

# Simple Meals



## FOOD PREPARATION VIDEOS

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# Angel Delight

## Ingredients needed:

1 packet of Angel Delight

Milk

## Equipment needed:

Mixing bowl

measuring jug.

Whisk/fork.

Small bowl to put pudding in when ready.

All instructions for making this pudding can be found on the back of the packet but here is a step by step:

1. Measure milk, as directed on packet, using jug
2. Put contents of packet into the milk and mix well using whisk or fork until all powder has been mixed into milk, make sure that mixture is smooth
3. Empty contents into a serving bowl and leave to set





# Baked Potato & Filing

## Ingredients needed:

Potato either fresh or Frozen (McCaine – 4 in a box – instruction on how to cook can be found on the packaging) butter, filling of Service Users' choice – cheese, tuna, beans etc. Salt and Pepper for seasoning if required

## Equipment needed:

**Please ensure that no metal objects are placed inside the microwave**

Microwave oven

Microwave safe plate – to place potato on whilst in microwave cooking

## Step by step process:

1. Place potato on plate and put into microwave
2. Set timer on microwave for cooking time and push button/dial
3. When cooking time is complete remove from microwave, check that potato is cooked by using a fork to test if potato is soft and ready to eat
4. Make an incision in potato, add butter if Service User wishes and add filling of choice onto top of potato
5. If Service User would like salad on side you can add this to the plate before serving

**Please ensure that no metal objects are placed inside the microwave.**





# Making a Sandwich

## Ingredients needed:

2 slices of bread, butter, or a spread of Service Users choice, filling for sandwich – for example – ham, tomato, cheese, tuna, chicken or Service User choice of filling, seasoning (Salt & Pepper)

Side salad, coleslaw, potato chips on side if requested

## Equipment needed:

Sharp knife

knife to butter bread

plate



**Cooking Time:** no cooking required

## Step by step process:

1. Place bread on bread board and butter each slice of bread
2. Place filling on buttered side of bread and the place other slice of bread buttered side down on top of filling
3. Cut sandwich in half and place on a plate and add any garnish – coleslaw, salad or potato chips

**This enhances the look of the food and encourages the Service User to eat.**



# Omelette

## Ingredients needed:

2 Eggs, ham, tomato, cheese, seasoning (Salt & Pepper)

## Equipment needed:

Microwave oven

Measuring jug or glass mixing bowl

Clingfilm

Fork/spoon

Plate to serve omelette

Knife and fork, napkin (kitchen roll)



**Cooking Time:** 2-3 minutes

## Step by step process:

1. Break 2 eggs into glass bowl or plastic jug add ham, cheese, tomato, (Service Users choice) add seasoning and mix together using a fork
2. Cover bowl or jug with clingfilm and put into microwave for 1.30 minutes initially
3. Remove bowl/jug from microwave and remove clingfilm, remembering to keep away from your body as steam can burn you, give mixture a stir and recover with clingfilm and place back into microwave for a further 1.30 minutes, but check after 1 minute.
4. When cooking has finished, remove from microwave, remove clingfilm, using a spoon, carefully remove cooked omelettes from bowl onto a serving plate. If Service User would like side salad this can be placed on plate before serving.
5. Put plate with omelettes, knife and fork and napkin on table/tray for Service User.



# Poached Egg on Toast

## Ingredients needed:

1 egg, seasoning (Salt & Pepper) bread for toast, butter

## Equipment needed:

Microwave oven

Toaster

Measuring jug or glass mixing bowl

Mug/cup

Clingfilm

Fork/spoon

Plate to serve Poached egg and toast

Knife and fork, napkin (kitchen roll)



**Cooking Time:** 2 minutes

## Step by step process:

### Poached Egg:

1. Gently break egg into mug/cup. With the point of a sharp knife, very gently pierce the yolk (yellow part) of the egg
2. Add cold water to glass jug or bowl and place in microwave for 1 minute, water should be steaming NOT boiling – remove from microwave and gently pour egg from mug/cup into the water, cover bowl/jug with clingfilm and return to microwave for 30 seconds
3. Remove jug/bowl with egg from microwave and check if egg is cooked, there should not be any transparent areas on the egg white – return to microwave if further cooking is required for another 10 seconds
4. Remove from microwave and gently remove clingfilm
5. Using a spoon very carefully remove egg from water and place on a plate covered with kitchen paper so any water left on egg can be absorbed, place egg on serving plate with hot buttered toast.

Toast: Place 1 or 2 slices of bread in the toaster machine and pull down lever to begin toasting process

Once Toast has 'popped' remove from toaster machine and spread toast with butter, or spread of Service Users choice, cut toast in half and put on plate with egg. Toast can also be served on its own with just butter, or a spread of Service Users choice, you can add jam, marmalade or another topping of Service Users choice and this can be served at breakfast, lunch, tea or bed. It is a nice easy light snack.



# Ready Meal (Microwave)

## Ingredients needed:

Ready Meal of Service Users choice

## Equipment needed:

Microwave

Microwave safe plate - to place ready meal on in microwave

Plate or bowl for serving

Knife and Fork or Spoon – a spoon should be used if the meal is Soup or a Pudding (Dessert)

**Cooking Time:** as per directed on packaging for microwaving

## Step by step process:

- Read the instructions for cooking on back of packaging on the ready meal to be microwaved
- Remember it is only the MICROWAVE INSTRUCTIONS you are interested in
- Follow all of the instructions on packaging
- Once meal has been cooked/reheated remove from tray and place on a serving plate or bowl and present to Service User.
- Ready Meals can be Soup, Main Meals and Desserts and all instructions can be found on the label/packaging of the product
- Some breakfast cereals can also be microwaved for example – Porridge - follow instructions on packaging





# Scramble Egg on Toast

## Ingredients needed:

1 or 2 eggs, milk, seasoning (Salt & Pepper) bread for toast, butter

## Equipment needed:

Microwave oven

Toaster

Measuring jug or glass mixing bowl

Whisk/Fork/spoon

Plate to serve scrambled egg and toast

Knife and fork, napkin (kitchen roll)



**Cooking Time:** 3 minutes (approx.)

## Step by step process:

### Scrambled Egg:

1. Break eggs into glass bowl/jug, add a small amount of milk, add salt and pepper, mix all ingredients together using a whisk or a fork
2. Place glass bowl/jug into microwave, do not use clingfilm, cook for 1.30 minutes
3. After 1.30 minutes remove glass bowl/jug from microwave and you will see that the eggs have begun to cook, stir the contents in the bowl/jug and replace back into microwave for a further 1 minute until ready
4. Remove glass bowl/jug from microwave stir and then place onto a serving plate with hot buttered toast

### Toast:

Place 1 or 2 slices of bread in the toaster machine and pull down lever to begin toasting process

Once Toast has 'popped' remove from toaster machine and spread toast with butter, or spread of Service Users choice, cut toast in half and put on plate with egg.

Toast can also be served on its own with just butter, or a spread of Service Users choice, you can add jam, marmalade or another topping of Service Users choice and this can be served at breakfast, lunch, tea or bed. It is a nice easy light snack.

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# Making a Cup of Tea or Coffee

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## Ingredients needed:

Tea Bags

Coffee

Sugar/Milk – Service Users choice



## Equipment needed:

Kettle

Cup/mug

Teapot

Teaspoon

1. Fill the kettle with tap water
2. Fill kettle to required level – this will be marked on kettle
3. Place kettle on stand and press down switch to bring water to boil
4. Place either a tea bag or a spoonful of coffee in cup/mug or alternatively place tea bag in a tea pot
5. When water in kettle is boiling add water to cup/mug leaving space to add milk if this is the Service Users choice
6. Add any sugar if required by Service User and stir using a teaspoon to help dissolve sugar