

# Food Preparation and Nutrition Year 9 Recipe Book

There is a version of this recipe file on the school website on the noticeboard and on firefly resources.

Name \_\_\_\_\_

Form 9 Class 9 \_\_\_\_\_.

- Please read this information to your parents/guardians and discuss it.
- We aim to cook most lessons. It is essential that you write your homework down and check FIREFLY.
- 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 detention.
- 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)
- Please remember to bring with you the correct container tub or dish to take your food home in. Usually, all your ingredients should fit into it so you can carry them into school in it.
- Please label your tub and all your ingredients before you come to school.
- Put high risk foods (i.e. meat and dairy) in the fridge or the tray outside the Food room if the door is locked before morning registration.
- Please **DO NOT** deviate from recipes (i.e. do not double quantities we have not got enough time, trays or oven space space)
- You do not need to bring in any equipment (just ingredients) we have everything you need in school. NEVER CARRY KNIVES IT IS ILLEGAL! Remember it is a NUT FREE school so please make sure you don't bring any in!

Date (write in pencil in case of changes)		Dish
	1.	Fresh Pasta making-, ragu sauce-
	2.	Goujons
	3.	Curry in a hurry
	4.	Naan breads
	5.	Swiss Roll
	6.	Spanish tortilla/omelette
	7.	Quick Lasagne
	8.	Lemony layer Cake
	9.	Mexican bean burgers or fish cakes
	10.	Vegetarian competition dish
	11.	Ravioli
	12.	Food science experiments (no ingredients required) General intro experiments-dextrinization Caramelisation Enzymatic browning

		Size effects cooking Yeast beast
	13.	Crème brûlée
	14.	Baked eggs and hassle back potatoes
	15.	Heat transfer methods-conduction convection and radiation recipe analysis of all previous dishes.
	16.	Soda bread, raising agents' mini experiment/demo
	17.	Potato soup and croutons
	18.	Focaccia
	19.	trifle
	20.	Stuffed peppers and chips.
	21.	Pastry experiments
	22.	pasties
	23.	Chocolate tart or lemon tart
	24.	Biscuit experiments
	25.	Pancake science
	26.	Mini pancake appetisers
	27.	Knife skills-carrot crudites-coleslaw-own dips
	28.	stir-fry
	29.	Nepalese steamed dumplings or Momos
	30.	Risotto
	31.	churros
	32.	Victoria sponge cake
	33.	NEA Practice task: Vegetarian dish own choice of recipe

## Goujons

<u>Ingredients</u>	<u>Equipment</u>
<ul style="list-style-type: none"><li>• 80g breadcrumbs or bread to make into breadcrumbs at school. (approx 2 slices)</li><li>• <math>\frac{1}{2}</math> tsp cayenne pepper or paprika and pepper (optional)</li><li>• Approx. 300g chicken or turkey or boneless fish OR haloumi or Quorn or courgettes cut into strips.</li><li>• 1 medium egg, beaten or egg replacer.</li><li>• 30g plain flour (<i>School will provide this unless you need gluten free then please bring some</i>)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Plate for egg (share with partner unless GF/V)</li><li><input type="checkbox"/> Plate for flour (share with partner unless GF/V)</li><li><input type="checkbox"/> Glass bowl for bread crumbs</li><li><input type="checkbox"/> Fork to beat egg</li><li><input type="checkbox"/> Knife (to cut chicken, fish or veg options)</li><li><input type="checkbox"/> Greased Baking tray</li></ul>

## Method

1. Preheat the oven to 190C/375F/Gas 5. Oil two baking trays with vegetable oil.
2. With a member of staff place bread in a food processor if required to make into crumbs.
3. Mix the breadcrumbs, cayenne pepper, paprika and pepper in a bowl
4. With your partner (unless you are gluten free or egg free) share a the following two plates to put your ingredients on: flour (school will provide) on one plate and beaten egg on the other.
5. Dip the chicken/turkey/halloumi/Quorn/Courgette pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs. Shake off the excess and lay the chicken goujons on the oiled baking tray. (The process is easier if you keep one hand clean of egg for dipping the chicken in the flour and breadcrumbs.)
6. Grease the baking tray well with oil.
7. Bake in the oven for 30-35 minutes, (a little less for the veg options) turning once. Remove from the oven when completely cooked through and golden-brown all over.

## Curry in a hurry.

### Ingredients you will need:

- ☐ **Tub to take it home in**
- ☐ 225g CUBED lean lamb, beef, chicken, turkey or Quorn
- ☐ 2 x 15ml spoons Rogan Josh curry paste (or similar ie. Tikka, Korma, etc you only need a little so perhaps you could share with your teammates rather than opening 4 jars?)
- ☐ 1 onion
- ☐ 1 clove garlic, crushed
- ☐ 200g can chopped tomatoes
- ☐ 2 tomatoes, cut into wedges
- ☐ 1 x 15ml spoon fresh coriander, chopped or 1 tsp dried
- ☐ Optional-tin chickpeas or normal peas

### Equipment you will need

- ☐ Knife
- ☐ Chopping board
- ☐ Large saucepan
- ☐ Can opener
- ☐ Spoon
- ☐ Garlic press

### **Method**

1. Cube the meat, slice the onion and cut the tomatoes.
2. Heat the oil in a large pan and add the lean lamb. Cook for 3-4 minutes.
- 3 Add the Rogan Josh curry paste, sliced onions and garlic. Cook for a further 2-3 minutes.
4. Add the canned and fresh tomatoes and cook for further 2 minutes.
5. Stir in the fresh coriander.
6. Serve.

### **Tips**

- \* Serve with boiled rice, naan bread and a side salad.
- \* Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- \* Batch cook - freeze portions for a rainy (busy) day!

TOP TIP...FREEZE IT AND HAVE IT WITH NEXT WEEKS NAAN BREADS!

**\*\* DON'T FORGET A CONTAINER TO TAKE THE CURRY HOME IN \*\***

# NAAN BREAD

## **Ingredients you will need:**

- ☐ **Tub to take it home in**
- ☐ 60ml milk
- ☐ 200g strong flour
- ☐ 1x5ml spoon baking powder
- ☐  $\frac{1}{2}$  sachet instant yeast
- ☐ 1x15ml spoon plain yogurt
- ☐ 1x15ml spoon oil

## **Equipment you will need**

- ☐ Baking tray
- ☐ Saucepan
- ☐ Sieve
- ☐ Glass bowl
- ☐ Wooden spoon
- ☐ Rolling pin
- ☐ Measuring jug

## **Method**

1. Preheat the oven to 250C or gas mark 8. Put the baking tray in the oven.
2. Warm the milk (either in a saucepan or microwave).
3. Sift the flour and baking powder into a bowl. Stir in the yeast.
4. Add the yogurt, oil and warm milk.
5. Mix into a soft dough.
6. Knead for 10 minutes.
7. Leave the dough to prove (rise) for around 30-60 minutes.
8. Knead the dough and divide into 4.
9. Roll out each piece of dough into a 'tear' shape (oval).
10. Cook the naans on the heated tray for 3-4 minutes, until puffed up and brown.

## **Tips**

- \* To make them extra special, brush the naans with melted butter and sprinkle with poppy or sesame seeds before baking.
- \* Dried fruit, coconut and spices could be added to the naan mix before baking.
- Garlic and coriander could be added to the mix before cooking.
- \* Make a meal out of your naan. Once baked, stuff with your favourite curry.

**\*\* DON'T FORGET A CONTAINER TO TAKE THE NAAN BREAD HOME \*\***

## SWISS ROLL

### Ingredients.

- ☐ **A container to take Swiss roll home**
- ☐ 2 medium eggs  
(Vegan alternative 90g)
- ☐ 50g/2oz castor sugar
- ☐ 50g/2oz plain flour
- ☐ Filling
- ☐ 2 Tbsps. Jam or lemon curd

### Equipment you will need

- ☐ Large glass bowl
- ☐ Electric hand whisk
- ☐ Sieve
- ☐ Tablespoon
- ☐ Swiss roll tin

### METHOD

1. Light oven gas 7/220°C
2. Grease and line a Swiss roll tin
3. Whisk eggs (or aquafaba) and sugar until light and creamy and leaves a trail.
4. Sieve all flour on top and fold in GENTLY with a metal spoon.
5. Pour into prepared (greased and lined) Swiss roll 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.
8. Trim off edges and spread with jam or lemon curd and roll up immediately time is of the essence as it quickly dries out and this causes it to crack!!

**\*\* Don't forget a container to take your Swiss Roll home in \*\***

## Spanish Omelet/Tortilla

### INGREDIENTS

- ☐ 300g small potatoes such as Charlotte or new potatoes
- ☐ Knob of butter
- ☐ 1 onion finely sliced.
- ☐ 1 red pepper finely chopped or a Courgette or a handful of mushrooms
- ☐ 6 eggs
- ☐ 1 x 25g pack chives or dried herbs and or paprika of your choice.
- ☐ **Container to take your omelet home. (BIG PLASTIC TUB the chocolate tubs work well)**

### Equipment you will need

- ☐ Knife
- ☐ Chopping board
- ☐ Large pan
- ☐ Frying pan
- ☐ Measuring jug
- ☐ Fork
- ☐ Fish slice

### METHOD

1. Thinly slice the potatoes. Put the potatoes in a pan of boiling water boil for 15 mins to soften, when cooked through drain well in a colander.
2. Finely slice the onions and chop the red pepper, removing the seeds. Cut the potatoes into roughly 1/2cm slices.
3. Heat a knob of butter or tablespoon of oil in a frying pan over a low heat and cook gently for 10 - 15 mins until starting to go brown, add the peppers and cook for a further 5 mins.
4. Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in alternatively use dried herbs of your choice.
5. Pre-heat the grill. Add a little more butter to the frying pan and add the potatoes. Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath - you can use a fish slice to lift the omelet up and check. Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR OMELETTE HOME \*\***

# Quick lasagne

## Ingredients

- ☐ **OVEN PROOF DISH** to take it home in.
- ☐ 250g lean minced, beef, turkey or Quorn or similar.
- ☐ 1 onion (you can bring it ready chopped if you want to save crying in class!)
- ☐ Garlic and herbs (optional)
- ☐ Stock cube (add 200ml boiling water at school)
- ☐ 1 tin chopped tomatoes.
- ☐ Small tin of peas and/or 6 mushrooms
- ☐ 2 tbsps. tomato puree
- ☐ Pack of Lasagne sheets

### White sauce ingredients

- ☐ 1 medium egg, beaten.
- ☐ 200g low fat Greek yoghurt **or** a tub of Philadelphia and 150ml milk.
- ☐ 75g Cheddar cheese, grated.

## Equipment you will need

- ☐ Chopping board
- ☐ Knife
- ☐ Tin opener
- ☐ Large pan
- ☐ Measuring jug
- ☐ Grater
- ☐ Garlic crusher

## Method

1. Boil the kettle and add 100ml water and your stock cube to your jug and stir until dissolved.
2. Fry the onion in a large saucepan for 5 mins until it is clear and a little brown.
3. Add the mincemeat (or alternative) and cook through until it has all changed colour (beef red to brown, turkey pink to white) if cooking Quorn you only need to fry it for a minute.
4. Add the tin of tomatoes the stock and any garlic, herbs and tomato puree and simmer (bubble gently) for 5 mins.
5. Put a layer of 'meaty' sauce in your oven proof dish. Then a layer of lasagne sheets then a layer of 'meaty' sauce then a layer of pasta sheets.
6. Rinse out your jug and in it mix together the egg and yoghurt and spread over the top of the lasagne sheets.
7. Sprinkle over the cheese.
8. Wrap up and take it home.
9. Once at home cover with tin foil and bake for 40-45 mins at 190 degrees C until the pasta is tender and the food is piping hot.

**\*DON'T FORGET AN OVENPROOF DISH\***



## LAYERED DESERT

(Similar to cheese cake but without the cheesiness)

### Ingredients

( See teacher for a vegan alternative )

- ☐ You will need a 7" flan dish  
pie dish or cake tin or Pyrex dish lid  
or 6 ramekins.

### For the base

- ☐ 100g digestive biscuits
- ☐ 50g butter

### For the filling

- ☐  $\frac{1}{4}$  pt double cream  
**MUST NOT USE EXTRA THICK OR**  
**NOT LONG LIFE AS THEY WON'T THICKEN!**
- ☐ 150g condensed milk (comes in a tin)
- ☐ 1 lemon or bring a bottle of lemon juice.

### For the topping (optional)

Fresh fruit of own choice strawberries  
and kiwi fruit look great!  
Or blueberries and raspberries

### Equipment you will need

- ☐ Rolling pin
- ☐ Saucepan
- ☐ Spoon
- ☐ Grater
- ☐ Lemon juicer
- ☐ Electric hand whisk

## METHOD

1. Crush digestive biscuits with a rolling pin.
2. Melt butter in pan, add sugar then blend in biscuit crumbs, mix well.
3. Turn mixture into a 7" flan dish pie dish or cake tin and press down biscuit mixture with the back of a spoon then place in fridge to set.
4. Finely grate the lemon rind.....only the yellow the white is bitter if you don't want it very lemony don't put much or any zest in but you need to put in the juice or it won't set.
5. Mix cream, condensed milk and finely grated lemon rind.
6. Slowly beat in lemon juice adding a little at a time until the mixture thickens.
7. Pour mixture into the case.
8. Decorate with fresh fruit.
9. Chill for several hours until firm.

**\*\* DON'T FORGET A FLAN DISH or the lid of  
a 'pyrex' dish or pie dish or cake tin\*\***

## Mexican bean burgers

### INGREDIENTS

- ☐ TUB TO TAKE THEM HOME IN
  - ☐ Half a tin (200g) of mixed bean salad or any beans in salt water (not tomato sauce) or peas and sweetcorn or two tins of tuna.
  - ☐ 250g mashed potato please boil and mash the night before, or buy readymade mash.  
Three spring onions or some chives (optional)
  - ☐  $\frac{1}{2}$  tsp Cayenne pepper or mild chilli powder or paprika
  - ☐ 1 egg (or egg replacer)
  - ☐ Breadcrumbs or  
two slices of bread ready to turn into crumbs in school)

### Equipment

- ☐ Large pan
- ☐ Plate x 3
- ☐ Glass bowl
- ☐ Fork
- ☐ Potato masher
- ☐ Knife
- ☐ Baking tray

### METHOD

1. Place the mashed potato in a large mixing bowl.
2. Open and drain the tinned beans or tinned tuna.
3. Sharing with your partner set three plates/bowls one for flour, one for egg and a plate for breadcrumbs.
4. Add any spices snipped up spring onions and chives.
5. Mix together.
6. Turn out on to a floured table.
7. Shape into a large, neat sausage and divide into 6 even portions.
8. Shape each portion into ball a bit smaller than a tennis ball.
9. Coat each ball with flour then beaten egg and then breadcrumbs.
10. Squash into neat burger shapes.

Once home: Bake on a greased baking tray for 10-15 mins turning halfway or shallow fry for 5 mins on each side in a little oil.

**\*\* DON'T FORGET A TUB TO TAKE FISHCAKES HOME \*\***

## Vanilla crème brûlée (SERVES 4)

### Ingredients

- 250ml double cream
- 75ml full-fat milk
- 1 vanilla pod, scraped or vanilla bean paste or vanilla extract.
- 4 egg yolks
- 3 tbsp caster sugar, plus 3-4 tbsp for the topping
- 1 tsp vanilla extract
- 4 Ramekins

### Equipment

Large pan  
Large glass mixing bowl  
Wooden spoon  
Whisk  
Deep/sided baking tray

### **Method**

- STEP 1 (the set vanilla cream)
- Heat oven to 140C/120C fan/gas 1.
- Put the cream, milk and vanilla pod into a pan and heat to boiling point. Cover and leave to infuse for 10 mins.
- Whisk the egg yolks and 3 tbsp of sugar together until pale and thick.
- Add the vanilla extract and pour the boiling cream onto the mixture. Stir well, then pour into two ramekins.
- Place the ramekins in a Bain Marie and cook in the oven for about 20 mins or until just set. Leave to cool.
- STEP 2 (the topping)
- Heat the grill. Sprinkle the cold brûlée with a thin, even layer of sugar, and caramelise under the very hot grill (or use a blowtorch). Repeat several times until you have a golden crackling topping.

## Baked eggs and Hasselback potatoes

### Ingredients

#### Hasselback potatoes

- Oven proof Pyrex dish **OVEN PROOF DISH** to cook the baked eggs in and take it home in. A metal or enamel dish is recommended as Pyrex or ceramic could be broken in transit!
- 1.kg around 10 medium-sized floury potatoes (Maris piper or King Edward work well)
- 4 tbsp vegetable oil
- 4 garlic cloves, bashed
- a few sprigs of rosemary
- salt

#### Baked eggs

- 4 eggs
- Tin (400g) of chopped tomatoes
- 1 Chorizo sausage or 6 slices of ham or a pack of pizza pepperoni
- A whole pepper any colour
- 1 Chopped onion (please chop at home the night before or buy ready chopped or spring onions so we don't all end up crying in class)
- 6 medium mushrooms
- Chilli flakes
- Mixed herbs
- 4 tablespoons tomato puree.

### Equipment

- Two wooden spoons
- Sharp knife
- Chopping board
- Frying pan or large saucepan

#### Method-Hasselback potatoes

- Heat the oven to 200oC
- Place each potato in-between two handles of wooden spoons and cut through to the spoon. A sharp knife will help to make slices a few mm apart. Remove the skewer and repeat with the remaining potatoes.
- Put the potatoes cut side up on a shallow baking tray and drizzle over the oil.
- Rub each potato with your hands to coat well in the oil, getting some in between the slices. Toss in the bashed garlic, rosemary, and season well.
- Roast for 50 mins - 1 hr until the potatoes are tender throughout and the tops are golden and crisp. Baste with any oil in the pan halfway cooking to get extra crisp potatoes.

#### Method-Baked eggs

- Chop the pepper, mushrooms and onion.
- Fry the onions until caramelised, add the peppers and mushrooms and fry until softened.
- Open the tin of chopped tomatoes, empty it into your oven proof dish, add tomato purée, chilli flakes, mixed herbs, chorizo sausage, ham or pizza pepperoni. Stir in the fried vegetables.
- Make four small dimples evenly spaced apart in the top of the mixture and crack an egg into each dimple. Place the oven proof dish in the oven with the hassle back potatoes.
  - They are cooked when the white and the yolk have set it takes around 20 mins.

## 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

### **Equipment**

- Mixing bowl
- Greased lined baking tray.
- Wooden spoon
- Pastry brush for glazing

### **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.

## Potato soup and croutons

### Ingredients

- 55 grams **Butter**
- 425 grams **Potatoes (peeled and diced to 5mm/1/3in)**
- 110 grams **Onions (diced)**
- 900 milliliters **Vegetable Stock (or home-made chicken stock)**
- 120 milliliters **Creamy Milk**
- **Salt (and freshly ground black pepper) Herbs (freshly chopped, to garnish, optional)**

### Equipment

Large saucepan  
Chopping board  
Sharp knife  
Peeler  
Wooden spoon

### Method

1. Melt the butter in a heavy saucepan. When it foams, add the potatoes and onions and toss them in the butter until well coated.
2. Sprinkle with salt and a few grinds of pepper. Cover with a butter wrapper or paper lid and the lid of the saucepan. Sweat on a gentle heat for approximately 10 minutes.
3. Meanwhile, bring the stock to the boil. When the vegetables are soft but not coloured add the boiling stock and continue to cook for about 10-15 minutes or until the vegetables are soft.
4. Add the milk and purée the soup in a blender or food processor. Taste and adjust seasoning.
5. Serve sprinkled with a few freshly chopped herbs or some of the following garnishes.

## Quick Focaccia Bread Art

### Ingredients (allergens in red)

235 g strong white bread **flour**

$\frac{1}{2}$  teaspoon salt

1 tablespoon sugar

7g instant yeast (1 sachet)

150ml extra virgin olive oil - divided (see recipe)

135 ml tepid water (mixture of cold and boiling)

29 x 18cm (11 x 7 inch) baking tin

### Ingredients for your design

*Cherry tomatoes, Pitted olives, Chives, Spring onions, Red onions, Mini peppers, Mini courgettes, Rosemary, mushrooms, Basil, Flat leaf parsley, asparagus, Garlic, Fresh chilli, Capers, Seeds, sun blushed tomatoes, roasted peppers, flaky salt*



### Method

1. Put the flour, salt, sugar, instant yeast, water and 3 tablespoons of the olive oil in a mixing bowl. Mix with a spoon until you have a ball.
2. Tip out onto the counter and knead the dough by hand for 5-10 minutes until you have a ball of smooth, silky dough.
3. Place the ball of dough in a lightly oiled bowl and cover with a clean tea towel, a lid, or plastic wrap. Place in a very warm place e.g. by a radiator etc. for about 5 minutes.
4. Use another 2-3 tablespoon of the olive oil to grease the base and sides of a 29 x 18 cm baking tin.
5. Transfer the dough to the oiled tin and squash, pat and ease the dough to the edges of the tin. It should be a roughly even thickness all the way across.
6. Cover the baking tin with a tea towel or cling film and return it to the warm place for about 15 minutes.
7. Prepare toppings
8. Use your fingers to poke deep holes into the dough - press right down to the bottom of the tin. Gently brush 2-3 tablespoon olive oil over the surface of the dough and then sprinkle with salt flakes and rosemary, or your choice of toppings.
9. Place the tin into a COLD oven and turn on the heat to 200°C (Gas mark 6). The dough should rise rapidly as the oven heats up, and then bake once the temperature is reached.
10. After about 20-25 minutes, the focaccia should be well risen and golden brown on top. Remove from the oven and drizzle a further 2-3 tablespoon of olive oil over the surface. Allow to cool slightly in the tin before lifting out.

## Trifle

Pick and choose ingredients you and your family like. You could have a theme? Chocolate? Strawberry? Chocolate orange? or traditional party trifle?.....it's up to you be creative but you must make the custard layer and the cream topping.

### Base layer

- **Jelly** (If you want a jelly layer-The night before make up a packet of jelly (follow the instructions on the back of the packet) and pour it into your bowl/tub and leave it in the fridge over night to set.)
- **1 Swiss roll or some sponge cake or ladies' fingers trifle biscuits.**
- **Assortment of tinned or fresh fruit**

### Real proper custard

#### **Ingredients**

- **1 pint approx. 570ml milk**
- **1 vanilla pod or  $\frac{1}{2}$  tsp vanilla extract**
- **4 eggs, yolks only ( don't chuck the whites....you could make meringues out of the whites by whisking them up with a little sugar until white and cloud like then plopping or piping onto a baking tray and baking at 100 degrees C for around 1 hour)**
- **30g/1oz caster sugar**
- **2 level tsp corn flour**

#### **Toppings**

- **$\frac{1}{2}$  pint whipping or double cream**
- **Sprinkles, glace cherries or fresh fruit or chocolate to decorate.**

#### **Method**

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 corn flour 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.

Cool the custard in the blast chiller or fridge or in a jug hooked over the edge of a bowl of cold water and pour over the Swiss roll and fruit layer. Blast chill/refrigerate until the custard has set.

Arrange the components in layers.

Whip the cream until it holds its own shape-don't over whip or it goes lumpy/curdles.

Top with cream and decorate.



## Stuffed peppers and home-made Jenga chips.

### 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
- 4 large potatoes.



#### **Method**

1. Preheat the oven 200°C
2. Peel and slice the potatoes carefully on a chopping **board-bridge hold-claw grip**.
3. Place on a baking tray and drizzle with oil.
4. 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.
5. Place the prepared large vegetables and their tops on a greased oven proof dish and place in the oven to cook for 20 mins whilst you make the filling.
6. Chop all other vegetables.
7. Heat the oil in a medium saucepan and add the spring onions, courgette and mushrooms and fry gently for 2 minutes.
8. Tip in the rice. Fry gently over a low heat for 2 minutes, stirring constantly to stop the rice from browning.
9. 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.
10. 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.
11. Turn off the heat.
12. Carefully get big vegetables out of the oven and place in your container.
13. Fill each large vegetable (tomato, pepper, or giant mushroom) generously with the rice mix. Replace tomato or pepper tops.
14. Remove chips from oven.

School will provide the ingredients for the basic introduction to experiments.

Dextrinization, Caramelisation, Enzymatic browning, how size affects cooking, and 'the yeast beast'.

If time allows you will be able to develop and conduct your own experiments. Here are suggestions of ingredients you may need to further investigate various scientific principles:  
dextrinization

bread-mashed potato-melba toast-cream crackers-different types of bread ie corn bread-wholemeal bread, rye bread, potato bread

Caramelisation

Sweet fruit like pineapples, figs, peaches, and bananas will caramelize very well.

Most vegetables have enough sugar to caramelize such as: bulbs like onions or root vegetables like carrots, beets, parsnips, onions, peppers, pumpkin squash and corn.

You could also look at ways of enhancing the process like adding small amounts of sugar, syrup, or honey.

Enzymatic browning

apricots, pears, bananas, grapes and avocados, and vegetables such as aubergines, potatoes, lettuce. Once the fruit or vegetable is cut, some of the cells are opened to the air. The enzyme polyphenol oxidase then has access to oxygen in the air and a reaction occurs, which results in the fruit or vegetable turning brown. This is the same reaction that causes brown spots in apples and pears when they are bruised. Enzymic browning in fruits and vegetables is not desirable, and chefs can control it with a range of methods. These are listed below:

Acidity: Add some vinegar, cream of tartar (tartaric acid), lemon or lime juice to water to lower the pH on the surface of the fruit or vegetable. Choose an acid based on the flavours which complement the food.

Heat: Blanch, boil, steam, bake, fry, poach, microwave, or use whatever cooking method you think works best to cook the fruit or vegetable. (Note: This is fine if you need to cook the fruit or vegetable, for example an apple pie filling or roast potato, but not so great if you want to serve the fruit or vegetable uncooked, for example fruit salad or banana split. The heat will destroy the enzymes, but it will also cook the food, which is not always desirable.)

Method 2 - Stop the oxygen by using water or antioxidants Oxygen is required for the browning reaction to take place. The oxygen coming into contact with fruits and vegetables can be reduced by:

Water: Immerse the prepared fruit or vegetables in plain water. This slows down enzymic browning but does not stop it altogether. This can be improved by adding acid, such as lemon juice, to the water. This is often referred to as acidulated water. The layer of acidic water helps limit the access of oxygen to the cell surfaces. Salt water and a sugar syrup also slow down enzymic browning. b.

Antioxidants: This is the method most used in the food industry to prevent browning on pre-cut fruits and vegetables, for example apple slices. The antioxidant commonly used is vitamin C (also known as ascorbic acid). Vitamin C is not acidic enough to denature the enzyme, but it does slow down the browning considerably.

Gelatinisation

Different starches i.e. corn flour arrowroot wheat flour, gram flour, rye flour. Different liquids ie milk, stock, non-alcoholic wine.

Pastry experiments

School will provide an assortment of different types of fat and different types of flour to investigate which combination works the best.

## Pasties (**SHORT CRUST PASTRY**)

### Ingredients

(makes 2 pasties)

200g plain flour

50g **block** margarine

50g **hard** lard or white fat

Water to mix

### Fillings

Savoury (Cheese & Onion)

- 150g grated cheese.
- small onion grated or finely chopped.
- small egg
- salt & pepper

OR

A tin of stewed meat or mince beef and onion or vegetable chilli or chicken supreme or mince in gravy etc

OR

make a filling the night before.

### Equipment

Baking tray lined with foil and greased.

Sieve

Large mixing bowl

Table knife

spoon

## METHOD

1. Prepare oven gas mark 6/ 200°C.
2. Sieve flour and rub in fat with fingertips to resemble breadcrumbs. Shake the bowl to check for lumps.
3. Mix with enough cold water to make dough.
4. Roll out and cut pastry shapes using a side plate as a circle guide.
5. Line baking tray with tin foil and oil it.
6. Place pastry on tin. Add a small amount of filling to one half of the pastry. Brush edges of pastry with water, fold up and seal edges by pushing down with a fork.
7. Cook for 10-15 mins. gas mark 6/ 200°C.

## Custard tart or Chocolate tart

### Pastry case

Makes enough to line a small quiche dish.

- PLEASE BRING A 9 IN/23CM QUICHE DISH OR SHALLOW CAKE TIN
- 200g plain flour
- 50g **block** margarine
- 50g **hard** lard or white fat
- Cold water to mix.

### Equipment

Baking tray (TO USE AS A DRIP CATCHER TRAY)

Sieve

Large mixing bowl

Table knife

Spoon

Jug with cold water in

### Fillings Options

For a vanilla custard filling

Ingredients

- 1 pint double cream
- 2 vanilla pods or 2 tsp vanilla extract
- 10 free-range egg yolks
- 100g caster sugar

For a chocolate filling

Ingredients

- 75g/2½oz butter
- 115g/4oz dark chocolate (no more than 60% cocoa solids), finely chopped.
- 115g/4oz golden caster sugar
- 55g/2oz plain flour
- 4 medium free-range eggs

Equipment for vanilla custard filling

Large saucepan

Whisk

Large Mixing bowl

Wooden spoon

Equipment for chocolate filling

Large pan with an inch of hot water in

Large mixing bowl over pan set up as a Bain Marie

## Methods for the tarts.

### Method for Pastry

1. Grease a 23cm/9in fluted tart tin with butter.
2. rub in fat with fingertips to resemble breadcrumbs. Shake the bowl to check for lumps until the mixture resembles fine breadcrumbs. Add a tablespoon of cold water at a time as required and mix until it comes together to form a soft dough.
3. Preheat the oven to 200oC (180C fan)/400F/Gas 6.
4. Dust the work surface with flour then roll out the pastry as thinly as you can to a circle about 5cm/2in larger than your flan tin.
5. Line the tin with the pastry try to make it a bit too big around the edges to allow for shrinkage. Don't worry if the pastry breaks a little, it is easy to patch up. Chill for 30 minutes.
6. Prick the base of the pastry with a fork, line the pastry case with baking paper or foil and fill with baking beans or scrunch up a little disk of foil. Bake the pastry blind for 10 minutes, or until just lightly golden-brown. Remove the paper and beans/foil and return the tart to the oven to cook for a further 5-7 minutes, or until pale golden-brown and the base is cooked.

### Method for egg custard

1. or the vanilla filling, heat the cream and vanilla pods or extract in a saucepan over a medium heat until just coming up to the boil. Whisk the eggs and sugar in a bowl until pale and fluffy.
2. Gradually pour the hot cream over the egg mixture, whisking well to combine, then return the mixture to the saucepan and cook over a low heat until it has thickened enough to coat the back of a spoon.
3. Pour the vanilla filling into the pastry case and bake in the oven for 20-25 minutes, or until the filling has set.

### Method for chocolate filling

1. To make the chocolate filling, melt the butter and chocolate in a heatproof bowl set over a pan of gently simmering water until melted and smooth. Remove from the heat and stir in the sugar and flour. Beat in the eggs, one at a time, and leave to stand.
2. Place the pastry case on a baking tray (drip catcher tray). Pour the chocolate mixture into the pastry case.
3. Bake for 10-12 minutes, or until just set around the edges, but still slightly wobbly in the centre.
4. Remove from the oven and allow to cool slightly, until warm but not piping hot, then serve.

## Biscuit experiments

You need to look at the Year 7 biscuits recipe and choose an element that you would like to try changing....

You could try:

- using hard butter rather than soft,
- self-raising flour rather than plain,
- different flavourings rather than vanilla,
- different filling ingredients i.e. raisins rather than choc chips,
- you could try making them savoury using cheese rather than sugar or
- using sweetener rather than sugar.

ALTERNATIVELY, you could try changing the quantities of the recipe i.e., more flour or less sugar etc.

Whatever you do you will need to record your experiment so write it all down.

## BISCUITS

### Ingredients you will need:

- ☐ **Container to carry biscuits home.**
- ☐ 100g soft margarine
- ☐ 50g sugar
- ☐ 50g of either dried fruit or chocolate chips
- ☐ 120g plain flour
- ☐ (Vanilla essence-optional)

### Equipment you will need:

- ☐ Baking tray
- ☐ Mixing bowl
- ☐ Wooden spoon
- ☐ Dessert spoon

## Method

1. Pre-heat oven 190c or gas mark 5 and grease and line a baking tray.
2. Put sugar and soft margarine into a large bowl and cream together with a wooden spoon until pale and creamy.
3. Sieve flour into and mix.
4. Stir in any additional ingredients and, using a dessert spoon, put the mixture on to the greased baking tray in little balls.  
Squash down a little with a fork.
5. Bake for approximately 20 minutes until golden in colour.

## **Nutrition**

Flour provides carbohydrates it is fortified with iron and calcium by law.

Self-raising flour has had a raising agent added to it.

Sugar creates the texture and flavour it provides readily available energy high GI

Butter provides saturated fat.

Vanilla essence is a natural flavouring.

## **Key Terminology**

Pre-heat, Creaming method, divide

# Pancake science & Mini pancake appetisers (FOOD STYLING)

## Pancakes BASIC RECIPE

### Ingredients

- ☐ **Container to take pancakes home in**
- ☐ School provides vegetable oil, for frying.

For the pancake mixture

- ☐ 60g plain flour
- ☐ 1 egg
- ☐ 110ml milk
- ☐ Toppings of your choice

must be savory- suggestions:

Philadelphia-pate-crème fraiche- mayonnaise-

pesto-hummus-salsa

Cherry tomatoes- Cucumber-olives

Ham-smoked salmon-chick peas

### Equipment

- ☐ Large bowl
- ☐ Mixing jug
- ☐ Whisk
- ☐ Frying pan
- ☐ Fish slice plastic  
black one if possible
- ☐ Ladle
- ☐ Possibly a piping bag  
and nozzle

### Method

1. Put the flour into a large mixing bowl.
2. Break the egg into a jug and remove any shell and add the milk and whisk.
3. Pour the liquid into the flour bowl and begin whisking incorporating any bits of flour from around the edge of the bowl as you do so.
4. Whisk until the batter is smooth, with the consistency of thin cream.
5. Now pour a little oil into a non-stick frying pan about the size of a 50 pence piece and tilt the pan a little to coat all the inside base surface of it.
6. Now get the pan hot, then pour in a almost a full ladle of batter into the hot pan in one go. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter.
7. It should take only half a minute or so to cook; you can lift the edge with a black fish slice to see if it's golden brown.
8. Flip the pancake over with a fish slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan into your tub.
9. Stack the pancakes as you make them.
10. To serve, sprinkle each pancake with freshly squeezed lemon juice and caster sugar, fold in half, then in half again to form triangles, or else simply roll them up. Serve sprinkled with a little more sugar and lemon juice and extra sections of lemon.

**Don't forget a container to take your pancakes home in (or eat them out of)**

## Knife skills-carrot crudites-coleslaw-own dips .

### Crudites Ingredients

- Two carrots
- Half a cucumber
- Yellow or red pepper
- Two tubs to take them home in.

### Equipment

colander,  
sharp knife,  
chopping board

- Choice of ingredients to make ONE OF THE FOLLOWING DIPS: Hummus-Taziki-Salsa

### **Hummus (Serves 4)**

#### **Ingredients**

1 x 400g can chickpeas  
1 lemon  
1 clove of garlic  
3 x 15ml spoons tahini  
3 - 4 x 15ml spoons water

### Equipment

Sieve, blender, sharp knife, chopping board,  
lemon squeezer, measuring spoons, garlic  
press, spatula, can opener, serving dish.

### **Method**

1. Drain the chickpeas and place into the blender.
2. Cut the lemon in half. Squeeze the lemon and add the juice to the blender.
3. Peel the garlic and add to the blender along with the tahini.
4. Place the lid on the blender and switch on for 15 - 20 seconds.
5. Turn the blender off. Use a spatula to move the chickpeas away from the edge of the blender. Add 1x15ml spoon of water.
6. Place the lid on the blender and switch on for 15-20 seconds.
7. Repeat stages 5-6 until a smooth paste is produced.
8. Cut the carrot and cucumber into sticks or batons using the bridge hold and claw grip.
9. Serve.

**Top tips** Tahini paste contains sesame seeds. Check to make sure no one is allergic to them.

Always get help from an adult when using a blender. Serve with slices of wholemeal pitta bread or carrot sticks. Swap the lemon for a lime or add more garlic for extra punch! You could also try adding fresh herbs, e.g. coriander, parsley or basil.

### Tzatziki

### **Ingredients**

- $\frac{1}{2}$  cucumber, halved and deseeded
- 170g pot Greek yogurt.
- 1 small garlic clove, crushed.
- handful mint leaves, chopped or a spoon of mint sauce.

### Equipment

Chopping board  
Knife  
scissors  
spoon

### **Method**

- Coarsely grate the cucumber, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with the yogurt, garlic and mint, and mix well.



## Salsa

### Ingredients

- 4-6 medium tomatoes, peeled and finely chopped.
- $\frac{1}{2}$  red onion, very finely chopped
- 1 small garlic clove, chopped.
- small splash of white wine vinegar
- $\frac{1}{2}$  lime, juiced
- $\frac{1}{2}$  bunch of coriander, roughly chopped

### Equipment

Chopping board  
Knife  
scissors  
spoon

### Method

- Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl. Stir, then refrigerate until ready to serve.

# Salmon, chicken, or halloumi stir-fry

## Ingredients

- 2 x 100g salmon fillets or two small chicken breasts or a block of halloumi

### For the marinade

- 2 tsp reduced salt tamari or soy sauce
- 2cm piece ginger, peeled and finely chopped or grated.
- 1 garlic clove, finely chopped.
- 2 tbsp lemon or lime juice
- 1 tsp sesame oil

### For the stir-fried noodles (Swap vegetables to suit own taste)

- 85g vermicelli rice noodle
- 3 tsp rapeseed oil or vegetable oil
- 1 spring onion, trimmed and thinly sliced.
- 1 garlic clove, finely chopped.
- $\frac{1}{2}$  red chilli, deseeded and finely chopped
- 2cm piece ginger, peeled and finely chopped.
- 100g sugar snap pea
- 100g pak choi (or spinach)
- 1 large red pepper, sliced.
- 1 tsp tamari or soy sauce
- 1 tsp Thai fish sauce
- juice  $\frac{1}{2}$  lime
- 1 tbsp finely chopped coriander

## Equipment

Chopping board

Sided baking tray lined with tin foil and greased.

Sharp knife

colander

Wok or large pan

Fish slice or wooden spoon

## Method

1. Make the marinade by mixing all the ingredients. Place the salmon fillets chicken breasts each cut into three strips or halloumi cut into strips 6 strips in a small bowl and spoon over the marinade, turning so that it's nicely coated. Cover with cling film and leave to sit for 10 mins (or longer if you have time).
2. Meanwhile, soak/cook the noodles following pack instructions, then drain and sit them in a bowl of cold water.
3. Wash your vegetables in a colander-remember your drip catcher plate.
4. Line a baking tray with foil and grease. Add the salmon fillets, chicken or halloumi, skin-side down, and bake or grill for 20 mins 200oC. Drain any juices on a plate and cover with foil to keep warm.
5. In a large pan or wok, heat the oil over a high heat. Add the spring onion, garlic, chilli and ginger, and stir constantly for about 1 min. Add the sugar snap peas, pak choi and pepper, and stir for another 1-2 mins, then add the cooked noodles. Toss well, then add the soy sauce, fish sauce and lime juice, and mix until well combined and the pan is sizzling.
6. Remove from the heat and divide between 2 bowls. Top each with a salmon fillet, three strips of chicken or halloumi (remember odd numbers work best for presentation) and drizzle over any juices. Sprinkle with coriander and serve.

## Nepalese steamed dumplings or Momos.

### Ingredients

#### For the dough

- 200g plain flour, plus extra for dusting
- 5 tsp sunflower oil

#### For the filling

- 150g chicken, turkey or quorn mince
- 2 garlic cloves, finely chopped
- 1 small onion, finely chopped
- 2 spring onions, finely chopped
- 2 green chillies, finely chopped
- 1 tbsp coriander leaves, finely chopped
- 1 tsp grated ginger

#### For the sauce

- 50ml soy sauce
- 1 green chilli, chopped
- 2 spring onions, chopped.
- 2 tsp grated ginger
- $\frac{1}{2}$  tsp sugar

### Equipment

Chopping board

Sharp knife

Scissors

Steamer

### Method

1. To make the dough, tip the flour and a pinch of salt into a bowl. Add the oil to the flour and combine well with your hands. Slowly add 100ml water and knead the dough until it is stretchy. Cover with cling film and leave the dough to rest.
2. Tip all the filling ingredients into a bowl and season with salt. Use your hands to combine thoroughly.
3. Divide the dough into 20 balls (each should weigh about 15g). Dust your work surface with flour and roll the balls into thin circles using a rolling pin.
4. Spoon about 1 tsp filling in the centre of one circle, then use your thumb and forefinger to pinch together an edge of the dough into a fold.
5. Continue to pinch along the edge of the circle and work your way all the way round.
6. Bring all the pinched edges of the circle together to cover the filling and twist the top to seal it. Repeat with the rest of the dough and filling.
7. Fill a bamboo steamer with water, layer the base with baking parchment and pierce some holes in it.
8. Working in two to three batches, place the momos on the baking parchment and steam for 10 mins. They should look transparent and not feel sticky when fully cooked. Keep warm while you steam the rest.
9. While the momos are steaming, mix all the sauce ingredients in a small bowl with 2 tbsp water. Serve the hot momos with the sauce for dipping.

## Risotto

This is a great recipe for using up leftover ingredients-  
look in the fridge and see what you can use up.

- 250g Risotto rice
- 1 diced Onion (60 g) **Please chop up at home or bring in ready cut so we don't all cry in class!**
- 1 clove garlic
- 100g choice of diced veggies ie. Mushrooms, courgette, peppers
- 50 g peas or sweetcorn or green beans or chick peas
- 1 stock cube
- 50g Cheese
- 25g Butter
- 1 tblsp oil
- 100ml red or white wine vinegar (optional)
- 80g ham, bacon, chicken (optional) chorizo
- Choice of herbs and spices

## Method

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, then add veggies and raw meats until cooked through.
5. add rice and cook for 1 min.
6. add garlic and fry for 1 min.
7. add wine vinegar if you have it.
8. Add stock little by little stirring all the time to make sure it doesn't burn.
9. Add herbs and spices
10. Add cooked meats
11. Simmer for 10-15 mins stirring occasionally topping up with water as required.
12. DO NOT ALLOW THE PAN TO BOIL DRY/FOOD TO STICK ON/BURN.
13. Test rice to see if cooked.
14. Cook for further 5-10 minute until rice is cooked and add cheese.

# WE WILL PROBABLY WORK IN PAIRS FOR THIS ACTIVITY AND SHARE INGREDIENTS SCHOOL WILL PROVIDE THE INGREDIENTS

## Ingredients

- 25g butter, melted
- Two drops vanilla extract
- 125g plain flour, (MUST BE FRESH FROM A NEW BAG)
- 1/2tsp baking powder
- a few 1 cm cubes of bread
- 150ml boiling water

## Method

Boil the kettle, then measure 150ml boiling water into a jug and add the melted butter and vanilla extract. Sift the flour and baking powder into a big mixing bowl with a big pinch of salt. Make a well in the centre, then pour in the contents of the jug and very quickly beat into the flour with a wooden spoon until lump-free. Rest for 10-15 mins while you make the sauce.

Fill a deep fat frier with oil. *Cooking with hot oil can be dangerous - before you start, read up on how to deep-fry safely to avoid accidents in the kitchen.* Heat until a cube of bread browns in 45 seconds to 1 min. Cover a tray with kitchen paper and mix the caster sugar and cinnamon together.

Fit a star nozzle to a piping bag - 1.5-2cm wide is a good size. Fill with the rested dough, then pipe 2-3 strips directly into the pan, snipping off each dough strip with a pair of kitchen scissors. Fry until golden brown and crisp. Be very careful here - if air bubbles form in the churros they can explode, especially if the oil overheats or you use old flour. *Cooking with hot oil can be dangerous - before you start, read up on how to deep-fry safely to avoid accidents in the kitchen.* Keep children out of the kitchen and protect yourself by wearing long sleeves and eye protection and keeping your face away from the pan.

Once the churros are crisp and golden brown, remove them from the oil with a slotted spoon and drain on the kitchen paper-lined tray. Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar as you go. When you've cooked all the churros, toss with any remaining cinnamon sugar, and serve with the chocolate sauce, for dipping.

## Victoria sponge cake (Creamed cake mixture)

### Ingredients

#### 2x 9 inch cake tins

2 egg  
100g castor sugar  
100g soft marg.  
100g self raising flour.

### Equipment

Two grease proof paper circles  
2x 9 inch cake tins  
Cooling rack  
Spatula  
Electric whisk or wooden spoon  
Mixing bowl  
sieve

### 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 190<sup>0</sup>c 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 190<sup>0</sup>c 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 (leave out of fridge)

### 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.
-

## NEA Practice task: Vegetarian dish own choice of recipe

### Ingredients/Recipe Rules:

- ☐ In your dish you have to show the complementary action of proteins, so you need to use a grain (wheat, oats, rye, barely, rice, Quorn) and a pulse (peas, beans, lentils).
- ☐ You cannot use any meat or Fish.
- ☐ You can use eggs milk and other dairy foods.
- ☐ You must avoid ready-made convenience foods. (Except ready-made flaky or filo pastry would be ok)
- ☐ You only have a 1½ hour lesson so you must ensure you can cook your dish in that time as well as washing up, tidying up presenting your dish and taking a photo.
- ☐ You must show a copy of your recipe to your teacher and have it approved before the lesson.
- ☐ You will need to produce a Nutritional label using the Jenny Ridgwell nutrition program and hand it in on the team's assignment.
- ☐ The log in details for this are:  
username:vegetarian project    Password:vegetarian project

tick	Deadline date	Task
		Recipe of chosen dish - ingredients list and method. NOTE ANY ADAPTATIONS YOU MAKE TO THE RECIPE.
		Find out about the cost and the nutrition of your dish. Use the Nutrition program <a href="https://www.nutritionprogram.co.uk/">https://www.nutritionprogram.co.uk/</a> the user name and password are both vegetarianproject Go into recipes enter your ingredients. At the bottom click the costs button and it will calculate them for you. Print screen them and put them into your project. Then click the nutrition button. Print screen the nutrition chart and paste that into your project
		Time plan
		Practical cooking and presenting the dish
		Photograph of finished dish.