

# Cooking Guide

TRADITIONAL ENGLISH RECIPIES

V2 JUNE 2025

## Contents

<b>Contents .....</b>	<b>1</b>
<b>Introduction.....</b>	<b>2</b>
<b>Kitchen items and How to Use Them .....</b>	<b>3</b>
<b>Checking if a food is safe .....</b>	<b>6</b>
<b>Kitchen Hygiene Before Cooking .....</b>	<b>7</b>
<b>Dietary Needs .....</b>	<b>7</b>
<b>Drinks.....</b>	<b>8</b>
Hot Drinks .....	8
English Tea .....	8
Instant Coffee .....	10
Hot Chocolate .....	12
Cold Drinks .....	12
<b>Meals .....</b>	<b>13</b>
Toast.....	13
Porridge .....	14
Scrambled Eggs on toast .....	16
Boiled eggs and toast – also known as: Eggs & Soldiers or Dippy Eggs .....	18
Omelette.....	20
Canned Soup.....	22
Baked Beans on toast.....	24
Cheese Toastie .....	26
Fishfinger Sandwich .....	28
Tuna and mayonnaise Sandwich .....	29
Bacon Sandwich .....	31
Sausage Sandwich.....	33
<b>Vegetables.....</b>	<b>34</b>
<b>How to prepare a ready meal .....</b>	<b>38</b>

## Introduction









This cooking guide has been developed to support international care workers, new to the UK, with some clear and simple instructions for preparing a variety of light meals and hot drinks that are popular in England.








It also includes descriptions of common kitchen equipment and their use, kitchen hygiene and preparation, information on food safety and food labels, and instructions for ready meals.

Please note that in the UK, food safety is governed by the Food Standards Agency (FSA), which provides guidelines and resources to ensure food hygiene and safety standards are met. You can visit the [Food Standards Agency](https://www.foodstandards.gov.uk) website for more detailed information.

## Kitchen items and How to Use Them

The table below provides information on how to recognise and use various pieces of kitchen equipment when preparing meals.

Item	How to use it	Image
<b>Knife</b>	A sharp knife is essential for chopping, slicing, and dicing ingredients. Hold the handle firmly and use a rocking motion to cut through food. – Keep your fingers away from the blade.	
<b>Chopping Board</b>	Use a chopping board to protect worktops and provides a stable surface for cutting.	
<b>Mixing Bowls</b>	Use mixing bowls to combine or mix ingredients. They come in various sizes and materials, such as glass, metal, or plastic.	
<b>Whisk</b>	A whisk is used to beat or blend ingredients, such as eggs. Hold the handle and move it quickly in a circular motion.	
<b>Spatula</b>	A spatula is used for flipping, spreading, and scraping. It is especially useful for cooking eggs, pancakes, and spreading icing on cakes.	
<b>Tongs</b>	Tongs are used to grip and lift food, such as turning meat on a grill. Squeeze the handles to open and close the tongs.	
<b>Peeler</b>	A peeler is used to remove skin from fruits and vegetables. Hold the handle and glide the blade along the surface of the food.	
<b>Can Opener</b>	A can opener is used to open metal cans. Place the can opener's blade on the edge of the can lid, squeeze the handles together, and turn the knob to cut around the lid.	


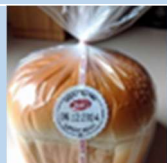

<b>Grater</b>	A grater is used to shred or grate food, such as cheese or vegetables. Rub the food against the grating surface to create small pieces. Make sure you grate onto a chopping board or bowl. Be careful not to grate your fingers as well!	
<b>Colander</b>	A colander is used to drain liquids from food, such as pasta, washed or canned fruit/vegetables. Pour the food into the colander and let the liquid drain out.	
<b>Frying pan</b>	A frying pan is used for frying, searing, and browning foods. Heat the pan on the hob and add a small amount of oil or butter before cooking.	
<b>Kettle</b>	A kettle is used to boil water. Fill the kettle with water, ensure there is enough water to meet the minimum level required (check the indicator level gauge). Place it on the base and switch it on. Wait until the water has boiled before using it.	
<b>Toaster</b>	A toaster is used to toast bread and other items such as crumpets. Place slices of bread in the slots, set the desired level of browning, and press the lever to start toasting. The higher the number the more toasted the bread will be. All toasters are different, be careful not to set it too high so that the toast burns	
<b>Microwave</b>	<p>A microwave is a kitchen appliance used to heat and cook food quickly.</p> <p>It uses electromagnetic waves to generate heat, which cooks the food from the inside out. Simply place your food inside, set the timer, and start the microwave. It's great for reheating leftovers, cooking ready meals.</p> <p><b>DO NOT USE ANY ITEMS IN THE MICROWAVE IF THEY ARE METAL OR HAVE METAL ON THEM (E.G. FOIL CONTAINERS, KITCHEN FOIL, MUGS WITH METAL RIMS/DECORATION)</b></p>	
<b>Toastie maker</b>	<p>A toastie maker is a kitchen appliance designed to prepare toasted sandwiches.</p> <p>To use a toastie maker, place the assembled sandwich between the heated plates, close the lid, and allow the appliance to cook the sandwich until the bread is golden brown and the fillings are heated through. This appliance is particularly</p>	

	effective for making grilled cheese sandwiches, ham and cheese toasties, and other similar dishes.	
<b>Air fryer</b>	<p>An air fryer is a kitchen appliance designed to cook food by circulating hot air around it. They have become popular because they are cheaper to run and cook food quicker than a traditional oven.</p> <p>To use an air fryer, place the food in the basket, set the desired time and temperature, and initiate the cooking process.</p>	
<b>Baking tray</b>	A baking tray is used for baking or roasting food in the oven. Place the food on the tray and put it in the preheated oven.	
<b>Oven gloves</b>	Oven gloves (sometimes called oven mitt or potholder) are used to protect your hands when handling hot items in the kitchen. Such as a baking tray when you take it out of a hot oven.	
<b>Greaseproof paper</b>	Greaseproof paper is used to prevent food from sticking to baking trays. Place the paper on the tray before adding the food.	
<b>Kitchen Foil / Foil containers</b>	<p>Aluminium foil (also known as tin or kitchen foil) is used to wrap or cover food to help keep it fresh. food, cover dishes. Some ready meals / takeaway food may come in a tin foil container.</p> <p>IF HEATING FOOD IN A MICROWAVE YOU MUST REMOVE ANY FOIL OR TRANSFER INTO A MICROWAVE SAFE CONTAINER</p>	

## Checking if a food is safe

It is important to understand best before and use-by dates on food labels to keep food safe and to help reduce food waste. Food may contain bacteria, and if stored for too long or at the wrong temperature can cause food poisoning.

The table below provides some information about this. For more information, please visit the [Food Standards Agency](#) webpages.

Food Labels	What they mean	Example
<b>Use by dates</b>	These dates are about food safety and is the most important date. They tell you the last day you should eat the food to avoid getting sick. Never use food after the use-by date, even if it looks and smells ok, as it could make you very ill.	
<b>Best before dates</b>	These dates relate to food quality and are sometimes shown as BBE (best before end) on food labels. They tell you when the food will be at its best quality. After this date, the food may not be at its best.	
<b>The sniff test</b>	For foods with a best before date you can use sensory cues to decide if the food is okay to eat. (E.g. look for visible signs like mould, fluffy or dusty patches; or sniff/smell dairy products to see if they have soured).  For food with a use-by date, the 'sniff test' should not be used. Food can look and smell fine even after the use by date has passed, but it will not be safe to eat. We cannot see or smell the bacteria that can cause food poisoning.	



## Kitchen Hygiene Before Cooking

Before you start cooking, it's important to follow these kitchen hygiene practices to ensure food safety:

Hygiene Step	Description
<b>Wash Your Hands</b>	Always wash your hands thoroughly with soap and water before handling any food. This helps to remove any bacteria or germs that may be on your hands
<b>Clean Your Work Area</b>	Make sure your kitchen surfaces, utensils, and equipment are clean before you start cooking. Wipe down countertops and cutting boards with a disinfectant cleaner
<b>Use Separate Cutting Boards</b>	Use separate cutting boards for raw meat and vegetables to avoid cross-contamination. This helps to prevent the spread of harmful bacteria
<b>Check Food Expiry Dates</b>	Ensure that the ingredients you are using are within their expiry dates and have been stored properly
<b>Tie Back Long Hair</b>	If you have long hair, tie it back to prevent it from falling into the food
<b>Wear Clean Clothing</b>	Make sure you are wearing clean clothing and use an apron to protect your clothes

## Dietary Needs

It's important to understand and meet people's dietary needs to keep them healthy. This section explains different dietary requirements like allergies, intolerances, and preferences. Always check with the person about their specific dietary needs and preferences to make sure their meals are safe and enjoyable.

Dietary Need	Explanation	Alternate Foods
<b>Vegetarian</b>	Avoids meat and fish	Plant-based proteins like beans, lentils, tofu, and tempeh.
<b>Vegan</b>	Avoids all animal products including dairy and eggs	Plant-based proteins, dairy alternatives like almond milk, and egg substitutes like flaxseed meal.
<b>Pescatarian</b>	Avoids meat but eats fish	Fish and seafood, plant-based proteins.
<b>Gluten-Free</b>	Avoids gluten found in wheat, barley, rye, and oats	Gluten-free grains like rice, quinoa, and corn.
<b>Dairy-Free</b>	Avoids dairy products	Dairy alternatives like oat milk, almond milk, coconut milk, and soy milk.
<b>Nut-Free</b>	Avoids all nuts	Avoids all nuts
<b>Coeliac Disease</b>	Avoids gluten due to an autoimmune disorder.	Gluten-free grains and products.



## Drinks






### Hot Drinks

This section provides simple and clear descriptions on how to make traditional hot drinks.

#### English Tea

A cup of tea is a hot drink made by brewing a tea bag in boiling water. It is often enjoyed with milk and sugar, depending on personal preference.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Kettle</li> <li>• Mug/Cup</li> <li>• Teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tea bag</li> <li>• Boiling water</li> <li>• Milk to taste – check that there is no dietary alternative milk</li> <li>• sugar to taste</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Boil water in a kettle
	<b>Step 2:</b> Place a tea bag in a mug/cup and pour the boiling water over the tea bag
	<b>Step 3:</b> Leave the tea bag in for 3-5 mins and then remove with a teaspoon and place in the bin
	<b>Step 4:</b> And add milk and sugar (ask how much they would like)
	<b>Step 5:</b> Stir with teaspoon and serve



**Step 6:**

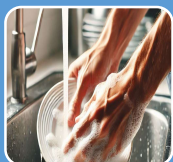
**Make sure you clean, wash up and put away after you have finished**

## Instant Coffee

A cup of coffee is a hot drink which can be made by brewing ground coffee beans with boiling water or by using instant coffee. It is often enjoyed with milk, or sugar, depending on personal preference.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Kettle</li> <li>• Mug/Cup</li> <li>• Teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>• 1 teaspoon of instant coffee</li> <li>• Boiling water</li> <li>• Milk to taste – check that there is no dietary alternative milk</li> <li>• sugar to taste</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Boil water in a kettle
	<b>Step 2:</b> Add a teaspoon of instant coffee to a mug/cup
	<b>Step 3:</b> Add boiling water and stir coffee with teaspoon
	<b>Step 4:</b> And add milk and sugar (ask how much they would like)
	<b>Step 5:</b> Stir with teaspoon and serve







**Step 6:**

**Make sure you clean, wash up and put away after you have finished**

## Hot Chocolate

A cup of hot chocolate is a hot drink made by mixing hot milk with chocolate powder or melted chocolate.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Microwave</li> <li>• Mug/Cup</li> <li>• Teaspoon</li> </ul>	<ul style="list-style-type: none"> <li>• A mug/cup full of milk – check that there is no dietary alternative milk</li> <li>• 4 teaspoons of hot chocolate powder</li> </ul>




Picture guide	Step Guide
	<b>Step 1:</b> Heat milk in a microwave until hot but not boiling (normally about 2 minutes but time needed will depend on each microwave and its power rating)
	<b>Step 2:</b> Add 4 teaspoons chocolate powder to the milk and stir until dissolved (you could also use a whisk to remove any lumps)
	<b>Step 3:</b> Serve still warm
	<b>Step 4:</b> Make sure you clean, wash up and put away after you have finished

## Cold Drinks

### Squash

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Glass</li> </ul>	<ul style="list-style-type: none"> <li>• Flavoured squash (also known as juice or cordial) these will be found un chilled</li> </ul>

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Picture guide	Step Guide
	<b>Step 1:</b> <b>Choose their chosen squash flavour. Popular options include blackcurrant, orange, mixed berries, lemon, lime and elderflower.</b>
	<b>Step 2:</b> <b>Measure the squash: Pour 50 ml of cordial into a glass.</b> Hint: Some cordials may be double strength, meaning you need even less to achieve the desired flavour. Always check the label for specific instructions.
	<b>Step 3:</b> <b>Add Water: Add 200 ml of cold water to the glass. You can use still or sparkling water, depending on their preference.</b>
	<b>Step 4:</b> <b>Ask them to taste test the drink and adjust the squash-to-water ratio if needed. If the flavour is too strong, add more water. If it's too weak, add a bit more squash.</b>

## Popular 30-minute meals

This section provides simple and clear descriptions of various popular light meals.

Each entry includes a brief overview of the dish, equipment and its main ingredients and how it is typically prepared.



### Toast

Toast is a simple and popular food made by browning slices of bread using a toaster. It can be enjoyed plain or with various toppings such as butter, jam, or marmalade.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Toaster</li> <li>• Knife</li> <li>• Chopping board</li> </ul>	<ul style="list-style-type: none"> <li>• Slices of bread</li> <li>• Margarine or butter (optional)</li> <li>• Spread such as Jam or</li> </ul>

- Plate to serve

- Marmalade (optional)

Picture guide	Step Guide
	<b>Step 1:</b> Place slices of bread in a toaster. Set the toaster to the desired level of browning
	<b>Step 2:</b> When the toast pops up, put it onto a chopping board and spread butter on it. Add another topping (optional)
	<b>Step 3:</b> Cut toast in half, place on a plate and serve
	<b>Step 4:</b> Make sure you clean, wash up and put away after you have finished

## Porridge

Porridge is a warm dish made by cooking oats in milk or water until it thickens and becomes soft and creamy. It is often enjoyed with toppings such as sugar, syrup, jam, honey, or fruit, depending on personal preference.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Scales</li> <li>• Measuring jug</li> <li>• Saucepan</li> <li>• Spoon</li> <li>• Bowl and spoon for serving</li> </ul>	<ul style="list-style-type: none"> <li>• 40g porridge oats</li> <li>• 200-300ml milk (Can replace with a milk alternative, such as oat, almond or coconut milk or water)</li> <li>• Optional - toppings such as sugar, honey, chocolate spread</li> </ul>



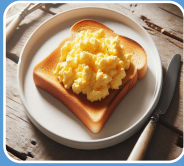
Picture guide	Step Guide
	<b>Step 1:</b> Place small saucepan onto the scales, set the scales to 0 and measure the oats into the saucepan
	<b>Step 2:</b> Measure 100ml of milk into a measuring jug and pour over the oats
	<b>Step 3:</b> Turn on the hob to a medium heat and slowly bring to the boil. Then reduce heat to a simmer (gentle bubbles) and keep stirring until thick and creamy
	<b>Step 4:</b> If you are adding toppings, such as sugar or honey or berries, add these now
	<b>Step 5:</b> Remove from the heat, add to a bowl and stand for 3–5 minutes before serving with a spoon
	<b>Step 6:</b> Make sure you clean up and put everything away after cooking. Ensure all appliances are turned off

## Scrambled Eggs on toast

Scrambled eggs on toast are beaten eggs (cooked gently whilst being stirred) served on top of toasted bread. It can be enjoyed plain or with additional toppings such as salt, pepper, or sauce, depending on personal preference

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Bowl</li> <li>• Fork or whisk</li> <li>• Frying pan / small saucepan</li> <li>• Spatula</li> <li>• Plate to serve</li> <li>• Knife and Fork to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2 eggs</li> <li>• 2 teaspoons butter</li> <li>• Salt and ground black pepper (Optional)</li> <li>• Tomato ketchup or brown sauce (Optional)</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Crack eggs into a bowl (put shells in the bin) and beat with a fork or whisk
	<b>Step 2:</b> Toast the bread in a toaster until golden brown
	<b>Step 3:</b> Heat a small amount of butter in a frying pan or saucepan. Pour the whisked eggs into the pan and stir continuously over a medium heat until cooked through
	<b>Step 4:</b> Place your toast on a plate and butter it with a knife
	<b>Step 5:</b> Add the eggs on top of the toast - add sauce or salt and pepper to taste (optional)



**Step 6:**  
**Serve with knife and fork**



**Step 7:**  
**Make sure you clean up and put everything away after cooking.**  
**Ensure all appliances are turned off**

## Boiled eggs and toast – also known as: Eggs & Soldiers or Dippy Eggs

This very popular meal consists of is boiled eggs served with toasted bread. The eggs are typically boiled until the whites are set and the yolks are still slightly runny, but some people do prefer the eggs to be fully cooked and for the yolks to be solid and not runny. The toast is cut into strips (“soldiers”), which can then be dipped into the soft yolk of the boiled eggs

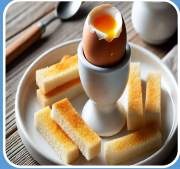
Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Saucepan</li> <li>• Hob</li> <li>• Toaster</li> <li>• Egg cups</li> <li>• Knife (to cut egg with)</li> <li>• Chopping board</li> <li>• Plate to serve</li> <li>• Knife and Fork and teaspoon to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 eggs</li> <li>• 2-4 slices of bread</li> <li>• butter (optional)</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Place a saucepan half full of cold water onto the hob and heat until boiling
	<b>Step 2:</b> Gently place the eggs in the water, reduce heat so water simmering and leave for 3 to 4 minutes
	<b>Step 3:</b> Place your bread into a toaster or under the grill until brown
	<b>Step 4:</b> After the 3-4 minutes place pan over sink and pour out hot water. Run cold water into the pan to cool the eggs slightly
	<b>Step 5:</b> Butter your toast on chopping board and cut into strips and then place on plate



**Step 6:**

**Place your egg into an egg cup and cut off the top of the egg**



**Step 7:**

**Serve with a teaspoon, knife and fork**







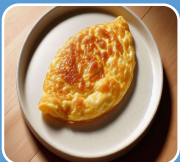
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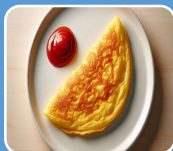
**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## Omelette

An omelette is a dish made from beaten eggs that are cooked in a frying pan until they are set. It can be filled with various ingredients such as cheese, cooked ham, vegetables, or herbs, and is often folded in half before serving.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Frying Pan</li> <li>• Bowl</li> <li>• Fork or Whisk</li> <li>• Spatula</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Eggs</li> <li>• 2 Tsp Butter</li> <li>• Salt and ground black pepper (optional)</li> <li>• Tomato Ketchup or Brown Sauce (optional)</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Crack the eggs into a bowl (put the shells in the bin) and beat them with a fork or whisk until well mixed
	<b>Step 2:</b> Heat a small amount of butter in a frying pan over medium heat
	<b>Step 3:</b> Pour the whisked eggs into the pan. Cook the eggs undisturbed for a minute or two until they start to set around the edges
	<b>Step 4:</b> Add cooked ham, cheese or any other toppings. When the eggs are fully set use a spatula to fold the omelette in half, covering the fillings
	<b>Step 5:</b> Place on a plate



**Step 6:**

**Add sauce, salt and pepper to taste if desired if desired and serve with a knife and fork**



**Step 7:**

**Make sure you clean up and put everything away after cooking. Ensure all appliances are turned off**



## Canned Soup

Canned soup consists of pre-cooked soup that is sealed in a can. To prepare it, you simply open the can, pour the soup into a saucepan, and heat it over medium heat until it is steaming. You can add salt, pepper, or other seasonings to taste if desired.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>1 can of soup (e.g. tomato, chicken noodle, vegetable)</li> <li>Optional: Salt, pepper, or other seasonings to taste</li> </ul>	<ul style="list-style-type: none"> <li>Can opener</li> <li>Saucepan</li> <li>Spoon</li> <li>Bowl</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Use a can opener to open the can of soup
	<b>Step 2:</b> Pour the soup into a metal pan
	<b>Step 3:</b> Heat the soup through over medium heat. Stir occasionally
	<b>Step 4:</b> Once heated through, pour the hot soup into a bowl
	<b>Step 5:</b> And add salt, pepper, or other seasonings if desired
	<b>Step 5:</b> Serve with a spoon





**Step 6:**

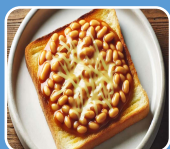
**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off.**

## Baked Beans on toast

Baked Beans are cooked beans in a tomato sauce which come in cans. Popular eaten on toast after being heated the toast can be buttered if desired, and the dish is often enjoyed with a sprinkle of salt, pepper, or grated cheese on top.

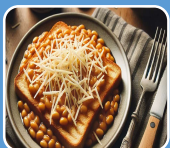
Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Chopping board</li> <li>• Knife</li> <li>• Can opener</li> <li>• Saucepan</li> <li>• Wooden Spoon</li> <li>• Toaster</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 slices of bread</li> <li>• 1 can of baked beans</li> <li>• Butter (optional)</li> <li>• Salt and pepper to taste (optional)</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Place the slices of bread in a toaster and set it to the desired level of browning
	<b>Step 2:</b> While the bread is toasting, open the can of baked beans using the can opener pour the beans into a saucepan
	<b>Step 3:</b> Heat the beans over medium heat, stirring occasionally with a wooden spoon until they are hot
	<b>Step 4:</b> When the toast pops up, place it onto a plate and spread butter on if desired
	<b>Step 5:</b> Poor the beans onto the toast



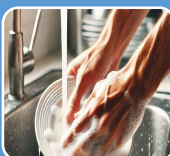
**Step 6:**

**Add salt and pepper and grated cheese to taste if wanted**



**Step 7:**

**Serve the beans on toast with a knife and fork**



**Step 8:**

**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## Cheese Toastie

A cheese toastie is made by grilling or toasting bread filled with cheese. The bread is typically buttered on the outside to create a crispy, golden-brown crust, while the cheese inside melts. It can be enjoyed plain or with additional fillings such as ham, beans, or chopped onion.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Chopping board</li> <li>• Knife</li> <li>• Cheese grater</li> <li>• Frying pan (or toastie maker)</li> <li>• Spatula</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2 -4 slices of bread</li> <li>• Butter to spread</li> <li>• 100-200g of cheddar cheese, grated</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Place a bread slice on a chopping board and butter each slice, then turn the bread butter side down
	<b>Step 2:</b> Place cut or grated cheese onto one side of the bread. Add cooked ham, beans or even onion, with the cheese
	<b>Step 3:</b> Place second slice of bread on top, butter side up
	<b>Step 4:</b> Put frying pan over a medium heat and melt a small amount of butter (OR pre-heat the toastie maker)
	<b>Step 5:</b> Frying pan - when butter has melted, lay sandwich in pan, pressing with a spatula for about 3 minutes until bread is golden brown. (Toastie maker - place sandwich and close the lid)



**Step 6:**

**Frying pan - Turn over carefully and press for 3 more minutes.  
(Toastie maker - lift lid carefully to check if done)**



**Step 7:**

**Once the bread looks toasted and the cheese starts to melt. Put the sandwich on a plate and cut in half to serve**








**Step 8:**

**Make sure you clean, wash up and put away after you have finished**

## Fishfinger Sandwich

Fish fingers are mashed fish, sealed in a breadcrumb coating and normally sold frozen in boxes. A fish finger sandwich is made by placing cooked fish fingers between slices of buttered bread. The fish fingers are typically baked in the oven until they are golden brown and crispy. Once cooked, they are placed on a slice of bread, and any additional sauces like ketchup can be added before topping with another slice of bread and cutting in half.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Oven</li> <li>• Baking tray</li> <li>• Greaseproof paper</li> <li>• Knife</li> <li>• Spatula</li> <li>• Chopping board</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 slices of bread</li> <li>• 4-8 fish fingers</li> <li>• Margarine or butter (optional)</li> <li>• Extra – Tomato Ketchup (optional)</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Heat oven to 200°C/Fan 180°C/Gas Mark 6
	<b>Step 2:</b> Place fish fingers on a baking tray and cook for 15 minutes. (Greaseproof paper will help them to not stick)
	<b>Step 3:</b> While the fish fingers are cooking, butter bread on a chopping board
	<b>Step 4:</b> Once the fishfingers are cooked (to test - cut one in half, the fish should look white inside) use the spatula place the 4 fish fingers onto a slice of bread
	<b>Step 5:</b> Add any additional sauces they may like, such as ketchup, and top with another piece of bread and cut in half





**Step 6:**  
**Place on plate and serve**



**Step 7:**  
**Make sure you clean up and put everything away after cooking.**  
**Ensure all appliances are turned off**

## Tuna and mayonnaise Sandwich

Tuna sandwiches are made with tender chunks of tuna mixed with mayonnaise. The tuna mixture is often enhanced with a tin of sweetcorn or chopped onions.

To prepare a tuna sandwich, spread the tuna mixture evenly on a slice of buttered bread. Add any additional and place another slice of bread on top. Gently press down and cut the sandwich in half for easy handling.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Can opener to open the can of tuna</li> <li>• Knife to chopping any additional ingredients</li> <li>• Chopping board</li> <li>• Mixing bowl to combine the tuna with other ingredients</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread</li> <li>• 1 tin of tuna</li> <li>• Mayonnaise</li> <li>• Butter (optional)</li> <li>• Added ingredients such as a tin of sweetcorn</li> </ul>

Picture guide	Step Guide
	<p><b>Step 1:</b> <b>Use a can opener to open the can of tuna and carefully drain any water without letting tuna to fall out.</b> <b>Be careful of sharp edges</b></p>
	<p><b>Step 2:</b> <b>Prepare any additional ingredients you want to add, such a tin of sweetcorn or chopped onions</b></p>



**Step 3:**  
Combine the tuna with and any other ingredients in a mixing bowl



**Step 4:**  
Squirt mayonnaise into the mix until you have a paste. Add any optional seasoning such as salt and pepper



**Step 5:**  
Spread the tuna mixture evenly onto a slice of bread



**Step 6:**  
Fold the bread slices to make a sandwich, and cut in half



**Step 7:**  
Place on a plate and serve



**Step 8:**  
Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off

## Bacon Sandwich

Bacon is a type of salt-cured pork which is very popular. It is sold sliced in its raw state and must be cooked before being eaten. It should not be confused with ham. Ham is also cured pork, which is generally sold cooked and sliced. Both are popular in sandwiches.

A bacon sandwich is made by placing hot cooked bacon slices between slices of buttered bread. The bacon is typically grilled until crispy, and the sandwich can be enjoyed with additional toppings such as ketchup or brown sauce, depending on personal preference.

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Oven with grill</li> <li>• Grill tray</li> <li>• Tongs to move bacon, knife</li> <li>• Chopping board</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread</li> <li>• 4-8 bacon</li> <li>• Butter (optional)</li> <li>• Sauce (optional) Tomato Ketchup or HP/Brown</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Preheat your grill to 180°C
	<b>Step 2:</b> Place the bacon slices on the grill tray, carefully place under grill and cook until crispy, turning occasionally
	<b>Step 3:</b> While the bacon is cooking, butter slices of bread on a chopping board
	<b>Step 4:</b> Once the bacon is cooked, place the slices on the buttered bread
	<b>Step 5:</b> Add ketchup or brown sauce if desired



**Step 6:**

**Fold the bread slices to make a sandwich, and cut in half**



**Step 7:**

**Place on a plate and serve**



**Step 8:**

**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## Sausage Sandwich

Sausages are seasoned ground meat, usually pork or beef, in a skin. They are sold raw and need to be cooked before eating. Some people will prefer chicken sausages, enjoyed by those who do not eat pork, or a plant based sausage which would be suitable for vegans.

A sausage sandwich is made by putting hot cooked sausages between slices of buttered bread. The sausages are usually grilled or fried until browned and cooked through. You can add toppings like ketchup or brown sauce, depending on what you like

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Oven with grill</li> <li>• Grill tray</li> <li>• Tongs to move sausage, knife</li> <li>• Chopping board</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• Two slices of bread</li> <li>• Two sausages</li> <li>• Butter (optional)</li> <li>• Sauce (optional) Tomato Ketchup or HP/Brown</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> Preheat your grill to 180°C
	<b>Step 2:</b> Place the sausages on the grill tray, carefully place under grill and cook until golden, turning occasionally
	<b>Step 3:</b> While the sausages are cooking, butter slices of bread on a chopping board
	<b>Step 4:</b> Once the sausages are cooked, cut them in half-length ways and put them on the buttered bread
	<b>Step 5:</b> Add ketchup or brown sauce if desired



#### Step 6:

**Fold the bread slices to make a sandwich and cut in half. Place on a plate and serve**



#### Step 7:

**Make sure you clean up and put everything away after cooking. Ensure all appliances are turned off**

## How to prepare vegetables

When cooking vegetables, it is important to know how to prepare them to suit different tastes. Here's a guide on how to cook vegetables, including both fresh and frozen, and how to achieve different textures:

### Fresh vs Frozen Vegetables:

#### Fresh Vegetables:

These are vegetables that are bought in their natural state.

Fresh vegetables need to be washed, peeled, and chopped before cooking.

#### Frozen Vegetables:

These are vegetables that have been picked at their peak ripeness and then frozen to preserve their nutrients. They are convenient as they are usually pre-washed and pre-chopped. Frozen vegetables may have a slightly different texture compared to fresh ones, often becoming softer when cooked.

### Cooking Texture - Soft vs Hard Vegetables

It's important to ask how people like their vegetables, some people may prefer their vegetables soft, while others may enjoy them with a bit of a crunch.

**Note:** *Some people may have dysphagia (swallowing difficulties) which may mean they need softer vegetables. Please check their care plan first.*

**Soft Vegetables:** These are vegetables that are cooked until they are tender and easy to chew.

**Hard Vegetables:** These are vegetables that are cooked for a shorter time, there is still a bit of crunch and firmness.

## Cooking Methods

To cook vegetables you can either Boil, Steam or Roast them.

### Boiling

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Pot</li> <li>• Colander or strainer</li> <li>• Knife (for fresh vegetables)</li> <li>• Chopping board (for fresh vegetables)</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• Fesh or frozen Vegetables</li> <li>• Water</li> <li>• Salt</li> </ul>

Picture guide	Step Guide
	<p><b>Step 1:</b> Wash and peel the vegetables if necessary (e.g., potatoes, carrots).</p> <p><i>Frozen vegetables are pre-peeled</i></p>
	<p><b>Step 2:</b> Cut the vegetables into uniform pieces to ensure even cooking</p> <p><i>Frozen vegetables are pre-cut</i></p>
	<p><b>Step 3:</b> Fill a pot with water and add a pinch of salt and bring to the boil</p>
	<p><b>Step 4:</b> Add the vegetables to the water Be careful of hot water – add the vegetables gently to avoid water splashing</p>
	<p><b>Step 5:</b> Cook for 10-15 minutes for soft texture, or 5-7 minutes for firm texture.</p>
	<p><b>Step 6:</b> Drain and serve with meal as a side.</p> <p><i>Be careful of hot steam when draining the vegetables. Use oven gloves to protect your hands.</i></p>





### Step 7:

**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## Steaming

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Pot</li> <li>• Steamer basket</li> <li>• Knife (for fresh vegetables)</li> <li>• Chopping board (for fresh vegetables)</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh or frozen Vegetables</li> <li>• Water</li> <li>• Salt</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> <b>Wash and peel the vegetables if necessary (e.g., potatoes, carrots).</b>
	<b>Step 2:</b> <b>Cut the vegetables into uniform pieces to ensure even cooking</b>  <i>Frozen vegetables are pre-cut</i>
	<b>Step 3:</b> <b>Fill a pot half full of water and place a steamer basket inside. The water should not be above the basket level. Bring the water to a boil.</b>
	<b>Step 4:</b> <b>Add the vegetables to the steamer basket. Cover with a lid and steam for 10-15 minutes for soft texture, or 5-7 minutes for firm texture.</b>
	<b>Step 5:</b> <b>Drain and serve with meal as a side.</b>  <i>Be careful of hot steam when draining the vegetables. Use oven gloves to protect your hands.</i>



**Step 6:**

**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## Roasting

Equipment	Ingredients
<ul style="list-style-type: none"> <li>• Oven</li> <li>• Oven proof dish / tray</li> <li>• Tin foil / baking sheet</li> <li>• Knife (for fresh vegetables)</li> <li>• Chopping board (for fresh vegetables)</li> <li>• Plate to serve</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh or frozen Vegetables</li> <li>• Oil</li> <li>• Salt &amp; Pepper (optional)</li> </ul>

Picture guide	Step Guide
	<p><b>Step 1:</b> Preheat the oven to 200°C</p>
	<p><b>Step 2:</b> While you wait for the oven to heat up you need to prep your vegetables:</p> <p>Wash &amp; peel fresh vegetables if necessary (e.g., potatoes, carrots) Cut all vegetables into uniform pieces to ensure even cooking</p>
	<p><b>Step 2:</b> Put vegetables into a oven safe dish or tray, drizzle in olive oil and season with salt and pepper</p>
	<p><b>Step 3:</b> Cover in a single layer of tin foil.</p>
	<p><b>Step 4:</b> Roast for 30-45 minutes for soft texture, or 20-30 minutes for firm texture.</p>



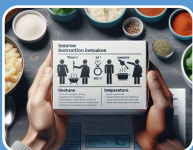



### Step 5:

**Make sure you clean up and put everything away after cooking.  
Ensure all appliances are turned off**

## How to prepare a ready meal

This section provides simple and clear descriptions on how to cook ready meals.

Equipment	Tips
<ul style="list-style-type: none"> <li>• Oven, microwave or air fryer</li> <li>• Plate to serve</li> <li>• Fork and knife</li> <li>• Add any extra seasoning or sauces if you like</li> </ul>	<ul style="list-style-type: none"> <li>• Always follow the cooking instructions on the packaging for the best results.</li> <li>• Be careful when handling hot meals to avoid burns</li> </ul>

Picture guide	Step Guide
	<b>Step 1:</b> <b>Check the packaging for cooking instructions. This will tell you how long to cook the meal and at what temperature</b>
	<b>Step 2:</b> <b>If using an oven, preheat it to the temperature mentioned on the packaging. If using a microwave or air fryer, make sure it's clean and ready to use</b>
	<b>Step 3:</b> <b>Take the meal out of its outer packaging. Sometimes, you need to pierce or remove the film lid. Follow the instructions on the packaging</b>
	<b>Step 4:</b> <b>Place the meal in the oven or microwave. Cook it for the time specified on the packaging. If using a microwave, you might need to stir the meal halfway through cooking</b>



**Step 5:**

**Make sure the meal is hot all the way through. If it's not, cook it for a bit longer**



**Step 6:**

**Once the meal is cooked, carefully remove it from the oven microwave or air fryer, make sure you use oven gloves**



**Step 7:**

**Transfer the food to a plate or bowl and serve with a knife and fork**



**Step 8:**

**Make sure you clean up and put everything away after cooking. Ensure all appliances are turned off**

For further information,  
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