



New Mills
School

Level 1
& Catering
Year 9
Hospitality
10 Recipes



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 have a problem with the dishes we are making, 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. More details will follow about this on page 3

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, if you forget your container 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!

Amending Recipes

Throughout the booklet I have given you options to alter the recipes to make them suitable for your family. However, you can also alter recipes to suit your family in ways I have not suggested. I would like you to own any recipe you make, so feel free to add ingredients or swap them for something more suitable. Just remember that you should must complete the recipe within the time available and that you know what you are doing.

In year 9 standard ingredients are provided, that is, I provide the ingredients listed, if you would like vary the ingredients then you will need to provide these extra items, i.e. adding extra or swapping vegetables or jalapeno chillies, adding cheese etc.

I cater for vegetarians, where I am aware of them, so please advise me at the start of your rotation if you are a vegetarian or vegan so I can include this in the weekly food order. Please also advise me of any allergies that you have, I can amend recipes or change them completely depending on the issue. Likewise, if you have an aversion to some of the recipes please let me know so an alternative can be offered. I don't want lots of food waste or wasted money. Any amendments that you make other than for pre-advised vegetarian or allergy reasons will need to be organised by you.

Some of the recipes are deliberately difficult, I will award extra resilience points to you if you try to prepare them, especially the recipes where we are handling raw chicken.

There are a few rules though to the amendment of any recipe; the Government state we have to cook predominately savoury dishes, which should be healthy.

If we are making something sweet you may add fruit but **not** chocolate (if you choose to do this at home that is up to you).

- ✓ Your recipe cannot take longer to prepare, you may need to do some preparation at home.
- ✓ Upskilling of dishes is fabulous
- ✓ If you remove something, it is a good idea to replace it with something similar or suitable (i.e. peas can be replaced with sweetcorn) recipes may not work if ingredients are missing.
- ✓ Experiment at home.
- ✓ Finally, remember a recipe is only ever a guide, not a set of rules.

I hope you enjoy cooking in your option choice and are inspired to start helping cook meals at home with your families.

Practical 1

Technical Challenge; Garnishing

Ingredients

Cherry tomatoes
Cucumber
Leek
Celery
Spring onions
Courgette
Yellow or red pepper
Carrot
Fresh herbs (dill, bay leaves, etc)
Tomato

Get some inspiration here;

<https://www.youtube.com/watch?v=OhBOyiqgbUE>

<https://www.tablespoon.com/posts/how-to-plate-like-a-chef>

Method

1. Watch demo and then choose your vegetable and salad options from the available choices as listed above.
2. Use the instruction cards to practise your garnishes
3. Arrange your chosen garnishes on a plate and take a photo along with your name card.

Practical 2.

Technical Challenge; Garnishing (cont'd)

Ingredients

Sausage roll
Pate
Bread slice
Salad items
Sauces (cumberland, tomato, onion chutney etc)

Method

1. Select sausage roll and pate and take it to your place
2. Prepare salad items to create garnish as practised last session
3. Decorate your two plates with the sauces available
4. Arrange sausage rolls and pate on the plates and decorate with your salad garnishes
5. Label using your name card and take a photo.

Practical 4

Jam Roly-Poly

Time	Order of work / Method	Special points (Health and Safety / Hygiene)
9.10	<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>
9.20	<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>
9.25	<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>
9.30	<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>
9.33	<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>
9.38	<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>
9.40	<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>
9.42	<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>
10.05	<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>

Practical 5

Tagliatelle Provencal

Ingredients

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

Need help? Check this link.

[Rolling pasta using a pasta machine - BBC Food](#)

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.

Practical 6

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)

Want to practice before, or try again? Visit for a how-to video;
<https://www.bbcgoodfood.com/videos/techniques/how-joint-raw-chicken>

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 another lesson
 - Your chicken will need cooking at home, gas mark 5/190C for 25 minutes should be fine

Practical 7; assessment

Cinnamon Whirls

Ingredients

200g strong white bread flour
Pinch of salt
60ml warm milk
50g butter
½ sachet fast action yeast
1 teaspoon cinnamon
50g sugar

[How to knead bread dough - BBC Food](#)

****When completing this task you will be timed, your cinnamon whirls must be proving within 20 minutes. You will also be assessed on health, safety and hygiene.****

Method

1. Pre-heat the oven to Gas 6/200 C
2. Sieve the flour into a large bowl
3. Add half the butter and rub into the flour using fingertips
4. Add the yeast and half the sugar and stir into the flour
5. Measure out 65ml of warm water into a jug and add the warmed milk.
6. Add the liquid a little at a time, mixing with a round bladed knife until the mixture forms a dough [dough should be soft, but not sticky and there should be no floury, dry bits at the bottom of the bowl]
7. Sprinkle a little flour onto the work surface and then knead the dough for about 10 minutes until it feels smooth and silky.
8. Roll the dough into a rectangular shape.
9. Mix the remaining sugar and butter with the cinnamon in a small bowl.
10. Spread butter mixture over the dough [make sure you go up to the edges]
11. Roll the dough up lengthways into a neat and even sausage shape
12. Using a sharp knife, cut the dough into equal size pieces of about 2-3 cm and then place them flat side down in the foil tray.
13. Put into a warm place to prove for about 15 minutes [they should almost double in size]
14. Wash up and clean your work space whilst your rolls prove.
15. Place into the oven and cook for 15-20 minutes until they look golden brown and sound hollow when tapped underneath



Year 10 Catering Recipes



Quiche Lorraine

Ingredients

https://www.bbc.co.uk/food/techniques/rolling_pastry

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 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 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)



https://www.bbc.co.uk/food/techniques/how_to_blind_bake_pastry

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.

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 (home)

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 will 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.

Lemon Mousse

Ingredients

4 medium free-range eggs, separated
250g/8oz caster sugar
3 lemons, zest and juice only
5 tbsp cold water
15g/½oz powdered gelatine
300ml/½ pint double cream

Method

1. Using an electric whisk, whisk together the egg yolks, sugar, lemon zest and juice until the sugar has dissolved and the mixture has thickened a little. (If you do not have an electric whisk, whisk by hand in a glass bowl set over a pan of hot water. When the mixture has thickened, remove the bowl from the pan and whisk until cool.)
2. Place the cold water into a heavy-based saucepan, sprinkle in the gelatine and place over a gentle heat, without stirring, until the gelatine has melted. Remove from the heat and leave to cool slightly.
3. In a separate bowl, lightly whip the cream until soft peaks form when the whisk is removed.
4. Stir the melted gelatine into the cream and fold into the egg yolk mixture.
5. Whisk the egg whites in a separate bowl with an electric hand-whisk until soft peaks form when the whisk is removed.
6. Place the bowl with the egg yolks inside a bigger bowl filled with ice-cold water.
7. Gently fold the whipped egg whites into the egg yolk mixture with a metal spoon.
8. Stir the mixture until it begins to thicken, then pour into a glass bowl and refrigerate for one hour, or until set.

Jaffa cakes

Ingredients

Jelly:

- 1 x 135g packet orange jelly
- 150ml boiling water
- 1 small orange, finely grated zest only

Sponge:

- unsalted butter, for greasing
- 1 large free-range egg
- 25g caster sugar
- 25g self-raising flour, sifted

Topping:

- 180g plain chocolate, good quality

Method

1. **For the jelly**, break the jelly into pieces and place in a small bowl.
2. Pour over the boiling water and stir until the jelly is completely dissolved.
3. Add the orange zest, then pour into a shallow 30x20cm/12x8in tray.
4. Chill in the fridge for 1 hour, or until set.
5. Meanwhile, preheat the oven to 180C/160C Fan/Gas 4 and grease a 12-hole, shallow bun tin with butter.
6. **For the sponge**, whisk the egg and sugar together for 4-5 minutes until pale and fluffy, then gently fold in the flour.
7. Fill each well in the bun tin three-quarters full (about a dessert spoonful per hole) and smooth the tops.
8. Bake for 7-9 minutes, or until well risen and the top of the sponges spring back when lightly pressed.
9. Leave to cool in the tray for a few minutes then finish cooling on a wire rack.
10. **(You may need to complete this task at home)** Break the chocolate into pieces then melt in a bowl set over a pan of gently simmering water.
11. Remove the bowl from the heat and leave to cool and thicken slightly.
12. **To assemble**, turn the jelly out onto a sheet of non-stick baking parchment.
13. Cut 12 discs from the orange jelly using a 5cm/2in round cutter.
14. Sit one jelly disc on top of each sponge.
15. Spoon the melted chocolate over the jelly discs.
16. Using the tips of the tines of a fork or a skewer, lightly press to create a criss-cross pattern on top of the chocolate, then leave to set.
17. Wash up.

Ravioli

Ingredients

100g 'OO' flour

1 egg

1 tbsp. oil

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

[How To Make Homemade Ravioli from Scratch - YouTube](#)

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!

Lemon Meringue Pie

Ingredients

For the pastry

225g/8oz plain flour

175g/6oz butter

45g/1¾oz icing sugar

1 large free-range egg, beaten

For the lemon filling

6 lemons, zest and juice

65g/2¼oz cornflour

250g/9oz caster sugar

6 free-range egg yolks

For the meringue topping

4 free-range egg whites

225g/8oz caster sugar

2 tsp cornflour

Method

1. Pre-heat the oven to 180C/Gas 4
2. **For Pastry.** Place flour and butter into a mixing bowl and rub together until the mixture resembles fine breadcrumbs.
3. Add the icing sugar, egg and one tablespoon of water and mix until combined to a ball.
4. Tip the pastry onto a work surface and roll out to a 3mm thickness. Use the rolling pin to lift the pastry up and transfer it to line a 23cm/9in loose-bottomed flan tin. Be careful not to stretch the pastry as you tuck it into the corners. **Cover in cling film and place in the refrigerator to chill for 30 minutes. (not done in school)**
5. Take the pastry-lined tin out of the fridge and trim the excess pastry. Press the top edge of the pastry so that it stands slightly higher than the top of the tin.
6. Line the pastry case with parchment and fill with baking beans.
7. Bake for about 15 minutes.
8. Remove the beans and parchment and return to the oven for a further five minutes.
9. Remove from the oven and reduce the temperature to 170C/Gas 3½.
10. **For the filling,** mix the lemon zest and juice with the cornflour and stir to form a smooth paste. Measure 450ml of water into a pan and bring to the boil.
11. Add the lemon cornflour mixture to the hot water and stir over the heat until the mixture has thickened, then remove from the heat.
12. In a bowl mix together the sugar and egg yolks and carefully whisk into the lemon mixture in the pan.
13. Stir over a medium heat until thickened. Set aside for a few minutes and then pour into the baked pastry case.



https://www.bbc.co.uk/food/techniques/whisking_egg_whites

14. **For the meringue**, whisk the egg whites in a free-standing mixer until soft peaks form when the whisk is removed.
15. Add the caster sugar a little at a time, still whisking until the meringue is stiff and glossy.
16. Add the cornflour and whisk again.
17. Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
18. Bake in the oven for about 15 minutes until the filling is completely set and the meringue is lightly golden and crisp.
19. Allow to cool completely before cutting or serve very slightly warm.

Need help with the techniques used in this recipe?

https://www.bbc.co.uk/food/techniques/grating_lemon_zest

https://www.bbc.co.uk/food/techniques/separating_eggs

https://www.bbc.co.uk/food/techniques/rolling_pastry

https://www.bbc.co.uk/food/techniques/how_to_blind_bake_pastry

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.

Fried Rice

Ingredients

30ml spoon vegetable oil (*school provides*)
2 chicken breast or marinated pork or vegetarian alternative
4 spring onions
½ red pepper (optional)
100g fresh or frozen peas (defrosted)
2 tbsp. light soy sauce
2 eggs
250g cooked basmati rice (approx. 100g uncooked rice = 250g cooked rice)

Method

1. Peel and chop the onion finely.
2. Slice the pepper in cubes.
3. Crack the eggs into a small bowl and beat together.
4. Cut the chicken (or other meat) into approx. 1cm diced pieces. Wash your hands after handling raw chicken.
5. Put ½ the oil in the wok and heat. Add the egg and keep stirring until cooked. Once the egg has set, put back into the bowl and put to one side.
6. Heat rest of oil in the wok and add the spring onion and chicken. Stir and cook for 5 minutes. The chicken will change colour from pink to white.
7. Add the pepper if using and cook for 3 minutes. Then add the cooked rice and peas, cook for 3 minutes.
8. Add the soy sauce to taste.
9. Finally add the cooked egg back to the pan and stir through. Continue to cook for 2 minutes, then serve.
10. Wash up.

Alternatives: Vegetarian – Add 400g of Quorn™ fillets. Lamb – Add 400g of diced lamb (lamb fillet).

Vegetarian Calzone (assessment)

Ingredients

250g Strong Bread Flour

1 sachet. Fast Action Yeast (from school)

1 tsp. Salt

150g Grated Cheese

2-3 Tablespoons Tomato Puree or Passata

* 2 Additional toppings e.g. tomato, onion, mushrooms.

Method (Timeplan)

Time	Method	H&S Points	Quality Points
10min	Carry out mise-en-place. Pre heat oven. Weigh bread ingredients into bowl and measure water and oil into jug. Prepare filling.	Personal hygiene - wash hands in hot and soapy water to remove bacteria. Use green chopping board for fillings.	<i>Weigh and measure ingredients accurately. Ensure filling is consistent size. Ensure oven preheated.</i>
5 min	Gradually add the liquid mixture to the flour mixture to form a soft dough. It should be a little sticky but not like porridge!		<i>When the bread dough can stick to your spoon in a ball it's ready!</i>
5 min	Lightly flour your work surface and turn the bread dough out. Knead until it is smooth and 'silky', making sure to really stretch the bread dough.		Knead until smooth and silky.
5 min	Roll out into a circular shape, 'dimple' with your finger tips. Place on baking tray.		Practise the 'clockwork' technique to roll into a circle. Use your hands to shape it also.
5 min	Arrange fillings in the centre of the bread dough – tomato puree / sauce, veg / meat, cheese.		Leave an edge of at least 3 cm.
5 min	Crack egg into small bowl and whisk with fork. Brush egg wash around the edges. Fold the top of the bread dough over the filling to just before the bottom edge.	Wash hands after handling eggs to avoid cross contamination	
5 min	Then using your two index fingers in an alternative action fold the bottom edge over the top and seal to create a 'rope' edge.		
5 min	Glaze with egg wash, pierce with knife and place in oven for 15 minutes until risen and golden.	Use oven gloves.	Ensure egg wash is even. Piercing will release steam.
10 mins	Clear and clean work station.	Use hot soapy water, disinfect work station.	

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.

Butter

Ingredients

150ml double cream
½ tsp salt
1 slice bread (to test your butter)

Method

1. Pour cream into a mixing bowl and whisk with an electric whisk until it separates into solid and liquid.
2. Remove solid from bowl and rinse under the tap
3. Place butter into a small bowl and add salt to taste
4. Toast a slice of bread and butter using your butter to check seasoning

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.

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. (This is to be finished at home so your pie is fresh)**

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. Place into a piping bag (you may wish to allow the potato to cool slightly)
11. Pipe mashed potatoes on top of fish.
12. Place oven gas 190°C or gas mark 5 and cook until golden brown on top.
(finish at home)
13. Clean up