

Ingredients: 250gms plain flour
65gms margarine
60gms lard
approx 8 tsp cold water
300gms cooking apples
200g blackberries
cold water and caster sugar for glazing

Skills Focus:

- 1. Rubbing in method**
- 2. Lining a tin with pastry**
- 3. Peeling and Slicing**
- 4. Glazing**
- 5. Oven baking**

From home: Oven proof cake tin or pie dish to cook the pie in

Apple and Blackberry Pie

LO:

- Making shortcrust pastry.
- Understanding that a pie has a lid.

Method:

1. Make short crust pastry. Sieve flour into mixing bowl.
2. Rub in fats so mixture resembles fine breadcrumbs.
3. Add enough water so mixture binds together.
4. Leave pastry to rest.
5. Peel, core and slice apples thinly.
6. Divide pastry in two.
7. Roll out one half and line the dish.
8. Place sliced apples on top and sprinkle sugar over.
9. Roll out remaining pastry and cover fruit.
10. Decorate edges and glaze with water and sugar.
11. Bake in top of oven until pale brown.
12. Wash up and clear away.
13. Evaluate your work.

Oven Temperature: 200°C or Gas Mark 6

Cooking Time: 20-25mins

Equipment required: Mixing Bowl

Sieve, measuring jug
Teaspoon, rolling pin
green chopping board
Peeler, sharp knife
pastry brush
Newspaper, white tray

Swiss Roll- Fatless sponge

LO: Whisking method of cake making.

Ingredients:

50gms self raising flour
50gms caster sugar
2 eggs
2 tbsp jam

Skills Focus:

1. **Aeration- egg whites and sugar.**
2. **Folding in flour.**
3. **Oven baking**
4. **Rolling a sponge cake**
5. **Cooling**

Method:

1. Grease and line tin with greaseproof paper.
2. Whisk eggs and caster sugar together until pale light and fluffy and mixture will hold a trail for 5 seconds.
3. Fold in sieved flour with metal spoon.
4. Pour mixture into tin and bake in the top of the oven until brown and firm.
5. Warm the jam in the microwave.
6. Tip sponge onto sugared greaseproof paper.
7. Cut off the edges and spread hot jam over.
8. Roll up in the greaseproof paper and leave on a cooling wire to cool.
9. When cold unwrap the paper.

Oven Temperature:

210°C

Cooking Time:

7-10 minutes

Equipment :

mixing bowl,

Sieve

electric whisk

table spoon

Swiss roll tin

palette knife

large sharp knife

cooling wire

2 pieces of greaseproof

paper

From home: Cake/ sweet tub to take the Swiss roll home

Cheese and onion Pasties

Ingredients:

250gms plain flour
130gms **block** margarine
cold water
1 onion
1 potato
150gms cheese
salt & pepper
milk to glaze

LO: short crust pastry and it is suitable for vegetarians.

Skills Focus:

- Rubbing in method.
 - $\frac{1}{2}$ fat to flour pastry rule.
 - Blind baking pastry.
 - Peeling, chopping and grating
 - Even filling.
 - Aeration- egg whites and sugar
- Oven baking

Method:

- Light oven. Grease baking tray.
- Make short crust pastry, leave to rest.
- Peel and chop onion and potato, grate the cheese, mix together and season with salt & pepper.
- Roll out pastry and cut into circles.
- Divide potato mixture between the pastry circles.
- Brush the edges with water and shape into pasties, glaze with milk.
- Bake in oven until golden, and the potatoes are cooked.

Oven Temperature:

200° C

Cooking Time:

20-25 mins

Equipment :

mixing bowl,
Sieve
metal knife
rolling pin
pastry brush,
green chopping board
sharp knife
Peeler
Basin
grater
baking tray

From home:

Tub to take pasties home

Lasagne *Beef OR meat free*



LO: To create a **combination** dish.

Ingredients:

200gms minced beef OR Quorn mince
1 onion
1 tin tomatoes
50gms mushrooms
1 tbsp flour
1 beef OR vegetable stock cube
1 tbsp tomato puree
9 sheets of lasagne

Cheese Sauce:

500ml milk
50gms margarine
50gms flour
100gms cheese
salt & pepper

Skills Focus:

1. Sauté and Simmer
2. Making a cheese sauce using the all-in-one method.
3. Layering
4. Oven baking

Oven Temp: 190°C
Cooking Time: 15 mins,
then a further 30 mins
Equipment :
Green chopping board
sharp knife
measuring jug
2 saucepans
Black plastic spoon
Grater



From home: Oven proof dish to cook the lasagne in.

Method:**Lasagne** cont...

1. Pre-heat oven
2. Peel and chop onion. Wash and slice mushrooms.
3. Make stock with 150ml water.
4. Dry fry beef, onion and mushroom together.
5. Stir in flour, tomatoes, puree and stock.
6. Leave to simmer for 15 mins.
7. Make cheese sauce, place milk, margarine and sieved flour into saucepan, stir over a medium heat until thick. Stir in most of the cheese and seasoning.
8. Place sheets of lasagne in dish. Pour half the mince on top and $\frac{1}{2}$ of the cheese sauce.
9. Place more sheets of lasagne on to the mince, cover with the remaining mince and the remaining cheese sauce.
10. Sprinkle the grated cheese over the sauce.
11. Bake in the centre of the oven for 30mins until golden brown.

Oven Temp: 190°C**Cooking Time:** 15 mins, then a further 30 mins**Equipment :**

Green chopping board

sharp knife

measuring jug

2 saucepans

Black plastic spoon

Grater

Paella-Easy Seafood OR Chicken and Chorizo

LO: Toasting rice to help it absorb liquid

Skills Focus:

1. Peeling and Slicing
2. Sealing chicken
3. Toasting rice
4. Absorption
5. Frying

Ingredients

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 110g pack Chorizo sausage, chopped
- 1 tsp turmeric
- 300g long grain rice
- 1l hot fish or chicken stock
- 200g frozen pea
- 400g frozen seafood mix, defrosted OR 250g chicken breast

From home:

Tub to take Paella home

Method

- Slice the leek or onion.
- Slice the sausage if needed.
- Heat the oil in a [frying pan](#)
- Soften the leek/onion for 5 mins without browning.
- Add chicken slices and seal until white on all sides.
- Add the chorizo and fry until it releases its oils.
- Stir in the turmeric and rice until coated by the oils.
- Pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
- Tip in the peas and cook for 5 mins.
- Stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked.
- Check for seasoning and serve immediately with lemon wedges.

Mayonnaise – potato salad

LO: Making an emulsion to use in a salad/ condonement

Skills Focus:

- Boiling
- Emulsifying

Ingredients:

250ml Vegetable oil
1 whole egg
1 heaped tsp powdered mustard
1 tbsp vinegar OR lemon juice
Seasoning

200g new/baby potatoes

From home:

Clean, empty Jam jar- extra mayo
Tub to take potato salad home

Method:

1. Place New potatoes in a saucepan and bring to the boil for 10 min.
2. Turn down the heat and continue cooking the potatoes for 10 min.
3. Drain the potatoes with a colander.
4. Crack the egg into a clean jug.
5. Add the mustard, vinegar/ lemon juice and oil to the jug.
6. Place the stick blender at the very bottom of the jug and whisk until the mixture turns white and thick.
7. SLOWLY raise the stick blender to mix all of the oil into the mayonnaise.
8. Season to taste.
9. Add some mayonnaise to the warm potatoes.

Fish Pie- potato topping

LO: Cooking with fish- combination meal

Skills Focus:

- Boiling
- Steaming
- Making a roux

From home: Oven proof dish to cook the fish pie in.

Ingredients:

250gms white fish
500gms potatoes
15gms margarine
2 tbsp milk
sauce
250ml milk
25gms plain flour
25gms margarine
salt & pepper
100gms cheese
1 tbsp lemon juice
1 tbsp chopped parsley

Oven Temperature: 200°C Gas Mark 6 or use the grill

Cooking Time: 20 mins in the oven or 8 mins in the grill

Equipment required:

2 saucepans
metal plate lid
green and blue chopping board
Peeler
sharp knife
Newspaper
black spoon
piping bag and nozzle
Grater
measuring jug

Fish Pie cont

Method:

1. Peel and slice potatoes, place in saucepan with water and a little salt.
2. Wash fish and place on metal plate, put plate on top of potatoes and cover with a lid.
3. Bring potatoes to the boil and simmer for 15-20mins, until the potatoes are soft and the fish is cooked.
4. Make the roux sauce. Put the margarine and flour in the pan and cook for 2mins.
Gradually add the milk and bring the sauce to the boil stirring all the time until the sauce thickens.
5. Mash the potatoes with the 15gms margarine and the 2 tbsp milk.
6. Flake the fish.
7. Add the fish to the roux sauce, stir in the lemon juice, grated cheese and chopped parsley.
Pour into dish.
8. Pipe the mashed potatoes on top.
9. Either place under the grill to brown or put in the oven to brown.
10. Wash up and clear away.
11. Evaluate your work.

Serve with vegetables of your choice.

Scotch Pancakes

Ingredients:

100g self raising flour
50g caster sugar
1 egg
A splash of milk

15g butter/marg for cooking
Optional:
Golden syrup for drizzling
and/or fruit for presentation

LO: Making a thick batter suitable for pancakes that can be stacked.

Skills Focus:

- Sieving to add air
- Whisking to make a smooth batter
- Adding milk to create the right consistency
- Frying/ Timings
- Flipping

Method:

- Sieve the flour into a bowl.
- Add the sugar
- Crack the egg into a separate bowl and whisk with a fork.
- Heat the frying pan on a med/high heat.
- Add oil and butter/marg.
- Using a tablespoon, add 2 spoonfulls of batter mixture to the HOT pan.
- Cook for 3-4 min each side.
- Turn down the heat if they are burning before being cooked properly.
- Slice any fruit and layer between the pancakes for presentation OR drizzle golden syrup over them.

Oven Temperature:

200° C

Cooking Time:

20-25 mins

Equipment :

mixing bowl,
Sieve
metal knife
rolling pin
pastry brush,
green chopping board
sharp knife
Peeler
Basin
grater
baking tray

From home:

Tub to take pancakes home

Ingredients

3 chicken thighs

a knob of butter

2 spring onions

50g Button mushrooms

1 level tablespoon of flour

150 ml of Chicken Stock

a sprig of fresh thyme

Teaspoon mustard

1 tablespoon crème fraiche

Pastry:

200g plain flour

50g butter/block margarine

50g lard OR another 50g

butter/block margarine

1 egg

Chicken pie

LO: Making puff pastry and cooking with high risk ingredients.

Skills Focus:

- **Rubbing in method**
- **Alterations to pastry to suit dietary needs/ preferences.**

Method:

Watch the demo and Make the puff pastry- Remember the rules.

- $\frac{1}{2}$ fat to flour.
- Don't rub in a much as short crust- butter lumps are OK.
- Don't heat up the pastry- **CHILL IT** if you have hot hands
- You must always add **SOME** water to **bind** the mixture .

Equipment

Saucepan

Sharp knife

Red and green chopping board

Black spoon

Tablespoon

Measuring jug

Round bladed knife

From home: Oven proof dish to cook the fish pie in.

Chicken pie con....

Method

1. De-bone the chicken thighs on a chopping board and chop into 1cm strips.
2. Add olive oil and a knob of butter into a hot, frying pan .
3. Add the chicken and cook for 3 min or so.
4. Trim the spring onions/scallions. Slice mushrooms and add to the pan with 1 level tablespoon of flour and stir.
5. Make 150ml of chicken stock
6. Add 1 teaspoon of mustard, 1 tablespoon of creme fraiche and the chicken stock to the pan.
7. Add thyme leaves and stir into the pan and a good pinch of salt and pepper. Leave to simmer for 10-15 min.
8. Lightly dust a clean surface with flour and roll out the pastry.
9. Take the pan with the chicken off the heat. Tip the filling into an ovenproof baking dish.
10. Cover the filling with the pastry sheet, tucking it in at the edges OR crimping it
11. .Quickly beat the egg, then brush it over the top o the pie. Put into the oven t cook on the top shelf for around 15min, or until golden.

Fish/ chicken Goujons

Ingredients:

- 2 white fish fillets or 2 chicken breasts
- 1 large egg
- 4 tablespoons of plain flour
- Salt and pepper
- 4 tablespoons of oil
- 2 slices of bread

LO: Coating or enrobing food

Skills Focus:

- **Separating food into equal parts**
- **Using egg to fix a coating**
- **Ensuring better moisture of food by coating**

Method

1. Slice each piece of fish, length ways into 2 or 3 pieces
2. Crack egg into measuring jug and whisk with a fork, pour onto a metal plate
3. Measure flour onto a metal plate, season
4. Dip each piece of fish into the egg and then the flour. Place on white tray
5. Measure oil into frying pan
6. Heat for 2 minutes
7. Cook fish turning once for 4/5 minutes till golden brown on both sides

Equipment

Sharp knife
Measuring jug
Fork
Metal plate x 2
Chopping Board
Tablespoon
Frying pan
Fish slice

**From home:
A container to take
goujons in.**



Halloween/ Autumn Own Cook Mini Practical Assessment



Consider:

- Time allowed max 1.5hr to cook the product.- Read the method. Check for chilling times/ marinading etc
- Skill you will be demonstrating- expecting to see higher level skills- Decorating, shaping, different cooking methods.
- Presentation: Think about how it will look. How long it will take to present. Which plate, bowl etc will you use?



Viennese Whirl- biscuit making 1

LO: Making sweet biscuit mixtures that can be piped and shaped.

Skills Focus:

Combining a mixture smooth enough for piping.

Oven baking until crisp and slightly golden.

Viennese Whirls

Ingredients:

75g plain flour

25g cornflour

100g margarine or butter

25g icing sugar

3 drops of vanilla essence

3 or 4 glacé cherries- optional

Method

- Heat oven to 180C/160C fan/gas 4
- line 2 [baking sheets](#) with baking parchment.
- Put the butter and icing sugar in a large bowl and beat with an electric hand whisk for about 5 mins until pale and fluffy.
- Add the vanilla extract and beat again until fully incorporated.
- Sift in the flour, cornflour and baking powder, and fold into the mixture using a spatula until combined (the dough should have a tacky consistency).
- Pipe swirly circles 5cm diameter onto 2 baking sheets making sure there are 3cm spaces between each swirl.
- Bake for 10-12 mins
- Leave to cool on the baking sheets for a few mins, then transfer to [wire racks](#).

Shortbread- biscuit making 2

LO: Making sweet biscuit mixtures that can be shaped.

Skills Focus:

Revisit the rubbing in method.

Creating a batch of thick even biscuits.

Oven baking until crisp and slightly golden.

Shortbread:

150g plain flour

100g margarine or butter

50g caster sugar

Method:

Rub the Butter and flour together in a bowl.

Squash the crumbs together to form a dough.

Flatten/ roll the dough and use the same sized cutter to ensure the same thickness and cooking time.

Mince Pies

This is a high skilled dish using short crust pastry.

Oven Temperature:
210° C
Cooking Time:
15-20 mins

Ingredients:

300gms plain flour
75gms margarine
75gms lard
approx 12 teaspoons
cold water
 $\frac{3}{4}$ jar mincemeat
icing sugar for dusting

Equipment:

mixing bowl
sieve, rolling pin
metal knife
bun tin, cutters
teaspoon
pastry brush

Method:

1. Light oven.
2. Make short crust pastry. (See recipe for apple pie).
3. Roll out pastry and cut into an equal number of bases and tops.
(You may use a star cutter or holly leaf cutter for the tops).
4. Place the bases in the bun tin.
5. Fill with mincemeat, do not overfill.
6. Place lids on top.
7. Bake in the top of the oven until pale golden.
8. Remove from the tin and cool on a cooling wire.
9. Sieve the icing sugar over.
10. Wash up and clear away.
11. Evaluate your work.

Christmas Cinnamon wreath

LO: Making a bread based seasonal sweet treat/ centerpiece

Bread dough

Ingredients:

250gms strong plain flour

25gms margarine

1 tsp salt

1 packet dried yeast

150ml tepid water

Butter paste

100G Block Butter

200g brown sugar

1 tbs cinnamon

¼ tsp nutmeg

Skills focus:

Further development of

- bread making
- Hygiene and safety
- Food presentation

Oven Temperature: 150°C

Cooking Time: 35
minutes

Equipment required:

Sieve

mixing bowl

measuring jug

flour for kneading

baking tray

wire cooling rack

Bread method:

- Rub the butter into the strong bread flour. Add salt.
- Add yeast and gradually add the lukewarm water. Mix with a knife.
- Knead the dough onto a clean worksurface.
- Roll out the dough into a rectangular shape.
- Follow the next steps.

Christmas Cinnamon wreath cont....



1. Roll out the Bread dough



2. mix butter, sugar and spices into a paste



3. spread the paste onto the dough



4. roll the dough up into a sausage



5. cut the sausage shape longways from top to bottom



6. Separate the two halves



7. join the top to itself



8. twist the dough on itself. Make sure the stripes can be seen



9. make it into a ring



10. place on a baking tray. Cook for approx. 35 min



11. remove from the tray immediately.

BITTER CHOCOLATE MOUSSE WITH SALED CARAMEL AND SHORTBREAD DIPPERS



Ingredients for the mousse:

150 g dark (70% cocoa) chocolate, broken into small pieces

1 tsp instant coffee granules (optional)

•2 large eggs, separated

•2 tbs caster sugar

•150 ml double (heavy) cream

•At least 1x small glass/clear plastic cup or ramekin for presentation (x4 if you have or a suitable container)

*LO: Aeration and caramelisation.
How to apply these to ingredients.*

For the salted caramel sauce (Optional)

- 50 g soft brown sugar
- 40 g unsalted butter
- 25 g golden syrup
- 75 ml double (heavy) cream
- Pinch of salt

Shortbread biscuits

- 150g [plain flour](#), plus extra for dusting
- 100g [butter](#), chilled and cubed
- 50g [caster sugar](#), plus 1 tbsp for sprinkling

Chilli Ginger Beef

Ingredients

2 spring onions
1 clove of garlic
½ red chilli
2.5cm (1inch) root ginger
1 whole lime
Beansprouts
1x red pepper,
Sweetcorn (optional)
sliced mushrooms or
broccoli florets
150g quick cook noodles or
1 packet 'Ready to wok'
noodles
Spray oil
200g stir fry beef strips or
rump steak
2 x 5ml (2tsp) soy sauce
(reduced salt)

LO: Quick cooking- stir fry and using spices to enhance flavours

Method

- Trim and slice the spring onions
- Peel and crush the garlic
- Deseed the chilli and finely dice
- Peel and grate the root ginger
- Zest and juice the lime
- If using dried noodles, bring a pan of water to the boil and cook the noodles for the stated time.
- Carefully drain into a colander.
- Heat oil in the wok or frying pan and add the garlic. Stir fry for 1 minute
- Add the beef strips and brown the meat all over on a high heat
- Add the spring onion, chilli, ginger, soy sauce and vegetables to the pan and stir fry for 2-3 minutes.
- Add the cooked noodles and stir through.
- Add the lime juice and serve sprinkled with lime zest.

Equipment

- Vegetable knife
- chopping board
- garlic crusher
- Grater
- Lemon juicer
- Saucepan
- Colander
- wok or frying pan
- black plastic spoon.

Lemon Meringue Pie

LO: Produce a custard like filling and a meringue.

Ingredients:

150gms plain flour
40gms margarine
35gms lard
approx 6 tsp cold water

filling

25gms corn flour
250ml cold water
1-2 lemons

50gms sugar
15gms margarine

2 egg yolks

meringue

2 egg whites
100gms caster sugar

Skills Focus:

1. Rubbing in method.
2. $\frac{1}{2}$ fat to flour pastry rule.
3. Blind baking pastry.
4. Zesting lemons and separating eggs.
5. Thickening with cornflour
6. Aeration- egg whites and sugar Oven baking

Cooking Time:

15mins then 20mins

Oven Temp:

210°C then 180°C

Equipment :

white tray
mixing bowl
Sieve
metal knife
rolling pin
measuring jug
Teaspoon
small saucepan
Black plastic spoon,
lemon squeezer
sharp knife
Whisk
green chopping board
Basin
tablespoon

Lemon Meringue Pie Cont ...

Method:

LO: Produce a custard like filling and a meringue.

1. Light oven and make short crust pastry. (Refer to apple pie recipe).
2. Roll out and line flan dish. Bake blind for 15 mins. Place greaseproof paper on pastry and weigh down with rolls of spare pastry.
3. Finely grate zest from lemons and squeeze the juice, place in saucepan.
4. Stir in corn flour and add water and 50gms sugar.
5. Bring to the boil stirring continually.
6. Separate eggs.
7. Remove the lemon mixture from the heat and stir in the egg yolks, pour mixture into the pastry case.
8. Make meringue. Whisk egg whites in a clean mixing bowl until they are firm and you are able to turn the bowl upside down without the egg whites falling out.
9. Whisk in the 100gms sugar, a spoonful at a time.
10. Spoon meringue onto flan and bake until pale brown.

Spinach, Sweet potato and Lentil dhal

LO: Non-meat protein meal or accompaniment

Ingredients

- 1 tbsp oil*
- 1 ,red onion finely chopped
- 1 garlic clove, crushed
- thumb-sized piece ginger peeled and finely chopped OR 1 tsp ground ginger*
- 1 red chilli, finely chopped
- 1½ tsp ground turmeric *
- 1½ tsp ground cumin *
- 2 sweet potatoes (about 400g/14oz), cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g spinach

Method

Heat 1 tbsp oil in a frying pan.

Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min.

Add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.

Turn up the heat to medium, add chunks of sweet potato, and stir everything together so the potato is coated in the spice mixture.

Make 600ml stock

Tip in 250g red split lentils, vegetable stock and some seasoning.

Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

Mini Practical Assessment- Own cook **Pub meal**

Consider:

- Time allowed max 1.5hr to cook the product.- Read the method. Check for chilling times/ marinading etc
- Skill you will be demonstrating- expecting to see higher level skills- Decorating, shaping, different cooking methods.
- Presentation: Think about how it will look. How long it will take to present. Which plate, bowl etc will you use?

Cassoulet- sausage and bean casserole

LO: Making a meat and plant based protein combination meal.

Ingredients:

1xcan Butter beans or Cannellini beans
1 tin chopped tomatoes
Packet of sausages
100g bacon
1 tbs tomato puree
2x onions
2x cloves garlic
1tbs oil
Salt and pepper

Skills focus:

Using plant based protein foods to enhance the nutritional value of the dish.

Method:

- Chop bacon, onion and crush garlic
- Fry bacon and sausages until brown
- Remove meat from the pan, place on a plate.
- Sauté onions and garlic until soft.
- Drain the beans
- Add meat, beans and tomatoes to the oven proof dish.
- Measure 375ml water, add tomato puree, seasoning and herbs.
- Pour over the beans and meat.
- Oven bake for 20 min

Minestrone Soup

Ingredients

2 carrots
1 small onion
1/2 small Swede or turnip
1 potato
1 leek
50g frozen peas
2 sticks celery
2 veg stock cubes
Fresh herbs/leek
Veg oil
1 tin tomatoes
50 g bacon
3 cloves garlic
25g spaghetti

LO: Produce a 'combination' dish that demonstrates precise knife skills.

Skills focus: Slice, Dice and Brunoise

Equipment

Saucepan

Chopping board

Sharp knife

Measuring jug

Teaspoon

Wooden spoon/spatula

Method

- 1. Mise en place**
- 2. Prepare and chop vegetables**
- 3. Put a tablespoon of vegetable oil into a pan**
- 4. Sauté onion**
- 5. Add rest of chopped vegetables and soften a little**
- 6. Add chopped bacon**
- 7. Add tinned tomatoes to cover the ingredients**
- 8. Add 600ml vegetable stock**
- 9. Add herb and seasoning**
- 10. Bring to the boil, then reduce the heat and leave to simmer for 10 minutes**
- 11. Break spaghetti and add to pan, cook for 10 mins**
- 12. Wash up**

Risotto

Ingredients:

2 tbsp oil
1 onion
1 carrot
1 celery stick
6 slices bacon
250gms Arborio rice
600ml chicken stock

LO: Produce a 'combination' dish that demonstrates absorption.

Skills Focus:

1. Peeling and Slicing
2. Toasting rice
3. Absorption
4. Frying

Cooking Time:15-20 minutes

Equipment required:

chopping board
Sharp knife
Saucepan
measuring jug
Newspaper
Black plastic spoon
Pan stand

Method:

- Peel and chop onion, peel and chop carrot, wash and slice celery.
- Slice bacon and make the stock.
- Heat oil in a saucepan and gently fry onion, celery, carrot and bacon.
- Add rice and cook for 2 minutes.
- Stir in half the stock, simmer stirring occasionally until all the liquid has been absorbed. Test the rice to see if it is cooked. If not add more stock and leave until the rice is tender.
- Serve hot sprinkled with Parmesan cheese (optional).

Chicken Kiev and new potatoes

Ingredients

- 1 skinless chicken breasts ,
- 1 tablespoons plain flour
- 1 large egg
- 50 g fresh breadcrumbs
- sunflower oil- *school
- 1 cloves of garlic
- 1/2 tsp Parsley- *school
- 10g of unsalted butter , (at room temperature)
- 1 pinch of cayenne pepper- *school

LO: Use knives to create a pocket in chicken to stuff with a filling.

Skills Focus:

Slicing a pocket
Making garlic butter
Coating
Oven baking

Equipment

Baking tray
Sharp knife
Chopping board
Spoon
Small bowl
2 plates

Chicken Kiev and new potatoes cont....

Method

- Preheat the oven to 180°C/350°F/gas 4.
- Peel and crush the garlic. Mix into the softened butter with the cayenne pepper and the parsley. Firm up in the fridge.
- Make a pocket in the chicken breast. Open the pocket up with your fingers, push the chilled butter into the pocket. Fold and seal back the chicken, completely covering the butter and giving you a nice neat parcel.
- Place a $\frac{1}{2}$ full pan of water on to boil.
- Place the flour on a plate. Whisk the egg in a bowl, and put the breadcrumbs and a pinch of seasoning onto another plate. Evenly coat each chicken breast in flour, then beaten egg, and finally, turn them in the breadcrumbs, patting them on until evenly coated.
- Add the potatoes to the boiling pan of water.
- Transfer chicken to a tray. Drizzle with oil and bake in the oven for 20 minutes, or until cooked through. Use a temperature probe to check the core temperature.

Bean Chilli



Ingredients:

1 onion
1 pepper
1 veg stock cube
25gms margarine
2 cloves of garlic
1 tsp chilli powder
2tsp ground coriander
1 tsp cumin
A tin of chopped
tomatoes
2 tins of beans
(*cannellini, black,
kidney or pinto beans*)



LO: Demonstrate cooking with
an **alternative protein** to meat

Skills Focus:

1: **Controlling quantities of spices into a dish**
2: **Sauté and Simmer**

Cooking Time:
20 minutes

Equipment :
chopping boards
sharp knife
Newspaper
measuring jug
saucepan

Method:

1. Peel and dice onion. Slice or chunk pepper.
2. Make 300ml veg stock with boiling water.
3. Heat the margarine and sauté the onion for 3 min.
4. Add garlic and spices, cook for 2 min.
5. Rinse the beans and add to the pan along with the tomatoes.
6. Add the stock and simmer for 15-20 min.
7. Wash up and clear away.

Bean chilli and Guacamole cont....

Guacamole

- 1 ripe tomato
- 1 avocados
- juice 1 lime
- 1 small red onion
- 1 chilli

Method:

- Chop the tomato into small pieces.
- Finley chop the small onion
- Deseed the chilli and cut into very fine strips
- Cut the avocado in half and scoop out the flesh and keep the stone. Put it in a bowl and mash with a fork.
- Cut the lime in half and squeeze out the juice. Pour it over the avocado.
- Mix in the tomato pieces
- And add the juice

Mini Practical Assessment- Own cook **Fussy Eaters**

Consider:

- Time allowed max 1.5hr to cook the product.- Read the method. Check for chilling times/ marinading etc
- Skill you will be demonstrating- expecting to see higher level skills- Decorating, shaping, different cooking methods.
- Presentation: Think about how it will look. How long it will take to present. Which plate, bowl etc will you use?

Halloumi and Vegetable Kebabs

Lemon baste:

1tbs oil
2 tbs lemon juice
2 tsp thyme
1 tsp Dijon mustard

LO: Making a BBQ dish that uses sheep's milk- lactose free

Skills Focus:

- **Creating a kebab.**
- **Grilling**

Kebabs:

1 medium courgette
1 large red onion
250g halloumi cheese
16 cherry tomatoes
4 kebab sticks OR
Pitta bread



- Halve the courgette lengthways. Thickly slice.
- Cut onion into wedges.
- Slice Halloumi into large squares (8)
- Thread the vegetables and halloumi onto the skewers- think about presentation.
- Juice the lemon and mix all other ingredients together in a bowl.
- Brush the kebabs with the baste- all sides.
- Pre-heat the GRILL.
- Place the kebabs under the grill wit the skewer end poking out. Turn them as the cheese starts to brown.
- Gently toast the pitta.
- Slice the pitta to make a pocket
- Take the food off the skewers and place inside the pitta.

Eton Mess pots

(Microwave meringue)

- Ingredients:
 - 300g icing sugar
 - 1 lightly beaten egg white
 - Small pot of double or whipping cream
 - Strawberries
- Other options:
Frozen berries
Mango

LO: Creating a crunchy meringue through a combination of rapid microwave heating, egg moisture, and the stabilizing effects of sugar.

Skills Focus:

Separating eggs.
Making a stiff dough
Microwaving
Slicing fruit and presentation.

Method:

- Separate the egg.
- Add the Icing sugar and the egg together to create a stiff dough.
- Roll the dough into 10 pieces.
- Place 3 same sized balls onto a plate with greaseproof paper.
- Place in the microwave for 40-70 secs- until puffy.
- Remove and let cool.

From home- a container/ bowl for taking most of the Eton mess home + a glass/jar or sundae dish- see below for presenting 1 portion in class.

BBQ Chicken wings

LO: Creating a sticky sauce to flavour meat and keep the meat moist when oven baking.

Skills Focus: Making a marinade.

Coating chicken

Frying for colour

Baking for thorough cooking

Ingredients

- Chicken wings and drumsticks
- 5 spring onions , finely sliced
- 5 tbsp honey
- 2 tbsp soy sauce
- 1 red chilli , sliced
- 1-2 cm piece of ginger , grated
- 4-5 sprigs of thyme , leaves picked

Method

1. Mix all the marinade ingredients in a bowl to make a sticky sauce.
2. Place the chicken wings in a single layer in a bowl.
3. Coat the chicken with the marinade.
(Ideally cover with clingfilm and place in the fridge to marinate for 24 hours.)
4. Heat frying pan until hot. Cook the wings for 15 minutes.
5. Finish the wings in the oven at 180C/gas 4 for 15 minutes to ensure they're cooked through

Equipment

Frying pan

Bowl

Chopping board

Sharp knife

Measuring jug

Teaspoon

Wooden spoon/spatula

Salcombe project- own cook Mini Practical Assignment

Consider:

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- Presentation: Think about how it will look. How long it will take to present. Which plate, bowl etc will you use?

Fruit Roulade

Ingredients:

50gms self raising

flour

50gms caster

sugar

2 eggs

2 tbsp jam

(optional)

Small pot of

double or whipping

cream

Fresh Strawberries

OR Blueberries

*Frozen fruit can also

be used*

LO: Whisking method of cake making.

Skills Focus:

1. Aeration- egg whites and sugar. Cream
2. Folding in flour.
3. Oven baking
4. Rolling a sponge cake
5. Cooling

Method:

1. Grease and line tin with greaseproof paper.
2. Whisk eggs and caster sugar together until pale light and fluffy and mixture will hold a trail for 5 seconds.
3. Fold in sieved flour with metal spoon.
4. Pour mixture into tin and bake in the top of the oven until brown and firm.
5. Warm the jam in the microwave.
6. Tip sponge onto sugared greaseproof paper.
7. Cut off the edges and spread hot jam over.
8. Roll up in the greaseproof paper and leave on a cooling wire to cool.
9. Whip the cream until thick and spreadable.
10. Slice the strawberries and add to the cream.
11. Spread the creamy mixture onto the inside of the swiss roll and re-roll
12. When cold unwrap the paper.

Oven Temperature:

210°C

Cooking Time:

7-10 minutes

Equipment :

mixing bowl,

Sieve

electric whisk

table spoon

Swiss roll tin

palette knife

large sharp knife

cooling wire

2 pieces of

greaseproof paper

Egg Custard tarts

LO: How to make Luxury Sweet shortcrust pastry

Ingredients

For the sweet pastry

- 80g plain flour, plus extra for dusting
- 60g chilled unsalted block butter, cubed
- 25g caster sugar

For the custard filling

- 175ml full-fat milk
- 2 egg yolks
- 20g caster sugar
- freshly ground nutmeg

Equipment :

Large mixing bowl,
Small basin
electric whisk
cooling wire
Pastry cutter
Measuring jug

Method

1. Make the pastry- Must have some water to bind the mixture together.
 2. Leave to chill in the fridge.
 3. For the custard filling, warm the milk in a saucepan.
 4. separate the eggs into two bowls
 5. Keep the white for ANOTHER Lesson
 6. Beat the egg yolks and sugar together until pale and creamy with an electric whisk.
 7. Pour the WARM milk onto the egg yolk mixture and stir well, creating little bubbles- NOT scrambled egg!
- Pre-heat the ovens 180C
8. Roll out the pastry on a lightly floured work surface.
 9. Using a cutter, cut out six discs and line the muffin tray with the pastry circle.
 10. Transfer the custard mixture into a pouring jug with a lip, then fill each of the tart cases.
 11. Sprinkle a small pinch of ground nutmeg into the middle of each tart.
 12. Bake the tarts in the oven for about 25 minutes
 13. Turn the temperature down to 160C for the final 10 minutes.

Skills Focus:

- Rubbing in
- Adding liquids
- Minimal handling
- Lining tins
- Oven baking

Welsh Cakes

Ingredients

225gms plain flour

1 tsp baking powder

50gms butter or margarine

50gms lard

75gms caster sugar

50gms currants

1 egg

Approx 2 tbsp milk

Oil for greasing

Method

- Sift together the flour and baking powder.
- Rub in the fats until the mixture resembles fine breadcrumbs.
- Add the sugar and currants.
- Make a well in the centre, add the beaten egg and enough milk to make a firm dough.
- Roll out on a floured surface until 5mm thick. Cut into circles using a 7.5cm cutter.
- Cook the cakes slowly on a greased frying pan until golden brown on each side.
- Cool on a wire rack. Sprinkle with caster sugar.

LO: How to control the cooking temperature

Equipment from home:

Air tight container

Cooking time: 3 minutes per batch

Profiteroles

LO: Making choux pastry suitable for sweet treats.



For the Choux pastry

- 125ml/9fl oz water
- 50g/3½oz butter
- 75g/4½oz plain flour
- pinch salt
- pinch caster sugar
- 2 medium free-range eggs

For the chocolate sauce

- 100g/3½oz plain (dark) chocolate, broken into small pieces

For the cream filling

- 300ml/10½fl oz double cream, cold
- icing sugar, to taste

Skills Focus:

Making choux pastry

Piping

Baking with the added extra of steam

Using a bain marie for melting chocolate.

Choux pastry

1. Bring the water to the boil in a heavy-bottomed pan. Add the butter to the water to melt.
2. Sieve together the flour, salt and sugar. When the water and butter mixture has come up to a rolling boil, add the flour mixture straight into the pan.
3. Beat the dough continuously with a wooden spoon as it thickens. Continue beating until the dough is smooth and comes away from the sides of the pan cleanly. Remove the dough from the pan and place in a bowl to cool.

Profiteroles cont.....

4. In a separate bowl, beat the eggs with a fork.
5. Gradually add in the beaten egg mixture a bit at a time to the cool dough, mixing well between each addition. (You may not need to use all of the beaten egg.)
6. Preheat the oven to 200C/400F/Gas 6. Sprinkle a non-stick baking tray with a bit of water. (This will create steam as the choux buns cook in the oven.)
7. Fill a plain-nozzle piping bag with the choux dough and pipe the dough into small buns about 5cm/2in in diameter onto the baking tray, leaving at least an inch between each bun.
8. Bake the choux buns in the preheated oven for 20-25 minutes, until puffed, golden and crisp. Remove and cool on a cooling rack.
9. When they've cooled slightly, turn the buns over and pierce a hole in the base of each about the same size as the nozzle for the pastry bag and let them cool completely.

Fish Cakes

Skills Focus:

Steaming fish over potatoes

Flaking fish

Shaping fishcakes

Coating with breadcrumbs

Frying

Ingredients:

**100gms white fish
(or can of
mackerel, tuna or salmon)
250gms potatoes
15gms margarine
salt & pepper
1 level tbsp parsley**

(optional)

Coating:

**Flour
1 beaten egg
breadcrumbs
oil for frying**

LO: How to use canned fish to produce a nutritional dish.

Method:

1. Wash and peel the potatoes. Cut them into even sized pieces, put in a pan and cover with cold water, adding a little salt.
2. Bring the potatoes to the boil and simmer for 20mins. The fish steams and will take about 15mins to cook.
3. Wash and chop the parsley.
4. Drain and Mash the cooked potatoes, flake the fish and add to the potatoes with the margarine, salt, pepper and parsley.
5. Divide the mixture into 6 pieces, shape into fishcakes.
6. Coat each one with flour, beaten egg and breadcrumbs.
7. Heat the oil in the frying pan. Fry the fishcakes carefully, turning over once.

Cooking Time:

5-8 mins

Equipment required:

**white tray
Saucepan
metal plate
Lid
Peeler
sharp knife
Newspaper
mixing bowl
Masher
Basin
fish slice**

Sticky toffee pudding

Ingredients

- 175g pitted dates, roughly chopped
- 1 teabag
- 1 tsp bicarbonate of soda*
- 1 tsp vanilla extract*
- 175g lightly salted butter, softened, plus extra for greasing
- 50g dark muscovado sugar
- 50g soft light brown sugar
- 2 eggs
- 100ml milk
- 175g self-raising flour, plus extra for dusting

LO: Making a complex sponge using the melting method. Making a toffee pouring sauce.

For the toffee sauce- optional

- 150ml double cream
- 100g dark muscovado sugar
- 75g lightly salted butter

Skills Focus:

Melting method of cake making
Hydrating dried fruit
Dissolving sugars
Oven baking
Time management

Sticky Toffee cont.. -Method

1. Pour 150ml boiling water over the dates, tea bag and bicarbonate of soda.
2. Leave to soak for 10 mins then remove the teabag.
3. Add the vanilla extract and mash the mixture with a fork.
4. Preheat the oven 160C
5. Butter a 20 x 30cm tin or ceramic dish and line the base with nonstick baking paper.
6. Add muscovado and brown sugar together. Beat the butter and sugars together with an electric whisk until light and smooth.
7. Crack the eggs and add them in.
8. Add the milk and the date mix, beating well each time.
9. Sieve in the flour and fold with a spatula.
10. Pour into the dish or tin and smooth the top.
11. Bake for 35 mins
12. Make the sauce- Gently heat the cream, sugar and butter in a pan set over a low heat (5).
13. Spoon half the sauce over the cooked sponge as soon as it is removed from the oven.
14. Keep the remaining sauce for pouring over later at home.

Quiche of choice

Ingredients:

Pastry Case

200gms plain flour

pinch salt

50gms margarine

50gms lard

cold water

flour for rolling out

Filling

25gms margarine

2 eggs

150ml milk

50gms cheese

salt & pepper

Own choice of filling

LO: Independent re-cap on shortcrust pastry. Mise en place of ingredients

Oven Temperature:
200°C

Cooking time:
30 minutes

Equipment required:

mixing bowl

measuring jug

sharp knife

chopping boards

rolling pin

Grater

fork

Method:

1. Light oven 200C
2. Make pastry, sieve flour and salt into a mixing bowl, rub in margarine and lard, add enough water until a soft dough is formed.
3. Roll out pastry on a floured surface and line flan dish.
4. Peel and chop ingredients
5. Fry ingredients if needed until soft.
6. Beat egg and milk together and add most of the cheese into the milk mixture, season with salt and pepper.
7. Place ingredients into pastry case and pour the egg mixture on top of the bacon.
8. Sprinkle with the remaining cheese.
9. Bake in the centre of the oven for 30mins until golden and firm.

Apple Tarte Tatin

LO: Making a pastry dessert from seasonal foods

Skills Focus:

- Preparing apples for caramelization.
- Short crust pastry

Ingredients: serves 8-10

Short crust pastry:

- 150g plain flour
- 40g butter
- 30g lard

Tart filling:

- 4x eating apples, peeled, cored
- 50g caster
- 50g Butter

Oven Temperature:
200°C

Cooking time:
30 minutes

Equipment required:

mixing bowl
measuring jug
sharp knife
chopping board green
rolling pin
Round bladed knife
Small saucepan
Black plastic spoon
fork

Method:

- Preheat the oven to 200C
- Peel and core the apples. Cut them into even sized wedges.
- Melt the butter in a saucepan.
- Stir in the sugar and heat until **caramelised**.
- Remove the pan from the heat.
- Arrange apple pieces in one layer over the bottom of the tin.
- Place the pan in the oven and bake until the apples are soft about 10 minutes.
- Remove from the oven and sprinkle over the remaining sugar.
- Dot butter on the top.
- Roll out the pastry and lay on the apples.
- Trim away any excess pastry, allow a rim of about 2cm, tuck in pastry around the apples.
- Bake for approximately 20-30 minutes until the pastry has risen and is golden brown.