake in an oven at 180°C (375°F) for 20–25 minutes, until the cups are set.
7. Store in the fridge (or these could be frozen). Enjoy!

Hedgehog Bread

Ingredients:

- 350g strong white bread flour
- 1 $\frac{1}{2}$ tsp quick yeast (about half a packet)
- 1 tsp sugar
- 1 pinch of salt
- 1 tbsp vegetable oil
- 220ml hot water (cool enough to touch)
- a handful of raisins for the hedgehog's face

Equipment:

- large bowl
- wooden spoon
- baking tray
- scissors



Method:

1. Put the dry ingredients into the bowl and combine them.
2. Add in the tablespoon of vegetable oil and then the water.
3. Start to mix together with the wooden spoon or your hands. As it starts to come together, get your hands in the bowl and start to knead the dough.
4. If the mixture is a little sticky, add some more strong flour and if it's a little dry, sprinkle on some more water.
5. Once the dough is combined, turn out onto a lightly dusted surface and knead the dough. It needs around 5 minutes of kneading.
6. Once the dough is kneaded, divide into 4 or 5 small rolls and shape them into mini hedgehogs.
7. Using scissors, make little snips on the back of the hedgehog to create spikes.
8. Add little faces to the hedgehog using the raisins for eyes and the nose.
9. Leave the hedgehog bread rolls to rise for an hour in a warm place.
10. Preheat the oven to 200°C.

11. Put the hedgehog bread rolls into the oven for about 25 minutes on 200°C.
12. Keep an eye on the bread rolls. When they are finished they should be a gentle, golden brown colour.

