

Recipes from the Junior School Kitchen

Brown Soda Bread

1lb white flour
1lb wholemeal flour
1 tsp salt
2 tsp bread soda
1lt buttermilk

Pre- heat oven to 180

1. Put all dry ingredients into a bowl and make a well in the centre.
2. Add the buttermilk, not quite the full litre, until it is quite wet. Then put into 2 greased 1lb. loaf tins.
3. Put into a pre-heated oven for 1 hour. When cooked take out of tins and leave to cool.



Pasta sauce

Washed and sliced carrots
Sliced onions
1 whole garlic
Fresh herbs
Salt, pepper and sugar
Tins of chopped tomatoes

1. Put carrots into a saucepan of water and boil.
2. In another saucepan, heat some olive oil. Add in sliced onions and sliced garlic, salt, pepper, sugar and fresh herbs, sauté until onions are golden colour.
3. Strain carrots once cooked and add to saucepan with onions. Also add tomatoes. Blend together. Heat when required.



Mixed Vegetable Soup

Selection of winter vegetables
Vegetable stock cubes, seasoning;

1. Into saucepan put all sliced winter vegetables – carrots, onions, leeks, turnips, celery, peeled and sliced potatoes. Cover with water.
2. Bring to the boil and when just cooked add vegetable stock cubes, salt and pepper. Then blend it all together.
3. Serve hot with some soda bread.