

Cooking Guide

TRADITIONAL ENGLISH RECIPES

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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.




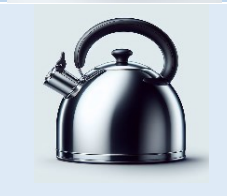



It also includes descriptions of common kitchen equipment and their use, kitchen hygiene and preparation, information on food safety and food labels, and instructions for ready meals.

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.food.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
Knife	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.	
Chopping Board	Use a chopping board to protect worktops and provides a stable surface for cutting.	
Mixing Bowls	Use mixing bowls to combine or mix ingredients. They come in various sizes and materials, such as glass, metal, or plastic.	
Whisk	A whisk is used to beat or blend ingredients, such as eggs. Hold the handle and move it quickly in a circular motion.	
Spatula	A spatula is used for flipping, spreading, and scraping. It is especially useful for cooking eggs, pancakes, and spreading icing on cakes.	
Tongs	Tongs are used to grip and lift food, such as turning meat on a grill. Squeeze the handles to open and close the tongs.	
Peeler	A peeler is used to remove skin from fruits and vegetables. Hold the handle and glide the blade along the surface of the food.	
Can Opener	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.	




<p>Grater</p>	<p>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!</p>	
<p>Colander</p>	<p>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.</p>	
<p>Frying pan</p>	<p>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.</p>	
<p>Kettle</p>	<p>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.</p>	
<p>Toaster</p>	<p>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</p>	
<p>Microwave</p>	<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>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)</p>	
<p>Toastie maker</p>	<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>	

	<p>effective for making grilled cheese sandwiches, ham and cheese toasties, and other similar dishes.</p>	
Air fryer	<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>	
Baking tray	<p>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.</p>	
Oven gloves	<p>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.</p>	
Greaseproof paper	<p>Greaseproof paper is used to prevent food from sticking to baking trays. Place the paper on the tray before adding the food.</p>	
Kitchen Foil / Foil containers	<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
Use by dates	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.	
Best before dates	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.	
The sniff test	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
Wash Your Hands	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
Clean Your Work Area	Make sure your kitchen surfaces, utensils, and equipment are clean before you start cooking. Wipe down countertops and cutting boards with a disinfectant cleaner
Use Separate Cutting Boards	Use separate cutting boards for raw meat and vegetables to avoid cross-contamination. This helps to prevent the spread of harmful bacteria
Check Food Expiry Dates	Ensure that the ingredients you are using are within their expiry dates and have been stored properly
Tie Back Long Hair	If you have long hair, tie it back to prevent it from falling into the food
Wear Clean Clothing	Make sure you are wearing clean clothing and use an apron to protect your clothes


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"> • Kettle • Mug/Cup • Teaspoon 	<ul style="list-style-type: none"> • 1 tea bag • Boling water • Milk and sugar to taste

Picture guide	Step Guide
	Step 1: Boil water in a kettle
	Step 2: Place a tea bag in a mug/cup and pour the boiling water over the tea bag
	Step 3: Leave the tea bag in for 3-5 mins and then remove with a teaspoon and place in the bin
	Step 4: And add milk and sugar (ask how much they would like)
	Step 5: 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"> • Kettle • Mug/Cup • Teaspoon 	<ul style="list-style-type: none"> • 1 teaspoon of instant coffee • Boiling water • Milk and sugar to taste

Picture guide	Step Guide
	Step 1: Boil water in a kettle
	Step 2: Add a teaspoon of instant coffee to a mug/cup
	Step 3: Add boiling water and stir coffee with teaspoon
	Step 4: And add milk and sugar (ask how much they would like)
	Step 5: 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"> • Microwave • Mug/Cup • Teaspoon 	<ul style="list-style-type: none"> • A mug/cup full of milk • 4 teaspoons of hot chocolate powder

Picture guide	Step Guide
	Step 1: 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)
	Step 2: Add 4 teaspoons chocolate powder to the milk and stir until dissolved (you could also use a whisk to remove any lumps)
	Step 3: Serve still warm
	Step 4: Make sure you clean, wash up and put away after you have finished

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"> • Toaster • Knife • Chopping board • Plate to serve 	<ul style="list-style-type: none"> • Slices of bread • Margarine or butter (optional) • Spread such as Jam or • Marmalade (optional)

Picture guide	Step Guide
	Step 1: Place slices of bread in a toaster. Set the toaster to the desired level of browning
	Step 2: When the toast pops up, put it onto a chopping board and spread butter on it. Add another topping (optional)
	Step 3: Cut toast in half, place on a plate and serve
	Step 4: 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"> • Scales • Measuring jug • Saucepan • Spoon • Bowl and spoon for serving 	<ul style="list-style-type: none"> • 40g porridge oats • 200-300ml milk (Can replace with a milk alternative, such as oat, almond or coconut milk or water) • Optional - toppings such as sugar, honey, chocolate spread

Picture guide	Step Guide
	Step 1: Place small saucepan onto the scales, set the scales to 0 and measure the oats into the saucepan
	Step 2: Measure 100ml of milk into a measuring jug and pour over the oats
	Step 3: 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
	Step 4: If you are adding toppings, such as sugar or honey or berries, add these now
	Step 5: Remove from the heat, add to a bowl and stand for 3–5 minutes before serving with a spoon



Step 6:

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

Picture guide	Step Guide
	Step 1: Crack eggs into a bowl (put shells in the bin) and beat with a fork or whisk
	Step 2: Toast the bread in a toaster until golden brown
	Step 3: 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
	Step 4: Place your toast on a plate and butter it with a knife
	Step 5: 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"> • Saucepan • Hob • Toaster • Egg cups • Knife (to cut egg with) • Chopping board • Plate to serve • Knife and Fork and teaspoon to serve 	<ul style="list-style-type: none"> • 2-4 eggs • 2-4 slices of bread • butter (optional)

Picture guide	Step Guide
	Step 1: Place a saucepan half full of cold water onto the hob and heat until boiling
	Step 2: Gently place the eggs in the water, reduce heat so water simmering and leave for 3 to 4 minutes
	Step 3: Place your bread into a toaster or under the grill until brown
	Step 4: 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
	Step 5: 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




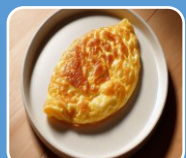


Step 8:
Make sure you clean up and put everything away after cooking.
Ensure all appliances are turned off

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

Picture guide	Step Guide
	Step 1: Crack the eggs into a bowl (put the shells in the bin) and beat them with a fork or whisk until well mixed
	Step 2: Heat a small amount of butter in a frying pan over medium heat
	Step 3: Pour the whisked eggs into the pan. Cook the eggs undisturbed for a minute or two until they start to set around the edges
	Step 4: 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
	Step 5: 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"> • 1 can of soup (e.g. tomato, chicken noodle, vegetable) • Optional: Salt, pepper, or other seasonings to taste 	<ul style="list-style-type: none"> • Can opener • Saucepan • Spoon • Bowl

Picture guide	Step Guide
	Step 1: Use a can opener to open the can of soup
	Step 2: Pour the soup into a metal pan
	Step 3: Heat the soup through over medium heat. Stir occasionally
	Step 4: Once heated through, pour the hot soup into a bowl
	Step 5: And add salt, pepper, or other seasonings if desired
	Step 5: 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"> • Chopping board • Knife • Can opener • Saucepan • Wooden Spoon • Toaster • Plate to serve 	<ul style="list-style-type: none"> • 2-4 slices of bread • 1 can of baked beans • Butter (optional) • Salt and pepper to taste (optional)

Picture guide	Step Guide
	Step 1: Place the slices of bread in a toaster and set it to the desired level of browning
	Step 2: While the bread is toasting, open the can of baked beans using the can opener pour the beans into a saucepan
	Step 3: Heat the beans over medium heat, stirring occasionally with a wooden spoon until they are hot
	Step 4: When the toast pops up, place it onto a plate and spread butter on if desired
	Step 5: 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"> • Chopping board • Knife • Cheese grater • Frying pan (or toastie maker) • Spatula • Plate to serve 	<ul style="list-style-type: none"> • 2 -4 slices of bread • Butter to spread • 100-200g of cheddar cheese, grated

Picture guide	Step Guide
	<p>Step 1: Place a bread slice on a chopping board and butter each slice, then turn the bread butter side down</p>
	<p>Step 2: Place cut or grated cheese onto one side of the bread. Add cooked ham, beans or even onion, with the cheese</p>
	<p>Step 3: Place second slice of bread on top, butter side up</p>
	<p>Step 4: Put frying pan over a medium heat and melt a small amount of butter (OR pre-heat the toastie maker)</p>
	<p>Step 5: 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)</p>



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

Picture guide	Step Guide
	Step 1: Heat oven to 200°C/Fan 180°C/Gas Mark 6
	Step 2: Place fish fingers on a baking tray and cook for 15 minutes. (Greaseproof paper will help them to not stick)
	Step 3: While the fish fingers are cooking, butter bread on a chopping board
	Step 4: 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
	Step 5: 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

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

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

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

Picture guide	Step Guide
	<p>Step 1: Check the packaging for cooking instructions. This will tell you how long to cook the meal and at what temperature</p>
	<p>Step 2: 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</p>
	<p>Step 3: Take the meal out of its outer packaging. Sometimes, you need to pierce or remove the film lid. Follow the instructions on the packaging</p>
	<p>Step 4: 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</p>
	<p>Step 5: Make sure the meal is hot all the way through. If it's not, cook it for a bit longer</p>
	<p>Step 6: Once the meal is cooked, carefully remove it from the oven microwave or air fryer, make sure you use oven gloves</p>



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,
please contact
cmdt@staffordshire.gov.uk



Staffordshire
Social Care
Workforce

CMDT

Care Market Development Team