

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how starch is used as a thickening agent

Ingredients

1 potato
1 onion (dice at home)
1 carrot (Brunoise at home)
2 sticks of celery (slice at home)
1 tbsp oil (available from school)
1 chicken stock cube
250mls water
1 level tbsp cornflour (available from school)
Seasoning-salt & pepper (available from school)

Other things you could use/add:
use a selection of different vegetables
Add a protein

Don't forget.....

You will also need to bring in:
✓ A container to take it home
✓ **NO FLASKS**

KEY NUTRIENTS

Vitamin C
Carbohydrate
Fibre

Chunky Vegetable Soup



Method

1. Prepare all the vegetables,
 - a) Peel and Julienne/Brunoise the carrot
 - b) Finely dice the onion
 - c) Finely slice the celery
2. Make the stock with 250ml water and stock cubes
3. Prepare the cornflour by putting a tbsp. in a small bowl and add 4tbsp water, mix until smooth
4. Put a tbsp of oil in a saucepan and gently fry the vegetables for 10 min
5. Add the stock and season
6. Bring to the boil and simmer for 20 mins until soft.
7. Add cornflour mixture to the soup and stir well. Simmer for 5 mins.
8. Check seasoning and adjust as necessary.

Top tips:

- Serve with a sprinkling of parsley and a warm bread roll
- You could experiment with different flavourings by adding spices
- Vary the vegetables and add protein

Storage/reheating: this will keep in the fridge for up to 4 days. Reheat until the centre is pipping hot and warmed all the way through (75 degrees)

EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ White plastic spoon
- ❖ Sauce Pan
- ❖ Garlic press
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Knife skills (bridge & claw)
- ❖ Chopping
- ❖ Simmering
- ❖ Boiling
- ❖ Temperature control

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Turn pan handles to the side
- Check work area and equipment is clean

Outcome: Successfully make a chunky vegetable soup, vegetables approximately the same size

Bread Rolls



Objective: Understand the role of Yeast in bread making. To know how to make bread, shape and bake. Revise batch baking.



- Ingredients** 
- 250g strong plain flour
 - 15g margarine
 - 1 level tsp salt (available from school)
 - ½ tsp sugar (available from school)
 - 1 sachet easy blend yeast
 - 130 ml cold water
 - 20ml hot water

- Other things you could use/add:**
- Seeds
 - Diced fresh fruit, vegetables
 - Chopped dried fruit
 - Fresh or dried herbs, garlic
 - Nuts **(NB only at home)**

- EQUIPMENT NEEDED**
- ❖ Large mixing bowl
 - ❖ Measuring jug
 - ❖ Baking tray
 - ❖ Baking parchment
 - ❖ Flour dredger
 - ❖ Table knife

- PRACTICAL SKILLS**
- ❖ Kneading
 - ❖ Weighing & measuring
 - ❖ Mixing
 - ❖ Temperature control
 - ❖ Proving dough

- HYGIENE & SAFETY TIPS**
- Wash your hands with warm soapy water before you begin
 - Use oven gloves when putting trays in and out of oven
 - Check work area and equipment is clean

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

- KEY NUTRIENTS**
- Carbohydrate
 - Fat
 - Fibre

Method

1. Heat oven to gas mark 8 or 230°C
2. Put 130ml of water into measuring jug and pour 20ml boiling water into this from the kettle so the liquid is tepid.
3. Put salt and flour into a mixing bowl.
4. Rub in margarine until it resembles breadcrumbs.
5. Add sugar and yeast. Stir.
6. Add 150ml of liquid and mix to make a soft dough. Add more liquid if too dry.
7. Knead for 10 minutes.
8. Form into a ball and cut into 8 pieces.
9. Roll each piece into a smooth bun.
10. Place on baking sheet and cover with greased parchment.
11. Put into a warm place for 10 minutes to prove (i.e double in size).
12. Take out, glaze with milk.
- 13 Put into the oven and bake for 10 minutes until golden brown.

- Top tips:**
- ❑ Use tepid water to activate the yeast, 37°C is best
 - ❑ Knead to develop the gluten in the bread to make the bread soft
 - ❑ Add chopped nuts, seeds, diced fresh fruit, vegetables or chopped dried fruit before you add the liquid. Mix thoroughly to distribute evenly
 - ❑ Form the dough into a variety of shapes such as knots, small cottage loaves, sticks, twist or plaits
 - ❑ Use egg yolk, egg white or a mix of both for different glaze finishes

Storage: this will be at its best for 3-4 days in an airtight container.

Outcome: Successfully make a batch of bread rolls



Decorated Cheesecake



Objective: Revise the melting method. Understand how to make a cheese cake and the role of fat in the dish. How to adapt dish and how to decorate to a professional standard



Ingredients
 150g crushed digestive biscuits

75g margarine or butter
 225g **full fat cream cheese**
 (e.g. Philadelphia)
 125ml whipping cream
 50g caster sugar
 1 lemon /lime/orange

Decoration
 A selection of seasonal fresh fruit or Strawberries.1 kiwi

Other things you could use/add:
different essences/fruit to flavour e.g. Coffee/chocolate, passion fruit etc
Edible flowers to decorate
Variety of different fruit/decorations to finish dish

Don't forget.....
 You will also need to bring in:
 ✓ An 18cm tin or dish to make your cheesecake in.

KEY NUTRIENTS
 Vitamin C
 Carbohydrate
 Fibre
 Fat

To be enjoyed as part of a healthy lifestyle as an occasional treat

Method

1. Melt the butter or margarine in a saucepan.
2. Remove the pan from the heat and stir in the crushed biscuits.
3. Transfer the mixture to your dish and press down firmly with the back of a tablespoon.
4. Grate the zest of the lemon and squeeze out the juice then put them in a mixing bowl.
5. Add the cream cheese, sugar and cream to the juice and zest and whisk with a balloon whisk until thick and creamy.
6. Spread the topping over the base taking care not to mix crumbs into the topping.
7. Prepare fruit, and decorate.
8. Cover the cheesecake and store in the fridge.

- Top tips:**
- Be creative and experiment with other fruits, such as passion fruit blackberries, apricots, raspberries, peaches, nectarines, plums or pears
 - Try mixing flavours together
 - Use a jelly and set this over the top to adapt the flavour and texture of the dish

Storage: this will be at its best for up to 3-5 days in an airtight container in the fridge.

EQUIPMENT NEEDED

- ❖ Mixing bowl
- ❖ Tin/dish
- ❖ White plastic spoon
- ❖ Sauce pan
- ❖ Balloon whisk
- ❖ Spatula

PRACTICAL SKILLS

- ❖ Melting method
- ❖ Temperature control
- ❖ Assembling/layering
- ❖ Decorating
- ❖ Chilling
- ❖ Crushing

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Any dairy should be stored in the fridge
- Check work area and equipment is clean

Outcome: Successfully made and decorated a cheesecake, which is set in texture

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Revise how to use a high risk food. Understand how to make a curry using fresh ingredients.

Ingredients – Choose either:



Chicken/Veg Curry



Chicken Curry

- 3-4 chicken breasts- diced
- 1 onion chopped
- 1 clove garlic
- 2.5 cm piece of fresh ginger
- 400g tin chopped tomatoes

Vegetable Curry

- 1 small onion
- 1 clove garlic
- 2 medium potatoes
- 2 carrots
- 50g red spilt lentils/chickpeas
- ½ medium cauliflower

Ingredients available from school

- 2 tsp oil
- 1 tsp ground ginger
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- ¼ tsp chilli powder/cayenne pepper
- 6 tbsp water

Other things you could use/add:
Carrot, baby sweetcorn, pepper, mushrooms

Don't forget.....

- You will also need to bring in:
- ✓ A container to take it home

KEY NUTRIENTS

Vitamin C
Protein
Iron

Method

1. Peel and chop onion. Peel and crush garlic. Peel and finely chop ginger root.
2. Put oil in a wok and add onion and ginger. Cook until soft.
3. Add garlic and cook for a further minute. Add the diced chicken and cook turning occasionally until the chicken is browned on every side.
4. Stir in tomatoes. Increase heat and 5 tbsp water. Bring to the boil.
5. Add the cumin, turmeric, coriander, cayenne or chilli and 1 tbsp water. Stir well. Turn down the heat and simmer for 20 minutes

Method

1. Peel the onion and garlic and chop finely.
2. Prepare the vegetables into bite size pieces.
3. Heat the oil in a wok. Add the onion and garlic and cook over a medium heat for 5-7 minutes until soft and golden.
4. Add potatoes, carrots, cauliflower and lentils/chickpeas. Stir in chilli powder, turmeric and coriander. Cook for 2-3 minutes.
5. Add the tomatoes. Reduce heat and simmer for 20 minutes until the vegetables are tender.

Top tips:

- Vary the type of vegetables used
- Use different proteins e.g. pork, Quorn
- Serve with different types of rice or cous cous to serve with.

Storage/reheating: Reheat until the centre is pipping hot and warmed all the way through (75)



EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Wok
- ❖ White plastic spoon
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Using knife skills (bridge & claw)
- ❖ Using the hob
- ❖ Frying
- ❖ Simmering
- ❖ Measuring
- ❖ Food presentation

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin and after touching raw meat
- Any meat is stored in fridge

Outcome: Successfully make a lump free curry. Meat and vegetables are thoroughly cooked

Objective: Revise shortcrust pastry making, understand how to line a tin and to make a pasty topping for the pie.



EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Mixing bowl
- ❖ Small mixing bowl
- ❖ fork
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Knife skills (bridge & claw)
- ❖ Rubbing in method
- ❖ Chopping
- ❖ Sieving
- ❖ Rolling and shaping

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Any dairy is stored in fridge
- Use oven gloves
- Check work area and equipment is clean

Outcome: Successfully made pastry, lined, filled and topped pie

Ingredients

Shortcrust pastry (Week 1)

300g plain flour
OR 150g plain flour + 150g wholemeal flour
150g hard margarine **no tub margarine/butter use block only**

Pinch of salt
4 tbsps. cold water

Filling (Week 2)

2 cooking apples and 2 tbsp caster sugar

OR a tin of fruit pie filling

You will also need:

A foil pie plate available from school

Other things you could use/add:

Swap the fruit for other fruits and vegetables, e.g. rhubarb
Add cinnamon to apples

Don't forget.....

You will also need to bring in:
✓ A container to take it home (week 2)

KEY NUTRIENTS

Protein
Vitamin C from fruit
Fibre

Please note.....This product is made over 2 weeks

Storage/reheating: this will be at its best for up to 7 days in an airtight container. Delicious served warm with cream/custard/ice-cream

Fruit Pie



Method

Week 1

1. Make shortcrust pastry by rubbing margarine into flour until it looks like breadcrumbs.
2. Add enough cold water and mix to soft but not sticky dough.
3. Use your hands to gently squeeze the dough but **DO NOT OVERHANDLE AT THIS STAGE otherwise your pastry will be tough.**
4. Lightly flour your work surface and cut the dough into two pieces, one a little larger than the other.
5. Roll out the smaller piece and use your foil plate as a template to cut out a circle. Put this to one side as this is going to be the lid.
6. Roll out the 2nd piece of pastry and transfer it to line the dish, easing it in carefully and trim the edges.

Week 2

1. Light oven to gas 6 or 200°C
2. Prepare apples. Peel, core and thinly slice. Place a layer of apples onto the pastry in the dish and sprinkle with a tbsp of the sugar. Repeat until all the apples are used up. OR empty pie-filling into pastry case.
3. Dampen the edge of the pastry in the dish, with water and carefully put the top on.
4. Seal the edges well, trim with a knife and flute the edges. Make two cuts on top to let the steam out.
5. Glaze the pie with a little milk and sprinkle with a level tsp of caster sugar.
6. Bake until golden brown - about 25-30mins.

To be enjoyed as part of a healthy lifestyle as an occasional treat

Top tips:

- You could change the fruit, add spices to the filling/pastry
- Use wholemeal flour to add fibre to the diet

Objective: Understand how to make a dish using two cooking methods. Revise how to use rice. Identify high risk ingredients and demonstrate how to successfully and safely cook with these ingredients.

Ingredients

8 rashers of bacon, diced

* **1 tbsp oil**

1 small onion (optional)

2 stalks celery

1 green pepper

1 clove garlic

400g chopped tomatoes

350g long grain rice

* **1 tsp dried oregano**

* **1 tsp ground cumin**

* **½ tsp cayenne**

* **600ml water**

* = **(available from school)**

2 chicken stock cubes

175g frozen peas or petit pois

Other things you could use/add:

Add another protein e.g. chick peas, pork, chicken, prawns
Vary vegetables

Don't forget.....

You will also need to bring in:

✓ A container to take it home

KEY NUTRIENTS

Carbohydrate starch and sugar

Fibre

Vitamins from the fruit

Jambalaya



Method

1. Put the oil in a wok and add the diced bacon. Fry over a medium heat until lightly brown.
 2. Slice and dice the onion, celery and pepper and add to the wok. Cook on a low heat until vegetables begin to soften.
 3. Crush garlic and add to vegetables.
- Add all the rest of the ingredients and bring to the boil. Lower the heat and simmer for about 20 mins until rice is cooked.

At home:

1. Pre-heat oven to 180°C/gas mark 4
2. Put jambalaya in an ovenproof dish and cover with foil and re-heat it for 20 mins.
3. 125g peeled prawns and 500g mussels can be added at this stage, re-cover with foil and bake for a further 15 mins.
4. Taste and adjust seasoning, sprinkle with fresh chopped coriander and serve.

Top tips:

- Vary the type of vegetables used. Add/change protein e.g. prawns
- Use different proteins e.g. pork, Quorn

Storage/reheating: Store in the fridge until ready to eat. 1-2 days. Reheat until the centre is pipping hot and warmed all the way through (75 degrees). Do not reheat more than once!

EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Wok
- ❖ White plastic spoon

PRACTICAL SKILLS

- ❖ Knife skills (bridge & claw)
- ❖ Simmering
- ❖ Chopping
- ❖ Measuring

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin and after touching raw meat
- Any meat is stored in fridge
- Carry knife carefully
- Turn pan handles to the side

Outcome: Successfully make a rice dish, using two methods of cooking

Objective: Understand how to make a dish using air as a raising agent. Revise how to make a fatless sponge using an electric whisk. To roll and finish the sponge



EQUIPMENT NEEDED

- ❖ Spatula
- ❖ Electric whisk
- ❖ Table spoon
- ❖ Table knife
- ❖ Swiss roll tin
- ❖ Baking parchment x2

PRACTICAL SKILLS

- ❖ Whisking method
- ❖ Baking
- ❖ Temperature control
- ❖ Timing
- ❖ Sieving
- ❖ Finishing

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Use oven gloves
- Check work area and equipment is clean

Outcome: : Successfully make a fatless sponge which is golden brown, well risen, spongy to the touch. Swiss roll is rolled tightly and there are no cracks

Ingredients

Sponge

- 75g caster sugar
- 75g self raising flour
- 3 large eggs

Filling

3 tbsp jam, e.g. strawberry, raspberry, blackcurrant etc

NO CHOCOLATE SPREAD

Other things you could use/add:

Use any jam, add cream (at home)

Make a chocolate/coffee version (at home)

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Carbohydrate sugar
Fibre
Protein

Storage/reheating: this will be at its best for up to 2 days in an airtight container.

Swiss Roll



Method

1. Heat oven to 200°C or gas mark 6.
2. Line a swiss roll tin with baking parchment
3. Whisk eggs and sugar until thick and creamy. Test to see if the mixture is ready. It should hold the mark of a beater trailed over the mixture for at least 10 seconds.
4. Fold flour into mixture with a metal spoon.
5. Pour mixture into swiss roll tin.
6. Bake in oven for 10 mins at 200°C until springy to the touch.
7. Put a piece of baking parchment on surface and sprinkle with caster sugar.
8. Turn sponge onto baking parchment when cooked.
9. Trim edges and SCORE 2cm in from the bottom edge.
10. Spread with softened jam and roll up the sponge.

Top tips:

- Try using a pattern in the sponge by using some of the mixture and colouring it with food colour then pipping this onto a pattern in the tin before pouring the rest of the mixture. This will form a pattern on the sponge.
- Leftover swiss roll can be used as a base in a trifle