



New Mills
School

Level 1/2
and
Year 10
Catering
Recipes
Hospitality

Name

Dear Student.

This recipe book consists of a selection of recipes that will be taught over the year, please bring the recipe book to **every** lesson; you will need it to modify recipes and prepare yourself for practical's. I hope you have a fantastic time cooking tasty, nutritional dishes.

If for any reason, you cannot bring in ingredients, please contact Mrs Rainton or Shirley and other arrangements can be made, please make sure this is done the day before the practical at the latest.

Please ensure a container is brought to every Catering practical lesson to take the dish home safely.

If you want to bring your own apron and chefs jacket in to use in practical's, please do so!

Under the behaviour policy, ingredients are classed as equipment, if you forget your ingredients you will receive a C2 sanction on that day.

ALL EQUIPMENT IS PROVIDED BY SCHOOL, UNLESS OTHERWISE STATED.

Mrs Rainton's guide to... CLEANING UP!

Follow these steps in order...

- **Fill the sink with hot water.**
- **Use a squirt of washing up liquid.**
- **Use a cleaning cloth to wipe down surfaces.**
- **Do not put knives into the sink as you cannot see them, always wash, dry and put these back first.**
- **Some equipment needs to be soaked, like saucepans.**
- **Wash glassware and cutlery first.**
- **A scourer or dishcloth should be used to remove any food.**
- **Use a tea towel to dry the dishes.**
- **Unplug the sink; drain the water and place equipment on your work space ready for inspection.**
- **Dry the sink and wipe the draining board and taps so they are clean, dry and free from food.**
- **Put pots away neatly in their correct places.**

Thank you!

It is really important that everyone does what they should do so that our classrooms are ready for the next group to learn in!

Quiche Lorraine

Ingredients

Pastry:

150g plain flour
75g butter
75ml cold water

Filling:

100g bacon
100g cheese
3 eggs
125ml whole milk
Salt and pepper
Tomato to garnish

It is really important that you bring a quiche dish from home. If you do not have one, then we can provide you with 2 foils

Method

1. Pre-heat the oven to Gas 5/190 C
2. Sieve the flour into a bowl, rub in the butter using fingertips until it looks like breadcrumbs.
3. Add cold water a spoon at a time and mix with a round bladed knife until it starts to clump together.
4. Put your hand into the bowl and bring the bits together into a ball. It should leave the bowl clean,
5. Flour the work surface and then gently roll out the pastry using a rolling pin. Roll to about ½ cm thick and big enough to fit the quiche dish. Remember to roll in one direction and keep turning 90 degrees.
6. Gently pick up the pastry and place into the quiche dish, leaving the excess to overlap the sides.
7. Put a piece of greaseproof paper to cover the bottom of the pastry and add a bit of rice to hold the paper down [baking blind]
8. Trim off the excess pastry using a sharp knife before putting into the oven to cook for 10-15 minutes.
9. Chop up the bacon on a board
10. Grate the cheese
11. In a jug crack the eggs and mix in the milk using a fork
12. Heat a little oil in a frying pan and then cook the bacon until it has browned
13. Remove the pastry from the oven and place onto a heat proof triangle
14. Remove the rice and the greaseproof paper
15. Add the bacon and the grated cheese and then pour over the egg mixture. Do not fill right to the top, up to about 1cm
16. Reduce the oven temperature to Gas 3/ 170 C and then using oven gloves put the quiche back into the oven for about 30-40 minutes until it has set.
17. Wash up

Bakewell Sponge

Ingredients

Pastry:

150g plain flour

75g butter

25g sugar

1 egg

100g self-raising flour

100g butter / margarine

100g caster sugar

2 eggs

1tbsp vanilla or almond essence

4 tbsp jam

Flan dish (used for quiche week before)

Method

1. Switch oven on to gas mark 6 or 200°C
2. Rub butter and flour together until it resembles breadcrumbs.
3. Add sugar and stir in, before adding egg and mixing well, it should start clumping together, bring into a ball. TRY NOT TO OVER HANDLE.
4. Flour the work surface and then gently roll out the pastry using a rolling pin. Roll to about ½ cm thick and big enough to fit the quiche dish. Remember to roll in one direction and keep turning 90 degrees.
5. Gently pick up the pastry and place into the quiche dish, leaving the excess to overlap the sides.
6. Put a piece of greaseproof paper to cover the bottom of the pastry and add a bit of rice to hold the paper down [baking blind]
7. Trim off the excess pastry using a sharp knife before putting into the oven to cook for 10-15 minutes.
8. Crack eggs into a small plastic bowl and whisk with a fork.
9. Add butter, flour, sugar and eggs to your mixing bowl.
10. Using a wooden spoon begin to mix the ingredients together gently gradually increasing until beating. Mixture should look smooth and creamy. Add the essence to mixture and stir in.
11. Using oven gloves remove the pastry from the oven and place onto a heat proof triangle. Remove greaseproof paper and rice.
12. Reduce the oven temperature to Gas 3 / 170C
13. Spread the jam into the pastry case using the back of a metal spoon.
14. Begin to dot the sponge mixture over the jam carefully.
15. Spread out evenly until all the jam is covered.
16. Using oven gloves place back into the oven for 30minutes, check after 20 minutes.

Sausage Rolls

Ingredients

110g plain flour (4 tablespoons)

Pinch of salt

75g hard margarine (frozen)

Cold water to mix (approx. 4 tablespoons)

250g sausage meat

½ onion or 2 tbsp. onion chutney

Vegetarians can replace meat with meat free sausages, or cheese and onion (200g grated cheese, 1 egg, 50ml cream and an onion)

Switch oven on to gas mark 6 or 200°C and organise mis-en-place

Method

1. Sieve flour and salt into a bowl.
2. Carefully grate margarine into the flour, dipping it into the flour to keep it firm.
3. Gently mix fat into flour to coat it, using a knife, before adding enough water to make a dough. Do not over mix
4. Roll pastry out so the width is the length of one sausage.
5. Mash sausage meat in a bowl, then carefully place into the middle of the pastry.
6. Cut diagonal lines through the pastry coming from the meat to the outside edge on both sides.
7. Trim excess pastry from the top.
8. Lift the individual strips of pastry and place across the meat on a diagonal, one strip from each side crossing them on top of the meat.
9. Continue to cross the strips of pastry until all have been used and your meat is covered neatly. You should have a sausage plait in front of you.
10. Place onto baking tray and glaze, place in the oven to bake for approx. 20 minutes, or until golden brown and meat reaches 75°C or above.

Jam Roly-Poly

Time	Order of work / Method	Special points (Health and Safety / Hygiene)
9.10pm	<p>Mis-en-Place; Wash hands, put on apron and fill sink with hot soapy water. Wipe over tables using anti-bacterial spray and cloth. Gather equipment (mixing bowl, measuring jug, English knife, fork, rolling pin, oven proof dish, greaseproof paper, flour dredger, palette knife and a tablespoon) Collect and weigh out ingredients (150g S-R flour, 40g caster sugar, 75g suet, 1 egg, 200g jam, 2tbsp. water). Crack egg into jug and beat to mix. Preheat oven to gas mark 6 / 200°C.</p>	<p>Use hand wash sink, make sure using soap and hot water. Dry thoroughly. Sanitise table to kill any bacteria. Handle with care.</p> <p>Double check measurements to ensure no mistakes.</p>
9.20pm	<p>Put 150g flour, 75g suet and 40g caster sugar into mixing bowl and stir using knife to mix together. Pour beaten egg into the bowl and mix in using knife, if the mixture is too dry, add water a tablespoon at a time. The mixture should come together and be pliable.</p>	<p>Take care to add water a tablespoon at a time so it does not become too wet. If too much water is added, a small amount of flour can be added to correct the consistency. Mixture will be elastic.</p>
9.25pm	<p>Sprinkle the surface with a small amount of flour, roll dough out into a rectangle using rolling pin, until it is approx. 5mm thick (or as thick as a £1 coin). If the dough sticks, sprinkle a small amount of flour onto the rolling pin, do not add too much flour as you don't want to change the consistency of the dough.</p>	<p>Don't over roll the pastry; it is more likely to stick.</p>
9.30pm	<p>Using a palette knife, evenly spread the jam onto the dough, leaving approx. 1cm around the edge (to prevent leakage). You can mix the jam first in a bowl if it makes it easier (use a spoon)</p>	<p>Handle with care, don't press too hard with palette knife, or pastry will be ripped. Clean up any jam spillages straight away.</p>
9.33pm	<p>Roll the dough and jam up, starting from the narrowest end until it resembles a swiss roll. If it sticks to the table, use your palette knife to gently lift it, taking care not to rip the dough.</p>	<p>Roll carefully, taking care to roll product evenly.</p>
9.38pm	<p>Loosely wrap the roly-poly in greaseproof paper and secure the ends by twisting them. Wrap loosely with foil, before putting into the oven proof dish, making sure the seam of the foil is facing downwards.</p>	<p>Don't over tighten, it will prevent the roly-poly from raising.</p>
9.40pm	<p>Place in oven and leave to cook for 25 minutes.</p>	<p>Oven will be hot, use oven gloves, step back after opening oven door, before adding food to allow steam to escape. Close oven door quickly to avoid heat escaping/temperature dropping.</p>
9.42pm	<p>Wash up and clean work area. Dry pots and put away. (remember inspection)</p>	<p>Scrape surface using palette knife to remove flour, before wiping down. Use hot soapy water when washing up, check cloths are clean and replace if needed. Dry thoroughly</p>
10.05pm	<p>Remove roly-poly from oven and serve.</p>	<p>Check roly-poly cooked through, use temperature probe to check internal temp is 75°C. Remember to use oven gloves, allow steam to escape before attempting to remove roly-poly. Carefully remove foil and greaseproof paper as it may have stuck to the product. Take care when removing foil/paper as the jam will be very hot! If keeping hot remember it must stay above 63°C</p>

Pork Pies

Ingredients

250g plain flour

75g lard

4 sausages

½ onion or 2 tbsp. onion chutney (or other chutney if preferred)

1 egg to glaze (school will provide)

¼ tsp. salt

Method

1. Preheat oven to gas mark 4/180°C
2. Dice onions and sweat (fry with a small amount of oil, until soft. They should not have colour) for 2-3 minutes until soft and sweet. Remove from heat and allow to cool.
3. Remove skins from the sausages and place into a mixing bowl. Mash using a fork before adding the cooled onion (or chutney) and some mixed herbs (optional). Mix well. Split meat into 2 balls and put to one side until needed.
4. Place lard into a pan with 125ml water and the salt, and bring to the boil. Meanwhile sift flour into a mixing bowl and create a well in the centre. Pour in the hot lard/water mix and mix it using a small knife until a dough starts to form. Briefly cool.
5. Divide the dough into 2 equal size balls. Take a quarter of each dough ball and place to the size; these will become the lids. Roll out bigger bits of pastry until they are approx. 12cm wide. Place warm dough on to your hand and gently press it upwards.
6. Place one of the sausage balls into the centre of the pastry and shape the pastry around it working quickly whilst the pastry is still warm. You should not bring the pastry over the top of the sausage but the rest of your sausage should be covered.
7. Roll out your reserved pastry until it is just bigger than your pork pie. Brush the pastry around the top of the sausage with beaten egg and then place your circle of pastry on top. Press down around the edges to seal, trim off any excess carefully then use your thumb and finger to press the pastry together and crimp so it resembles little waves.
8. Use a skewer to create a hole in the top, gently move it around in circles until the diameter of the circle created is about 1cm.
9. Brush pies with beaten egg, place on a baking tray and place in the oven to cook for approx. 30-40 mins.

Alternatively, the pies can be shaped using a ramekin. Roll pastry until it is big enough to line the inside of the ramekin. Gently tuck a pastry circle into the ramekin, making sure you push it into the bottom of the ramekin to prevent air holes. Divide meat between ramekins and follow steps 7 & 8. Place ramekins on a baking tray and place in oven for 25 mins, then remove from oven and allow to cool for a few minutes. Use a knife to loosen the edges of the pie and carefully remove the pie from the ramekin keeping your hands covered with oven gloves. Brush with beaten egg and replace the pies in the oven for 15 minutes.

Choux Buns or Chocolate Eclairs.

Ingredients

Choux Pastry

75g plain flour

1 tsp caster sugar

55g butter

150ml cold water

2 large eggs, lightly beaten

Filling & Chocolate sauce

300ml double cream

150g Plain or milk chocolate

Mise – en – place

Attend to health, safety & hygiene.

Put on uniform.

Collect ingredients.

Collect equipment.

Wipe down work surfaces with anti bacterial spray.

Weigh out ingredients.

Preheat oven to 200C or Gas Mark 6

Grease your baking sheet.

Method

1. Sieve your flour into a mixing bowl and add the sugar to it.
2. Put butter and cold water in a saucepan and bring to the boil.
3. Tip the flour and sugar in all at once and beat to a smooth dough over a low heat.
4. Cool for 10 minutes
5. In a separate small bowl crack and beat your two eggs.
6. Add a little of the egg mixture to the dough and beat with a wooden spoon until the paste is smooth and stands in peaks. You may not need to add all of the egg mixture. You are looking for a smooth glossy paste that holds its shape.
7. Take your greased baking tray and run it under the cold water tap. Tap off the excess water.
8. Place your mixture into a piping bag and pipe mixture onto the baking tray. Leave a space in between each one.
9. Put them into the oven for 20 minutes. They need to be golden brown in colour.
10. Remove them from the oven using oven gloves and place onto a cooling rack.
11. Split the sides of the cooked bun with a sharp knife. Leave to cool completely on a wire rack.
12. Wash up and clean kitchen area.

Completion (this may need to be completed at home)

13. Place the chocolate in a large bowl over a pan of simmering water.
14. Put the glass bowl over the pan of water but ensure the water does not touch the bottom of the bowl.
15. Gently melt the chocolate over the heat. Do not turn the heat up or you will burn the chocolate
16. In a clean bowl place the cream and whip using an electric whisk until stiff. Be careful not to over whip it or it will split. Add cream to clean piping bag.
17. Take a bun and push nozzle into the bottom of it, squirt cream into the choux bun until it is full. Put on a plate and then repeat the process with the other choux buns.
18. Once filled drizzle the chocolate sauce over the top of the buns and present.

Tagliatelle Provencal

Ingredients

100g 'OO' flour
1 egg
200ml tomato passata/tinned tomatoes
1 onion
1 clove garlic
1 tbsp. balsamic vinegar (approx.)
Parsley

Method

1. Place flour on the table in front of you and make a well in the middle
2. Crack egg into the well
3. Using your first and second fingers only, gently mix the flour and egg together in circular movements until the egg is mostly incorporated into the flour
4. Knead the mixture until a firm dough is created, you may need to add a small amount of water if it's too dry
5. Mould your dough into a ball and flatten so it is no thicker than 1cm
6. Set up the pasta machine
7. Roll pasta dough through the widest setting on the pasta machine, you might want to sprinkle with OO pasta if it is sticky
8. Fold pasta dough in half and put back through the pasta machine, repeat twice.
9. Roll pasta through the machine again on its widest setting and repeat, reducing the width of the machine each time (a notch of the dial at a time) until your pasta is approx. 2mm thick remembering to sprinkle the dough with a small amount of OO pasta between rolls if it feels sticky. If it gets very long, you should cut it in half.
10. Change the setting of the pasta machine by placing cutting attachment on to it and changing the handle into the second notch.
11. Carefully roll the pasta through the Tagliatelle cutter on the pasta machine and sprinkle with flour to prevent it sticking and set to the side. Prepare a large pan with hot water and place on the stove to boil
12. Finely dice onion and crush garlic.
13. Place onion and garlic into a pan and fry gently until soft and caramelised. Add balsamic vinegar and reduce.
14. Add tomato passata and stir in, turn down pan and leave to simmer.
15. Add pasta to pan of boiling water (should have fast moving bubbles), stir and bring back to the boil.
16. Boil pasta for 2-3 mins, remove from heat, drain and add to tomato sauce. Stir through and add chopped parsley.
17. Present dish.
18. Wash up and clean work surfaces.

Ravioli

Ingredients

100g 'OO' flour

1 egg

1 tbsp. oil

Filling of your choice (i.e. Cream cheese and spinach, Bolognese)

Method

1. Place OO flour, egg and oil into a blender and blend until it resembles sticky breadcrumbs.
2. Remove from blender and mould your dough into a ball, flatten so it is no thicker than 1cm
3. Set up the pasta machine
4. Roll pasta dough through the widest setting on the pasta machine, you might want to sprinkle with OO pasta if it is sticky
5. Fold pasta dough in half and put back through the pasta machine, repeat twice.
6. Roll pasta through the machine again on its widest setting and repeat, reducing the width of the machine each time (a notch of the dial at a time) until your pasta is approx. 2mm thick remembering to sprinkle the dough with a small amount of OO pasta between rolls if it feels sticky. If it gets very long, you should cut it in half.
7. Place pasta over a ravioli cutter and gently roll across the top of the pasta to secure in place.
8. Place approx. ½ tsp. of filling on to the pasta
9. Place second sheet on pasta on top of the filled pasta and press down to seal. Using rolling pin roll across the top to create a firm seal
10. Turn ravioli out of the pasta tray and sprinkle with OO flour
11. Place pan of water in to the stove to boil, when boiling rapidly add pasta and cook for 3-5 minutes.
12. Drain and serve. Ravioli can be served in a tomato Provençal sauce (as previous recipe) or cheese sauce.
13. Wash up and clean work surfaces.



OWN PASTA DISH, place your recipe here!

Chicken Kiev

Ingredients

- 1 chicken (full chicken)
- 25g garlic butter
- 100g flour
- 1 egg
- 100g fresh breadcrumbs
- 50g cream cheese
- 2 slices bacon (streaky is best)

Method

1. Watch the demo, Mrs Rainton will remove a chicken from the bone to show you how to do it.
2. Switch oven on to gas mark 5 or 190°C
3. Remove chicken from packaging and remove all string etc. place on to a red board
4. Slit the chicken skin between the thigh and breast, pull down on the leg until it cracks, then slide the boning knife between the joint and continue to cut through until the leg comes away from the body. Repeat on the other side.
5. Pull the wing out and locate the knuckle, cut through knuckle with the boning knife and remove wing. Repeat for other side.
6. Slice chicken along the back bone, continuing down until the breast is fully removed. You will need to use several strokes to complete this.
7. Repeat for second breast
8. Push knife into one breast to create a pocket and fill with garlic butter
9. Place flour, egg and breadcrumbs into 3 bowls.
10. Dip chicken breast into flour and coat fully, then transfer to the egg and make sure you fully coat it
11. Finally place chicken breast into the breadcrumbs and fully coat, place on to a baking tray and put to one side
12. Take second breast and cut gently along the back and unfold.
13. Flatten breast on the board, cover with cling film and hit meat with tenderiser until it is of an equal thickness
14. Remove cling film, smooth cream cheese over the chicken breast and roll up carefully so it resembles an olive
15. Wrap bacon around the breast and place on baking tray with Kiev
16. Bake for 20-30 minutes until fully cooked and has an internal temperature of 75°C
17. Bag chicken legs and wings to be frozen ready for next lesson

Chicken Chasseur

Ingredients

2 full chicken legs
Salt and freshly ground black pepper
20g plain flour
1 tbsp. olive oil
55g butter
50g button mushrooms
50g shallots, thickly sliced
15 caster sugar
200ml chicken stock
1 tbsp. tomato purée
Small handful fresh tarragon, half left as sprigs, half finely chopped
1 tomato, peeled, seeds removed, chopped
1 tbsp. fresh flatleaf parsley, finely chopped

Method

1. Switch oven on to gas mark 4 or 180°C
2. Season the chicken pieces with salt and freshly ground black pepper, then dredge in the flour to coat.
3. Heat a large, deep frying pan over a medium heat. Add the oil and butter and heat until the butter is foaming.
4. Add the chicken pieces and fry skin-side down for 1-2 minutes until golden-brown, then turn the chicken and fry on the other side for another 1-2 minutes. Remove from pan and place into an oven proof dish.
5. Add the button mushrooms and fry, stirring occasionally, until golden-brown all over.
6. Now add the shallots and the caster sugar and fry for 2-3 minutes until the shallots are golden-brown and caramelised.
7. Add the wine (if using) and bring to the boil, scraping the base of the pan with a wooden spoon to dislodge any brown bits.
8. Pour the shallots and wine mixture over the chicken, then add the stock, tomato purée and whole tarragon sprigs.
9. Place oven proof dish on the oven and cook for approx. one hour, or until the chicken is completely cooked through and the sauce has reduced slightly.
10. Add the tomatoes, flatleaf parsley and the chopped tarragon and season, to taste, with salt and freshly ground black pepper. Return to oven for 30 minutes.
11. Wash up and clean work surfaces

Chicken and Mushroom Risotto

Ingredients

300g chicken
1 tbsp. cooking oil
25g butter
1 medium onion
100g mushrooms (can be wild mushrooms)
1 chicken or vegetable stock cube
1 tbsp. Worcester sauce
200g Arborio rice
500ml boiling water
Pinch of mixed herbs
150ml white wine (optional but **MUST** be handed in to **FD1 BEFORE SCHOOL**)
50g bacon lardons (optional)

Method

1. Finely chop onion and slice mushrooms.
2. Slice chicken into equal sized pieces
3. Heat butter in a large pan. Add bacon lardons and fry for 5 mins over a low-medium heat, add chicken and cook until it is white.
4. Stir in 1 finely chopped large onion and fry for 5 mins more until the onion is soft but not coloured.
5. Stir in mushrooms and continue cooking, stirring, for 2 mins.
6. Stir in arborio risotto rice and cook over a medium heat for 2 mins until the rice has started to turn translucent
7. Pour in 150ml dry white wine (if using) and allow it to bubble away over the heat.
8. Pour in a quarter of the hot chicken stock and continue cooking, stirring frequently, topping up with a splash more stock as it gets absorbed – this is best done in three more stages, until the rice is cooked and most of the stock has been absorbed (you may not need all the stock). The texture now should be creamy, like rice pudding.
9. Turn off the heat and stir through grated parmesan and herbs, cover and leave to rest for 5 mins to allow more liquid to be absorbed into the rice.
10. Season to taste and serve with extra parmesan, if you like.

Christmas Bread

Ingredients

300g strong plain flour
½ tsp. salt
7g yeast (sachet)
50g butter
25g sugar
50ml milk
75ml warm water
2 tbsp. chocolate spread
2 tsp. cinnamon (optional)

Turn on oven to gas mark 6/ 200°c

Method

1. Warm milk
2. Sieve flour, yeast, sugar and salt into your mixing bowl and stir.
3. Rub in butter to create fine breadcrumbs
4. Mix warmed milk with warm water in measuring jug
5. Add water/milk mix in small quantities to the dry ingredients, mixing well each time, the dough should start clumping together. Take care not to add the liquid too quickly as you may end up with a porridge consistency.
6. When the dough can be squeezed into a soft ball, turn out on to a lightly floured surface and knead for at least 5 minutes (longer if possible)
7. Roll out into a triangular shape and place on to a lightly greased, lined baking tray
8. Snip two of the edges of the dough towards the middle, leaving approx. 5cm in the middle untouched.
9. Spread chocolate spread neatly onto the bread strips then twist slightly to create a branch. You may sprinkle with cinnamon if required.
10. Place in a warm area to prove before baking for 20-30 minutes
11. Wash up and clean work surfaces.

You can add fruit (max 50g dried fruit) or spices to this recipe if you want to

Macaroni Cheese

Ingredients

100g pasta
25g margarine
25g plain flour
250ml milk
60g grated cheese
50g cooked bacon or ham (optional)
½ onion
Salt / pepper / pinch of mustard powder

Method

1. Cook pasta in a large pan of boiling water for 10mins.
2. Whilst pasta is cooking, finely dice the onion and slice the bacon or ham.
3. Remove pasta from heat, drain and place into an oven proof container, with the bacon.
4. Place onion into a small pan and add the margarine, cook onion on a low temperature until soft (sweating). Remove pan from heat and stir in flour a little at a time.
5. Return pan to heat, stirring all the time. Carefully add milk a little at a time, stirring constantly.
6. Bring mixture to the boil and stir in half the cheese.
7. Add the mustard powder and stir until dissolved
8. Pour sauce over the pasta and sprinkle remaining cheese on top.
9. **Wash Up.**

This dish will need to be finished in the oven at home, gas mark 5 or 190°C for 25-30 minutes until golden brown.

Lasagne

Ingredients

For the Ragu

2 tbsp. olive oil
450g beef mince
1 onion, finely chopped
2 sticks celery, diced (optional)
1 garlic cloves, crushed
1 level tbsp. plain flour
75ml beef stock
1 tbsp. redcurrant jelly (optional) or 1 tsp caster sugar
1½ tbsp. tomato purée
1 tbsp. chopped thyme (school)
400g can chopped tomatoes

For the white sauce

25g butter
25g plain flour
400ml hot milk
1 tsp. Dijon mustard
25g Parmesan, finely grated
Salt and freshly ground black pepper (school)

For the lasagne

6 sheets lasagne
75g mature Cheddar cheese, grated

Method

1. Slice and dice all vegetables.
2. **For the Ragu:** Add the onion, celery (if using) and garlic to your pan and cook until softened, add the mince and cook until browned all over. Now stir in the flour. Add the stock and bring to the boil. Add the redcurrant jelly (or sugar), tomato purée and thyme, then stir well.
3. Stir in the canned tomatoes. Bring to the boil again, cover and simmer, until the beef is tender.
4. **For the white sauce:** Melt the butter in a saucepan. Add the flour and cook over the heat for one minute. Gradually whisk in the hot milk, whisking until thickened. Add the Dijon mustard and parmesan cheese and season well with salt and pepper.
5. **For the lasagne:** Put one third of the meat sauce in the base of a 2.3 litre shallow ovenproof dish. Spoon one third of the white sauce on top. Arrange one layer of lasagne sheets on top. Season. Spoon half of the remaining meat sauce on top and then half of the white sauce. Put another layer of lasagne sheets on top, then the remaining meat sauce and remaining white sauce. Sprinkle over the cheddar cheese.
6. This will need completing at home: Preheat the oven temperature to 200°C/Gas 6.
7. Cook in the middle of the oven for about 45 minutes- or until golden brown on top, bubbling around the edges and the pasta is soft.

Mayonnaise

Ingredients

2 free-range egg yolks
1 free-range egg
1 tbsp. French mustard
½ lemon, juice only
½ tsp caster sugar
400ml vegetable oil
Salt and freshly ground black pepper

Method

1. Blend all the ingredients except the oil in a food processor for 10-15 seconds, or until well combined.
2. While the motor is running, pour the oil into the food processor very slowly until the well combined and the mixture is thick and glossy.
3. Season, to taste, with salt and freshly ground black pepper.

Creamy Chicken, Ham and Leek Pie

Ingredients

300ml chicken stock (1 stock cube dissolved in 300ml boiling water)

1 chicken breasts, skinned

75g butter

1 leeks, trimmed and cut into 1cm/½in slices

1 garlic clove, crushed

50g plain flour

150ml milk

2–3 tbsp. white wine (optional) **MUST BE HANDED IN TO FD1 BEFORE SCHOOL**

100g piece thickly carved ham, cut into 2cm/1in chunks

Salt and Pepper

450g pack ready made pastry

1 free-range egg, to glaze

LARGE, DEEP OVEN PROOF DISH.

Method

1. Heat the chicken stock in a lidded saucepan. Add the chicken breast and bring to a low simmer. Cover with a lid and cook for 10 minutes.
2. Remove the chicken breasts from the water with tongs and place on a plate. Pour the cooking liquor into a large jug.
3. Melt 25g of the butter in a large, heavy-based saucepan over a low heat. Stir in the leeks and fry gently for 2 minutes, stirring occasionally until just softened. Add the garlic and cook for a further minute.
4. Add the remaining butter and stir in the flour as soon as the butter has melted. Cook for 30 seconds, stirring constantly.
5. Slowly pour the milk into the pan, just a little at a time, stirring well between each adding. Gradually add 250ml of the reserved stock and the wine, if using, stirring until the sauce is smooth and thickened slightly. Bring to a gentle simmer and cook for 3 minutes.
6. Season the mixture, to taste, with salt and pepper. Remove from the heat and stir in the cream. Pour into a large bowl and cover the surface of the sauce with cling film to prevent a skin forming. Set aside to cool.
7. Preheat the oven to 200°C/Gas 6.
8. Roll the pastry out on a lightly floured surface, turning the pastry frequently until around 5mm thick and 2cm larger than the pie dish.
9. Cut the chicken breasts into 3cm pieces. Stir the chicken, ham and leeks into the cooled sauce. Pour the chicken filling into the pie dish. Brush the rim of the dish with beaten egg.
10. Cover the pie with the pastry lid and press the edge firmly to seal against the dish. Trim any excess pastry.
11. Make a small hole in the centre of the pie with the tip of a knife. Glaze the top of the pie with beaten egg. Bake on the preheated tray in the centre of the oven for 35–40 minutes, or until the pie is golden-brown all over and the filling is piping hot.

Fish Pie

Ingredients

2 or 3 fillets fish (depending on size)
500mls milk
25g flour
75g margarine (split into 25g and 50g)
2 eggs (optional)
750g potatoes
75g grated cheese
50g peas

Method

1. Mis en place
2. Prepare fillets of fish, remove skin, place in medium saucepan and cover with milk. Cook for 10 mins on hob on full until milk boils then reduce heat
3. Peel and chop potatoes. Place in large saucepan and cover with cold water. Bring to boil.
4. Add eggs into potato pan and boil at same time
5. Remove fish from heat and drain milk off. Keep this to make the sauce. Put fish into oven proof dish.
6. Wash pan. Prepare roux by melting 25g margarine and mixing in 25g flour, gradually add the milk and cook gently until sauce thickens. Grate cheese and add to sauce.
7. Remove eggs from potato pan and run under cold water to cool. Remove shells and cut into quarters.
8. Add peas to fish. Cover in cheese sauce. Place eggs on top.
9. Remove potatoes from heat and drain, put back into pan, add 50g margarine and a little milk, then mash until smooth.
10. Pipe mashed potatoes on top of fish.
11. Place oven gas 190°C or gas mark 5 and cook until golden brown on top.
12. Clean up