

Basic Yeast Dough

Ingredients

- 500g flour (½ plain flour, ½ wholemeal flour)
- 2 tsp. dried instant yeast
- 250ml warm water
- 2 tbsp. extra virgin olive oil

Method

- Sieve the flour. Add the yeast and stir with a wooden spoon.
- Add the warm water into the flour and form into a soft dough. Add a little more water if necessary.
- Knead for five minutes on a lightly floured surface. Leave to prove in a warm place covered until doubled in size.



Cheese Straws

Ingredients

- 250g basic yeast dough
- 1 plain dried plain cheeselet, grated
- 25g sesame seeds
- 1 tsp. mustard powder

Method

- Light the oven, Gas mark 6, 200°C. Lightly grease an ovenproof dish.
- Add the grated cheeselet and mustard to the dough. Knead well.
- Roll out dough. Form into cheese straws or use different shaped biscuit cutters.
- Brush with water and sprinkle sesame or poppy seeds. Bake for about 15 minutes.





Pizza Swirls

Ingredients

- 500g basic yeast dough
- 2 fresh tomatoes deseeded and chopped
- 50g frozen peas, defrosted
- ½ a red / orange bell pepper, chopped
- 1 hard-boiled egg
- 50g dried pizza mozzarella, grated
- 1 tsp. dried oregano

Method

- Light the oven, Gas mark 6, 200°C. Lightly grease a baking sheet.
- Roll out the yeast dough in a rectangular shape.
- Place the chopped tomatoes, grated mozzarella, crumbled hardboiled egg, peas and pepper on the dough. Sprinkle with oregano.
- Starting from a long side, roll up firmly to form a log. Brush the edge with a little water and press down firmly to seal the log.
- Cut 3cm thick slices using bread knife into 12 equal portions. Place rolls, cut side down on a baking sheet and bake for 15-20 minutes.



Chickpea Patties Makes 6

Ingredients

- 1 large can chickpeas (rinsed and drained)
- 1 tbsp. fresh parsley, chopped
- 1 small onion, chopped

Method

- Pre-heat oven, Gas mark 6, 200°C. Lightly grease a baking sheet with olive oil or use a baking paper.
- Mix the chickpeas, onions, garlic, coriander, cumin, parsley, pepper and flour in a food processor or hand blender. If mixture is too dry, add some water.
- Shape the patties. Place on a baking sheet and bake for 20 minutes.

- ½ tsp. ground cumin
- ½ tsp. ground coriander
- 2 garlic cloves, chopped
- 1 tbsp. plain flour
- 2 tbsp. water (if required)
- pinch of ground black



Bread

Ingredients

- 500g basic yeast dough
- 20g dried fruit to garnish

Method

- Light the oven, Gas mark 6, 200°C. Lightly grease an ovenproof dish.
- Cut the dough into small pieces. Use your imagination and form into different shapes, such as, little mice, figures, shapes etc.
- Brush each shape with water and sprinkle with sesame or poppy seed.
- Bake for about 15 minutes.
- Make a paste using flour and water and use to decorate the shapes using dried fruit.



Healthy Dips with Vegetables

Ingredients

Ricotta and Egg Dip

- 250g ricotta
- 1 hard-boiled egg
- some mustard to taste

Method

- Place all ingredients in a mixing bowl and blend with a hand blender or liquidizer.



Ingredients

Aubergine Dip

- 1 aubergine cut into circles
- 1 onion peeled and chopped
- 1 garlic clove crushed
- 1 tbsp. olive oil

Method

- Put all ingredients in a dish and bake for about 30 minutes or until well cooked.
- Place all ingredients in a mixing bowl and blend with a hand blender or liquidizer.



Tuna & Veggie Couscous Serves 2

Ingredients

- 70g wholemeal couscous
- 1 small can tuna in olive oil, drained
- 2 tomatoes /8 cherry tomatoes, chopped
- 75g fresh / frozen peas, cooked
- 1 tbsp. capers
- 8 pitted green olives
- ½ a small cucumber, sliced and halved
- 1 small carrot, grated
- 1 dried cheeselet (*gbejna niexfa*), diced

Method

- Cook the couscous as per instruction on the packet.
- Add all the ingredients to the couscous and mix everything together.



Hummus & Veggie Wrap Serves 2

Ingredients

- 1 wholewheat flour tortilla
- 3 tbsps. hummus
- lettuce leaves,
- ½ a coloured pepper, chopped
- 20g mozzarella, grated
- 1 small carrot, peeled and grated
- ¼ small cucumber, sliced and halved
- 2 cherry tomatoes, chopped
- 1 tbsp. fresh herbs, chopped

Method

- Spread the hummus over the top of the tortilla.
- Place the lettuce, carrot, pepper, cucumber and tomatoes evenly in the middle of the tortilla.
- Put the mozzarella on top.
- Fold the sides of the tortilla toward centre and roll up to form a wrap.



Tuna Dip

Ingredients

- 1 large can tuna, drained from oil
- 1 clove garlic, chopped
- ½ tsp. mustard
- ½ tsp. fresh mint, chopped
- ½ tsp. basil, chopped
- ½ tsp. parsley, chopped
- 1 tsp. olives
- 1 tsp. capers
- 1 small fresh tomato, deseeded and chopped

Method

- Mix all ingredients together in a food processor/blender and blend well until smooth.



Hummus Dip

Ingredients

- 100g canned chickpeas (drained and rinsed)
- ¼ tsp. mustard
- 1 garlic clove, chopped
- ½ tbsp. extra virgin olive oil
- ½ tsp. fresh lemon juice
- 1 tsp. chopped parsley

Method

- Mix all ingredients together in a food processor/blender and blend well until smooth.