

Recipe for Class C1 – Courgette & Orange Cake

Ingredients

For the cake

350g courgettes (no need to peel them)
200g soft brown sugar
125ml sunflower oil
3 large eggs, lightly beaten
grated zest 1 orange
1 tsp vanilla extract
100g sultanas
300g self-raising flour
1 tsp baking powder

For the frosting

200g full-fat cream cheese
100g icing sugar, sifted
good grating of orange zest

Method

1. Heat oven to 180C/160C fan/gas 4. Lightly oil and line a 1kg loaf tin with a strip of baking parchment. Finely grate the courgettes, then squeeze out as much liquid as you can with your hands (too much will make the cake soggy).
2. Stir the courgettes with the sugar, sunflower oil, eggs, orange zest, vanilla, and sultanas, then fold in the flour and baking powder until they disappear, but don't overmix.
3. Scrape the mixture into the tin and bake for 50 mins until a skewer inserted into the cake comes out clean. Remove from the tin and cool on a wire rack.
4. Meanwhile, beat the cream cheese with the icing sugar (don't overbeat as this can make the mixture too soft), then chill. Spread over the cooled cake, scatter with the zest and chill until ready to serve. Will keep for a week in the fridge.

Recipe for Class C6 – Falafel

Ingredients

2 tbsp sunflower or vegetable oil
1 small onion, finely chopped
1 garlic clove, crushed
400g can chickpea, washed and drained
1 tsp ground cumin
1 tsp ground coriander (or use more cumin)
handful parsley, chopped, or 1 tsp dried mixed herbs
1 egg, beaten

Method

1. Heat 1 tbsp oil in a large pan, then fry the onion and garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley or dried herbs, with seasoning to taste. Add the egg, then squish the mixture together with your hands.
2. Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold with couscous, pitta bread or salad.

Notes for Craft Classes (AC1-AC6)

AC1 A wearable garment - any kind of wearable garment for an adult or child e.g. jackets, dresses, cardigans, jumpers, ties, hats, scarves, gloves

AC2 Cushions & soft furnishings – e.g. cushions, rugs, blankets,

AC3 A wearable object – e.g. jewellery in wood, metal, resin, ceramic, porcelain, glass or beadwork

AC4 A functional or decorative object – e.g. pots, sculpture, knitted people, bird table

AC5 Embroidery—traditional e.g. techniques such as Crewel, blackwork, goldwork, tapestry, cross stitch

AC6 Embroidery—creative/modern – e.g. free style machine work