



New Mills  
School

Level 1/2  
Catering Recipes  
Hospitality  
Year 10

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 lessons. I hope you have a fantastic time cooking tasty, nutritional high-skilled 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 lessons, please do so! Chef's jackets can be ordered through school.

**Instructions written in Purple are to be completed at home.**

**Under the behaviour policy, ingredients and containers 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, after they've been inspected.**

**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!**

# Savoury choux buns with creamy mushrooms

## Ingredients

### For the choux buns

100g unsalted butter, cut into roughly 1cm/½in cubes  
pinch of salt  
130g strong white flour  
1 tbsp. chopped thyme (optional)  
4 free-range eggs, beaten  
25g parmesan (or a similar vegetarian hard cheese), finely grated



### For the filling

15g unsalted butter  
½ tbsp. olive oil  
½ large banana shallot, finely sliced (or small onion)  
400g mixed mushrooms, roughly chopped  
1 garlic cloves, chopped  
½ tsp thyme leaves  
100g crème fraîche  
¼ lemon, juice only (or 1 tbsp lemon juice)  
½ tbsp. chopped flatleaf parsley

Need help? Watch this video

[https://www.bbc.co.uk/food/techniques/making\\_choux\\_pastry](https://www.bbc.co.uk/food/techniques/making_choux_pastry)

## Method

1. Preheat your oven to 200C/Gas 6 and line a baking tray with baking parchment.
2. To make the choux buns, put the butter, salt and 300ml water into a large saucepan. Heat gently until the butter has melted, then bring to the boil. Immediately remove from the heat and tip in the flour and thyme. Beat with a wooden spoon to form a smooth ball of dough that should leave the sides of the pan.
3. Now vigorously beat the eggs into the hot dough, a little at a time. This takes some elbow grease! As you add the egg, the dough will become stiff and glossy. Stop adding the egg if the dough starts to become loose – but you should use up all or most of it.
4. Put the dough in four large blobs, each about 10cm across, on the prepared baking tray. (Alternatively, you can pipe the choux onto the tray.) Sprinkle the parmesan over the dough.
5. Bake for 30 minutes in the centre of the oven until well risen and golden-brown. Then move to the bottom shelf for a further 10 minutes to ensure the centres are cooked. The buns should be crisp and dry.
6. Remove from the oven and split one side of each bun to allow the steam to escape. Put on a wire rack to cool.
7. For the filling, melt the butter with the oil in a large frying pan. Add the shallot and gently fry for a few minutes until soft but not coloured. Add the mushrooms, garlic and thyme. Cook for around 10 minutes over a high heat, stirring often, until the mushrooms are reduced in volume by about half, are buttery and soft and their liquid has evaporated.
8. Add the crème fraîche and simmer for around 10 minutes until the sauce has reduced.
9. Stir in the lemon juice and parsley and season with salt and plenty of black pepper.
10. Cut each choux bun fully in half, fill with the warm mushroom mixture and serve.

# Puff Pastry

## Ingredients

225g plain flour, plus extra for rolling out

½ tsp fine salt

250g unsalted butter, cold but not rock hard (or you can use half butter, half lard)

150ml ice-cold water

### For the filling

250g Sausage meat (skinned sausages) or veggie alternative.

50g onion chutney/ a small onion chopped finely / apple sauce / cheddar cheese



## Method

Need help? Watch the video here...

[https://www.bbc.co.uk/food/recipes/how\\_to\\_make\\_puff\\_pastry\\_65905](https://www.bbc.co.uk/food/recipes/how_to_make_puff_pastry_65905)

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. Wrap in cling film then chill the dough in the fridge for 15 minutes.
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.
11. Roll pastry out to about the thickness of a £1 coin, place sausage meat along the centre and wrap pastry around to make a neat parcel. Seal edge and brush the top with egg wash. Cut to size and cook it at 200C/Gas 6 for about 30 minutes.

A more traditional puff pastry can be found here [https://www.bbc.co.uk/food/recipes/puffpastry\\_90245](https://www.bbc.co.uk/food/recipes/puffpastry_90245)

You can practice this recipe if you prefer.



Want to add extra skill? Try making a sausage plait like this one. Simple yet effective.



# Fish Cakes

## Ingredients:

### For the fishcake mix

- 2 large red potatoes (*approx. 800g in total*)
- 200g cod fillet or alternative white fish
- 200g salmon fillet (can use tinned)
- 2 spring onions

### For the pané (coating)

- 2 eggs
- 120g dried breadcrumbs (*Paxo luxury lemon and black pepper ones are great!*)
- 50g polenta
- 120g plain flour



## Method

1. Peel, quarter and boil the potatoes for about 15-20 minutes to make mash. When they are soft, drain them and mash with a knob of butter. Add salt and pepper to taste.
2. While the potatoes are boiling, prepare the fish by removing the pin bones and skinning both the cod and salmon. Place on baking parchment, on a baking tray and rub with a little olive oil and salt. Bake in an oven at 200C for about 10-15 minutes (not needed if using tinned fish). Check it is cooked.
3. While the fish and mashed potato are cooling, peel, wash and chop 2 spring onions.
4. Combine all ingredients to make your fishcake mix. Check the seasoning.
5. Press into pastry rings to make the fishcake shapes. Then put them in the fridge for 30 minutes to firm up.
6. Pané the fishcakes. Flour them all first, then use one hand for the beaten egg and the other for the breadcrumbs and polenta mix.
7. Deep-fry the fishcakes until golden. Drain then bake in the oven to heat right through.



# Hollandaise Sauce

## Ingredients

65g butter

1 egg yolk

¼ tsp white wine vinegar or tarragon vinegar

Splash lemon juice

Pinch cayenne pepper

To serve; 1 egg for poaching or asparagus stems or cooked salmon (or suitable food of choice).



**We will serve and eat this is lesson. You might want to consider presentation skills...**

## Method;

1. Melt 125g butter in a saucepan and skim any white solids from the surface. Keep the butter warm.
2. Put egg yolk, ¼ tsp white wine or tarragon vinegar, a pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a small pan.
3. Whisk for a few mins, then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 mins.
4. 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.)
5. Season with a squeeze of lemon juice and a little cayenne pepper. Keep warm until needed.
6. Meanwhile, either poach an egg in a pan of simmering water, or steam your asparagus.
7. Place egg/asparagus on to your plate and spoon over hollandaise sauce and serve.



# Vanilla Panna Cotta

## Ingredients;

### For the panna cotta

- 3 gelatine leaves
- 250ml milk
- 250ml double cream
- 1 vanilla pod, split lengthways, seeds scraped out
- 25g sugar

### For the sauce

- 100g sugar
- 100ml water
- splash cherry liqueur
- 175g raspberries



Need help? Watch this video for tips and an alternative recipe...  
[https://www.bbc.co.uk/food/recipes/vanilla\\_and\\_yogurt\\_panna\\_76284](https://www.bbc.co.uk/food/recipes/vanilla_and_yogurt_panna_76284)

### To serve (this will be done at home)

- 4 sprigs fresh mint
- Icing sugar, to dust

## Method

1. For the panna cotta, soak the gelatine leaves in a little cold water until soft.
2. Place the milk, cream, vanilla pod and seeds and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.
3. Squeeze the water out of the gelatine leaves, then 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. Place into the fridge for at least an hour, until set.
5. For the sauce, place the sugar, water and cherry liqueur into a pan and bring to the boil. Reduce the heat and simmer until the sugar has dissolved.
6. Take the pan off the heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
7. Pass the sauce through a sieve into a bowl and stir in the remaining fruit.
8. To serve, turn each panna cotta out onto a serving plate. Spoon over the sauce and garnish with a sprig of mint. Dust with icing sugar.



# Pink Strawberry Cheesecake

## Ingredients.

### For the base

- 200g digestive biscuit
- 100g unsalted butter, melted (in school)

### For the filling

- 3 sheets of leaf gelatine
- 142ml carton single cream
- 300g full-fat soft cheese
- 100g golden caster sugar
- Finely grated zest of half a lemon
- 3 tbsp. lemon juice
- 300g strawberries, hulled and chopped (frozen are just as good)
- 142ml carton whipping or double cream
- 1 medium egg white

### For the sauce (optional and can be done at home)

- 250g strawberries, hulled and chopped, plus about 200g/8oz extra to decorate
- Finely grated zest of half a lemon
- 3 tbsp. lemon juice
- 2 tbsp. golden caster sugar, or more to taste



Need help with gelatine? Watch this video  
<https://www.youtube.com/watch?v=TQjE16fTKPo>

## Method.

1. Put butter into a small pan and melt on a low heat.
2. Place the biscuits in a mixing bowl and crush them to fine crumbs with a rolling pin.
3. Tip into a bowl and stir in the melted butter, mixing thoroughly so that all the crumbs are soaked.
4. Now tip the mixture into a loose-bottomed 24cm round cake tin, at least 5cm deep, and press down with the back of a metal spoon to make an even layer over the bottom of the tin. Chill in the fridge while you make the filling.
5. Submerge the gelatine leaves in a dish of cold water, and leave to soak and soften for 5 minutes.
6. Pour the single cream into a pan and bring just to the boil, then take off the heat. Take the gelatine leaves out of the water, give them a good squeeze to get rid of excess water, and stir one by one into the cream (they will dissolve instantly). Leave to cool for a few minutes.
7. Beat the cheese in a bowl with the sugar, lemon zest and juice until smooth and creamy. Mix in the cream and gelatine mixture and the chopped strawberries.
8. In another bowl, lightly whip the whipping or double cream so it falls in soft peaks, then fold it into the strawberry mixture. Whisk the egg white in a clean bowl until it forms stiff peaks, then fold gently into the cheese mixture. Pour into the cake tin and smooth down lightly. Chill for at least 2½ hours until set.
9. To make the sauce, blitz all the ingredients in a food processor or blender. Taste and add more sugar if needed, then pour into a jug and keep in the fridge until you're ready to serve. (Both cheesecake and sauce can be made a day ahead.)
10. To serve, run a knife between the cheesecake and the tin to loosen it, remove it from the tin, then take it off its base and put it on a serving plate. Halve the extra strawberries lengthways, pile them in the middle and serve with the jug of sauce.



# Beef Wellington

## Ingredients (serves 2)

### For Wellington

400g beef fillet (cheaper cut is fine)  
Olive oil, for frying  
250g mixture of wild mushrooms, cleaned  
1 thyme sprig, leaves only  
250g puff pastry  
4 slices of Parma ham (or similar)  
1 egg yolk, beaten with ½ tbsp. water and a pinch of salt  
Sea salt and freshly ground black pepper

### For the red wine sauce (to make at home if wanted)

2 tbsp olive oil  
100g beef trimmings (ask the butcher to reserve these when trimming the fillet)  
2 large shallots, peeled and sliced  
6 black peppercorns  
1 bay leaf  
½ thyme sprig  
Splash of red wine vinegar  
½ x 750ml bottle red wine  
375ml beef stock



Need help? Watch this video before starting

<https://www.bbcgoodfood.com/videos/techniques/how-make-beef-wellington>

## Method

1. Wrap each piece of beef tightly in a triple layer of cling film to set its shape, then chill overnight. (Do this at home the night before)
2. Remove the cling film, then quickly sear the beef fillets in a hot pan with a little olive oil for 30-60 seconds until browned all over and rare in the middle. Remove from the pan and leave to cool.
3. Finely chop the mushrooms and fry in a hot pan with a little olive oil, the thyme leaves and some seasoning. When the mushrooms begin to release their juices, continue to cook over a high heat for about 10 minutes until all the excess moisture has evaporated and you are left with a mushroom paste (known as a duxelle). Remove the duxelle from the pan and leave to cool.
4. Place pastry on a lightly floured surface and roll into a rectangle large enough to envelop the beef fillets. Chill in the refrigerator.
5. Lay a large sheet of cling film on a work surface and place 4 slices of Parma ham in the middle, overlapping them slightly, to create a square. Spread the duxelle evenly over the ham.
6. Season the beef fillet, then place them on top of the mushroom-covered ham. Using the cling film, roll the Parma ham over the beef, then roll and tie the cling film to get a nice, evenly thick log, then chill for at least 30 minutes.
7. Brush the pastry with the egg wash. Remove the cling film from the beef, then wrap the pastry around each ham-wrapped fillet. Trim the pastry and brush all over with the egg wash. Cover with cling film and chill for at least 30 minutes. **You will need to complete from here at home.**
8. Meanwhile, make the red wine sauce. Heat the oil in a large pan, then fry the beef trimmings for a few minutes until browned on all sides. Stir in the shallots with the peppercorns, bay and thyme and continue to cook for about 5 minutes, stirring frequently, until the shallots turn golden brown.
9. Pour in the vinegar and let it bubble for a few minutes until almost dry. Now add the wine and boil until almost completely reduced. Add the stock and bring to the boil again. Lower the heat and simmer gently for 1 hour, removing any scum from the surface of the sauce, until you have the desired consistency. Strain the liquid through a fine sieve lined with muslin. Check for seasoning and set aside.
10. When you are ready to cook the beef wellingtons, score the pastry lightly and brush with the egg wash again, then bake at 200°C/Gas 6 for 15-20 minutes until the pastry is golden brown and cooked. Rest for 10 minutes before carving.
11. Meanwhile, reheat the sauce. Serve the beef wellingtons sliced, with the sauce as an accompaniment.

# Cannelloni

## Ingredients (serves 4/5)

### For the tomato sauce

1.5 tbsp. olive oil  
4 garlic cloves, crushed  
1.5 tbsp. caster sugar  
1 tbsp. red wine vinegar  
2 x 400g cans chopped tomatoes  
Small bunch basil leaves

### For the topping

1 x 250g tubs mascarpone  
1.5 tbsp. milk  
45g parmesan (or vegetarian alternative), grated  
125g balls mozzarella, sliced

### For the filling

500g spinach  
50g parmesan (or vegetarian alternative), grated  
1.5 x 250g tubs ricotta  
Large pinch grated nutmeg  
200g dried cannelloni, or fresh lasagne sheets (if using lasagne it must be fresh or you won't be able to roll it!)



## Method.

1. Heat the oil in a large pan and fry the garlic for 1 min.
2. Add the sugar, vinegar, tomatoes and some seasoning and simmer for 20 mins, stirring occasionally, until thick.
3. Add the basil and remove from heat.
4. Pour sauce into a large shallow ovenproof dish.
5. Set aside.
6. Make a creamy sauce by beating the mascarpone with the milk until smooth, season, and then set aside.
7. Put the spinach in a large pan and place on stove to wilt it (you may need to do this in batches). When cool enough to handle squeeze out the excess water.
8. Roughly chop the spinach and mix in a large bowl with 100g Parmesan and ricotta.
9. Season well with salt, pepper and the nutmeg.
10. Heat oven to 200C/180C fan/gas 6.
11. Using a piping bag, squeeze the filling into the cannelloni tubes, or pipe a line of filling on to lasagne sheet and roll up.
12. Lay the tubes, side by side, on top of the tomato sauce and spoon over the mascarpone sauce.
13. Top with Parmesan and mozzarella.
14. Bake for 30-35 mins until golden and bubbling.
15. Remove from oven and let stand for 5 mins before serving.

Complete at home to prevent it needing to be reheated and therefore drying out.

## Rouladen (Beef or Pork Roulade)

A traditional dish from Germany of stuffed and rolled Beef or Pork.

### Ingredients.

- 4 large pork loin medallions or 4 large slices braising steak.
- 8 rashers smoked streaky bacon.
- 4 pickled gherkins.
- 2 medium onions.
- 2 sticks of celery.
- 1 large carrot.
- 2-3 garlic cloves.
- Dijon Mustard (traditionally German mustard).
- Small tub Creme Fraiche.
- 250ml Beef stock (stock cube is ok).
- 250ml Red wine (**optional, if using it MUST be handed in to FD1 on arrival at school**).
- Salt and Black Pepper.
- Herbs.
- String or cocktail sticks.



### Method

1. Lay the steaks on a thick chopping board and hammer with a meat tenderizer. You want the steaks to be quite thin, a maximum of around 5mm thick.
2. Spread mustard thickly over the whole surface of the steak and lay two rashers of bacon on each.
3. Cut the gherkins lengthways into 4 and slice about half of an onion. Lay the gherkin and onion widthways on the steaks and season.
4. Start at one end and tightly roll the steaks into a roulade. Tie with string or use cocktail sticks to keep the stuffed steaks in a roll.
5. Heat some oil in a pan and brown the roulades on all sides. Remove from pan and set aside once done.
6. Whilst the roulades are frying, chop the carrot, celery and remaining onion and fry on a medium heat to soften.
7. Once softened add some garlic, herbs, and black pepper. Add 250ml of red wine and 250ml beef stock and simmer for a couple of minutes.
8. Add the roulades to the sauce (the sauce should come just over halfway up the roulades) and cover. Cook on a low heat for about an hour turning once.

**You will need to do this stage at home**

9. Remove the roulades to a serving dish and strain the vegetables from the sauce keeping them aside. Put the sauce back on the heat and slowly stir in the Creme Fraiche.
10. Pour the sauce over the roulades and take to the table. Serve the vegetables separately or save for another day.

# Griddled Vegetable Tartlet

## Ingredients

- 2 tbsp. olive oil
- 1 aubergine, sliced
- 2 courgettes, sliced
- 2 red onions, cut into chunky wedges
- 3 large sheets filo pastry (make your own see below)
- 10-12 cherry tomatoes, halved
- Drizzle of balsamic vinegar
- 85g feta cheese, crumbled
- 1 tsp. dried oregano
- Large bag mixed salad leaves and low-fat dressing, to serve (OPTIONAL & not needed in school)



## For the filo pastry

- 200g strong white flour
- 100-120ml warm water
- 1 tbsp. olive oil
- Pinch salt
- Cornflour, for dusting
- 70g butter, melted

Need help? Watch this video

[https://www.bbc.co.uk/food/techniques/working\\_with\\_filo](https://www.bbc.co.uk/food/techniques/working_with_filo)

## Method

1. Make the pastry by sifting the flour into a bowl and making a well in the middle.
2. Mix the water and oil together and gradually pour it onto the flour, mixing as you go. You're looking for a soft, but not sticky dough. If the mix is too wet, add a sprinkling of flour.
3. Once the dough has come together, take it out of the bowl and start kneading. The dough should be at a consistency where you shouldn't need any flour to knead.
4. Work the dough for about 10-15 minutes, or until it has a smooth appearance.
5. Wrap in cling film and leave to rest in the fridge for a minimum of one hour.
6. While the dough is resting, make the filling.
7. Before making the pastry it is important to have everything ready. Lay out a large sheet of baking parchment and dust generously with cornflour. Melt the butter ready for brushing the pastry and have a flat baking tray buttered and a pasta machine ready.
8. To make the pastry, divide it into five equal balls keeping them covered with a damp tea towel to prevent drying. Take one ball and flatten to a rough rectangle using a rolling pin. Sprinkle your hands and the pastry liberally with cornflour.
9. Beginning with the widest setting, pass the pastry through the pasta machine, and continue until it has gone through to setting number seven (of nine). You don't want to take it through the thinnest setting, as you need to be able to stretch it more with your hands.
10. Using the back of your hands gently stretch the pastry width ways until it is as thin as you can manage. Don't worry about the odd hole, as the layers should cover this up. You should have a long rectangular shape.
11. Lay the pastry onto the buttered baking tray, brush with melted butter and cover while you roll out the rest.
12. Each time you roll a sheet of pastry, lay it over the top of the previous sheet brushing with butter between each layer. Continue until you have used all the pastry.
13. Heat oven to 220C/200C fan/gas 7.
14. Brush a griddle pan with about 1 tsp of the oil and griddle the aubergines until nicely charred, then remove.
15. Repeat with the courgettes and onions, using a little more oil if you need to.
16. Arrange the griddled veg on top, then season.
17. Add the tomatoes, cut-side up, then drizzle on the vinegar and any remaining oil.
18. Crumble on the feta and sprinkle with oregano.
19. Cook for about 20 mins until crispy and golden.

# Mary Berry's Lemon Tart

## Ingredients

### For the pastry

- 175g plain flour
- 100g cold butter, cut into small cubes
- 25g icing sugar
- 1 free-range egg yolk
- 1 tbsp. cold water

### For the filling

- 5 free-range eggs
- 125ml double cream
- 225g caster sugar
- 4 lemons, juice and zest
- Icing sugar, for dusting



## Method

1. To make the pastry, place the flour, butter and icing sugar into a food processor. Pulse briefly until the mixture resembles breadcrumbs, then add the egg yolk and water.
2. Pulse again until the mixture sticks together in clumps then tip onto a work surface and gather it into a ball with your hands. Knead the pastry just two or three times to make it smooth. If your butter was a bit too soft, the pastry might be too. If so, wrap it in parchment paper and chill for 15 minutes.
3. Grease a 23cm/9in loose-bottomed, fluted tart tin and line using parchment paper.
4. Roll out the pastry until it is just bigger than the tin. As you are rolling out, turn the pastry 90°.
5. Gently lift pastry and place into tin, then ease the pastry into the corners and up the sides of the tin, pressing the overhang lightly over the rim. If the pastry has cracked at all, simply press it together to seal. Press the pastry into the flutes of the tin then lightly prick the base with a fork, but not quite all the way through.
6. Place the pastry-lined tin on a baking tray, cover loosely with cling film and chill in the fridge, whilst you clean up.
7. Preheat the oven to 200C/180C Fan/Gas 6.
8. Remove the cling film from the pastry case and line with foil so it supports the sides, then fill with baking beans. Bake blind for 12-15 minutes, until the pastry is set.
9. **For the filling**, break the eggs into a large bowl and whisk together with a wire whisk. Add the rest of the filling ingredients and whisk again until they are all well combined, pour into a jug.
10. Remove pastry from oven, then lift out the foil and beans. Carefully trim the excess pastry from the sides using a sharp knife, slicing away from you. Remove the trimmings from the sheet.
11. Return the empty pastry case to the oven for another 10-12 minutes or until it is pale golden and completely dry.
12. **Reduce the oven temperature to 170C/325F/Gas 3.**
13. Pour the filling mixture into a jug, then into the cooled baked pastry case. To prevent it spilling as it goes in the oven, pour in most of the filling so it almost fills the tart, carefully sit the baking sheet and tart on the oven shelf, then top up with the rest of the filling to completely fill it.
14. Bake for about 30-35 minutes or until just set but with a slight wobble in the centre.
15. Leave to cool slightly then, when the pastry seems firm enough, remove the tart from the tin. The easiest way to do this is to place the base of the tin on an upturned can or jam jar and let the outer ring fall to the work surface. Transfer the tart to a serving plate and serve warm or cold, dusted with sifted icing sugar.

# Panettone

## Ingredients

- 2 tbsp. warm milk
- 7g sachets fast-action dried yeast
- 50g caster sugar
- 125g butter, softened
- 3 medium eggs, lightly beaten (set aside the egg white of one for topping of Panettone)
- 1 tsp vanilla extract
- Grated zest of ½ lemon
- Grated zest of ½ orange
- 250g strong white bread flour, plus extra for dusting
- 40g raisins
- 40g sultanas
- 1½ tbsp. dark rum (**optional, MUST be handed in to FD1 in sealed container on arrival at school**)
- 50g good-quality candied lemon and orange peel, finely chopped

## For the topping

- 30g whole blanched almonds, roughly chopped
- 1 tbsp. caster sugar
- 1 tbsp. egg white
- 1 tbsp. icing sugar

## Method

1. Grease a Panettone tin or a 10cm deep cake tin, or use a Panettone case.
2. Place the warm milk in a bowl and add the yeast and ½ tsp. of sugar and leave for a few minutes.
3. Put the remaining sugar in a large bowl and beat together with the butter and vanilla extract until really light, creamy and pale.
4. Stir in the lemon and orange zest. Add the eggs a little at a time until all are well incorporated, spoon in a tablespoon of the flour if the mixture starts to curdle and beat this in with the eggs.
5. Place the flour in a large bowl and mix with a good pinch of salt and make a well in the centre. Add the yeast mixture then the butter and egg mixture, folding in with a large spoon to make a soft dough.
6. Knead for 5 mins in the bowl until it all starts to come together. It will be a pretty sticky dough at this stage.
7. Turn out the dough onto a floured surface and knead for a further 10 mins, until everything has come together and you have a very soft and stretchy dough. Add a light sprinkling of flour to the surface and your hands as you go to stop the mixture sticking, but try not to add too much.
8. Place in a lightly greased bowl and cover with cling film. Leave to prove for 2 hours.
9. Place the raisins and sultanas in a small saucepan with the rum and heat gently for 5 – 7 mins until the fruit has absorbed the liquid and is plump and juicy. Set aside to cool.
10. When the dough is risen, tip it out onto a lightly floured surface and knead for another 5 mins. Gradually knead in the soaked raisins, sultanas and chopped candied peel.
11. Shape the dough into a ball and pop into the prepared tin. If using a 10cm cake tin, wrap a layer of baking parchment around the outside of the tin, to come up about 5cm above the rim, and secure the paper with string. This will help contain the dough as it rises. Cover lightly with cling film and leave to rise for another hour until it has risen to the top of the tin or paper.
12. Preheat the oven to 180C/fan 160C/gas 4. Adjust the oven shelf to the right height.
13. Mix together the almonds, caster sugar and egg white for the topping and gently brush over the top of the Panettone.
14. Place in the oven and bake for 40 - 50 mins until golden and risen and a skewer comes out clean when inserted into the middle of the cake.
15. Leave to cool in the tin for 10 mins before turning out onto a wire rack.
16. Leave to cool completely before dusting lightly with icing sugar and cutting into wedges to serve.



## Help pages.

Attached are a number of recipes that will help you prepare for your NEA, you might find that they are repeated recipes from year 10, part recipes and skill reminders, or ideas to help you. These recipes will not be cooked at school unless you chose to use them for your NEA planning.

### Shortcrust Pastry

#### Ingredients

Pastry:

150g plain flour

75g butter

75ml cold water

#### Method

1. Pre-heat the oven to Gas 5/190 C
2. Sieve the flour into a bowl, rub in the flour 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 pie dish. Remember to roll in one direction and keep turning 90 degrees.
6. Gently pick up the pastry and place into the pie 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. Continue as your pie recipe.

## Rough Flaky Pastry

### Ingredients

110g plain flour (4 tablespoons)  
Pinch of salt  
75g hard margarine (frozen)  
Cold water to mix (approx. 4 tablespoons)

### 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 gently out so the width is the right size for your recipe.

## Chicken Portioning

### Ingredients

1 chicken (full chicken)

### Method

1. Remove chicken from packaging and remove all string etc. place on to a red board
2. 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.
3. Pull the wing out and locate the knuckle, cut through knuckle with the boning knife and remove wing. Repeat for other side.
4. Slice chicken along the backbone, continuing down until the breast is fully removed. You will need to use several strokes to complete this.
5. Repeat for second breast
6. You now have 2 legs, 2 breasts and 2 wings for your recipe.

## You can use the chicken carcass to make chicken stock, by adding ½ onion, a small carrot, and a stick of celery into your pan and covering with water. Bring to boil and simmer for up to 2 hours. ##



# Pasta

## Ingredients

100g 'OO' flour  
1 egg

## 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

# 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.

Mayonnaise is a great base recipe for sauces such as marie-rose and tartare sauce. Adding capers and pickles will make a great tartare sauce and tomato puree to mayo will make a marie-rise or add paprika for a 1000 island dressing.

# 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 (recipe above)  
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. 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.

# 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 readymade pastry (using the recipe earlier)

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.

# Bread

## Ingredients

500g strong white flour, plus extra for dusting  
2 tsp salt  
7g sachet fast-action yeast  
3 tbsp olive oil  
300ml water

## Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. **If the dough seems a little stiff, add another 1-2 tbsp water and mix well. (contingency plan ac 2.4)**
3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.
5. Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
6. Place it on the baking parchment to prove for a further hour until doubled in size.
7. Heat oven to 220C/fan 200C/gas 7.
8. Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife. (do not do this is making garlic bread)
9. Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

# Garlic bread

## Ingredients

60g butter, softened  
2 garlic cloves, crushed  
Bread (use recipe above)

## Method

1. Put the butter in a bowl, add the garlic and mix well. Spoon the butter out onto a sheet of cling film and roll up to make a sausage-shaped log. Chill for 10 mins.
2. Heat oven to 200C/180C fan/gas 6. Slice the baguette into about 12 slices but not all the way through, leaving the base intact to hold it together.
3. Remove the cling film from the butter and thinly slice on a chopping board. Press each butter slice between the slices of bread.
4. Wrap the baguette in foil, place on a tray and bake for 5–6 mins, then peel back the foil. Cook for a further 4–5 mins to crisp up.

## Filleting Fish



Remove fin along its back, the head can be removed at this point if you want.

Slice fish along the back to expose back -bone



Lift the fillet to expose the ribs and continue slicing the fish using long strokes



Gently cut along edge to remove fillet, turn fish over and repeat.



Remove skin, place knife at tail end between skin and flesh and cut using slight sawing motion whilst pressing down with the knife, holding the skin with your other hand



## Space for your NEA Recipes (Recipe 1)

Record your chosen recipe here.

**Ingredients**

**Method**

**Space for your NEA Recipes (Recipe 2)**  
**Record your chosen recipe here.**

**Ingredients**

**Method**

**Space for your NEA Recipes (accompaniments)**

**Record your chosen recipe here.**

**Ingredients**

**Method**

**You might need to attach more pages, so you have all your NEA recipes together.**