



## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Beef & Vegetable Stew with Dumplings

#### *Ingredients*

Vegetable oil  
2 onions peeled and chopped  
300g suet  
600g self raising flour  
Worcestershire sauce  
1 large butter nut squash  
3 kg of diced topside of beef  
750g diced carrots  
1 head of celery  
500g parsnips  
1 swede  
2 large leeks  
2 beef stock cubes  
3 tins tomatoes

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1. Heat the oil in a pan and sauté the beef, onion for 3 minutes.
  2. Add water, beef stock cubes and tinned tomatoes cook for 1 hrs.
  3. Add the remaining vegetables and cook for a further 45 mins or until tender, thicken with corn flour.
  4. Make the dumplings by following the method on the suet box.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Beef Burgers**

#### *Ingredients*

2 kg fresh beef mince  
150ml tomato ketchup  
1 tbsp of Worcestershire sauce  
1 tbsp of dried or fresh herbs  
300g breadcrumbs  
3 eggs

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1. Mix together the eggs tomato ketchup and Worcestershire sauce.
2. Place the fresh breadcrumbs and minced beef into a bowl.
3. Using your hands mix all the ingredients together.
4. Shape into balls and flatten down to make a burger.
5. Shallow fry to seal the burgers and give them colour.
6. Cook in the oven for a further 15-20 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Sweet & Sour Chicken and Vegetables**

#### *Ingredients*

10 chicken breasts  
2 chicken stock cubes  
2 red peppers  
2 cans of tinned tomatoes  
2 courgettes  
Tbsp paprika  
2 onions  
1 fresh pineapple  
500ml orange juice  
400g brown sugar  
1 head of celery  
750g carrots  
50g fresh ginger  
4 cloves fresh garlic  
100ml vinegar  
4 tbsp Soy sauce  
Corn flour

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1. Place the onions, carrots, celery in a pan and sauté for 2 mins.
  2. Add the brown sugar, orange juice, tinned tomatoes, soy sauce, stock cube garlic, celery, vinegar and ginger and simmer for 10 mins.
  3. Add the diced chicken, red peppers, courgettes and pineapple. Cook for 20 mins then thicken with the corn flour.
  4. Serve with boiled rice.



## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Chilli Con Carne

#### *Ingredients*

3kg beef mince  
3 cans of tinned tomatoes  
2tsp paprika  
2 chopped onions  
3 garlic cloves  
Worcestershire sauce  
2 tins of baked beans  
2 tins of red kidney beans

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1. Put the mince in a large pan and cook gently in its own fat, stirring until evenly browned.
2. Add the onion and garlic, cook until soft.
3. Add a few dashes of Worcestershire sauce, paprika and the tomatoes.
4. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is rich and thickened.
5. In the meantime, rinse the rice and prepare according to the instructions on the packet.
6. Stir beans in with the meat.
7. Cook the meat mixture for a further 10 minutes, uncovered, before removing from the heat.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Lamb and apricot burgers**

#### *Ingredients*

2 kg fresh lamb mince

Tomato ketchup

Soy sauce

Dried apricots (fine diced)

Breadcrumbs

3 eggs

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1. Mix together the eggs, tomato ketchup and soy sauce.
  2. Place the fresh breadcrumbs, fine diced apricots and minced lamb into a bowl.
  3. Using your hands mix all the ingredients together.
  4. Shape into balls and flatten down to make a burger.
  5. Shallow fry to seal the burgers and give them colour.
  6. Cook in the oven for a further 15-20 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Vegetable Risotto**

#### *Ingredients*

3 courgettes  
1kg risotto rice  
8 chopped carrots  
1kg frozen peas  
2 tins of chopped tomatoes  
1kg frozen sweet corn  
2 chopped onions  
4 pints of veg stock (5 stock cubes)  
Cooking oil  
1 head celery

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1. Cook the onions, carrots, celery and courgettes with the rice in a little oil and butter for about 3 mins.
2. Add the veg stock a little at a time; keep stirring so the rice does not burn. This will take about 20 mins. Add the tomatoes.
3. Add the peas and sweet corn to the rice and continue to cook uncovered until the rice is tender and moist (small amount of liquid remaining).



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Grilled honeyed salmon**

#### *Ingredients*

Fresh salmon fillet – 2 kg

½ jar of honey

6 tbsp Soy sauce

3 fresh lemons

200ml oil

1 kg Udon noodles – 4 x 250g packets

2 kg sweet corn

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1. Mix honey, soy sauce, lemon and oil together.
  2. Pour over salmon fillet.
  3. Grill or oven bake on a baking tray for about 20 mins.
  4. Cook noodles in boiling water for about 10 mins.
  5. Serve with sweet corn.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Spanish Chicken**

#### *Ingredients*

Vegetable oil  
2 onions red  
10 chicken breasts diced  
4 sweet peppers cut into strips  
2 dessert spoons paprika  
3 tins tomatoes chopped  
Chicken stock  
2 tablespoons of corn flour  
100ml soured cream  
Plain flour  
4 cloves of garlic  
Dried mixed herbs

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1. In a heavy saucepan heat a little oil and sauté the onion.
2. Roll the chicken in the flour and in a separate frying pan brown in a little oil.
3. Add the peppers, paprika and garlic to the onion, cook for 3 minutes and then add the tomatoes and the chicken stock. Simmer for 5 minutes.
4. Add the chicken and cook until tender (about 20 minutes).
5. Remove the chicken, mix the corn flour in a little water and stir into sauce. Bring to boil, stirring constantly.
6. Stir the soured cream into the sauce and allow it to simmer (do not allow to boil) for a couple of minutes.
7. Pour over chicken.





## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Stuffed Fruity Red Peppers**

#### *Ingredients*

8 red peppers

4 x 100g packets of couscous (roasted med veg)

200g raisins

Tomato and red onion sauce – as recipe overleaf

Cheese

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1. Cut the peppers in half and take the seeds out.
2. Sprinkle with a little oil and roast in the oven for about 20 mins.
3. Make the couscous by following instructions on the packet and add the raisins at this point.
4. Fill the peppers with the couscous top with the tomato sauce and cheese.
5. Bake in the oven for about 15 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Tomato and Red Onion Sauce**

#### *Ingredients*

4 veg stock cubes  
6 red onions  
8 tins of chopped tomatoes  
5 cloves of garlic  
Dried mixed herbs  
1 lit tomato passata  
Juice of 1 lemon

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1. Sauté the onions and garlic in a large pan for 2-3 mins.
2. Add the tinned tomatoes and tomato passata, stock cubes, lemon juice, mixed herbs and a little water. Simmer for 40-50 mins .

This can now be used for the meat balls and tortellini pasta.



## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Veggie Burgers

#### *Ingredients*

3kg peeled potatoes

1 ½ kg diced vegetables (carrots, onions, celery, courgettes, broccoli, peas and sweet corn)

Fresh breadcrumbs

Soy sauce

Egg and milk mixed

Flour

Pepper

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1. Boil the peeled potatoes and drain well.
  2. Cook the diced vegetables in a pan with a little oil then drain well.
  3. Mash the potatoes and add the vegetables and soy sauce.
  4. Allow to cool right down.
  5. Once cooled roll into balls and pane them in the flour, egg and breadcrumbs.
  6. Shape them using a cutter and chill before cooking.
  7. Shallow fry in oil to colour both sides and place on baking tray.
  8. Bake in the oven for 20 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Grilled Lemon and Honey Chicken**

#### *Ingredients*

8-10 chicken breasts

½ jar of honey

6 tbsp Soy sauce

3 fresh lemons

200ml oil

7 x100g packets of couscous

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1. Mix honey, soy sauce, lemon and oil together.
  2. Pour over chicken breasts.
  3. Grill or oven bake on a baking tray for about 30 mins.
  4. Cook couscous as per instructions.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Apple/Rhubarb Crumble**

*Ingredients:*

400g butter

600g plain flour

300g sugar

2-3 kg apples or 8 tins of rhubarb

3 tbs honey

1. Peel the apples and dice.
2. Cook in a little water with the honey for about 20 mins to form a chunky puree.
3. Place in a roasting tin.
4. Make the crumble topping by rubbing the flour and butter together to form breadcrumbs add the sugar and mix together.
5. Sprinkle onto the apple mix and bake in the oven for about 30-40 mins at 180.
6. If making rhubarb crumble use tinned rhubarb.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Banana Flapjacks**

*Ingredients:*

4 bananas

60g butter

100g sugar

2 tbs golden syrup

100g raisins

450g rolled oats

1. Melt butter sugar golden syrup in a pan or microwave.
2. Add the mashed banana oats and raisins.
3. Put into a lined baking tray and push down with a fork.
4. Cook for 15-20 mins at 190.
5. Once nearly cooled cut into portions.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Beef and Tomato Meatballs**

#### *Ingredients*

2 kg fresh beef mince

200g tomato ketchup

Worcestershire sauce

1 tbsp dried or fresh herbs

300g breadcrumbs

3 eggs

Tomato and red onion sauce – as per the separate recipe overleaf

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1. Mix together the eggs tomato ketchup and Worcestershire sauce.
2. Place the fresh breadcrumbs and minced beef into a bowl.
3. Using your hands mix all the ingredients together.
4. Shape into balls and place in a roasting tray.
5. Cover with the tomato and red onion sauce.
6. Cook in the oven for 30-40 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Breaded Chicken Nuggets**

#### *Ingredients*

10 chicken breasts  
Fresh breadcrumbs  
Egg and milk mix  
Flour  
Oil

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1. Dice the chicken into bite size portions.
2. Pane the chicken with the flour egg and breadcrumbs.
3. Place on a well-oiled baking tray and coat with the oil spray the top of the chicken with the olive oil spray.
4. Bake in the oven at 180 for 20-30 mins.





## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Cheese Sauce

#### *Ingredients*

500g butter  
20 heaped dessert spoons of plain flour  
4 litres milk  
1.5kg of grated cheese  
Corn flour for gluten free sauce  
2 veg stock cubes

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1. Heat the milk in the microwave until hot but not boiling.
2. Melt the butter in a pan and stir in the flour to make a roux.
3. Gradually whisk in the milk, cooking over a gentle heat until you have a smooth white sauce.
4. Allow the sauce to come to the boil and simmer for 1 minute, stirring continuously.
5. Take the pan off the heat and whisk in the grated cheese until it has melted.
6. Add the cheese sauce to the dish of the day.



## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Fruit Scones

#### *Ingredients:*

220g butter  
900g s.r flour  
150g caster sugar  
200g dried fruit  
About 500ml milk

1. Rub the butter, bi carb and flour together to form fine breadcrumbs.
2. Mix in the sugar.
3. Add the dried fruit and mix.
4. Add the milk a little at a time to form a dough.
5. Roll out to 1.5 cm thick and cut out.
6. Place on a lined baking tray bake for 15 mins at 180.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Homemade Pizza**

#### *Ingredients*

1kg strong plain flour

Dried yeast

Water

Tomato and onion sauce

Cheddar and mozzarella cheese

Diced ham

Chopped pineapple

Salt and sugar

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1. Add the yeast as advised on the packet to the flour.
  2. Form a dough and knead for about 5-10 mins.
  3. Leave to rise for about 1 hr.
  4. Roll out the dough and place on a baking sheet lined with baking paper.
  5. Top with the tomato sauce and sprinkle the top with the grated cheese.
  6. If making the ham and pineapple sprinkle onto the tomato sauce and top with the grated cheese.
  7. Leave to prove for 30 mins and bake in the oven for 20-30 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Honey, Cinnamon and Oat Biscuits**

Makes 30 biscuits

#### *Ingredients:*

250g butter

250g flour

250g sugar

1 tbsp cinnamon

1 tbsp baking powder

4 tbsp honey

375g rolled oats

1. With a wooden spoon, beat the butter.
2. Add in the sugar and honey beat together.
3. Add the flour, baking powder, cinnamon and oats.
4. Mix all together to form a large ball.
5. Roll small golf ball shapes and place on a baking tray.
6. Press down with a fork.
7. Cook in the oven at 170°C for 15 mins.
8. Cool on a wire rack.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Iced Fresh fruit lollies**

#### *Ingredients*

Fresh banana

Fresh pineapple

Fresh kiwi fruit

Fresh melon

Fresh pears

Fresh apple

Fresh mango

Lolly pop sticks

Moulds or drinking beakers

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Blend mostly bananas and whatever fruit that needs using to make a fruit puree. Pour into moulds and add the stick then put into the freezer to freeze.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Salmon or Cod Fish Fingers**

#### *Ingredients*

750g fresh salmon fillet or  
1kg frozen cod portions (defrosted)  
Fresh breadcrumbs  
Egg and milk mix  
Plain flour

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1. Cut the fish into finger shaped sizes.
2. Coat in the flour.
3. Cover in the egg mix.
4. Roll into the fresh breadcrumbs.
5. Chill in the fridge.
6. Lightly grease a baking tray and lay the breaded fish on, spray some olive oil over the top.
7. Bake in oven 180 for 20 mins.



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Shortbread Biscuits/Chocolate Shortbread Biscuits \***

Makes 30 biscuits

#### *Ingredients:*

400g butter

600g flour

150g sugar

Vanilla essence

25g corn flour

1. With a wooden spoon, beat the butter.
2. Add in the sugar and beat together.
3. Add the vanilla essence.
4. Sift the flours, cutting in with a metal spoon, until the dough is made.
5. Chill for 30 minutes.
6. Pre-heat oven to 170°C.
7. Cut out the dough with cutters.
8. Cook for 20 minutes.

\* For chocolate version, substitute 25g of flour with 25g of coco powder



## **MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA**

### **Tuna and Sweet Corn Pasta Bake**

#### *Ingredients*

2kg pasta

6 tins chopped tomatoes

12 tins of tuna in water

1kg sweet corn

Cheese sauce – recipe overleaf

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1. Pre-heat oven to 180 degrees Celsius (350 degrees F).
2. Cook pasta and drain. Place in a large oven proof dish.
3. Drain the tuna and add to the pasta.
4. Add the sweet corn and chopped tomatoes to the pasta and stir until the pasta is well coated. Mix in cheese sauce – recipe overleaf.
5. Sprinkle liberally with grated cheese and put in the oven. Bake for 30 mins or until the cheese is bubbling and the dish is piping hot throughout.





## MONKEY PUZZLE DAY NURSERIES RECIPES – HIGH TEA

### Victoria/Lemon/Orange/Banana/Chocolate\* Sponge

*Ingredients:*

9 eggs

450g butter

450g s.r flour

450g sugar caster

Vanilla essence

1. With a wooden spoon, beat the butter
2. Add in the sugar and beat together
3. Add the beaten eggs and mix
4. Add the vanilla essence
5. Sift the flour, cutting in with a metal spoon, until the dough is made
6. Pre-heat oven to 170°C
7. Cook for 20-30 minutes

\*To make lemon or orange sponge, add 20ml of lemon or orange essence or use fresh lemons (2) or orange juice (20ml) and zest to the sponge mix.

For banana sponge, add fresh sliced banana (6) to the sponge mix

For chocolate sponge replace 50g of sr flour with 50g of coco powder