

Food Preparation and Nutrition Recipe book

Please note that sometimes the class will all cook the same dish and other times students will be expected to decide what to cook from a choice of recipes or based upon a brief with your own choice of recipe.

A copy of this recipe file can be found on the school website on the noticeboard.

- We aim to cook most double lessons although there will be some food science experiments and special practical's where school may provide the ingredients.
- It is essential that you write your homework down and check the Firefly system.
- If you fail to bring ingredients to class you will be doing written work about the practical.
- If you forget your ingredients on more than one occasion you will receive a lunch time detention as this constitutes forgetting homework and not being prepared for the lesson.
- Please ensure all ingredients are weighed and measured out at home. (YOU SHOULD BE DOING THIS YOURSELF but getting an adult to help you and check your measurements are accurate if you are unsure)
- Please remember to bring with you the correct container tub or dish to take your food home in. Usually all of your ingredients should fit into it so you can carry them into school in it. Please label your tub and all of your ingredients before you come to school.
- (Tip... keep a permanent marker pen in your cool bag or recipe file)
- Put high risk foods in the fridge before morning registration.
- You do not need to bring in any equipment (except tubs or oven proof dishes)
- You should be cooking lots at home now you have chosen the subject for GCSE!
- I would expect you to practice anything that you find hard or think you might struggle with so that you can work as skillfully and as independently as possible.
- Aim high, believe in yourself and practice lots!

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MUSHROOM RISOTTO

250g Risotto rice
1 onion
1 clove garlic
100g mushrooms
1 stock cube
50g Cheese
25g Butter
1 tblsp oil
100ml Wine (optional)

Storage instructions:

Refrigerator: allow to cool then cover and store in the refrigerator (0°C to below 5°C) for up to 3 days. Reheat only once until at least 75°C ('piping hot').

Freezer: allow to cool then chill in refrigerator. Cover in aluminium foil or freezer grade plastic and freeze for up to 3 months.

1. Put on kettle to make stock, make stock in jug.
2. chop and prepare all ingredients
3. heat oil and butter in frying pan
4. add onions and sauté, add garlic (then add mushrooms)
5. add rice and cook for 1 minute
6. add wine if you have it.
7. Add stock little by little stirring all the time to make sure it doesn't burn.
8. cook for 10-15 mins. Test rice to see if cooked.
9. Cook for further 5-10 minute until rice is cooked and add cheese.

Paella

- 1 tbsp olive oil
- 1 onion chopped
- 1 tsp each hot smoked paprika and dried thyme
- 300g paella or risotto rice
- 3 tbsp white wine vinegar
- 400g can chopped tomatoes
- 900ml chicken stock
- 200g chicken cubed
- 200g chorizo skinned and sliced/cubed.
- juice $\frac{1}{2}$ lemon, half cut into wedges
- handful flat-leaf parsley, roughly chopped
- Tin of peas



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1. Heat 1 tbsp olive oil in a large frying pan or wok. Add 1 chopped onion and soften for 5 mins.
2. Add the chicken and keep stirring until cooked through.
3. Add the chorizo
4. Stir in 1 tsp hot smoked paprika, 1 tsp dried thyme and 300g paella or risotto rice, stir for 1 min, then splash in 3 tbsp white wine vinegar, if using.
5. Once it has evaporated, stir in a 400g can of chopped tomatoes with garlic.
6. Gradually add the chicken stock until it has all been absorbed.
7. Season and cook, uncovered, for about 15 mins, stirring now and again until rice is tender.
8. Add the tinned peas and warm through.
9. Squeeze over the juice of $\frac{1}{2}$ lemon, scatter with a handful of flat-leaf parsley and serve with wedges from the remaining $\frac{1}{2}$ lemon.

Jambylaya

Ingredients:

(serves 4 people as a main meal)
1 or 2 chicken breasts OR 200g
mycoprotein chunks (e.g. Quorn®)
50g chorizo sausage (optional)
2 cloves garlic
150g long grain rice
1 pepper
1 large onion
1 stick of celery
1 tbsp oil
1 tsp dried thyme
1 tsp paprika
1 tsp tabasco sauce
300ml chicken stock (you can use
a stock cube made up to 300ml
with boiling water)
400g can chopped tomatoes

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Method:

1. Cut the chicken and chorizo sausage into small, bite-sized pieces.
2. Finely dice the onion and celery.
3. Peel and crush the garlic.
4. De-seed and slice the peppers thinly.
5. Heat oil in a large saucepan or frying pan.
6. Fry the chicken or mycoprotein for 5–8 minutes, until it is starting to go brown. Remove it and put it in a clean bowl.
7. In the same pan, fry the onion, celery, garlic and pepper for 5 minutes.
8. Stir in the rice and fry for 1 minute.
9. Stir in the thyme, paprika and tabasco sauce.
10. Add the chicken or mycoprotein, chorizo sausage, chicken stock and canned tomatoes and bring to the boil.
11. Reduce the heat and simmer the mixture for 20 minutes, stirring frequently, until all the liquid has been absorbed and the rice is cooked. Be careful not to let the rice stick and burn on base of the pan.
12. Serve with a crisp salad.



Chicken byriani

Ingredients

150g basmati rice
25g butter
1 large onion, finely sliced
1 bay leaf
3 cardamom pod
small cinnamon stick
1 tsp turmeric
2 skinless chicken breast, cut into large chunks
4 tbsp curry paste (*Patak's balti paste is good*)
85g raisins (*optional*)
425ml chicken stock (*2 chicken stock cubes and 425ml water*)
chopped coriander and toasted flaked almonds to serve (optional)

*Washing rice
Removes the starch before
cooking. Which prevents the
rice from becoming sticky.*

Equipment

- Frying pan
- medium pan
- Large pan
- Sieve
- Sharp knife
- Red chopping

Method

1. Soak the rice in warm water, then using the sieve, wash in cold until the water runs clear.
2. Heat butter in a saucepan and cook the onions on a medium heat, with the bay leaf and other whole spices for 10 mins until soft
3. Sprinkle in the turmeric.
4. Add chicken and curry paste and cook until aromatic.
5. Stir the rice into the pan with the raisins.
6. Pour over the stock. Place a tight-fitting lid on the pan and bring to a hard boil (big bubbles) , then lower the heat to a minimum so it simmers (small bubbles) and cook the rice for another 5 mins.
7. Turn off the heat and leave for 10 mins. Stir well, mixing through half the coriander.

**!! Make sure
your chicken is
cooked: cut the
biggest piece**

To serve, scatter over the rest of the coriander

Storage instructions:

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*Avoid Cross Contamination
Make sure that you prepare your
chicken separately and wash
after preparing your chicken.
Wash your hands after touching
the chicken.*

Skills used: Rice preparation and cooking, original seasoning, frying spices.

Key words: Cross contamination; Hard boil; Simmer; Aromatic

Stuffed Vegetables.

Ingredients.

- Container to take them home in (tub or oven proof dish with a lid)
- 2 or 3 big hollow vegetables (depending on size) to stuff such as: Beef tomatoes, Peppers, or Giant Mushrooms
- 2 tsp olive oil (school will provide this)
- 50g risotto rice
- 2 spring onions, chopped
- 1 small courgette, chopped
- 50g mushrooms, washed and sliced
- vegetable stock cube
- 250ml water to make the stock
- $\frac{1}{2}$ tsp dried mixed Italian herbs



Method

1. Preheat the oven 170C
2. Slice the tops off the peppers and scoop out and throw away the seeds from inside
 - a. -or remove the stalk from the giant mushrooms,
 - b. -or if using tomatoes cut off the tops then scoop out the seeds and pulp from the tomatoes with a teaspoon, but be careful not to cut through to the base. Chop the pulp and keep the seeds, but discard the hard, central cores.
3. Place the prepared large vegetables and their tops on a greased oven proof dish and place in the oven to cook whilst you make the filling.
4. Chop all other vegetables
5. Heat the oil in a medium saucepan and add the spring onions, courgette and mushrooms and fry gently for 2 minutes.
6. Tip in the rice. Fry gently over a low heat for 2 minutes, stirring constantly to stop the rice from browning.
7. Pour in the stock then stir in the dried herbs, tomato pulp and seeds if using tomato- the seeds will add fibre, and won't be noticeable in the finished dish.
8. Cook gently for about 15 minutes, stirring frequently until the rice is tender and the stock has been absorbed - add extra stock or water if necessary.
9. Turn off the heat
10. Carefully get big vegetables out of the oven and place in your container to take them home in.
11. Fill each large vegetable (tomato, pepper or giant mushroom) generously with the rice mix. Replace tomato or pepper tops

SEASONAL SOUP

Ingredients you will need:

- ☐ **A big leak proof container!**
- ☐ A potato to thicken the soup
- ☐ A vegetable stock cube
- ☐ Choose 3 ingredients from the following chart thinking about what is in season now.

Equipment you will need

- ☐ Large pan
- ☐ Knife
- ☐ Chopping board
- ☐ Potato peeler
- ☐ Measuring jug
- ☐ Bowl (for peelings)
- ☐ Wooden spoon

Spring (March, April & May)	Summer (June, July & August)	Autumn (September, October & November)	Winter (December, January & February)
Asparagus Cauliflower Broccoli Radishes Savoy Cabbage Spinach Spring Onion Watercress	Aubergine Beetroot Broccoli Carrots Courgettes Fresh Peas Green Beans Salad Onions Tomatoes Watercress	Beetroot Carrot Celeriac Fennel Mushrooms Kale Leeks Marrow Potatoes Pumpkin Squashes Sweetcorn Tomatoes Watercress	Beetroot Carrot Brussels Sprouts Cabbage Cauliflower Celeriac Fennel Artichoke Kale Leeks Parsnips Red Cabbage Swede Turnips

Method

1. Wash and peel all vegetables. Chop into even sized pieces.
2. Boil kettle pour out 600ml into measuring jug, add stock cube.
3. Add stock and all ingredients to pan and bring to boil
4. Turn down heat and put lid on pan and simmer for $\frac{1}{2}$ an hour, or until veg are tender.
5. Stir occasionally
6. Season with salt and pepper.
7. Liquidize if necessary.

Tomato soup recipe

1 large Onion

20g Butter

2 cloves Garlic

1 teaspoon Paprika

4 tablespoons Tomato Puree

4 chopped up beef tomatoes

1 tablespoon sugar

1 Bay leaf

400 ml Chicken stock

100ml Cream

Fry the onion in the butter until caramelised and softened.

Stir in crushed garlic and paprika.

Add the tomato puree stir on the heat for two mins.

Add the beef tomatoes, sugar and chicken stock.

Bring to the boil, simmer for 20 mins.

Remove bay leaf and blend the soup in batches in the blender, push through the sieve and return to the pan.

Stir in two thirds of the cream and re-heat gently Serve with a swirl of cream.

Vegetable soup

Ingredients

- 1 carrot
- 1 onion
- 1 potato
- 1 stick celery or 1 small piece of leek
- 1 turnip
- 25g frozen peas
- 2 good quality stock cubes
- 1 tablespoon tomato puree
- 1 tablespoon cooking oil or 1/2 oz marg or butter
- 1 - 2 teaspoons cornflour (if soup is greasy)

Method

1. Wash, peel and re-wash all vegetables.
2. "Square off" the vegetables. Slice thinly, cut into julienne strips and then into brunoise i.e. tiny dice.
3. Peel the onion, cut in half through the root, then cut into tiny dice.
4. Place the oil, butter or marg in a large pan and add all the vegetables except the peas.
5. Place over a LOW heat and cook gently until the vegetables look glazed (shiny). TAKE CARE NOT TO LET THE VEGETABLES BROWN - KEEP THE HEAT LOW.
6. Remove from the heat. Add the two stock cubes (there is no need to dissolve them) and one pint of hot water. Add the tomato puree.
7. Place pan back onto the heat and bring slowly up to the boil. Add peas.
8. Reduce the heat carefully until soup is barely simmering. Allow to simmer for at least 20 minutes. You should be able to add at least another 1/2 to 1 pint of water depending on the amount of vegetables you have.
9. If at the end of 20 minutes the soup looks greasy, blend a rounded teaspoon of cornflour with a little cold water to make a runny paste. Carefully add this to the soup stirring all the time.

Remember the saying " A soup boiled is a soup spoiled". Keep the heat low at all times. If the soup is bubbling you will burn your tongue and not be able to taste the soup properly.



Irish Soda Bread

Ingredients

- 125g plain white flour
- 125g plain wholemeal flour
- 50g porridge oats
- $\frac{1}{2}$ tsp bicarbonate of soda
- 1 tsp salt
- 15g butter, cut in pieces
- 250ml buttermilk

Method

- 1.Preheat the oven to 200C/gas 6/fan 180C and dust a baking sheet with flour.
- 2.Mix the dry ingredients in a large bowl, then rub in the butter.
- 3.Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently). Now shape it into a flat, round loaf measuring about 13cm in diameter.
- 4.Put the loaf on the baking sheet and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through.)
- 5.Bake for 20-25 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
- 6.Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool.
- 7.To serve, break into quarters. Eat very fresh, with butter.

Savoury scones

PLAIN SCONE MIXTURE

200g self raising flour

50g fat

50g sugar

milk or egg to mix.

60g grated cheese OR make your own flavour ideas include sundried tomato, herbs, olives, caramelised onion etc

Method

1. Sieve flour into bowl and rub in fat to resemble breadcrumbs.
2. Mix with enough milk/egg to make a dough.
3. Roll to required thickness, shape and bake at approx 200°C.

Bread Rolls

You may wish to bring in some dried fruit and or seeds.

Ingredients

- ☐ 250g (1/2 lb Strong white flour
- ☐ 1 level teaspoon salt
- ☐ 15g (1/2oz) margarine
- ☐ 1 rounded teaspoon quick acting dried yeast (1/2 sachet)
- ☐ 125ml (1/4pt) water
- ☐ **A tub to take your bread home**

Equipment you will need

- ☐ Baking tray
- ☐ Measuring jug
- ☐ Wooden spoon
- ☐ Large bowl

METHOD

1. Pre-heat the oven at 230°C.
2. Grease a baking tray.
3. Sieve flour & salt together into a bowl, rub in the margarine and stir in the yeast.
4. Put 4 tablespoons of boiling water into a measuring jug. Add enough cold water to make 125ml (1/4 pt.) the water should be about as warm as your hands.
5. Pour into the flour and mix together with a wooden spoon. The dough must be soft at this stage. If it seems dry, add another 2-3 tablespoons of water.
6. Knead firmly for 10 minutes roll into a sausage then cut into 8 pieces.
7. Shape each piece into a bread bun and arrange in the tin.
8. Glaze with milk or egg.
9. Put the tin in a warm place like the grill part of the oven to rise (sometimes called proving).
10. Leave for approx. 10 mins to rise
11. Bake in the oven for 10-15 minutes.
12. To see if they are cooked tap them underneath, if done they will sound crisp and hollow.
13. Leave to cool on a wire rack.

Key terminology

Yeast Knead Rise Proving Dough Glaze Maillard Reaction Browning

**** DON'T FORGET A CONTAINER TO TAKE YOUR BREAD HOME IN ****

PIZZA You could do a stuffed crust or Calzone for more skill marks!

Making your own tomato reduction sauce also adds marks.(see ragu recipe)

Ingredients Base

- ☐ 250g (1/2 lb Strong white flour
- ☐ 1 level teaspoon salt
- ☐ 15g (1/2 oz) margarine
- ☐ 1 rounded teaspoon quick acting dried yeast (1/2 sachet)
- ☐ 125ml (1/4pt) water

Toppings

- ☐ Small jar of Tomato pizza sauce or tomato bolognaise sauce or tomato puree or chopped tomatoes drained and mixed with tomato puree.
- ☐ 150 grams **grated** cheese
- ☐ Own choice of toppings for example: Cooked meats i.e. ham, chicken, chorizo etc. Additional cheeses like feta or buffalo mozzarella. Vegetables/fruit i.e. pineapple, mushrooms, spring onions, sweetcorn, peppers etc.

Equipment you will need

Baking tray
Measuring jug
Wooden spoon
Large bowl
Chopping board
Knife
Rolling pin

METHOD (same as bread rolls dough)

1. Pre-heat the oven at 230°C.
2. Put tin foil on a pizza baking tray and grease it.
3. Sieve flour & salt together into a bowl, rub in the margarine and stir in the yeast.
4. Put 4 tablespoons of boiling water into a measuring jug. Add enough cold water to make 125ml (1/4 pt.) the water should be about as warm as your hands.
5. Pour into the flour and mix together with a wooden spoon. The dough must be soft at this stage. If it seems dry, add another 2-3 tablespoons of water.
6. Knead firmly for 10 minutes roll into a sausage then cut into 8 pieces.
7. Shape into a ball roll out into a square or a circle and put onto the greased tin.
8. Put the tin in a warm place like the grill part of the oven to rise (sometimes called proving).
9. Leave for approx. 10 mins to rise
10. Spread on tomato sauce
11. Sprinkle some cheese on
12. Arrange toppings
13. Sprinkle a little more cheese to stop the toppings burning.
14. Bake in the oven for 10-15 minutes.

Chelsea Buns

Chelsea buns- this make 8 chelsea buns

Ingredients

250g strong plain flour

1/2 sachet easy blend/quick acting yeast

½ level teaspoon salt

25g caster sugar

50g marg or butter

1 egg

50mls milk made up to 100mls with 50ml hot water.

Chelsea buns filling:

50g dried fruit

25g caster sugar

25g margarine

Method

1. Sieve flour into bowl. Add salt.
2. Place yeast in a small basin. Add 2 tbs of your measured flour. Measure milk into jug and make up to 200mls with HOT water. Add all this liquid to the yeast and flour in the basin. Leave to ferment i.e. froth or go bubbly.
3. Rub the margarine into the remainder of the flour and stir in the sugar.
4. Beat egg.
5. When yeast mixture is frothy add to the flour mixture with the beaten egg.
6. Combine all dough ingredients thoroughly and knead for 10 minutes.
7. Allow to prove (rise).
8. Knock back dough to its original size.
9. To shape the Chelsea buns:

Roll to a rectangle. Spread with margarine (melted if block). Sprinkle with sugar and dried fruit and roll up like a Swiss roll. Cut into 3 cm slices. Place on a baking tray close together with cut edge upwards.
10. Allow to prove (rise) in warm place until joined together and doubled in size.
11. Bake for approx. 20 minutes 200/210C until golden brown and sound hollow when tapped on the base. Cool slightly then brush with a sugar glaze (sugar and water boiled together until thickened and sticky)



Filleting a chicken

Ingredients

1 whole chicken FOUR LARGE FOOD BAGS



Or search [bbc good food jointing a chicken](#).

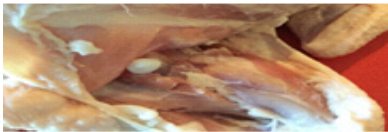
Unwrap chicken and place on a red meat board.
Do not wash poultry.



Turn chicken over and make a cut along the backbone and then across the top of the thighs.
Loosen the oyster piece of meat.



Turn back over and cut down between the leg thighs and the breast on each side.



Hold the leg and pop out the joint and cut around the meat and skin so the leg is loose.
Repeat on the other side



Turn back over and cut all around the leg and cut around the oyster meat. Repeat for the other leg



Holding leg, look for the line of fat between the thigh and drumstick. This is where the joint will be.
Cut through to make a thigh and drumstick.
Repeat on other leg.



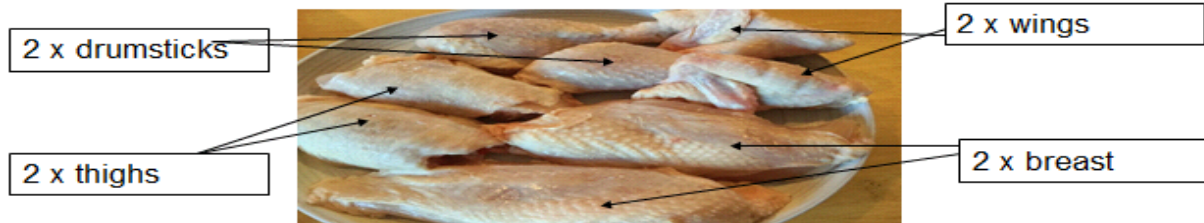
Turn chicken the breast side up and using the knife cut carefully along one side of the breast bone. Cut carefully so you are removing as much meat as possible. Continue cutting around until you have removed the breast meat.



Repeat on the other side.

Remove the wings.

Save the carcass to make chicken stock.



Chicken soup

- chicken carcass
- stock cube (make up to a pint hot water)
- 1 large onion diced
- 3 celery sticks, diced
- 1 leek sliced
- 2 sprigs thyme
- 2 bay leaves
- $\frac{1}{2}$ tsp ground white pepper (optional)
- 30g plain flour or corn flour
- small pot double cream



Method

1. Dissolve a stock cube in a pint of hot water
2. Put the chicken carcass in a large sauce pan, Cover with boiling water to just cover it. Boil rapidly for 30 mins.
3. In another large pan pile in all the veg and herbs and pepper. Make up the stock cube in a jug with a pint of hot water. Cover the pan and simmer for 30 mins until the veg is tender. Take out the bay leaves and thyme sprigs and leave to cool.
4. Remove chicken carcass from the stock, then strip the meat from the bones. Sieve/strain the stock into the large pan with the veg in it.
5. Put all of the chicken back into the pan. Blitz the soup with a hand blender or in batches in a food processor until very smooth, then return to the pan.
6. Blend the flour and cream together with a couple of ladles of the soup, then stir the creamy mixture into the rest of the soup and heat, stirring continuously until thickened. You can blitz again if it looks a little lumpy. Scatter with thyme leaves, to serve.

Chicken pie

Ingredients

100g chicken breast
3 mushrooms
30g frozen peas
 $\frac{1}{4}$ onion
1 vegetable stock cube
1 level tablespoon plain flour
pinch salt and pepper
75ml milk
50ml double cream
1 tablespoon oil



Method

- 1) Peel and finely chop onion
- 2) Chop mushrooms into eight equal size pieces.
- 3) Chop chicken on a red chopping board into pieces about the size of a grape
- 4) Heat oil over a medium heat in a frying pan for 30 seconds. Then add the onion and cook for a further 3 - 4 minutes until soft.
- 5) Add the mushrooms to the pan and cook for further 2 minutes.
- 6) Add the plain flour and stir well.
- 7) Add the milk/cream mixture and stir. Add salt and pepper to the pan. Taste the sauce and add a pinch more salt and pepper if you think it needs it.
Simmer the sauce gently for 2 minutes - it should thicken
Add the chicken pieces to the pan and simmer for 4 minutes
Remove from the heat after 4 minutes. WARNING - the chicken might not be completely cooked through, but it will continue to cook in the oven. Do not taste the sauce at this stage as you run the risk of food poisoning.
- 8) Now make the pastry lid/cases. Place flour and margarine in a mixing bowl and rub together to form breadcrumbs.
- 9) Add VERY cold water a teaspoonful at a time, sprinkling it around the breadcrumb mixture. Mix together with a palette knife to form a dough. Add more water if necessary but be careful not to add too much.
- 10) Lightly flour the surface and roll out the pastry to about the thickness of a £1 coin.
- 11) Poke a small hole in the lid using the point of a sharp knife. Egg wash the underside of the leaves and place on the lid. Glaze the whole lid with egg wash. Bake for 20-25 minutes.
Serve with mashed potato and vegetables for a delicious and healthy homemade meal.

Chicken Goujons

Ingredients

200-250g chicken breast fillets

1 egg

1 tablespoon of milk

180g fine white breadcrumbs (for an even healthier version, use wholemeal breadcrumbs)



Method

- 1) Preheat oven to 220°C
- 2) Prepare self and area
- 3) In your glass bowl, pour out the fine breadcrumbs.
- 4) In a measuring jug beat together egg and milk.
- 5) Cut your chicken fillets in to even strips.
- 6) Dip the strips of chicken into the egg/milk mixture and then roll in the breadcrumbs and place on baking tray.
- 7) Place tray in preheated oven for 20-25 minutes, and chicken strips are golden brown and cooked throughout (temperature must be above 72°C)
- 8) Place in container and enjoy at home with your family.

Spicy BBQ chicken wings and drumsticks

Ingredients

1/2 cup all-purpose flour
1/2 teaspoon cayenne pepper
1/2 teaspoon garlic powder
1/2 teaspoon salt
2 chicken wings and 2 drumsticks
1/4 cup melted butter
1/4 cup hot pepper sauce



Method

1. For the marinade, put all of the marinade ingredients into a large bowl and stir to combine. Add the chicken pieces (drumsticks and wings) and allow to marinate (20 minutes) while you preheat the oven to 200C/180C Fan/Gas 6.
2. Put the chicken drumsticks on a roasting tray and roast for 20-30 minutes, or until the skin is golden and the chicken is cooked through. (To check, pierce the drumstick at its thickest part, next to the bone. The juices should run clear and use a food probe to check the temperature).

Panna Cotta with fruit sauce (REDUCTION)

For the Panna Cotta

3 Gelatine leaves or powder or vege gel
250ml milk
250ml double cream
1 vanilla pod, split lengthways, seeds scraped out
25g sugar



For the sauce

175g sugar
175ml water
350g raspberries

4 ramekin dishes (re-use guu pots if you have them)

Foil to cover

Small plastic container with lid for the sauce

1. Soak the gelatine leaves in a little cold water until soft.
2. Place milk, cream, vanilla pod and seeds and sugar into a pan and simmer. Remove the vanilla pod and discard.
3. Squeeze water out of the gelatine leaves, add to the pan and take off the heat. Stir until the gelatine has dissolved.
4. Divide the mixture among four ramekins and leave to cool.
5. Place into the fridge for at least an hour, until set.
6. For the sauce, place the sugar and water into a pan and boil. Reduce heat and simmer until the sugar has dissolved.
7. Take pan off heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
8. Pass sauce through a sieve and stir in the remaining fruit.

AT HOME – to serve, turn each panna cotta out onto a serving plate. Spoon over the sauce.

Shortbread

Ingredients

70g butter
25g caster sugar
90g plain flour



Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/ $\frac{1}{2}$ in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with icing sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Short Crust Pastry

Ingredients (General rule half fat to flour)

Short crust pastry

6"/15cm dish

8"/20cm dish

6oz/150g

8oz/200g

plain flour

1 ½ oz/35g

2oz/50g

block marg

1 ½ oz/35g

2oz/50g

white fat lard or trex pinch salt cold water to mix

Tarts or a Quiche

150g plain flour

75g fat Must be block/hard preferably half trex and

half block margarine a little cold water to mix

Tarts with lids or a pie

200g plain flour

100g fat Must be block/hard preferably half trex

and half block margarine a little cold water to mix.

Can be made into :

pies, tarts, pasties and flans

(fruit/jam tarts - with melted jam glaze)

cheese & onion

Equipment

- Large bowl
- Palette knife
- Measuring jug
- Flour dredger
- Rolling pin
- Cling film

**Work quickly to avoid
your
ingredients getting
warm.
Warmth makes the
dough sticky and
difficult to work with.**

Short crust Pastry Methods

Method hand

- 1 Put the flour and salt in a large bowl and add the cubes of butter.
- 2 Use your fingertips to rub the butter into the flour until you have a mixture that resembles coarse breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy or warm.
- 3 Using a knife, stir in just enough of the cold water to bind the dough together.
 1. 4 Wrap the dough in clingfilm and chill for 10-15 minutes before using. Roll out and use as required.

Bake at 200⁰c until set (15 mins) - may then reduce to cook fillings

Method food processor

- 1 Put the flour, butter and salt in the food processor and pulse until the fat is rubbed into the flour.
- 2 With the motor running, gradually add the water through the funnel until the dough comes together. Only add enough water to bind it and then stop.
- 3 Wrap the dough in clingfilm as before and chill for 10-15 minutes before using.

Quiche

Ingredients Pastry:

250g plain flour

125 g fat (use 60g lard and 60g marg)

3 tbs water (approx)

Fillings (CHOOSE ONLY 1 TO MAKE OR ADAPT THEM)

<ul style="list-style-type: none"><u>Traditional:</u> 3 rashers of bacon(diced) 1 onions (chopped) 100g grated cheese 2 eggs 300ml pint milk	<ul style="list-style-type: none"><u>Salmon and Broccoli:</u> 1/2 head broccoli cut into small florets 1 - 1½ large tins pink salmon 100g grated cheese 2 eggs 300ml pint milk	<ul style="list-style-type: none"><u>Cheese and Leek:</u> 1 large leeks, trimmed, washed, cut in half lengthways and sliced thinly 250g grated cheese 2 eggs 1 pint milk
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Quiche Method

1. Make pastry: rub fat in till mixture looks like breadcrumbs
2. Carefully add water to make a firm but not sticky dough. Knead lightly, roll out and line large metal trays (from store room)
3. Crimp edges of pastry.
4. Prepare different fillings as follows:

Traditional: Lightly 'dry' fry bacon pieces until fat runs then add onion and lightly fry to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

Salmon and Broccoli: Blanch the florets of broccoli (tip into boiling water for 2 minutes, then drain and refresh in cold water). Open tin(s) of salmon, remove any bones and black skin. Mash with a fork. Place salmon and broccoli in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

Cheese and Leek: Fry the leeks in a little butter, marg or olive oil until the colour looks vivid and leeks have started to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.



Cheese, potato and onion pie

(Lid must be decorative)

Ingredients

Pastry:

200g Plain flour

50g butter, cold

50g lard

8 teaspoons cold water



Filling:

1 large onion, diced

250g potato, peeled and diced

200ml milk

250g grated extra mature cheddar

1 rounded tsp mustard powder

salt & pepper, available from school

1 egg

1tsp butter/margarine

Method

Pastry:

1)Sieve flour in to a mixing bowl, cut butter and lard into cubes and rub in to flour until it resembles breadcrumbs.

2)add water gradually, usually 2 tablespoons at a time and stir in with a butter knife until a dough is form.

3)wrap in Clingfilm and chill for 30 minutes

4) sprinkle flour on worktop and roll out till the thickness of £1 coin and line pie dish

Filling:

1)Place potatoes in a pan and cover with water and bring to boil and then simmer for 10-15 minutes.

2)Slice and dice the onions and place in a mixing bowl.

3)Add mustard, milk, seasoning and egg and mix.

4)Add cooked potatoes and butter then mash all the ingredients together.

Cheese and vegetables pasties

Ingredients

1 block of shortcrust pastry
60g butter
1 onion, thinly sliced
1 carrot, thinly sliced
1/2 swede, peeled and diced
1 large potato, peeled and diced
125g mushrooms, chopped
2 tablespoons water
1 teaspoon Marmite, available from school
60ml milk
1 egg, to bind
125g grated Cheddar cheese
salt and pepper to taste
1 egg, beaten, to glaze



Method

1. Preheat oven to 200 C / Gas mark 6.
2. Divide pastry into four equal portions and roll each one out in a square shape. Set pastry aside to rest.
3. Place a large frying pan over medium heat. Add butter and allow to melt. Add onion and saute for 5 minutes, until translucent and beginning to brown. Add carrot, swede, potato, mushrooms and water. Lower heat and cover pan. Allow mixture to cook for 10 minutes, stirring occasionally.
4. In a small bowl, dissolve marmite in milk. Whisk in 1 egg. Stir this mixture into cooked vegetables. Continue to stir until mixture thickens. Add cheese, and salt and pepper to taste. Set aside to cool.
5. Place 1/4 of filling on one half of each pastry square. Fold pastry diagonally and seal edges. Brush tops of pastry with beaten egg.
6. Place pasties on a baking tray and bake in preheated oven for 30 minutes, until pastry is golden brown.

CUSTARD TART

Ingredients

Short crust pastry

Filling 2 standard eggs

2oz/50g sugar (castor)

$\frac{1}{2}$ pt/250ml milk

pinch nutmeg

METHOD

1. Prepare oven Reg6/200⁰c.
2. Make short crust pastry (as above). Line flan dish. Bake blind for 10-15 mins.
3. Reduce oven to 4/180⁰c.
4. Beat eggs and sugar together.
5. Heat milk to blood heat (do not boil) and pour over beaten eggs, stirring well. Strain into a jug.
6. Carefully pour custard into flan case, sprinkle with nutmeg.
7. Bake for 20-30 mins or until set.

Creamed cake mixture

<u>Ingredients</u> 1 egg 50g castor sugar 50g soft marg. 50g self raising flour. OR the weight of the egg	<u>Can be made into :</u> approx 9 small cakes or double the mixture for a Victoria sandwich cake as one egg mixture will make one layer
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Method (traditional)

1. Cream marg. And sugar in bowl.
2. beat egg and add gradually.
3. Stir in sieved flour to make a soft dropping consistency.
4. Place in prepared containers and bake at 190⁰c until golden and springy to touch.

Method (all-in-one)

1. Beat all ingredients together until you get a soft dropping consistency.
2. Place in prepared containers and bake at 190⁰c until golden and springy to touch

Butter Cream (MAKES ENOUGH TO ICE 12 BUNS OR FILL & COVER A 20CM CAKE)

- 600g icing sugar, sifted
- 300g unsalted or salted butter, softened

Optional extras

- finely grated lemon zest
- finely grated orange zest
- a dash of vanilla extract
- few drops food colouring
- cocoa powder, to taste

Method

1. Beat 600g sifted icing sugar and 300g butter together with your chosen flavouring and colouring if using, add 2-3 tablespoons of boiling water to loosen and beat until smooth.
2. Fill a piping bag with a star nozzle and pipe onto cupcakes or smear in the middle and over the top of a 20cm cake using a palette knife.

Pineapple Upside Down Cake

Ingredients For the cake: 100g Softened butter 100g self-raising flour 1 tsp baking powder 1 tsp vanilla extract 2 eggs		For the topping: 50g Softened butter 50g light soft brown sugar 7 pineapple rings in syrup drained (keep the syrup) Glace cherry
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Method:

1. Heat oven to 180C/160C fan/gas 4.
2. Beat the butter and sugar for the topping together until creamy. Spread over the base and a quarter of the way up the sides of a 20-21cm round cake tin.
3. Arrange pineapple rings in the tin on top of the sugar and butter paste, then place cherries in the centres of the rings.
4. Place the cake ingredients in a bowl along with 2 tbsp of the pineapple syrup and, using an electric whisk, beat to a soft consistency.
5. Spoon into the tin on top of the pineapple and smooth it out so it's level.
6. Bake for 35 mins. Leave to stand for 5 mins.

Real proper custard

Ingredients <ul style="list-style-type: none">• 570ml/1 pint milk• 55ml/2fl oz single cream• 1 vanilla pod or $\frac{1}{2}$ tsp vanilla extract• 4 eggs, yolks only• 30g/1oz caster sugar• 2 level tsp cornflour	Method <ol style="list-style-type: none">1. Bring the milk, cream and vanilla pod to simmering point slowly over a low heat.2. Remove the vanilla pod (wash the vanilla pod, dry and store in jar with caster sugar to make vanilla sugar).3. Whisk the yolks, sugar and cornflour together in a bowl until well blended.4. Pour the hot milk and cream on to the eggs and sugar, whisking all the time with a balloon whisk.5. Return to the pan, (add vanilla extract if using) and over a low heat gently stir with a wooden spatula until thickened.6. Pour the custard into a jug and serve at once.7. To keep hot, stand the jug in a pan of hot water and cover the top with cling film to prevent skin forming
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Christmas Cakes

Ingredients - Cake

115g Butter softened (clover)
115g Caster sugar
2 Eggs, large
125g Self-raising white flour
200g Dried mixed fruits



Ingredients- Decoration:

Marzipan
White fondant icing
Green & Red fondant icing
Apricot jam
Cornflour
Ribbon

Method - cake

1. Grease and line the base and sides of 4 mini cake tins. Preheat the oven to 180°C.
2. Beat the butter and sugar with the electric whisk until light and creamy.
3. Add the eggs and a tablespoon of flour and mix.
4. Add the remaining flour and the dried fruit, mix using a wooden spoon.
5. Divide the mixture evenly between the 4 tins, level the tops.
6. Bake for approximately 1 hour, leave to cool in the tins before removing.

To decorate

1. Carefully level the top of the cake.
2. Knead the marzipan until soft. Roll out to approx. 5mm thick cut to the correct size to fit the top of the cake.
3. Brush the cake top with warm apricot jam; place the marzipan on to the top of the cake.
4. Knead the fondant icing until soft, roll out to approx. 5mm thick, cut to the correct size to fit the top of the cake.
5. Brush the cake with water place the icing on top of the marzipan.
6. Make some holly decorations with coloured fondant icing, place on top of the cake.
7. Wrap cake with ribbon.

Chocolate and orange cake

Ingredients

100g unsalted butter, softened, plus extra for greasing

50g good quality cocoa powder

90ml boiling water

3 large free-range eggs

4 tbsp milk

175g self-raising flour, sifted

1 tsp baking powder, sifted into the flour

300g golden caster sugar

Finely grated zest and juice of 1 orange

For the icing and filling

150g quality chocolate, broken into small pieces

150ml double cream

3 tbsp apricot jam

For decoration

100g good quality dark chocolate (55-60 per cent cocoa solids) made into curls

Method

- 1) Preheat the oven to 180°C. Grease 2 x 20cm round sandwich tins and line the bases with baking paper.
- 2) To make the sponges, measure the cocoa and boiling water into a large bowl and mix to a paste. Add the remaining ingredients and beat again until combined.
- 3) Divide the sponge mixture evenly between the prepared tins. Bake in the preheated oven for about 20-25 minutes until the sponges are well risen and shrinking away from the sides of the tin.
- 4) Remove the sponges from the oven, turn out of their tins onto a cooling rack and leave to cool completely.
- 5) For the icing and filling, put the chocolate and cream in a bowl, then stand over a pan of simmering water for 10 minutes until melted (don't let the bowl touch the water), stirring from time to time.
- 6) Set aside to cool until it thickens to a spreadable consistency.
- 7) To finish, spread the tops of both sponges with the apricot jam. Spread the top of one sponge with half the icing and put the other sponge on top.
- 8) Cover the top of the cake with the remainder of the icing, then, with a small palette knife, make large S shapes in the icing to give a swirl effect. Scatter the top liberally with the chocolate curls and enjoy!



Duchess potatoes

(make with something else like chicken roulade or deboned chicken thigh or a fillet of fish bread crumb coated)

Ingredients

400g potatoes, peeled and cut into even 4cm chunks
25 g unsalted butter
1 tsp ground nutmeg
1 tsp ground white pepper
25 ml double cream
1 tbsp milk
1 large egg yolk



Method

- 1) In a large pan, cover potatoes with water. Bring to the boil, reduce the heat and simmer gently for 15min until completely tender and a knife can be inserted with no resistance. Drain (reserving pan) into a colander and set aside to steam dry.
- 2) Press potatoes through a ricer into the pan or mash until smooth. With a handheld electric whisk, beat in the butter, nutmeg, pepper, cream, milk, yolk and plenty of salt until smooth.
- 3) Line one large baking sheet with baking parchment. Spoon potato mixture into a piping bag fitted with a 2cm (3/4in) star or flower nozzle. Pipe 8-10 swirls, each about 6.5cm (2 1/2in) wide, on to the sheets, spacing apart. Chill for 20min.
- 4) Preheat oven to 200°C . Cook the potatoes for about 15-20min until light golden. Cool on sheets for 5min before carefully removing to a warm serving dish with a palette knife.

Fish Pie

Ingredients

450 - 500 g white fish (cod, haddock etc)

350 mls milk

35 g marg

35g flour (1 heaped tbs)

Topping

100g grated cheese

750 g potatoes

35 g marg or butter

75 mls milk

seasoning

1 tomato or parsley for garnish (if wanted)



Method

1. Peel and chop potatoes. Place in a pan, just cover with fresh cold water. Add 1 teasp salt and bring up to boil. Reduce heat and allow to simmer for approximately 20 minutes until the potatoes are soft.
2. Remove skin and bones from fish. EITHER place in ovenproof dish, add milk and bake for 20 - 30 minutes Gas 5 or 180 C OR place in pan, add milk and poach for 15 - 20 minutes.
3. Carefully drain milk from fish and pour into measuring jug.
4. Flake the fish and place in bottom of ovenproof dish.
5. In a clean pan, melt marg, add flour and cook the roux for 1 - 2 minutes without colouring. Remove from heat and add the hot milk very gradually at first to make a smooth sauce. Return to heat and allow the sauce to boil for at least a minute.
6. Take off the heat and add grated cheese (save a little for the top). Pour the sauce over the fish in the ovenproof dish.
7. Drain and mash potatoes. Add butter and enough milk to make them smooth and creamy.
8. Spread or pipe potatoes evenly over the sauce. If spreading potatoes, fork round dish to neaten.
9. Sprinkle with leftover cheese and garnish with slices of tomato.

To Serve: Bake in a moderate oven - Gas 5 or 180 C until piping hot and golden brown. Serve with a colourful vegetable e.g. peas.

Shepherds Pie

Topping

- 100g grated cheese
- 750 g potatoes
- 35 g marg or butter
- 75 mls milk
- Seasoning 1 tomato or parsley for garnish (if wanted)

Filling

- tbsp oil
- 1 onion, chopped
- $\frac{1}{2}$ tsp dried thyme
- Tin of carrots or peas
- 250g lean minced lamb (we used 10% fat) (or Quorn mince)
- 1 tbsp plain flour
- a stock cube, made up to 350ml stock with boiling water
- 227g can chopped tomatoes
- 1 tbsp tomato purée
- 400g can green lentil with no added salt, drained
- 1 tsp Worcestershire sauce

Method

1. Peel and chop potatoes. Place in a pan, just cover with fresh cold water. Add 1 teasp salt and bring up to boil. Reduce heat and allow to simmer for approximately 20 minutes until the potatoes are soft.
2. Heat the oil in a large, deep sauté pan or saucepan. Tip in the onion and thyme and fry for 5-8 mins, stirring occasionally until the onions start to brown. Stir in the mince to break it down. Fry for 2-3 mins until no longer pink. Stir in the flour, scraping the bottom of the pan in case the meat sticks, then cook for another 1-2 mins. Pour in the stock and stir until thickened. Stir in the tomatoes, tomato purée, lentils drained tin or carrots or peas and Worcestershire sauce and season with pepper. Reduce the heat and simmer, covered, for 45 mins, stirring occasionally.
3. Spoon the meat into a 1.5 litre oven proof dish.
4. Drain and mash potatoes. Add butter and enough milk to make them smooth and creamy.
5. Spread or pipe potatoes evenly over the sauce. If spreading potatoes, fork round dish to neaten. Sprinkle with leftover cheese and garnish with slices of tomato.
6. Place the dish on a baking sheet (drip catcher) and bake for about 20-25 mins until piping hot and the filling starts to bubble around the edges. If the top is not brown enough, pop it under the grill for 5 mins or so until the mash is crisp and golden. Let it sit for 5 mins then serve.

HOW TO FILLET A FISH



A fishmonger will scale the fish. Place knife behind pectoral fin, making a diagonal downward cut through the bone. Repeat on the other side & discard the head.



Remove the tail - Place knife where the tail fin joins the body, make a straight cut down through the flesh & bone. Discard the tail.



Cut the fillet - start at the head, run a fillet knife along the backbone in a smooth motion. Cut around the rib cage to separate the fillet.

What is special about a fillet knife?



Trim - Cut away the thin belly portion of the fillet. Although it is fine to eat it generally cooks quicker than the rest of the fillet & is higher in fat.

What else could the belly be used for?



FOOD SAFETY

What aspects of food safety should we consider when handling fish?
How can we check for readiness when cooking?

WHY FILLET YOUR OWN FISH?

Better Quality/Freshness/Lower Cost

CHECKING FOR FRESHNESS

Firm flesh - should spring back when pressed
Eyes - Should be shiny & clear
Smell - Like the ocean not fishy



Repeat the process. You will find the bones running along the middle of the fillet. Remove these with tweezers.



Remove the skin - Skin side down, place knife at the tail end between skin and flesh. Run knife slowly along fillet with blade angled slightly downward, firmly gripping skin as you cut.

Hollandaise Sauce

INGREDIENTS

125g Butter

2 Egg Yolks

$\frac{1}{2}$ tsp white wine vinegar

Pinch salt

Splash of ice cold water

Lemon juice

Cayenne pepper



METHOD

1. Melt 125g butter in a saucepan and skim any white solids from surface. Keep the butter warm
2. Put 2 egg yolks, $\frac{1}{2}$ tsp white wine vinegar, pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a pan of barely simmering water and whisk continuously until pale and thick, about 3 - 5 minutes.
3. Remove from the heat and slowly whisk in the melted butter, bit by bit until it's all incorporated and you have a creamy hollandaise. (If it gets too thick, add a splash of water). Season with a squeeze of lemon juice and a little cayenne pepper.

USING EGGS TO LIGHTEN MIXTURES/Making a foam

BASIC SWISS ROLL

Plain

2 eggs

50g/2oz castor sugar

50g/2oz plain flour

or

3 eggs

75g castor sugar

75g plain flour

Fillings

2 Tblsp. Jam or lemon curd

1 tsp castor sugar to sprinkle

Chocolate

Ingredients as for plain

swiss roll then take out 1

level tablespoon of flour and

replace with 1 level tablespoon

of cocoa NOT drinking chocolate

125ml/ $\frac{1}{4}$ pt double/whipping

cream OR 4oz/100g butter cream

(4oz icing sugar + 2oz butter or marg)

METHOD

1. Light oven gas 7/220°C
2. Grease and line a swiss roll tin
3. Whisk eggs and sugar (+1 tblsp. Boiling water) until light and creamy and leaves a trail.
4. Sieve all flour (and cocoa) on top and fold in GENTLY with a metal spoon.
5. Pour into prepared tin and bake 7-10 mins until golden brown and spongy to touch.
6. Whilst it is cooking prepare a damp tea towel and grease proof paper, dredge with castor sugar.
7. When cooked, turn on to grease proof paper. Trim off edges and spread with jam.
8. Roll up immediately.

CHOCOLATE

Make as for plain, but sieve cocoa in with flour and roll up without filling. Leave to cool - unroll and spread with whipped cream or butter cream. Roll up and dredge with castor sugar.

Decorated Swiss Roll

Ingredients

Decorative paste:

1 egg white

20 g unsweetened cocoa powder

20 g flour

30 g sugar

30 g butter

Note: You can substitute cocoa powder with flour and add a few drops of food colouring

Swiss roll:

***** Large Baking tray or two small or half recipe*****

4 eggs

120 g flour

120 g sugar

1 pinch of salt

Method:

Let's start preparing the decorative paste. Mix all ingredients together and pour into a piping bag to pipe your own design on a paper parchment.

1. Place the printed pattern you are going to use on a tray.
2. Place paper parchment over it.
3. Pipe following the design on the pattern under the paper parchment.
4. Decorative paste is ready, take to the freezer for 15 minutes, whilst preparing the swiss roll.
5. Pour the swiss roll mix over it and bake, as indicated below.
6. Preheat the oven to 200c
7. Place the eggs and sugar into a bowl and whisk until very light, fluffy and thickened.
8. Sift the flour over the mixture and fold in carefully/
9. Take the decorated paste out of the freezer, line a Swiss roll tin with the decorated baking parchment.
10. Pour mixture into the lined tin and smooth with a spatula until evenly spread out.
11. Bake the sponge for 10 minutes.
12. Turn the sponge out onto the parchment paper, then peel off the parchment on the bottom of the sponge.



Sponge Fruit Flan.

2 Eggs

50g castor sugar

60g plain flour

1 tin fruit

1 quick-gel or $\frac{1}{4}$ pt fruit juice + 1 tsp arrowroot

METHOD

1. Light oven 190⁰c
2. Grease and flour flan tin
3. Make as for Swiss roll and pour into tin.
4. Bake for 20-25 mins until golden and spongy to touch
5. Leave to cool and arrange fruit
6. Make quick-gel and pour over fruit
7. Decorate with cream if desired.

N.B. If using arrowroot, blend with a little fruit juice until smooth, add remaining juice and pour into a pan. Bring to boil stirring all the time, until clear and thickened.

Fruit pavlova OR MERINGUE NESTS

Ingredients

3 egg whites
150g caster sugar
2 level teaspoons corn flour
few drops vanilla essence
2 teaspoons lemon juice
250ml whipping or double cream
fresh fruit to decorate - strawberries, kiwi fruit, mango,
blueberries etc.



Method

1. Draw 6 x 10cm circles on baking parchment for meringue nests or draw round a plate for pavlova. Turn baking parchment over and place on baking tray.
2. Separate the eggs one at a time, using a clean bowl for each egg white (any trace of egg yolk and the whites will not whisk)
3. Whisk the egg whites until they stand in stiff peaks (turn the bowl upside down to check consistency)
4. Still whisking, add the sugar a tablespoon at a time - the mixture should become thick and glossy and with a marshmallow type texture.
5. Add the sieved corn flour to the final spoon of sugar. Carefully fold this into the mixture with the lemon juice and vanilla essence.
6. Either spoon or pipe the meringue into nest shapes following the guidelines on the baking parchment building up the sides so they are higher than the middle.
7. Bake in a cool oven (120° - 140°C) for approximately an hour until crisp and lightly coloured. (When meringue nests are cooked they will peel off the parchment paper easily).
8. Cool the meringue nests on the baking sheet, then peel off parchment.

9. Whip cream until it stands in soft peaks. Spoon or pipe into meringue nests. Decorate generously with prepared fruit.

QUEEN OF PUDDINGS

INGREDIENTS

- 1 teacup fresh breadcrumbs (approx. 2oz/50g)
- 1 tblsp. Margarine (1oz/25g)
- 250ml (1/2 pt) milk
- 2 egg yolks
- 1 tblsp. Sugar
- grated rind of $\frac{1}{2}$ lemon or 2/3 drops of vanilla essence
- 2 tblsp. Jam

Meringue

- 2 egg whites
- 100g sugar (3-4oz)

METHOD

1. Light oven reg 4/ 180°C
2. Grease 1 pt pie dish
3. Make breadcrumbs
4. Boil milk with margarine, drop the bread into it, add sugar and lemon rind, put liquid into a saucepan and leave it to soak for 20-30 mins.
5. Beat yolks into the bread and milk and turn mixture into a pie dish.
6. Bake it until it is just set - 20-30 mins.
7. When set take it from the oven, spread the jam on top of it. Reduce oven to reg 1/120°C.
8. Whisk the egg whites stiff then whisk in 2 tsp. of sugar and finally fold in the rest of the sugar with a tablespoon. Pile meringue on top of the pudding.
9. Put it into the cool oven to dry the meringue and make it crisp - 30 mins.

Lemon Curd Recipe. (A good way to use up the egg yolks you have left over from making Meringue!)

Ingredients

- 4 large egg yolks
- 1/2 cup granulated sugar
- 1/4 cup finely grated, loosely packed lemon zest (from about 5 to 6 medium lemons)
- 1/3 cup freshly squeezed lemon juice (from about 3 to 4 lemons)
- 1/8 teaspoon fine salt
- 6 tablespoons unsalted butter (3/4 stick), cut into 6 pieces, at room temperature

Method

1. Fill a medium saucepan with 1 to 2 inches of water and bring it to a simmer over high heat; reduce the heat to low and keep the water at a bare simmer.
2. Place all of the ingredients except the butter in a large heatproof bowl and whisk to combine. Set the bowl over, but not touching, the simmering water and whisk constantly until the yolks thicken and the mixture forms ribbons when the whisk is lifted from the bowl, about 7 to 10 minutes. (Check to make sure the water does not boil by periodically removing the bowl from the saucepan using a pot holder or dry towel. If the water boils, reduce the heat so the eggs do not curdle.)
3. Remove the bowl from the simmering water; whisk in the butter one piece at a time, waiting until each piece is completely melted and incorporated before adding another.
4. Set a fine-mesh strainer over a medium bowl. Strain the curd, pressing on the solids and scraping the extra curd clinging to the underside of the strainer into the bowl; discard the solids left in the strainer. Press a sheet of plastic wrap directly onto the surface of the curd to prevent a skin from forming. Refrigerate until set and chilled, at least 3 hours. (The curd can be made and refrigerated up to 5 days ahead.)



Flaky Pastry Recipe:

Make into sausage rolls

Ingredients:

- **You will need 5 skinless sausages or vegetarian sausages**
- 110g Plain Flour
- Pinch of salt
- 55g marg.
- 25g trex or lard)
- ¼ tsp Lemon Juice
- A little cold water to mix

Method:

- Sieve flour and salt together
- Mix margarine and trex or lard together and divide into 4 portions on a plate.
- Rub in one portion of fat to the flour.
- Mix in the lemon juice and water to make an elastic dough
- Roll out dough into an oblong/rectangle
- Place one portion of the fat in small flakes/dabs down 2/3 of the length
- Fold up the bottom 1/3 and fold down the top 1/3 enclosing the fat
- Turn so that the folded edges are at the sides
- Sprinkle with flour Roll out and repeat the process with the remaining portions of fat
- Roll out and fold once more, enclosing the air and roll to the required size
- Repeat until you have used up all of the fat.
- Rest in the fridge until ready to use.

Puff Pastry

Ingredients

225g plain flour $\frac{1}{2}$ tsp fine salt

250g unsalted butter, cold but not rock hard

(or you can use half butter, half lard)

150ml pint ice-cold water



Equipment

- Palette knife
- Measuring jug
- Flour dredger
- Rolling pin
- Cling film

1. Sift the flour and salt into a large mixing bowl, then put the bowl in the fridge for a few minutes to chill.

Keeping the flour and bowl cold will help you to get a better result later and create nice layers of pastry.

2. Meanwhile, cut the butter into small cubes.

3. Using a round-bladed knife, stir the butter into the bowl until each piece is well coated with flour.

4. Pour in the water, then, working quickly, use the knife to bring everything together to a rough dough.

5. Gather the dough in the bowl using one hand, then turn it onto the work surface. Squash the dough into a fat, flat sausage, without kneading.

6. Lightly flour the work surface and the pastry. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm.

Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.

7. Fold the bottom third of the pastry up, then the top third down, to make a block about 15x15cm.

It doesn't matter if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.

8. Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.

9. Roll out and fold the pastry again, repeating this four times in all to make a smooth dough, with buttery streaks here and there.

If the pastry feels greasy at any point, or starts to spring back when as you roll, then cover and chill it for 10 minutes before continuing.

10. Chill the finished pastry for an hour, or ideally overnight, before using.

Well done you have created your own puff pastry full of air!

Skills used: Puff pastry; folding; chilling; rolling out evenly;

Key words: Coating; Folding; Even; Streaky; Chilling

Chicken en croute

Ingredients-

100g buffalo mozzarella, chopped
6 fresh basil leaves, shredded
10 sun-blush tomatoes, chopped
2 x chicken breasts
4 pieces puff pastry, 15cm/6in square, 3mm/ $\frac{1}{8}$ in thick
OR TWO BATCHES OF THE SCHOOL BASIC FLAKY
PASTRY RECIPE OR ONE BATCH SHORTCRUST
PASTRY
1 egg, beaten



OR

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Mix the mozzarella, basil and sun-blush tomatoes together in a bowl.
3. Cut a pocket in each of the chicken breasts and stuff with the mozzarella mixture.
4. Place a stuffed chicken breast into the middle of each square of puff pastry and brush the edges with beaten egg.
5. Then place another sheet of pastry over the top ensuring the edges meet. Brush the top with the left over egg and score the top to make it a decorative top.
6. Place on baking tray and bake for 20-25 minutes until golden brown and risen. Remember to check the temperature of the chicken with a food probe.

Profiteroles (choux Pastry)

Ingredients

55g butter

150 ml water

75 g plain flour sifted/sieved

2 eggs beaten with a pinch of salt and sugar

Method

- Preheat oven to 200 degrees C
- Weigh all ingredients including water
- Heat the water and butter to a rolling boil
- Shoot the flour into the water, beat with a wooden spoon until the mixture comes away from the sides of the pan
- Transfer to a mixing bowl, Beat in the eggs using an electric whisk
- Dollop into even sized balls on the greased baking tray
- Sprinkle with water and cook for 12 mins at 200oc then turn down to 180Oc for one minute
- Wash beaters and bowl.
- Whip cream and put into piping bag.
- Once choux balls are cool make a hole in them and pipe the cream into the hole.
- Top with chocolate sauce (the treat ice cream cracking one works well and we can then blast chill them to set it or melt chocolate and drizzle over or dip the bun into the chocolate.



Skills used: Melting; beating, steaming; piping; producing an even batch;

Key words: Choux; Steaming; Beating; Piping

Pasta

Ingredients

100g "00" flour

1 egg

$\frac{1}{4}$ tsp salt



Method

1. Weigh the flour into a medium bowl.
2. Add the salt.
3. Make a well in the centre of the flour and crack the egg into it. Mix with a knife.
4. Press the dough into a rough ball and on the work surface knead it as you would bread.
5. Kneading.
6. Push the dough away from you with the heel of your hand, then fold the end of the dough back on itself so that it faces towards you and push it out again.
7. Continue folding the dough back a little further each time and pushing it out until you have folded it back all the way towards you and all the dough has been kneaded.
8. Give the dough a quarter turn then continue kneading folding and turning for 5-10 minutes. The dough should be very smooth and elastic.
9. Wrap the dough in cling film and leave to rest for 15-20 minutes at room temperature. It can then be rolled out by hand or using a pasta machine.

Tomato ragu

Ingredients

1 onion

1 clove garlic

1x15ml spoon oil

2 x 400g canned chopped tomatoes

handful of fresh basil

black pepper



Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Top tips Use dried herbs if you do not have fresh. Add $\frac{1}{2}$ red chilli, for a sauce with a kick. Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce. Add and brown 200g minced beef after stage 2 for a simple meat sauce. Stir-in black olives and tuna.

Lasagne

Meat Sauce Ingredients

1 onion
1-2 cloves garlic
1-2 sticks celery
1 carrot
100g / 4oz mushrooms
1 tin tomatoes (400g)
1tblsp tomato puree
1 stock cube
Seasoning / herbs- available from school
200g minced beef, lamb, turkey or Quorn T.V.P. /
meat substitute plus 1x15ml sp / 1tblsp oil
Several sheets of lasagne (make your own for more
marks)

Big lasagne dish/tray

Cheese Sauce Ingredients

600ml milk
50g flour
50g margarine
100g cheese (grated)



Method Meat Sauce

1. Prep veg Onion - peel, chop finely Garlic - peel, chop / crush finely
Celery - wash, trim ends, slice finely Carrot - peel, grate finely
Mushrooms - wipe, slice thinly Tomatoes - chop roughly, retain juices
2. Place minced meat in saucepan and heat gently, stirring with a wooden spatula until the meat is brown.
3. Add prepared vegetables, tomato juices, tomato puree, crumbled stock cube, seasoning, herbs. Put lid on pan.
4. Bring to simmer and continue to simmer for 30 mins or until the desired consistency is reached. Stir occasionally. If the mixture becomes a little dry add a small amount of water.

Cheese Sauce (all in one white sauce) Method (Gelatinisation moist heat on starch)

1. Place milk in a saucepan and add flour and margarine.
 2. Place over a medium heat and stirring all the time with a wooden spoon, bring to the boil. (The sauce will be thick)
 3. Reduce heat and simmer for 1 - 2 mins. Keep stirring.
 4. Remove from the heat.
 5. Add $\frac{3}{4}$ of the cheese and the seasoning. Stir in.
- Place half of the mince in the ovenproof dish.
Add half of the cheese sauce.
Cover with lasagne sheets, breaking to fit the dish if necessary.
Place the rest of the mince on top.
Pour over the rest of the cheese sauce.

Sprinkle the rest of the cheese on top and place in the oven for 15 minutes.

Basic traditional Roux (WHITE SAUCE) (Gelatinisation moist heat on starch)

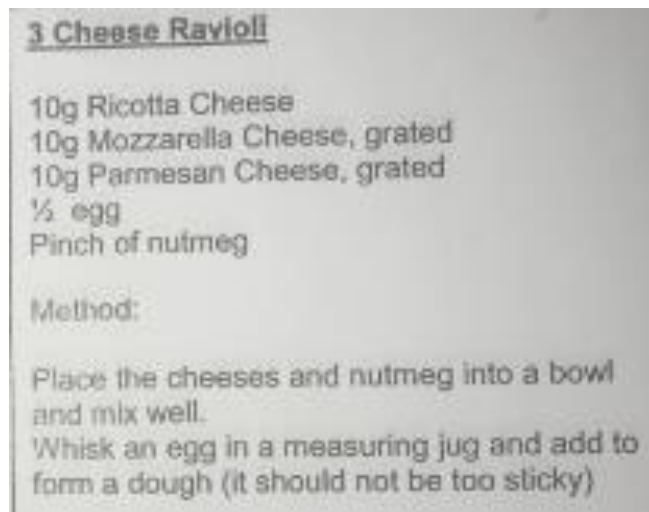
25g marg or butter 25g plain flour 250-300ml milk (or water or cream or stock.)	<u>Can be made into :</u> sweet & savoury flavours e.g. fruit puree & vanilla or rum sauce Cheese sauce, onion sauce, parsley sauce, black pepper sauce The sauce for fish pie or chicken pie The topping for lasagne A base/thickening for a soup A filling for vol-au-vents Macaroni cheese
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Method

1. Melt marg or butter. Stir in flour and cook slowly for 1-2 mins.
2. Gradually add liquid - stirring all the time. Bring to the boil.

N.B. All-in-one method - place all ingredients in pan & whisk over a gentle heat until sauce thickens.

Fillings For Ravioli



Sweet potato and Pumpkin

¼ sweet potato
1 tbsp pumpkin seeds, plus extra to sprinkle on top
50g crumbled goats cheese

Method:

Boil the potatoes, then roughly mash.
Mix with the pumpkin seeds and goat's cheese

BURGERS

Spinach and Ricotta

¼ small onion finely chopped
1 garlic clove, crushed
50g spinach
50g ricotta

Method:

Fry the onion and garlic until soft, add the spinach and stir until wilted.
Add the ricotta, breaking it into lumps and season well.

Ingredients

450g (1lb) lean minced beef, lamb, pork or turkey

1 small onion, finely chopped

2.5ml (1/2 tsp) made mustard

5ml (1tsp) Worcestershire sauce

Salt and freshly ground pepper

(optional) A hand full of breadcrumbs

1 egg, beaten (helps to stick/bind it all together)

METHOD

1. Put all ingredients in a bowl and mix well.
2. Using dampened hands divide into 8 equal pieces and shape into 1cm (1/2") thick burgers.
3. Grill or dry fry in a non-stick frying pan for 8-10 minutes, or until cooked through. Turn once.

568ml (1pt) fresh milk

Fish cakes/Veggie Burgers or Croquet potatoes

***For croquet potatoes leave out the fish/veg and shape into cylinders rather than burgers.

INGREDIENTS

200g/8oz cod or haddock or tuna OR ANY SKINNED AND BONED FISH Or a tin of mixed bean salad or peas and sweetcorn

250g/12oz potatoes (approx. 8oz when prepared)

25g/1oz margarine

1 tsp. lemon juice

seasoning

The coating

1 beaten egg and breadcrumbs

The garnish

Lemon chunks and parsley.

METHOD

1. Prepare and boil the potatoes in salted water (1 level tsp. salt) until soft.
2. Cook the fish in boiling salted water for approx. 5 mins (1/2 level tsp. salt) or steam between 2 plates above the potatoes.
3. When the fish is cooked remove the skin and bones and flake finely.
4. Cream the potatoes with the marg and add a few shakes of pepper.
5. Mix together the fish or tin of veg, potatoes, lemon juice.
6. Allow to cool then turn out on to a floured table.
7. Shape into a neat roll and divide into 6 portions.
8. Reshape each portion into a neat, flat, round cake.
9. Coat each cake with beaten egg and breadcrumbs.
10. Fry in deep or shallow fat, until golden brown.
11. Drain.
12. Serve on an oval plate and garnish.

SCOTCH EGGS

Serve with crisp green or tomato salad - for picnics or parties.

INGREDIENTS

1 lb (1/2 kg) pork sausage meat

1 small onion (peeled & finely chopped or grated)

1 tsp. dried mixed herbs

4 eggs (hard boiled and shelled)

flour for coating

1 egg (beaten)

approx. 6oz (175g) dried breadcrumbs

oil for deep fat frying.

METHOD

1. Put sausage meat, onion and mixed herbs in a bowl and mix well. Divide into 4 and press round the hard boiled eggs.
2. Roll in flour, then dip in beaten egg.
3. Coat with breadcrumbs, making sure that the sausage meat is evenly covered.
4. Chill in refrigerator for 1 hour before frying (if possible)
5. Heat oil in deep fat fryer until hot enough to turn a stale bread cube golden in 20-30 secs.
6. Fry the scotch eggs 2 at a time for about 10 mins until crisp and golden brown.
7. Drain on absorbent kitchen paper and keep warm while frying the remaining 2. Drain
8. Transfer to a hot serving platter and serve.

Coleslaw With home made Mayonnaise

<https://www.jamieoliver.com/recipes/eggs-recipes/my-beautiful-mayo/>



Coleslaw ingredients

Remember a tub to take it home in

- Cabbage (white or red) about a quarter of one
- An onion white or red or a bunch of spring onions
- 2 Carrots

Mayonnaise ingredients

- 2 free-range egg yolks
- 1 heaped teaspoon Dijon mustard
- 500 ml mixed oils
- 1-2 tablespoons white wine vinegar
- tsp lemon juice
- sea salt

Method

1. Whisk the egg yolks in a bowl, then add the mustard and whisk together.
2. Gradually add about half the oil, very slowly at first, whisking continuously for around 3 to 5 minutes, or until thickened.
3. Once you've added about half the oil, whisk in 1 tablespoon of vinegar - this will loosen the mixture slightly and give it a paler colour.
4. Continue to gradually add the remaining oil, whisking continuously. Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar, if needed. Store in a sterilised jar in the fridge for up to one week.
5. Wash dry and chop all of the veg really thinly and mix with the mayo.

BASIC BISCUIT MIXTURE

100g self raising flour

50g marg or butter

50g castor sugar

1 egg

Can be made into:

Variety of flavourings

can be added, e.g. nuts, dried

fruit, choc chips

Method

1. Sieve flour and sugar and rub in fat until like breadcrumbs.
2. Add enough beaten egg to form a stiff dough.
3. Roll thickness required and bake at 180⁰c.

Hygiene and Safety

Rules in school

Preparing yourself and your work area for Food Work.

- Do not enter the classroom without permission.
- Do not run or throw things.
- Put blazers and coats on the pegs by the classroom door.
- Leave bags outside or make sure they are stored under the centre of the table.
- Always push stools under the tables.
- Work quietly at all times.
- Listen carefully to all instructions given to you.
- Wear clean clothes and shoes.
- Put on a clean apron.
- Tie back long hair.
- Make sure nails are short, clean and have no nail varnish or false nails.
- Wash your hands with warm, soapy water.
- Roll up your sleeves.
- Cover any cuts or sores with a blue plaster.
- Make sure the working surfaces are clear and clean.
- Do not handle food if you have a bad cold or are sick.

Transporting and storing Ingredients.

- Check the date on the food you buy, i.e. use-by and best before dates.
- After shopping, take chilled and frozen food home quickly.
- Make sure items in the fridge are clearly labelled with your name and date.
- Keep raw meat and fish at the bottom of the fridge.
- Keep raw and cooked foods apart
- Make sure your fridge is between 0 to 5°C
- Keep eggs in the fridge, and throw away ones with damaged shells.
- Do not buy food in packets or cans that are damaged or opened.
- Use icepacks to transport your food to and from school.
- Make sure waste food is put into a bin.

Carrying out Food Work.

- Read the recipe carefully so you know what to do, what temperatures to cook at and for how long.
- Check that you have all the ingredients and equipment ready.
- Wash all raw food such as fruit and vegetables before cooking.
- Prepare and store raw and cooked food separately.
- Do not lick your fingers or tools and equipment during cooking.
- Always wash your hands, after using the toilet or handling raw foods.
- Keep your kitchen clean.
- Do not have trailing cables.
- Cook food thoroughly - follow the instructions on the pack or in the recipe.
- If you reheat food, make sure it is piping hot.
- Use clean dish cloths and tea towels.
- Use a clean spoon when tasting food. Don't put it back in the food after it has been in your mouth.
- Try to avoid eating foods containing raw egg.
- When preparing food and cooking, always take care, make the best use of your time but don't rush.
- Take care when using sharp knives.
- Make sure that saucepan and frying pan handles do not point over the edge of the hob or over another ring.
- Cut or chop food on a chopping board.
- Clean away spills on the work surface or floor immediately.
- Wear oven gloves when putting items into, or out of the oven.
- Put food waste in a bin. If it is really messy wrap it up in newspaper.