



Bacon sandwich



Beans on toast



Boiled egg



bran flakes



cinnamon crunch



cornflakes



pancakes



Eggs benedict



egg and bacon



Eggs in a basket



egg muffin



fruit



omelette



Muesli



Porridge



poached egg



weetabix



breakfast wrap



Granola



yoghurt



toast



shreddies



sausage sandwich



coco pops



croissants

Home Cooking Skills

INTRO

Level 1 BTEC



<https://www.youtube.com/watch?v=NJU2mRawmes>

What not to do in the kitchen

- Watch the video

<https://www.youtube.com/watch?v=IA8IW5abQIg>

- Discuss the things you think she did wrong
- Complete health and safety section of BTEC intro booklet.

Egg Cookery techniques:

- Boiled eggs
- Baked eggs
- Poached eggs
- Fried eggs
- Scrambled eggs
- Omelettes
- Quiche
- Soufflés



Jamie's Food tips

1. Food going to waste

[https://www.youtube.com/watch?v=rbxcOYUF
Mp8](https://www.youtube.com/watch?v=rbxcOYUFMp8)

2. Healthy tips

[https://www.youtube.com/watch?v=uLBKTcw
oiY](https://www.youtube.com/watch?v=uLBKTcwoiY)

Health and safety with Eggs

1. Eggs are a nutritional powerhouse. They provide the body with vitamins and minerals, high-quality protein and important antioxidants.
2. Eggs are also tasty, convenient and good value for money, making them an excellent inclusion in a well-balanced diet.
3. Food safety is as important with eggs as it is with chicken, meat, seafood and dairy products. There can be health risks if eggs are not handled, stored and prepared safely.
4. Some eggs may be contaminated with bacteria, which can cause serious food poisoning (diarrhoea and vomiting).
5. Be careful with raw eggs and avoid food containing raw eggs, including homemade mayonnaise, raw cake mix and biscuit dough, and milkshakes.

SO REMEMBER:

**Buy clean – check eggs are clean and uncracked before purchasing.
Look for the lion mark!**

Keep cool – store eggs in the fridge in their cartons.

Cook well – cook eggs until they are hot all the way through, especially when serving to pregnant women, young children, elderly people and anyone with an impaired immune system.

Egg nutrition

UTRIENT	BENEFIT
Iron	Carries oxygen to the cells, helps prevent anemia
Vitamin A	Helps maintain healthy skin and eye tissue; assists in night vision
Vitamin D	Strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases
Vitamin E	An antioxidant that plays a role in maintaining good health and preventing disease
Vitamin B12	helps to keep the body's nerve and blood cells healthy, protects against a type of anemia
Folate	Helps produce and maintain new cells; helps prevent a type of anemia, helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy
Protein	Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body
Selenium	Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues
Lutein and zeaxanthin	Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration
Choline	Plays a strong role in brain development and function

Boiled Eggs and Dippy Solidiers

INGREDIENTS

Sea salt pinch
2 eggs
2 slices of bread
Butter to serve

<https://www.jamieoliver.com/videos/how-to-boil-an-egg-🥚/>



METHOD:

1. Place the eggs in a small pan and cover with cold water. Place on the hob and slowly bring to the boil. When the water begins to simmer, set a timer for 5 ½ mins. This will give you an egg with firm white and runny egg yolk. Boil for an extra 1 min for a firmer
2. result or 1 min less for a runnier egg.
3. Meanwhile, toast the bread on both sides, then spread with butter and Butter/Marmite.
4. Remove the crusts and cut each slice of toast into four thin 'soldiers'.
5. Remove the eggs from the pan with a spoon and place in eggcups.
6. Carefully cut the top off the eggs and serve with the soldiers.

Boiled Eggs and Dippy Solidiers- EQUIPMENT



Lo: To be able to make an
omelette



http://www.youtube.com/watch?v=AgHgbn_sVUw

Lo: To be able to make an omelette



Omelette

Ingredients

- ½ medium onion
- 70g Cheddar cheese
- 1 teaspoon dried herbs
- 3 large eggs
- Ground black pepper 2 x 15ml spoons water
- 1 dessert oil

1. Peel and finely chop the onion.
2. Grate the cheese.
3. 3. Break the eggs into a mixing bowl. Beat them with a fork until the yolk and the white are mixed together.
4. 6. Add the grated cheese, black pepper and herbs to the egg mixture and mix well.
5. Turn on the hob to a high heat. Put the oil into the frying pan and heat until it starts to smoke a little.
6. 8. Add the onion and turn down the heat to medium. Cook the onion until it begins to go soft, stirring occasionally.
7. Pour in the egg mixture and stir all the ingredients together so they are evenly spread out in the frying pan.
8. 11. Keep the omelette on a medium heat, but turn down if it starts to burn.
9. Use a wooden sptula to draw the edges towards the centre so that the pools of runny egg on top run into the channels you make.
10. Cook for about 5–10 minutes or until the whole omelette is firm.
11. Loosen the edges with a spatula and slide out the omelette onto a big plate.

<https://www.bbcgoodfood.com/videos/techniques/how-make-perfect-omelette-video>

Scrambled Eggs

Ingredients

2 large eggs

6 tbsp cream/or milk

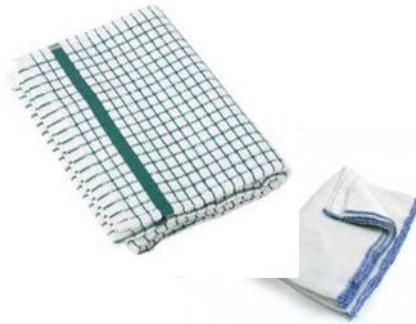
A knob of butter

Method

1. Lightly whisk the eggs, milk and a pinch of salt together until all the ingredients are just combined and the mixture has one consistency.
2. Heat a small non-stick frying pan for a minute or so, then add the butter and let it melt. Don't allow the butter to brown or it will discolour the egg mixture and let it set, without stirring, for 10 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan. Let it sit for another 10 seconds then stir and fold again.
3. Repeat until eggs are softly set and slightly runny in places, then remove from the heat and leave for a few seconds to finish cooking. Give a final stir and serve the velvety scrambled eggs without delay

<http://www.bbcgoodfood.com/recipes/1720/perfect-scrambled-eggs>

Scrambled eggs - Equipment



Poached eggs on toast

Ingredients

2 large eggs
1 Tbsp Wine vinegar
2 slice of bread



1. Make sure your eggs are really fresh.
2. Add a small dash of vinegar to a pan of steadily simmering water.
3. Crack eggs individually into a ramekin or cup.
4. Create a gentle whirlpool in the water to help the egg white wrap around the yolk.
5. Slowly tip the egg into the water, white first. Leave to cook for three minutes.
6. Remove with a slotted spoon, cutting off any wispy edges using the edge of the spoon.
7. Drain onto kitchen paper – nobody wants egg poaching water making their toast soggy or wilting their salad.

<http://www.bbcgoodfood.com/videos/techniques/how-poach-egg>

Poached eggs Equipment



BTEC L1

Mediterranean Tart

Learning Question:

340g puff pastry (ready rolled)
3-4 tomatoes (or 9 small ones)
200g Feta or Greek Style cheese
9 green olives
Milk, for glazing
(filling ingredients are flexible,
you may want to choose
pepperoni,
Salami, peppers, red onions, cream
cheese, or cheddar cheese)

No Nuts' Pesto Sauce
2 garlic cloves
100g fresh basil (whole bag)
125-150ml olive oil
60g parmesan cheese
Juice and zest of one lemon
*Salt & black pepper
***This will be drizzled onto
tarts before serving***



How can I handle Puff Pastry & use electrical equipment when making a tart & dressing?

Learning Objective:

You will correctly and safely make a puff pastry tart with dressing.

You will learn how to roll-out and score puff pastry and how to create dressings. You will learn how to adapt flavours to suite personal taste.

Success Criteria:

Less - will follow the methods for safety and hygiene and create a puff pastry tart with dressing.

As - will be able to effectively create a successful dish. (attractive ingredients and well presented, balanced flavours).

More - will have all of the above and demonstrate excellent health and safety and work independently.

- Pre heat oven to 200°C.
- Roll out puff pastry to 33cm x 23 cm Large rectangle
- Cut pastry into smaller rectangles, place on lined tray
- Score the pastry about 2cm in from the edge.
- Slice the tomatoes, olives or other vegetables, place into centre.
- Place olives and torn up basil leaves over this, tear up, or grate the cheese over the top.
- Glaze the pastry edges before baking for 15-20minutes
- Clean up and tidy areas and prepare pesto ingredients.
- Add these to a jug and blend until combined. Make sure that you season well. Place into a container.
- Remove tarts from oven and allow to cool before placing into container.
- Clean up areas.

When rolling out pastry – lightly flour the surface & turn 90 degrees to get a rectangle.

Thickness of a £1 coin

**Helpful
Tips**



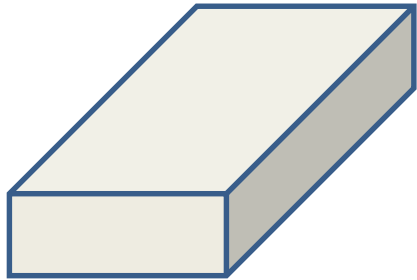
Puff Pastry works in layers. If re-rolling – never screw up – always fold.

CHALLENGE

Consider Colour, Shape & Flavour Combinations. Place into a

Key Words: Shortening Flavour Balance Slicing Glazing Rolling-out Shaping Scoring Conduction
Convection Calcium Protein Saturated Fat Gluten Food Choice

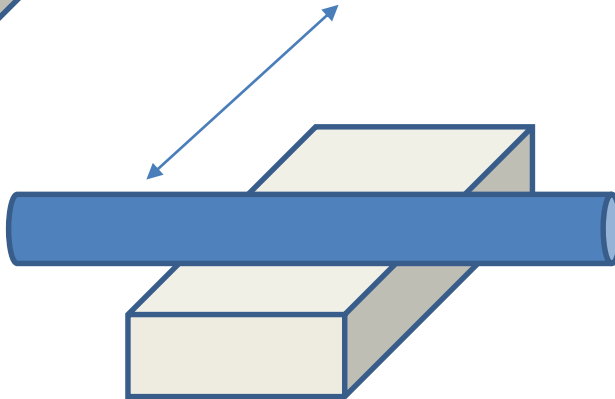
Rolling-out Block Puff Pastry



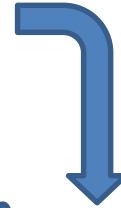
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Lay block of puff pastry onto a lightly floured surface

To keep pastry in a rectangular shape
Only roll front to back (do not run off the edges)

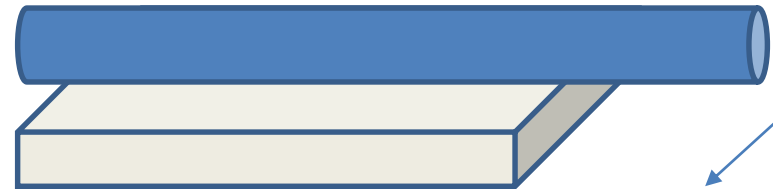


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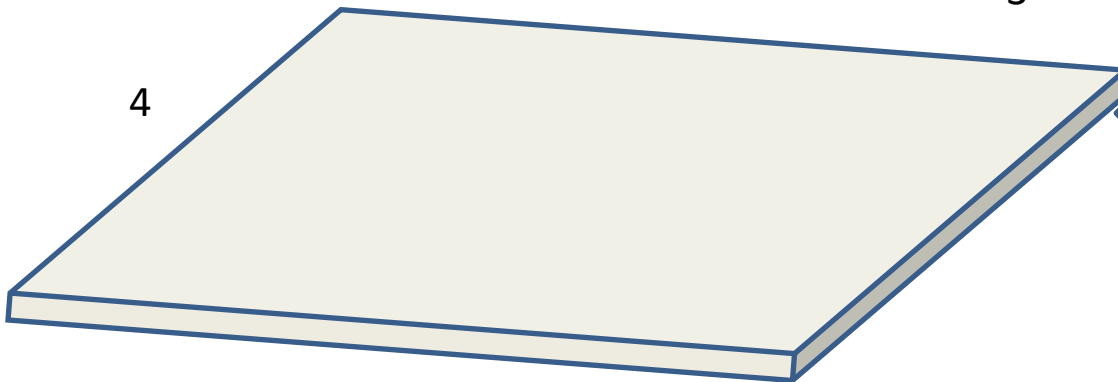


Lift and turn block 90degrees
(Check that it isn't sticking – sprinkle on a little more flour)

To keep pastry in a rectangular shape
Only roll front to back (do not run off the edges)



3



4

Roll out to the thickness of
about 3mm (£1 coin)

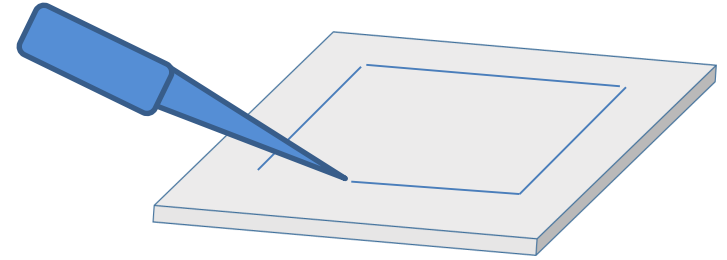
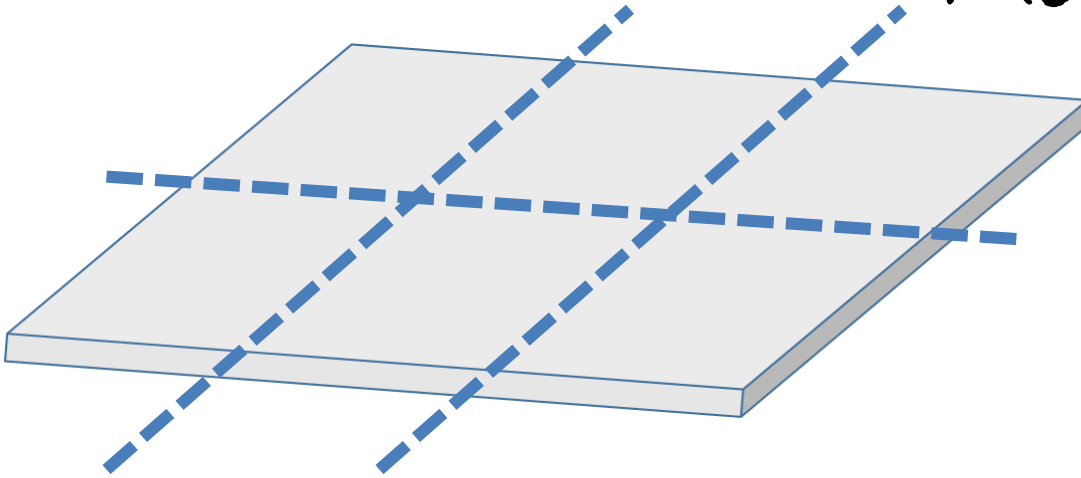


Using Ready-Rolled Puff pastry
is quicker and easier

Cut the ready rolled puff pastry into 6 squares

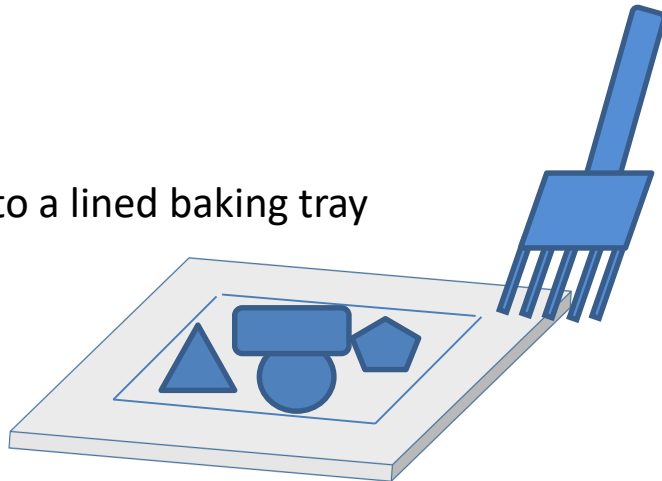
Mediterranean Tarts

Score $\frac{1}{2}$ way through the pastry to create a border



Glaze the outer border

Place onto a lined baking tray



Fill the centre with your
Chosen ingredients



Bake for 15-20 mins

Creamy Eggs On Toast

Ingredients

- 3 large Lion Quality eggs
- 80mls milk
- 1 tbsp plain flour
- 8g butter
- 10g cheddar cheese, grated
- 10g peas
- 10g sweetcorn
- salt and pepper
- toasted ciabatta to serve



1. Place the eggs in a small pan of cold to the boil. When boiling simmer for 5 mins.

2. Then drain, rinse in cold water and tap the shells all over, leave to cool. When cool enough to handle, peel away the shells.

2. Whilst the eggs are cooking, place the milk, flour and butter in a saucepan and slowly bring to the boil. Whisk and stir the milk until it comes to the boil and a smooth sauce forms.

3. Reduce the heat, stir in the peas and sweetcorn and cook for 1 minute. Stir in the cheese and set aside.

4. Place the softly boiled eggs in a bowl and use a knife and fork to roughly chop the eggs.

5. Season with salt and pepper. Stir the eggs into the cheese sauce, then gently heat through. Serve hot, spooned over toasted ciabatta.

BTEC L1

Fish Cakes & Easy Tartare Sauce

Learning Question:

Fishcakes (should make 4)

4 medium potatoes
10g butter or margarine
30mls (2tbsp) milk
1 tin of tuna, or salmon
Coating
4 slices of bread turned into
breadcrumbs, or ready made
30ml (2tbsp) flour
1 egg

Quick Tartare Sauce

60ml (4tbsp) mayonnaise
3 medium gherkins finely diced
6 capers (optional)
*Splash of white wine vinegar
*Salt & Pepper



How can I construct nutritious Fish Cakes and serve them with an accompaniment?

Use only one hand to dip into the coatings! This will keep the other hand clean.

Prepare your workspace and lay out dishes in the correct order.



Learning Objective:

You will correctly and safely make fish cakes & tartare sauce.

You will learn how to handle fish hygienically and how eggs can be used to enrobe in cookery.

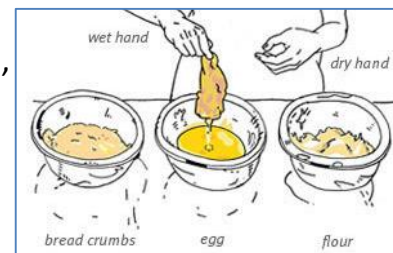
You will learn technical terms and techniques, and work with the correct levels of heat control.

Success Criteria:

Less - Egg **coagulates** methods for safety when heated. create fish cakes This sets it and **As -** keeps the actively create a succ breadcrumbs e well prese fixed in position.

More - will have all of the above and demonstrate excellent health and safety and work independently.

- Half fill a saucepan with water. Add plenty of salt and turn on to boil. Peel and quarter your potatoes and add to the water. Bring to boil.
- Cover and simmer for approx. 10mins, until just soft. Drain through a colander and return to the saucepan. Stand hot pan on a trivet and add butter, or margarine. Mash - Only add milk if potato is too dry! (better dry then wet) Allow to cool.
- Place the flour on a plate. Crack the eggs into a shallow bowl, and lightly beat. Place the breadcrumbs on another plate.
- Add fish and plenty of seasoning to the mash, then shape into firm, flat rounds. Coat the fish cakes with the flour. Dip them in the eggs. Then coat with the breadcrumbs.
- Allow to stand, whilst you chop and prepare the tartare sauce – finely chop gherkins, and capers, if using. Mix into mayonnaise with a splash of vinegar to sharpen the taste. Season well. Place into a container. Keep in the fridge.
- Add a little oil to a frying pan and gently heat until the surface is shimmering. Gently lay fishcakes into frying pan and fry until golden, for 3-4 minutes each side. Remove & drain on paper, then place into containers to cool.
- Clean up work areas.



Key Words: Enrobe Egg Coagulation Omega 3 Shape Shallow Frying
Cross-Contamination High Risk Foods Refrigeration 1°C - 5°C

Making Breadcrumbs

Option 1

Break bread into smaller pieces, add to a food processor then blitz until broken down.



Option 2

Dry bread out gently in a low oven for about 15 minutes. (this firms it up)
Then grate the bread into crumbs



Different types of breadcrumbs can be bought from the supermarkets

BTEC L1

Frittata

Learning Question:

2 spring onions
4 tablespoons of frozen peas
1 red pepper
2-3 slices of ham
100g feta cheese, or other cheese
4 eggs
1 small tin of new potatoes
3 tbsp of double cream (optional)
*Salt and black pepper

There is the option to bring in a variety of different ingredients to flavour your frittata. e.g. sweetcorn, tuna fish, grated courgette, cooked chicken, fresh herbs, pepperoni, salami etc.

It is a balanced meal in one, so try to make your choice of ingredients fulfil a good nutritional balance.



How can I create a balanced meal in one?

You will need to bring in your own dish to cook this in! it can be round, or square



Learning Objective:

You will understand the nutritional value of eggs.

You will consider all aspects in what makes food suitable for an elderly person.

You will learn to create a nutritionally balanced and economical dish

Success Criteria:

Less - will show an understanding of the versatility of eggs and create a frittata

As - will demonstrate an understanding of egg nutrition, cookery and create a well balanced frittata

More - will show knowledge, excellent health and safety and work independently

Preheat the oven to 180C/ 160C fan/gas 4.

Snip or cut up the spring onions and put them in a bowl. Add the peas to the bowl. Cut the ham up into pieces using scissors and grate, or crumble the cheese. Dice the red pepper. Add ham, cheese and pepper to the bowl.

You can dice the tinned potato, or slice them and make a feature of the layers.

Crack the eggs into a separate bowl and whisk together with a fork. Add plenty of salt and pepper and the double cream (if using).

Add all chopped ingredients to eggs and pour into a greased dish.

If you have sliced your potatoes – add a little chopped mixture to a greased dish, then layer on the sliced potato. Follow this with more chopped mixture and another layer of potato. Pour the egg mixture carefully over the top.

You can top with a little more cheese to add a deeper colour to the finished frittata.

Bake in the oven for 30-40mins,
or until firm to the touch and gently golden.
Clean up and wipe areas.

CHALLENGE

Consider Colour, Shape & Flavour. Combinations.

Key Words:	Balanced Nutrition	Protein	Carbohydrate	Fats	Calcium	Vitamins	
Minerals			Fibre	Low Cost	Convenience	Easy	Food
Choice	Coagulation	Convection					

CHICKEN COTTAGE PIE

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- ½ onion, chopped
- ¼ medium carrots, diced
- ¼ celery stalk, sliced
- 1 clove garlic, chopped
- ½ tsp salt, I use Himalayan salt
- 1/2 tsp ground black pepper
- 50g leftover or cooked chicken
- 100mls chicken stock
- 10 g frozen green peas
- 10g corn

For the Mashed Potatoes

- 1 starchy potatoes, peeled and cut into pieces
- 25 mls whole milk
- Salt and ground white pepper to taste

METHOD

1. Preheat your oven to 375°F
2. Cook the potatoes in salted boiling water until they become really soft and practically fall apart when you poke them with a fork.
3. While the potatoes are cooking, heat the olive oil in a frying pan set over medium heat add in the onion, carrots, celery and garlic; cook until fragrant and slightly softened, about 3 minutes.
4. Tear the cooked chicken into strips with your fingers and add it to the pan, along with the chicken stock.
5. Bring to a low boil, cover, lower the heat and simmer slowly for about 8 to 10 minutes, or until the liquid is practically all gone.
6. Stir in the frozen peas and corn kernels and set aside.
7. When the potatoes are cooked, drain them well and return them to the saucepan.
8. Pour about half of the milk over the potatoes.
9. mash with an masher until the potatoes break down and the puree starts to come together.
10. Add the rest of the milk mixture, a few tablespoons at a time, mixing well between each addition, until the puree becomes nice and fluffy.
11. Adjust seasoning as needed by adding salt and white pepper, to taste.
12. Spread the mashed potatoes over the reserved chicken mixture;
13. Bake in a 200°C oven for 15 minutes, then grill for 3-5 minutes, or until the top becomes nice and golden
14. Remove from the oven and allow to rest for 5 to 10 minutes before serving.



<https://thehealthyfoodie.com/chicken-cottage-pie/>

BTEC L1

Carrot Cake

Learning Question:



150ml vegetable oil
250g carrots
200g brown sugar / ½ white & ½ brown
2 large eggs
200g plain flour / ½ plain & ½ wholemeal
2 x 5ml cinnamon / 1 tsp cinnamon & 1 tsp mixed spice
2 x 5ml baking powder
125g sultanas / or any dried mixed fruits



How can we improve the quality of nutrition in a cake?

Learning Objective:

You will correctly and safely make carrot cake muffins.

You will learn how to create cakes that provide a better quality of nutrition.

You will learn how sugar provides colour and how baking powder creates aeration in cakes.

Success Criteria:

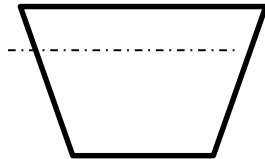
Less - will follow the methods for safety and hygiene and create carrot cake muffins.

As - will be able to effectively create a successful dish. (will be golden, well risen and well presented).

More - will have all of the above and demonstrate excellent health and safety and work independently.

- Preheat the oven to 200°C.
- Prepare and grate the carrots. Place cases into a muffin tray.
- In a bowl, combine the grated carrots, sugar and oil.
- Beat the eggs in a small bowl, and then add to the mixture.
- Sift in the flour, cinnamon and baking powder and stir to combine. Gently mix in the dried fruit.
- Use two spoons, divide the mixture equally between the muffin cases.
- Bake for 15 - 20 minutes, or until firm to touch.
- Clean up areas. Cool cakes on a wire rack before icing.
- Mix up icing ingredients. Sifting the icing sugar will remove any lumps.
- Make sure cakes are fully cooled and then choose your icing method. If you are splitting the cake, then use a serrated knife to give you a clean cut!
- Clean up areas and pack cakes away. They will need to be kept in the fridge.

Fill cake cases evenly and approx. 3/4 full
(allows room for cake to rise)



Key Words: Vitamin A – Beta-carotene. Fibre. Unsaturated Fat. Simple Sugars. Vitamin C. Iron.
Raising Agent – Chemical – Baking Powder - CO₂. Caramelisation. Convection.

BTEC L1

Enchiladas

Learning Question:

400g tin of tomatoes, *5ml caster sugar
1 red chilli, *15ml oil
1 large onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
*5ml ground cumin, *5ml dried oregano
Approx. 300g minced beef
200g mature cheddar, grated
*Salt and freshly ground black pepper

To make tortillas
300g plain flour
50g butter
185ml milk
*½ tsp salt
*1 tbsp oil



Does Bread need to be made with yeast?

Do not over-fill the tortillas. Leave some areas plain, so that they can brown and crisp up in the oven. (Dextrinisation).
Lay out the tortillas attractively for good presentation.
Complete everything up to the baking – Bake fully at home.



Learning Objective:

You will correctly and safely make enchiladas.

You will learn how methods of heat transfer cook flatbreads.

You will learn how to control heat to make a reduction sauce.

Success Criteria:

Less - will follow the methods for safety and hygiene and create enchiladas.

As - will be able to effectively create a successful dish. (will be attractively cut and well presented).

More - will have all of the above and demonstrate excellent health and safety and work independently.

Bread

Combine butter and milk and heat until butter is just melted – in saucepan, or in microwave.
Add flour to a bowl and add salt. Mix the butter and milk into this to form a dough.
Sprinkle work surface with flour then knead for a few minutes until it is smooth - it doesn't need much kneading. Add extra flour if the dough is too sticky. Wrap with cling wrap and rest at room temperature for 30 minutes or so.

Enchiladas

Peel and dice the onion, finely dice garlic and chili. Add oil to the pan and gently fry the onions for 2-3 mins
Add the garlic and chili for a further 1-2 mins. Add the mince and cook until brown.
Add cumin and tinned tomatoes and cook gently to reduce and thicken the sauce.
Grate cheese ready for assembly. Make the tortillas ready for assembly

Bread

Dust bench top with a little flour, cut dough into 8 pieces, roll into balls, then roll out into about 0.3cm thick rounds.
Heat 1/2 tbsp olive oil in a non stick pan over medium heat. Place one flatbread in the pan, cook for around 1- 1 1/2 minutes - it should bubble up - then flip and cook the other side, pressing down with a fish slice if it puffs up.
There should be a smallish golden brown spots on both sides.
Stack the cooked bread and keep wrapped with a tea towel - the moisture helps soften the surface, making them even more pliable. Continue to cook the remaining flatbreads.

Enchiladas

Lay out tortillas one at a time in your baking dish. Put some mixture into each tortilla, top with a little grated cheese.
Repeat until all tortillas are used. Spread any remainder of the sauce over the top and sprinkle with remaining cheese.
Cool your enchiladas. Clean up areas.
At home - Put in the oven and bake for 20 mins

Baking at home will mean that the dish is not over-cooked.

Key Words: Convection Conduction Dextrinisation Melting Sauté Browning
Fine Dice Carbohydrate Protein Saturated Fat Gluten Kneading

BTEC L1

Millionaires

Shortbread

Learning Question:

- Shortbread
160g Plain flour
60g caster sugar
115g butter, or margarine
- Caramel
1 x 397g tin of condensed milk
100g soft light brown sugar
100g butter, or margarine
2 tbsp golden syrup
- Chocolate topping
200g bar of milk chocolate

This dish uses an 18cm square cake tin.
Line the tin with baking paper to make removal easier!
You can make it in a round sandwich tin, if you haven't got a square Tin!



You must cool between layers, otherwise the different layers will all mix in together

How can we use sugar and fat to create a dessert?

Make sure each layer is cool before adding the next layer



Learning Objective:
You will learn the method for shortbread.
You will learn how to make caramel and melt chocolate.
You will understand the health issues associated with high fat and sugar.

Success Criteria:
Less - will demonstrate understanding of shorting and making millionaire shortbread.
As - will show some skill in making and will safely create millionaire shortbread.
More - will show skill and understanding of all aspects within this task and safely create a well presented dish.

- Preheat oven to 170°C or gas mark 4 ½
- Line your tin first. Rub together 115g butter, or margarine, flour & caster sugar until mix resembles fine bread crumbs.
- Lay shortbread mixture into base of tin. Gently firm down and prick with a fork.
- Bake for 25-30mins, or until just starting to change to a golden colour.
- Remove from oven and cool.
- Meanwhile – add condensed milk, brown sugar, golden syrup and 100g butter, or margarine into a saucepan. Heat on a medium heat until boiling. Stir this all of the time!
- Control the heat to ensure that caramel safely boils for 5-8minutes. Stir all of the time!
- Caramel will become thicker when you boil it. Stand to cool. Wash up areas.
- Pour cooling caramel over the cooled shortbread and leave to cool further.
- Add ¼ pan of water to a saucepan and bring to a gentle boil. Place a glass bowl over this. (do not overheat!). Add broken chocolate to the bowl and gently melt. Once melted, gently stir and carefully pour over the cooled caramel layer. Leave to set!
- Clean up areas and put equipment away.

Do not be tempted to put your finger into hot caramel!!!!

Pricking surface with a fork enables the steam to escape and gives a lighter texture.

THINK TIDY
WASH UP AS YOU GO

CAUTION HOT

When washing up after cooking with sugars, make sure that you use HOT water!

Key Words:	Rubbing-in	Shortening	Caramelisation	Baine-Marie	Layering
	Saturated Fat	Unsaturated fat	High calorie	Energy	

BTEC L1

Pasta & Meatballs



You can design your own style of meatball, or choose one of these:

Italian Meatballs

Approx. 300g minced beef
 *Salt & Pepper
 1 x 400g tin of chopped tomatoes
 2 tbsp tomato purée
 1 chicken stock cube
 1 tbsp dried basil (or a bunch of fresh basil)
 Cubes of mozzarella to stuff meatballs (optional)

To make Pasta

*200g 00 flour
 2 large eggs
 *1 tbsp oil

Swedish Meatballs

Approx. 300g minced chicken
 *Salt & Pepper
 1 tbsp flour (stir this in before adding stock and water)
 1 chicken stock cube
 *150mls water
 1 tbsp dried mixed herbs (or a bunch of fresh parsley)
 3 tbsp double cream

Spanish Meatballs

Approx. 300g minced pork
 *Salt & Pepper
 1 x 400g tin of chopped tomatoes
 ½ tbsp dried paprika (add before tomatoes)
 1 chicken stock cube
 1 tbsp dried mixed herbs (or a bunch of fresh parsley)

Resting the pasta dough relaxes the gluten in the flour and this makes the dough easier to roll out.



Learning Objective:

You will correctly and safely make pasta by hand.

You will learn how gluten acts to aid the elasticity of dough.

You will learn how to control heat to make a reduction sauce, or thicken with flour to make a roux sauce.

Success Criteria:

Less - will follow the methods for safety and hygiene and create Meatballs and Pasta.

As - will be able to effectively create a successful dish. (will be attractively cut & shaped and well presented).

More - will have all of the above and demonstrate excellent health and safety and work independently.

Pasta

Tip flour in a pile on work surface, or add to a bowl. Make a well in the centre and add egg and a little oil. Mix well to combine, breaking into flour gradually, using a squashing action with the spatula, or your hand.

OR add flour, egg and a little oil to a food processor and blitz until mixture is combined. Remove from food processor and squeeze firmly to form a dough.

Wrap dough in cling film and leave to rest while you make your meatballs.

Meatballs

Place minced meat into a bowl and season well. Add herbs and mix with your hands. Shape into small balls. If you are stuffing balls with cheese, shape meat around small cubes, making sure the cheese is fully covered.

Wash hands. Add a little oil to a large pan and add meatballs, frying gently on all sides until browned. Add key flavours.

Add liquids and stock cubes to make your sauce. Simmer gently for 10 minutes. Add cream and chopped fresh herbs right at the end, if you are using.

Pasta

Just before simmering your meatballs, ½ fill a pan with water and put on a high heat to boil. Add plenty of salt.

Place pasta dough on a clean work surface and roll out thinly. Make sure the dough is not sticking and dust with a little more flour. Roll up slightly to make it easier to cut into strips. Cut into thin strips, making sure that they do not stick at all. Place pasta strips into the boiling water and cook for 2-3 minutes. Drain into a colander and tip into your pan of meatballs.

Combining

Gently combine pasta and meatballs together, adding any fresh herbs, if you are using.

Place into your containers to cool.

Clean up areas

Fresh pasta needs very little time cooking.

Fresh herbs will lose their flavour if cooked for too long

Key words:

00 flour

Durum Wheat

Gluten

Mixing

Shaping

Rolling-out

Forming meat balls

Sealing

Browning

seasoning

Fresh herbs

Pasta & Meatballs



Making Pasta dough by hand



Break the dough into manageable chunks to roll and cut



Shaping the meatballs



Sealing the meatballs



Rolling out the rested dough



Folding the dough before cutting



Cutting the dough



A good-looking, finished dish



Having a pasta machine will simplify this process

VEGETABLES



artichoke



asparagus



beetroot



bell pepper



broccoli



Brussels sprout



cabbage



carrot



cauliflower



celery



corn



cucumber



eggplant



green bean



lettuce



mushroom



onion



pea



potato



pumpkin



radish



sweet potato



tomato



zucchini

Food Technology - E. Mendelson

Breakfast Burrito equipment



?



Breakfast Burritto Equipment



Breakfast Burrito

Ingredients

- **2 tortillas**
- **1 spring onion**
- **25g cheese**
- **1 tomato**
- **30g smoked sausage**
- **½ green pepper**
- **2 eggs**
- **2tbsp milk**



Method

- 1. Chop onion, tomato pepper and smoked sausage finely and fry gently**
- 2. Crack 2 eggs into a jug**
- 3. Add milk , whisk eggs with a fork**
- 4. Add to the cooked fried ingredients**
- 5. Gently warm tortillas for 30 seconds in the microwave**
- 6. Place filling in the centre of each and fold and roll carefully**

<https://www.youtube.com/watch?v=OZnA84ebmhk>



Bacon sandwich



Beans on toast



Boiled egg



bran flakes



cinnamon crunch



cornflakes



pancakes



Eggs benedict



egg and bacon



Eggs in a basket



egg muffin



fruit



omelette



Muesli



Porridge



poached egg



weetabix



breakfast wrap



Granola



yoghurt



toast



shreddies



sausage sandwich



coco pops



croissants

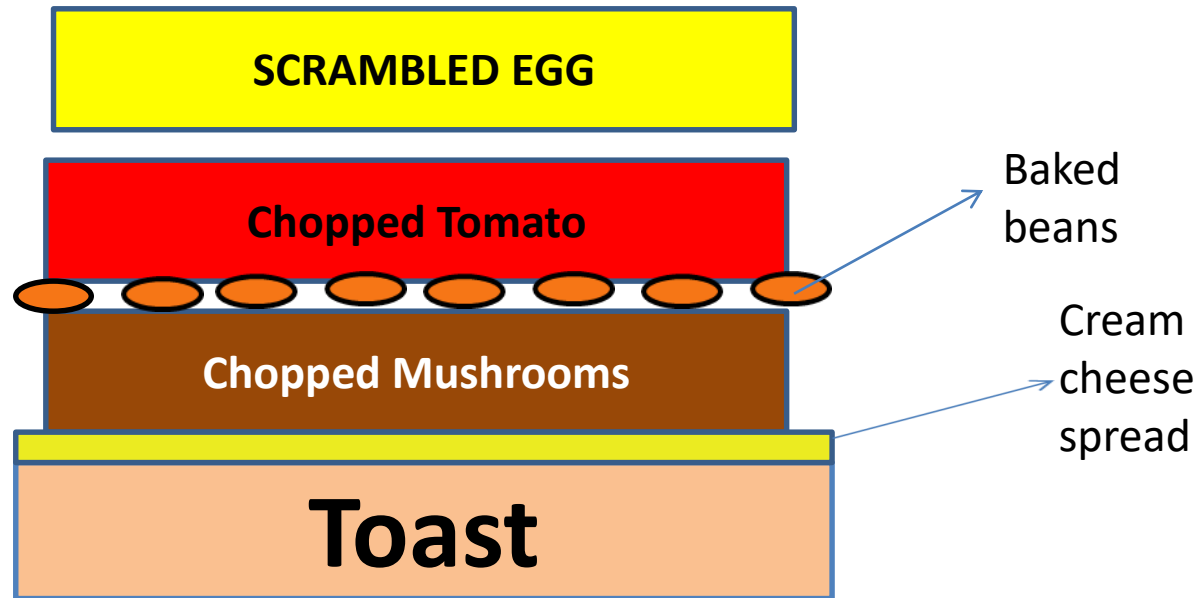
“On Toast”

What can I make for breakfast that is on toast?

- Be imaginative
- Think about presentation
- Use different combinations



Draw and label your design for Your “on Toast” breakfast design



BTEC L1

Toad-in-the-Hole & Onion Gravy

Learning Question:

For the Toad-in-the-Hole
12 chipolatas (or 8 sausages)
*2 tbsp sunflower oil

For the batter
140g plain flour
½ tsp salt
2 eggs
175ml semi-skimmed milk

For the onion gravy
*1 tbsp oil
1 red onion, halved and thinly sliced
½ tbsp golden caster sugar
*1 tbsp balsamic vinegar
1 tbsp plain flour
1 stock cube
*300ml water



How can I be more organised so that I can cook two things at once?

Preheat oven to 200°C

Make sure the fat is
very hot before
Pouring the batter
into the tin



Learning Objective:

You will learn how steam works as a raising agent by making Yorkshire pudding.

You will create a timeplan to understand the time needed to create two complimentary dishes.

You will use heat control to caramelize onions and make a roux.

Success Criteria:

Less - will have a bullet point time plan and create two dishes.

As - will write description and consider health and safety and complete their dishes in good time.

More - will show detailed written work and create dishes with independence and good regard for H&S.

Add 2tbsp of oil to your oven dish and place the chipolatas into dish.
Place in the oven to brown 10-15 mins.

To make the batter.

Tip the flour into a bowl with the salt, make a well in the middle and crack both eggs into it. Add a little milk, then using a fork to mix it together, incorporating the flour as you go. Slowly add the milk, whisking all the time. Leave to chill in the fridge.

Very gently fry sliced onions in some oil with a little sugar, stirring often and making sure that the heat is not too high.
Caramelize for approx. 15 minutes. Until soft and browned.
Add 1 tbsp of balsamic vinegar and cook until sticky.

Carefully remove the sausages from the oven – watch because the fat will be sizzling hot. Carefully pour in the batter, then cook for 25-30 mins, until risen and golden.

Once the onions are browned and caramelised, add the flour to make a roux and stir well. Cook for only 1-2 mins before adding the stock cube and the water. Add enough water to make the desired thickness of gravy. Continue to simmer for 5mins.

Place gravy into container to cool.

When toad-in-the-hole is puffed and brown. Remove and cool.

Clean up areas.

CHALLENGE

Try to keep the chipolatas in a decorative layout.

Key Words:

Flavour
Roux

Caramelisation
Gelatinisation

Steam
80°C

Raising Agent
Batter
Conduction

100°C

Coagulation
Heat Control

A Basic Time Plan

Time	Method	Health & Safety / Tips
5mins	MEP Set up equipment and clean areas ready Identify and group ingredients into dishes Turn on Oven to 200°C to preheat <i>Slice onions ready for gravy</i>	Make sure areas are clean Be safe when handling and cutting with a sharp knife
10mins	<i>Add a little oil and Lay sausages into base of metal oven dish and place into the oven to brown.</i> <i>Make batter and chill in the fridge</i> <i>Place onions and a little oil in a frying pan.</i> <i>Turn onto a very low heat. Stir to coat in oil.</i>	Use a fork for the batter, no air is needed. Too high a heat will burn the onions.
5mins	<i>Stir onions and check frying temperature.</i> <i>Add a little sugar and stir well.</i> Wipe down surfaces and wash up any used equipment.	Adding sugar will speed up the caramelisation process. Avoid cross-contamination by cleaning as you go.
5mins	<i>Remove sausages from oven and carefully turn over. Make sure there is plenty of hot oil in the dish!</i> <i>Slowly pour chilled batter around the sausages and carefully return to the oven.</i> <i>Bake the toad-in-the-hole for 25 – 30 mins.</i> <i>Once the onions are browned and caramelised, add the flour to make a roux and stir well.</i>	Be careful when handling hot metals and hot food. Oil can spit! Try not to dribble batter, as this can create burnt patches.
15mins	<i>Cook for only 1-2 mins before adding the stock cube and the water. Add enough water to make the desired thickness of gravy.</i> <i>Continue to simmer for 5mins.</i>	Stir flour continuously to prevent lumps forming. Cooking the flour out for 5 mins will give a better flavour.
10mins	<i>Remove gravy from pan and place into container to cool.</i> Wash up pan and wipe down areas.	Try not to open the oven door when batter is cooking, it can make your dish 'sink'!
5mins	<i>Once toad-in-hole is puffed and browned, remove from the oven.</i> <i>Name your tin and place in area to cool.</i>	Use oven gloves for hot dishes.
5mins	Clean up Wipe down surfaces and check cupboards are clean.	Leave areas clean and hygienic ready for the next cooks.

Toad-in-the-hole
& Caramelised
Onion Gravy



BTEC L1

Stroganoff with Rice

Learning Question:

*1 tbsp oil
1 red onion, chopped
2 garlic cloves, chopped
*1 tsp paprika
1 green pepper, chopped
200g mushrooms, sliced
*1 tbsp red wine vinegar
Beef stock cube

200g lean rump steak, or frying steak
(replace with chicken breast if you want)
150ml fat-free fromage fraise, or double cream

Rice – 200g long grain rice,
or basmati rice
(prefer to cook rice from scratch, rather than use microwave rice)

V – leave out the beef and use large, flat mushrooms instead



How can we plan to cook two things at once?

The dish is cooked quickly – make sure that onion and pepper are soft before adding the beef!



Learning Objective:

You will correctly and safely make follow a time plan and make stroganoff & rice.

You will learn how to control liquids to achieve the correct absorption for a well cooked rice.

You will understand how to enrich a dish.

Success Criteria:

Less - will follow the methods for safety and hygiene and create stroganoff and rice.

As - will be able to effectively create a successful dish.

More - will have all of the above and demonstrate excellent health and safety and work independently.

- Measure out 500mls of water for long grain rice, or 375mls for basmati rice.
- Add to a saucepan with a good pinch of salt and bring to the boil. Once boiling – carefully add the rice. Bring back to a boil and simmer for 2-3mins. Cover with a lid and leave for 15minutes for the rice to absorb the remaining water. (if you do not have a lidded saucepan, then keep the rice simmering, stirring occasionally until all the water have been absorbed. The rice should be soft when pressed with a fingernail. Fluff up with a fork and place into container to cool.
- Prepare the ingredients for the stroganoff – Finely dice the onion and gently fry in a little oil until soft. Cut the pepper into small dice and slice the mushrooms. Finely chop the garlic, or make into a paste. Slice the beef into thin strips, cutting across the chains of amino acids. (this makes it more tender).
- Add pepper, mushroom and garlic to the pan and gently fry for 3 minutes.
- Add Strips of beef, turning them to seal the meat. 2-3 minutes.
- Add paprika, stock cube and red wine vinegar. Turn up the heat to evaporate a little of the vinegar.
- Add a little water to loosen the stock, then stir in the double cream, or fromage fraise.
- Warm this – do not boil! Add fresh, chopped parsley.
- Transfer to your containers, keeping rice and stroganoff separate for reheating at home.
- clean up areas.

Rice will absorb a lot of water.
Never let the dish dry out, or
Stick to the bottom of the pan!
(Stir regularly)
Using a lid to keep in the moisture
is the best way to cook rice.



Through the action of **Absorption**
– Rice will continue to cook while warm.
All cooked rice becomes a 'High Risk Food'.
Cool quickly and keep in the fridge!

Clean up your
work areas
while your dish
is cooking!

Key words: Carbohydrate Protein Fat Vitamins Fibre Calcium Iron Conduction Convection
Absorption Balance of flavour Al Denté Reduction Balance of Nutrition Presentation

Breakfast Muffins



Breakfast Muffins Equipment



BREAKFAST MUFFINS



Ingredients

- 1 large egg, hard boiled or scrambled
- 2 rashers bacon, cooked until crisp
- 1 sausage
- 115G Self-Rising Flour
- ¼ teaspoon dry mustard
- ¼ teaspoon ground black pepper
- 60g sharp cheddar cheese, 85MLS milk
- 25g vegetable oil
- 1 large, raw egg

Method

1. preheat the oven to 400°F. Line 6 muffin tins
2. Coarsely chop the hard boiled or scrambled eggs, and chop the bacon.
3. In a medium-sized bowl, whisk together the flour, dry mustard, and black pepper.
4. Grate cheese, add 3/4 of the cheese, the cooked egg, the chopped sausage and the bacon.
5. Whisk together the milk, oil, and egg.
6. Whisk the liquids into the dry ingredients just until blended.
7. Spoon into the prepared muffin tins, dividing the batter evenly .
8. Sprinkle with the remaining cheese and bake the muffins until they're lightly browned, about 20 to 25 minutes.

Flapjacks

Ingredients

- 50g golden syrup
- 100g margarine
- 50g soft brown sugar
- 125g jumbo oats
- 50g mixed fruit
- 50g plain flour

Method

1. Preheat the oven to 160°C/Gas Mark 3. Grease the inside of the foil tray
2. Measure the golden syrup into the pan
3. Add the butter and brown sugar. Heat very gently, stirring occasionally
4. Switch off the hob.
5. Mix together the oats and mixed fruit in the mixing bowl.
6. Pour the melted mixture into the mixing bowl and mix well.
7. Spread the mixture out in square foil tray.
8. Bake for 30-35 minutes, or until golden brown

Flapjack Equipment



Club sandwich



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



Club Sandwich Equipment



ONEIDA



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CLUB SANDWICH



Ingredients

- 3 slices of bread
- 2 dollops Mayonnaise
- 1 egg
- 2 slices cooked chicken or ham or cheese
- 1 iceberg lettuce leaf
- 2 sliced tomatoes
- 4 slices cucumber
- 1rashers crispy bacon

Optional:

Branston, gherkin, mustard

Method

1. Prepare the egg- boil and slice/boli chop mix with mayo/ fry
2. Toast the bread. Spread mayonnaise on 1 slices of toasted bread.
3. Top with some lettuce, tomato, cucumber and a slice of filling
4. Add a new slice of bread on top of the filling and spread with some mayonnaise.
5. Place the lettuce, tomato, cucumber and crispy bacon on the bread.
6. Finally place the second slice of toasted bread on top of the bacon.
7. Cut the sandwiches into two diagonal pieces and insert cocktail sticks to hold the club sandwich together

What we are learning today?

- You will learn how to make bread
- You will learn how to make a colourful, fresh and cheesy Bread Based Pizza
- You will understand what conditions are necessary for yeast to activate

Keywords:

yeast, knead, activate

Bread Based Pizza

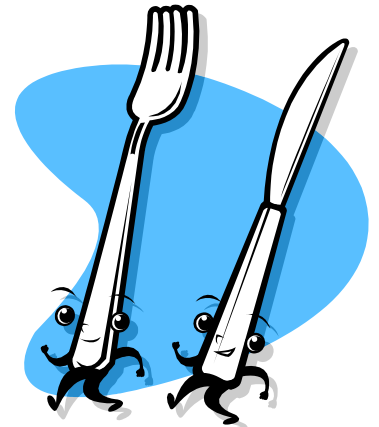
Ingredients

200g strong white flour
(8 tbl spoons)
1 packet yeast
1 teaspoon salt
1 dst spoon milk powder
15g margarine
125ml warm water
1 tbl spoon tomato
puree
50g grated cheese

Method

1. Place flour, salt, milk powder and yeast into a bowl. Rub fat into flour.
2. Add water and using round bladed knife to make a soft but not sticky dough.
3. Turn onto a floured board and knead for 10mins.
4. Roll out to a circle shape.
5. Spread with tomato puree and sprinkle with cheese and any other prepared chosen toppings
6. Place onto a greased baking tray.
7. Cover with a polythene bag and leave in a warm place to rise until double in size.
8. Bake for 15-20mins on Gas 7 / 220°C until golden brown.

Bread based pizza - Equipment



ONE CUP PANCAKES

Ingredients

- 1 large egg, preferably free-range or organic
- 1 cup of self-raising flour (see above)
- 1 cup of semi-skimmed milk (see above)
- sea salt
- a knob of butter



Method

1. Crack the egg into a large mixing bowl
2. **Add the flour, milk and a pinch of sea salt**
3. Whisk everything together until you've got a lovely, smooth batter
4. **Put a large frying pan on a medium heat and add half the butter**
5. When the butter has melted and the pan is nice and hot, use a small ladle to spoon the batter into the pan
6. **Each ladleful will make 1 pancake – they're quite small, so you can cook several at a time**
7. Cook for 1 to 2 minutes and use a spatula to turn them over when they start to brown on the bottom and get little bubbles on the top
8. **When cooked on both sides, transfer them to a plate, carefully wipe the pan clean with kitchen paper, add the rest of the butter and start again. Keep going until all the batter is used up**

MAKING THE PANCAKE BATTER



1. Crack the egg into a large mixing bowl



2. Add the flour, milk and a pinch of sea salt



3. Whisk everything together until you've got a lovely, smooth batter

COOKING THE PANCAKES



1. Put a large frying pan on a medium heat and add half the butter



3. Each ladleful will make 1 pancake – they're quite small, so you can cook several at a time



2. When the butter has melted and the pan is nice and hot, use a small ladle to spoon the batter into the pan

COOKING THE PANCAKES



1. Cook for 1 to 2 minutes and use a spatula to turn them over when they start to brown on the bottom and get little bubbles on the top



2. When cooked on both sides, transfer them to a plate, carefully wipe the pan clean with



3. kitchen paper, add the rest of the butter and start again , Keep going until all the batter is used up

FULL MONTY



TASK

- CHOOSE YOUR INGREDIENTS
- LIST YOUR INGREDIENTS
- SKETCH YOUR PLATE LAYOUT





Mini Christmas Cakes

INGREDIENTS

115g plain flour

Small pinch tsp salt

½ tsp mixed spice

100g margarine

100g brown sugar

1/2 tbsp treacle

¼ tsp vanilla essence

1 tbsp sherry

3eggs

400g mixed fruit

**Grated rind & juice of ½
lemon**

Dash of orange juice

EQUIPMENT

**2 MIXING BOWL, TABLESPOON,
SIEVE, TEASPOON, GRATER,
JUICER**

1. Make your cake tin and grease
2. Preheat oven to 150°C.
3. Sieve together, flour, salt and mixed spice.
4. In a separate bowl, cream the butter, sugar, vanilla essence and treacle until light and fluffy
5. beat in the eggs a little at a time, adding a tbsp of flour with each egg
6. Fold in the remaining flour then the dried fruit and lemon rind and juice.
7. Add enough orange juice to make a soft dropping consistency.
8. Divide between foil cases and cook in a preheated oven (150) for 1 1/2 to 2 hours.

How to marzipan and ice your Christmas cake

To cover 1 small
Christmas cake you'll
need:

100g of marzipan
Small amount of
apricot jam/glaze
icing sugar

<https://www.youtube.com/watch?v=xqgtJN1RHRg>

- 1) Place a blob of glaze or royal icing in the middle of the cake board. This will be the glue that sticks your cake to the board.
- 2) You want your cake to be straight and level. The easiest way to achieve this is to turn your cake upside down as the bottom will provide the flattest top. If need be slice a small amount off the new bottom to help level the cake. Also use small blobs of marzipan to patch any holes in the cake and jack it up from the bottom.
- 3) Thin a small amount of apricot jam/glaze with freshly boiled water, then brush over the cake. This will help the marzipan stick.
- 4) Dust the worktop surface with a small amount of icing sugar. Roll out the marzipan until it is about 5mm thick. Cut a round the same size as your cake. Place the round on top of the cake.
- 5) Using a piece of string measure the circumference of the cake. Roll of strip of marzipan that will wrap neatly around the cake.
- 6) Stick the marzipan to the side of the cake and smooth the edges together.
- 7) Allow to dry for a minimum of 24 hours.

FOCCACIA

http://www.youtube.com/watch?v=RNNA_vcZsks

INGREDIENTS

- 200g strong white bread flour, plus extra for dusting
- 200ml water, at room temperature
- 7g sachet dried yeast
- 1 tablespoons sugar
- Pinch of sea salt and freshly ground black pepper
- 1 tablespoon olive oil



EQUIPMENT

Square baking tin
Mixing bowl
Palette knife
Measuring jug
Scales
Cling film

METHOD

1. Preheat your oven to 220°C/gas 7.
2. Tip your flour into a large bowl
3. Pile it nice and high, then make a well in the middle to hold all the other ingredients
4. Pour half the water into the well then tip in the sachet of yeast and oil
5. Add 1 tablespoon of sugar and 1 teaspoon of sea salt to the well
6. Use a fork to gradually bring in the flour from the outside
7. Once you get a stodgy, porridge consistency in the well, add the rest of the water and gradually incorporate the flour to make a smooth dough
8. Dust a clean work surface and your hands with flour, then knead the dough, pushing and pulling it for about 5 minutes until it's silky, springy and elastic.
9. Make the dough into a flat round shape and pop into a greased tin.
10. Cover the tin with cling film and leave to prove in a warm place for 10-30 mins, or until it has doubled in size.
11. Pour 1 dsp of oil over the dough, spread gently with fingers and make a dimple effect.
12. Sprinkle over your chopped garlic and rosemary.
13. Bake in the hot oven for 15-20 minutes, or until golden with a crunchy surface.
14. Remove from the oven, give it a tap and if it sounds hollow then it's cooked.

What we are learning today?

- You will learn how to make soup
- You will learn what ingredients make up a Tomato soup and where it originates from.

Success Criteria:

- Collect equipment and weigh ingredients independently
- Chop ingredients finely and all the same size
- Complete a learner record
- Photograph your product as evidence

Keywords:

dice, simmer, sweat

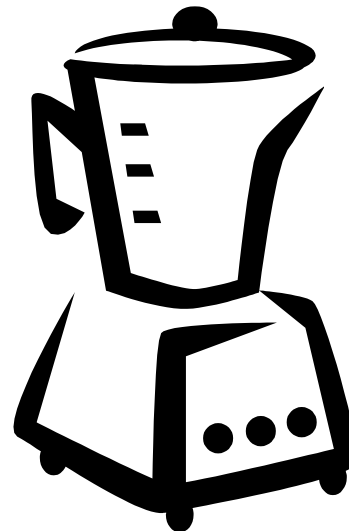
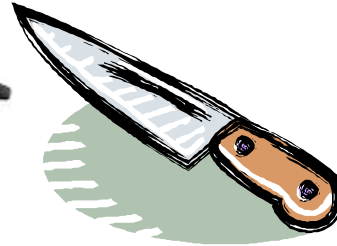
Tomato soup

- 1 carrots
- 1/2 stick of celery
- 1 medium onion
- 1 cloves of garlic
- splash olive oil
- 1 chicken or vegetable stock cubes,
- 1 x 400g tins of plum tomatoes
- 3 ripe tomatoes
- Small bunch of fresh basil
- Sea salt and freshly ground black pepper

Method

1. Peel and slice the garlic
2. Put a large pan on a medium heat and add 2 tablespoons of olive oil
3. Add all your chopped and sliced ingredients and mix together with a wooden spoon
4. Cook for around 10 to 15 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly golden
5. Put the stock cubes into a jug or pan and pour in 1.8 litres of boiling water from the kettle
6. Stir until the stock cubes are dissolved, then add to the pan with your tinned and fresh whole tomatoes.
7. Give it a good stir and bring to the boil
8. Reduce the heat and simmer for 10 minutes with the lid on
9. Meanwhile, pick your basil leaves
10. Remove the pan from the heat, season with salt and pepper and add the basil leaves
11. Using a hand blender or liquidizer, pulse the soup until smooth

Equipment for Tomato Soup



What we are learning today?

- You will learn how to make soup
- You will learn what ingredients make up a minestrone soup and where it originates from.

Success Criteria:

- Collect equipment and weigh ingredients independently
- Chop ingredients finely and all the same size
- Complete a learner record
- Photograph your product as evidence

Keywords:

dice, simmer, sweat

Minestrone Soup



½ small onion, finely chopped
1 carrot, chopped
1 stick celery, chopped
1 med potato, chopped into squares
1 garlic clove, crushed
20g green beans
½ tbsp olive oil
½ tbsp butter
¾ litre water
½ cube beef stock
½ cube vegetable stock
1 tin peeled, chopped tomatoes
½ tin cannellini beans
50g spaghetti
salt and pepper, to taste

- 1. Heat the oil and butter in a large pot, add onions and cook till soft and golden brown.**
- 2. Add the carrots, celery, potatoes, garlic, green beans and tomatoes. Cook for 2-3 minutes.**
- 3. Add the water and stock cubes.**
- 4. Bring to the boil, then reduce the heat and let it simmer semi-covered for 15-20 mins. The soup should be fairly thick at this point.**
- 5. Add the beans and spaghetti, season with salt and pepper and bring to the boil for approximately 15 minutes.**

Equipment for minestrone soup



Mini Christmas puddings

Ingredients

50g plain chocolate
1 level tablespoon syrup
25g marg
75g digestive biscuits
50g mixed fruit
1 tbsp icing sugar
25g white marzipan
25g green ready to roll icing
10g ready to roll icing
1 dsp apricot jam

Method

1. Place the chocolate and syrup in a saucepan and melt gently
2. Crush the biscuits in a plastic bag.
3. Add the biscuits and mixed fruit to the melted chocolate
4. Cool for 15 mins
5. Transfer mixture to a mixing bowl
6. Roll the mixture into 6- balls, place on a plate and chill
7. Dust the surface with icing sugar, roll out marzipan thinly
8. Cut into small wavy shapes, brush with jam and press onto puddings
9. Roll out the green icing and cut out 2 holly leaves for each pudding, attach with berries
10. roll little balls with red icing to make 2 berries for each pudding, attach with jam



Mini Christmas puddings- Equipment



RAGU

Ingredients

½ ONION

1 GARLIC CLOVE

BLACK PEPPER

1 440G CAN CHOPPED
TOMATOES

PINCH OF HERBS IF LIKED



Method

1. Prepare the vegetables
2. Peel and chop the onion
3. Peel and crush garlic
4. Fry the onion and garlic in the oil for 5 mins until soft
5. Add the tomatoes and herbs
6. Add black pepper and allow to simmer gently for 30 mins

Soda Bread

Ingredients

100g/6oz self-raising
wholemeal flour

100g/6oz plain flour

½ tsp salt

½ tsp bicarbonate of soda

190ml/1¼ pint buttermilk



Method

1. Preheat the oven to 400F/200C/Gas 6.

2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.

3. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough.

4. Turn onto a lightly floured surface and knead briefly.

5. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.

6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack

Bread Pudding



Ingredients

3 slices bread
1 ½ dst mixed spices
1 tsp cinnamon
1 egg
125 mls milk
3 dessert spoons brown sugar
100 g mixed fruit

Equipment

Whisk
Round blade knife
Dessert spoon
White chopping board
Baking tray and foil tray
Mixing bowl
Measuring jug

Method

1. Preheat the oven 180°C
2. Cut bread into small cube and place into the mixing bowl
3. Measure the milk and add:
 - Cracked egg
 - Sugar
 - Cinnamon
 - Mixed spice
3. Sprinkle the fruit over the bread in the mixing bowl
4. Pour the milk mixture over the bread mix well
5. Use your hands to squeeze the milk into the mixture, ensuring that all the bread is coloured and no white bits remain
6. Place in foil tray, push gently down, sprinkle a little more sugar on the top
7. Bake for 25-30 mins

Fruit Cobbler

Ingredients

Small tin peaches

1 tsp ground cinnamon

For the cobbler topping:

50 g self-raising flour

25 g caster sugar

sea salt

50 g margarine

Water to mix



Method

1. Preheat the oven 200°C
2. Drain peaches and place in baking dish, sprinkle cinnamon over the top
3. Place SR flour, caster sugar, salt, into a mixing bowl
4. Chop margarine up into small cubes
5. Add to flour mix and use finger tips to rub in until mixture looks like bread crumbs
6. Add 1 tablespoon of water to bring together
7. Place mixture in dollops onto the top of the peaches
8. Bake for 20 mins until golden

Equipment for Fruit Cobbler



Equipment for bread sticks



https://www.youtube.com/watch?v=0SFKp5dl_o2M



Bread Sticks

Preparation method

1. Dust one large baking trays with flour.
2. Put the flour, yeast and the salt into a large bowl and add enough of the water to make a soft but not sticky dough. Knead well for 10 minutes by hand on a lightly floured work surface or for five minutes if using an electric mixer fitted with a dough hook.
3. Divide the mixture into 6 equal portions, each weighing about 60g/2½oz. Roll the portions into balls, then place each ball on a floured surface and roll into a long sausage shape about 25cmx2cm/10inx1in. (For the best visual results make the sausage shape an even thickness.)
4. I like to shape half of them into twists. Run a knife down the centre to split the dough, leaving a bit at one end uncut. Braid or plait the two halves over each other to give a twisted effect.
5. Place the breadsticks on the prepared baking trays, spacing them 4cm/1½in apart. Cover the breadsticks loosely with oiled cling film, making sure it is airtight. Leave in warm place for 30 minutes, or until the breadsticks have almost doubled in size.
6. Preheat the oven to 200C/400F/Gas 6.
7. Remove the cling film and brush each breadstick with the extra virgin olive oil. Sprinkle half of the breadsticks with the sea salt and the remainder with the freshly ground black pepper. Bake on the top third of the oven for about 20 minutes, or until the breadsticks are lightly golden-brown and feel firm to the touch. Remove the breadsticks from the oven and leave to cool on the baking trays.

Ingredients

115g strong white bread flour

flour, plus extra for dusting

1/2 x 7g fast-action dried yeast

½ tsp salt

65 ml warm water

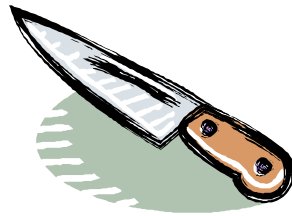
Veg oil or spray oil, for oiling

½ tbsp extra virgin olive oil

½ tbsp sea salt

½ tbsp freshly ground black pepper

Equipment for Spinach and ricotta ravioli





Spinach and ricotta ravioli

Ingredients

For the pasta dough:

100 g strong bread flour
1 egg
pinch of salt
1 dsp milk, plus extra for moistening

For the spinach filling:

100 g spinach leaves
100 g ricotta cheese
½ egg
pinch of freshly grated nutmeg
black pepper

For the sauce:

25 g butter
2 sage leaves, shredded

Method .

1. First make the pasta dough. Put the flour and salt in a bowl. Mix well. Make a well in the centre and add the eggs. Make a dough adding milk to help bind it together. The dough should be elastic and not sticky. Knead the dough for about 5 minutes and then place in a bowl covered with cling film for 15 minutes before rolling it out.
2. **Rinse the spinach and place in a saucepan. Cover and cook for about 5 mins**
3. Drain the spinach, squeeze all the water out and chop finely.
4. **In a large mixing bowl mix together the chopped spinach, ricotta and egg. Season with nutmeg, salt and freshly ground pepper**
5. Put the pasta dough on a lightly floured surface and roll as finely and evenly as possible (use a pasta machine if you have one). Roll into strips about 4 inches wide.
6. **Shape small balls of the spinach filling and place them on the pasta strips about 5cm apart. Moisten the edges with milk and cover with another strip of pasta. Press the pasta sheets together around the filling, sealing firmly. Cut into ravioli using a pastry wheel or sharp knife.**
7. Bring a large saucepan of salted water to the boil. Add the ravioli and cook for 4-6 minutes until 'al dente'. Drain.
8. **Meanwhile, in a small frying pan melt the butter and add the sage leaves. Toss the ravioli with the sage butter serve.**

Spinach and ricotta ravioli - EQUIPMENT



X 2



Spicy Potato Wedges with a Spicy Salsa

INGREDIENTS

Spicy Salsa

- 100g Chopped tomatoes
- ½ onion
- 1 dstp spoon olive oil
- 1 tsp a lemon
- 1 tsp Lea & Perrin
- ¼ tsp mustard
- ½ chilli

• Potato wedges

- 1 medium potato
- 2 tbsp veg oil
- 1 tbsp mixed herbs
- ½ tsp chilli powder

Method – Potato wedges

1. Clean the potato and carefully cut into wedge shapes
2. Place in mixing bowl with oil and herbs
3. Mix until all coated
4. Spread out on a baking tray
5. Bake for 10 – 15 mins

Method - Salsa

1. Chop the chilli into tiny pieces.
2. Cut the onion into small pieces.
3. Place all the chopped ingredients into a mixing bowl and add the olive oil and the lemon juice.
4. Add the chopped tomatoes
5. Add the chilli, mustard and herbs
6. Mix all the ingredients together.
7. Cover and leave in the fridge for 1 hour before serving.

Spicy Potato Wedges with a Spicy Salsa

EQUIPMENT



ROSEMARY ROASTED POTATOES

INGREDIENTS

200g Potatoes

Few Sprigs of
Rosemary

Balsamic vinegar
and a pinch of salt
to season

1-2 Tablespoons
Olive oil

METHOD

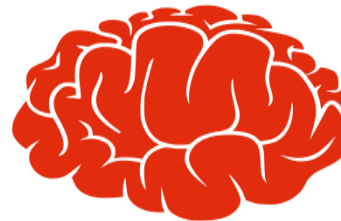
- Heat the oven to 200C/fan 180C/gas 6.
- Peel and chop the potatoes.
- Wash and chop the rosemary finely.
- Par-boil for 10 mins in salted water.
- Strain well.
- Put the potatoes and rosemary in a roasting tin and toss in 3-4 tbsp olive oil.
- Roast for 30 minutes until tender and crisp.
- Season with sea salt, black pepper and a little balsamic vinegar.



ROSEMARY ROASTED POTATOES EQUIPMENT



X 2



DAUPHINOISE POTATOES

INGREDIENTS

¼ onion

200g potatoes

Pinch nutmeg

1 clove of garlic

½ tub of single cream

Sea salt & black pepper



METHOD

1. Peel and slice finely the onion and garlic
2. Peel and very finely slice the potatoes
3. Place them into a foil tray in layers
4. Mix the cream, nutmeg, seasoning and garlic together in a jug.
5. Grate some cheese finely to sprinkle over the top.
6. Put the foil tray on a baking sheet on a medium oven 180 C

BOMBAY POTATOES



Ingredients

- 2 tbsp oil
- ¼ tsp mustard seeds
- pinches of chilli powder
- ¼ tsp turmeric powder
- 150g potatoes,
- Salt to taste

Method

1. Peel and dice the potatoes evenly
2. Heat the oil in a pan on a medium heat setting.
3. To check that the oil is hot enough, sprinkle in a few mustard seeds, if they pop the oil is ready.
4. Then add the remainder of the mustard seeds.
5. Add the chilli and turmeric powders to the sizzling seeds, and salt to taste.
6. Fry this pungent mixture of oil and spices for 1 minute then add the potatoes.
7. Fry for about 4 minutes until the potatoes are smothered in seeds and appear to have crispy edges.
8. They will look quite yellow in colour.
9. Cover the pan and on a low heat, cook the potatoes for a further 5 minutes

Spaghetti Bolognaise

Ingredients

20g pasta
100g mince / quorn
½ clove garlic
1 tbsp spoon oil
½ onion
¼ pepper
¼ carrot
100ml chopped tomatoes (4 dstp)
1 tbsp spoon tomato puree
Salt and pepper to season

Method

1. Boil the pasta in a pan of water for **10mins**. Drain the pasta and place into a container.
2. Fry the mince and garlic in oil in a large pan until browned. Stir to prevent sticking.
3. Add the onion, pepper, and cook for **5mins**.
4. Add the chopped tomatoes, puree, salt and pepper and mix well.
5. Bring to the boil and simmer for **20mins**.
6. Reduce the heat and simmer **15mins** until vegetables are tender. Stir occasionally.
7. Pour sauce over pasta and serve.

Spaghetti Bolognese Equipment



THAI FISH CAKES

Ingredients

- 200g tin Tuna Chunks In Brine
- 200g potatoes
- 1 spring onions
- ½ tbs butter
- 20g mature Cheddar, grated
- ½ egg, beaten
- 1 dstp plain flour
- Black pepper
- 1 dstp fresh chives or parsley, chopped
- 50g fresh white breadcrumbs (approx.)
- Vegetable or light oil for frying



Method

- Peel and dice the potatoes (approx. 1cm).
- Steam or boil until tender (about 12 to 14 minutes), then drain and allow to cool.
- Meanwhile wash, peel and finely chop the spring onions and soften in the butter over a low heat for 2 minutes.
- Place the Tuna in a large bowl with the spring onion and potatoes. Next add the cheese, half of the beaten egg and the flour, and season with black pepper.
- Mix well, shape into balls and flatten slightly. Dip first into the remaining beaten egg, then into the breadcrumbs.
- Place the uncooked fishcakes on a plate, cover and chill for an hour before frying.
- When you are ready to serve them heat a little oil in a large shallow frying pan and cook the fishcakes over a medium heat for approximately 4 minutes, or until they are hot throughout and each side is golden brown.
- Serve with a mixed leaf salad.

Thai Fish Cakes- EQUIPMENT



Tortilla toasties

Ingredients

- 2 tortillas
- 1 x 10ml spoon tomato sauce topping
- 25g sliced cheese
- 1 slice ham, chopped 1 spring onion, chopped

Method

1. Prepare the spring onion, ham and cheese.
2. Heat the frying pan on the hob.
3. Place one of the tortillas in the pan.
4. Spread the tomato sauce over the tortilla.
5. Arrange the ham, spring onion and cheese over the tortilla.
6. Cook for 5 minutes, or until the cheese starts to melt.
7. Place the 2nd tortilla on top.
8. Flip the tortilla over and cook for 4-5 minutes.
9. Serve.



Chicken Curry

Ingredients

- 2 chicken thighs
- 15ml vegetable oil
- ½ onion
- 1 red chillies
- ½ tbsp red Thai curry paste
- 200g can coconut milk
- 1 tbsp soy sauce
- ½ chicken or vegetable stock cube
- 50g green beans
- 50g tinned chopped tomatoes

Method

1. Bone the chicken thighs and cut into bite sized chunks – about 3cm long.
2. Slice the onion finely.
3. Halve the beans and tomatoes.
4. Finely slice the chilli – the seeds contain the heat so take them out if you want. Scrub your hands.
5. Dissolve the stock cube in 60ml boiling water
6. Heat the oil in a frying pan. Cook the chicken over a medium heat for 5 minutes or until all white.
7. Add the onion and half of the chilli slices. Cook for five minutes until soft.
8. Stir in curry paste, soy sauce, coconut milk and stock. Simmer 10 minutes.
9. Add green beans and tomatoes to the pan. Season to taste. Simmer 5 minutes.



Chilli con carne

Ingredients

1/2 onion

200g minced beef

1/4 tin of red kidney beans

1/2 chilli red or green

**25g mushrooms, chopped
(optional)**

1/2 tin of tomatoes (chopped)

1/2 tsp chilli powder

10g flour

1/4 red pepper

1/2 clove of garlic

Salt and pepper

1 tbsp oil for frying



Method

1. Peel and chop onion and garlic, chilli and pepper
2. Chop mushrooms
3. Place oil in a large pan and fry onions and garlic until they are soft
4. Add mince and fry until browned
5. Add flour and stir for 1 minute
6. Add mushrooms, tomatoes, seasoning and chilli powder
7. Bring to the boil and simmer gently for 15 minutes
8. Drain and rinse kidney beans and add to mince
9. Simmer for a further 5 minutes

Chicken Stir Fry

Ingredients

- 1 piece chicken breast or thigh
- 2 small florets broccoli
- ½ red pepper
- 1 spring onion
- 30 bean sprouts
- 1 garlic glove
- 1 tbsp oil
- 1 tsp ground ginger
- 1 dstp soy sauce
- ½ tsp sugar
- 1 dstp lea and perrins
- ½ pkt cooked noodles

Method

1. Cut the chicken into strips
2. Chop all vegetables, garlic
3. Heat the oil in the wok
4. Add the ginger and the chicken and stir fry for 3 mins
5. Add the vegetables, garlic and stir fry until lightly cooked
6. Add bean sprouts, soy sauce, lea and perrins, sugar, salt and pepper
7. Add noodles and cook for a further 2 mins. serve



Apple and Sultana Crumble

Ingredients

50g plain flour

25g butter or margarine

25g oats

30g sugar

1 eating apples

25 g sultanas

Method

1. Preheat the oven to 190oC or gas mark 5.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in the oven proof dish/foil tray on a baking tray and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.



GYPSY TART

Ingredients

200mls (1/2 tin) evaporated milk

400g Muscovado sugar

Ready made Shortcrust pastry

Equipment

Rolling pin

Greaseproof paper

Electric hand whisk

Mixing bowl

Metal spoon

Baking tin

Method

1. Pre heat oven to 200c (400f)
2. Roll out the pastry and line 6 tart tins
3. Blind bake for 5-10 mins
4. Whisk together the sugar & milk for about 10-15mins until light & fluffy.
5. Pour into case & bake for 10 minutes. remove from oven & leave to cool.

Yoghurt, oat and fruit layer

Ingredients

100 g diced fruit

50g jumbo oats

80g fruit yoghurt

Equipment

Frying pan

Wooden
spatula

Serving glass

Metal spoon



Method

- Lightly dry fry the oats for 1-2 minutes until golden and toasted in a non-stick pan, then allow to cool.
- Spoon half the fruit in the base of a tall glass.
- Top with half the Yogurt and the half the oats.
- Repeat the layers and serve chilled.

Ring Doughnuts



Ingredients

- 230g plain flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon
- 40g margarine
- 75g caster sugar
- Water
- Extra sugar

Equipment

- Mixing bowl
- Slotted spoon
- Large and small cutter
- Measuring jug
- Wooden spoon
- Greaseproof paper

Method

1. Sieve the flour, salt, baking powder and cinnamon into a large bowl.
2. Stir in the sugar. Using your fingertips, rub in the margarine until you have a fine mixture.
3. Gradually add water bringing the dough together until you have a smooth ball.
4. Turn out onto a well-floured board and roll to a thickness of approximately ½". Using a cutter about 3" diameter, cut out doughnuts, and then cut out the holes from the centre.
5. Heat the deep fryer. Test to see if it is hot enough by dropping a 'hole' in.
6. Cook the doughnuts 1 or 2 at a time depending on space in the pan.
7. When the doughnut has risen and starts to brown, turn it over until it browns on the other side, too.
8. Lift out of the pan using a slotted spoon and allow to drain well and cool a little before placing on greaseproof paper covered in caster sugar.
9. Roll the doughnut to cover and allow to cool slightly before eating.



Bruschetta

Method

Strain the chopped tomatoes

Peel and chop the onion finely.

Combine tomatoes, onion, oregano and 1 tablespoon oil in a bowl. Season with salt and pepper.

Place bread in toaster. toast for 1 to 2 minutes each side or until golden.

Transfer to plates.

Rub cut side of garlic over 1 side of each piece of toast.

Drizzle with remaining oil. Spoon tomato mixture onto toast. Serve.

Ingredients

- 2 tomatoes
- ½ onion
- tsp dried oregano
- Olive oil
- 1 garlic clove
- 2 slices of French bread

Equipment:

White and green chopping boards, knife, metal spoon, mixing bowl, griddle pan, bread knife

Pasta Bake

Ingredients

50g pasta

Handful spinach

Small piece onion

Small piece of pepper

25g margarine

25g plain flour

250ml milk

50g cream cheese

Method

1. Cook pasta in a pan of boiling water for **10mins**.
2. Add the washed spinach and simmer for **2mins**.
3. Drain the pasta and place into a bowl.
4. Chop the onion and pepper and mix in with the pasta.
5. Melt the margarine in a pan, remove from heat and stir in flour. Add the milk a little at a time and bring to the boil.
6. Bring the mixture to the boil and stir in half the cheese.
7. Remove pan from the heat and pour over the pasta. Sprinkle the remaining cheese on top and bake **until golden brown** on Gas 5 / 180°C

Pasta Bake - equipment



Lasagne- equipment



Lasagne

Ingredients

1 dst spoon oil
¼ onion
½ clove garlic
50g mince
¼ tin chopped tomatoes (100g)
Pinch of mixed herbs
1 level tbl spoon (15g) corn flour
125ml milk
Salt and pepper
Pinch of mustard powder
25g grated cheese
3-4 pasta sheets

Method

1. Dice onion, crush garlic and fry with mince in oil.
2. Add chopped tomatoes and mixed herbs and simmer gently until meat is cooked.
3. Mix corn flour with 1tb spoon cold milk. Place the remaining milk in a saucepan and bring to the boil.
4. Pour the hot milk onto the corn flour mix, stir, pour back into the pan. Ring to the boil stirring all the time. Add the seasoning and the ½ cheese.
5. Arrange the layers of lasagne as follows: a layer of meat, a layer of lasagne, a layer of cheese sauce. Continue until all ingredients are used, ending with the cheese sauce .
6. Sprinkle the remaining cheese on top and bake until golden brown for **30mins** on Gas 6 / 200°C

Chocolate Chip Muffins

Ingredients

100g S.R. flour (4 tbl spoons)

100g sugar

10g cocoa powder

50g margarine

1 egg

75ml milk and water mixed
together

2 drops vanilla essence

25g chocolate chips

Method

1. Place flour, sugar and cocoa powder into a mixing bowl.
2. Rub in margarine.
3. Beat the egg into to the milk and add vanilla essence.
4. Pour the egg and milk mixture into the bowl and beat all the ingredients together..
5. Pour the mixture into a measuring jug.
6. Place six small muffin cases onto a muffin tin. Pour the mixture into the cake cases, wiping off any spillages.
7. Bake for **15-20mins** on Gas 5 / 190°C

Muffins - Equipment



MINI GOLDEN SYRUP SPONGES

INGREDIENTS

Butter to grease

2 pudding tins

2 tbsp golden syrup

60 g (4oz) softened butter

60 g (4oz) caster sugar

1 medium egg

Zest of ½ lemon

60 g (4oz) self-raising flour

½ tsp ground ginger

2.5 tbsp milk

Cust

1. Grease heavily the foil pudding tins, then spoon 1tbsp golden syrup into the bottom of each.
2. Preheat oven to 180°C (160°C fan) mark 4.
3. In a large bowl, beat together softened butter and caster sugar with an electric hand whisk until pale and fluffy.
4. Gradually beat in the egg, followed by the finely grated zest of ½ lemon.
5. Next, fold in self-raising flour, ½tsp ground ginger and the milk until smooth.
6. Divide among the tins, then cover each tin tightly with aluminium foil and put into a roasting tin.
7. Pour enough boiling water into the tin to come 2cm (¾in) up the sides of the moulds, then bake for 25min or until a skewer inserted in the centre comes out clean.
8. Leave to cool in tins for 5min, then run a cutlery knife around inside of tins to loosen. Turn out on to plates and drizzle over extra syrup, if you like. Serve immediately with custard or cream.



Chocolate Fondant

Method

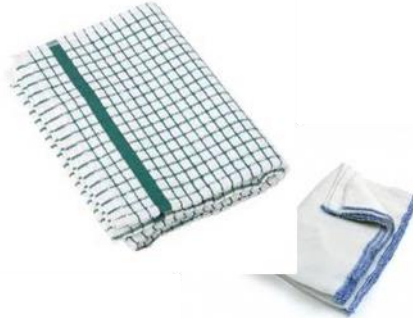
Ingredients

- **15g melted butter**
- **50g good-quality dark chocolate, chopped into small pieces**
- **50g butter, Butter , in small pieces**
- **50g golden caster sugar**
- **1 egg and 1 yolks**
- **50g plain flour**



1. First get your moulds ready. Using upward strokes, heavily brush the melted butter all over the inside of the pudding mould.
2. Place the mould in the fridge or freezer. Brush more melted butter over the chilled butter, then add a good spoonful of cocoa powder into the mould.
3. Tip the mould so the powder completely coats the butter. Tap any excess cocoa back into the jar, then repeat with the next mould.
4. Place a bowl over a pan of barely simmering water, then slowly melt the chocolate and butter together.
5. Remove bowl from the heat and stir until smooth.
6. Leave to cool for about 10 mins.
7. In a separate bowl whisk the eggs and yolks together with the sugar until thick and pale and the whisk leaves a trail; use an electric whisk if you want.
8. Sift the flour into the eggs, then beat together.
9. Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter.
10. Tip the fondant batter into a jug, then evenly divide between the moulds.
11. Heat oven to 200C/fan 180C/gas 6.
12. Place the fondants on a baking tray, then cook for 10-12 mins until the tops have formed a crust and they are starting to come away from the sides of their moulds. Remove from the oven, then leave to sit for 1 min before turning out.
13. Loosen the fondants by moving the tops very gently so they come away from the sides, easing them out of the moulds. Tip each fondant slightly onto your hand so you know it has come away, then tip back into the mould ready to plate up.

APPLE CHUTNEY- Equipment



Apple Chutney

INGREDIENTS

Ingredients

2oz (50g) butter
1 large onion chopped
2 dessert apples peeled, cored and diced
2 tbsp tomatoes, chopped
1 tbsp cider vinegar
1 tbsp sweet mincemeat (see separate recipe)
2 tsp dark brown muscovado sugar
salt and pepper



METHOD

- 1. Melt the butter in a saucepan and add the onions and cook for 10 minutes over a gentle heat.**
- 2. Add the apples and cook for 2 minutes. Then add the rest of the ingredients and simmer gently for 10 minutes.**

Crème Caramel

INGREDIENTS

80g sugar

2 free-range eggs

1 tsp vanilla extract

15g caster sugar

300mls full-fat milk



1. Pre-heat oven 150C/300F/Gas 2. Warm the ramekins in the oven, so they are warm when the caramel is poured in.
2. First make the caramel. Pour the sugar and six tablespoons of water into a clean stainless steel pan.
3. Dissolve the sugar slowly, stirring with a wooden spoon over a low heat.
4. When there are no sugar granules left, stop stirring and boil until the sugar turns a dark copper colour.
5. Remove immediately from the heat to ensure the caramel does not burn. Quickly pour the caramel into the warmed ramekins.
6. Set aside to cool and become hard. (Do not put in the fridge because the sugar will absorb moisture and go soft and tacky).
7. Once hard, butter the sides of the ramekins above the level of the caramel.
8. For the custard, whisk the eggs, vanilla extract and caster sugar together in a bowl until well mixed.
9. Pour the milk into a saucepan, gently heat over a low heat until you can still just dip your finger in for a moment, then strain the milk through a fine sieve onto the egg mixture in the bowl.
10. Whisk together until smooth, then pour the mixture into the prepared ramekins.
11. Stand the ramekins in a roasting tin and fill the tin half-way with boiling water from a kettle.
12. Cook in the oven for about 20-30 minutes or until the custard has set. Do not overcook the custard – check around the edges of the dishes, to make sure no bubbles are appearing.
13. Take the crème caramels out of the oven, remove the ramekins from the tray and set on a cooling rack. When cool, transfer to the fridge overnight so that the caramel is absorbed into the custard.
14. To serve, loosen the sides of the custard by tipping the ramekin and loosen with a small palette knife round the edges. Place a serving dish on top of the ramekin and turn upside down. Serve with pouring cream.

Piccalilli - Equipment



INGREDIENTS

salt to taste
200g cider vinegar
50g caster sugar
1 tsp ground turmeric
20g grated fresh root ginger
1 tsp mustard seeds
½ tsp cumin seeds
½ tsp coriander seeds
10g cornflour
1 tsp English mustard powder
50g radish
50g carrots
50g cauliflower
50g silver skin onions
50g sultanas
50g cucumber

Piccalilli

Method

1. Chop up the veg and fruit into small dices, peel and deseed if necessary. Rinse under a tap and place in a colander set over a bowl. Sprinkle with salt and leave, covered, until the sauce is made.
2. Bring the vinegar and sugar to the boil in a preserving pan.
3. Crush the turmeric, ginger, mustard seeds, cumin seeds and coriander seeds in a pestle and mortar.
4. Add the cornflour and mustard powder and a little of the heated vinegar and mix to form a paste.
5. Add the paste to the simmering vinegar and continue to cook for five minutes.
6. Add all the vegetables and fruit and put in sterilised jars



Stain glass biscuits

INGREDIENTS

175g plain flour
½ tsp bicarbonate of soda
1 tsp ground ginger
50g margarine
80g brown sugar
2 tbsp syrup
½ ,beaten egg
6 boiled sweets

METHOD

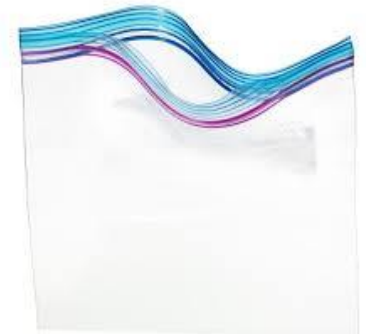
1. Heat the oven to 180°C fan/Gas Mark 5. Line a baking sheets with non stick baking paper.
2. Sift the plain flour, mix in the bicarbonate of soda and ground ginger.
3. Rub in butter with your fingers until it resembles fine breadcrumbs.
4. Then add the brown sugar, golden syrup and beaten egg.
5. Mix with your hand to form a ball.
6. Allow to rest for five minutes while you lightly crush the boiled sweets with the rolling pin.
7. Flour your work surface and the rolling pin, and roll out the dough to the thickness of a pound coin.
8. Using cutters such as Christmas trees, hearts and angels, cut out your biscuits.
9. With a smaller cutter or just with a knife, cut a small round hole in the centre of the biscuit.
10. Place on the lined baking sheet. Put a crushed boiled sweet in each little hole. If you want to hang the biscuits on the Christmas tree, use a straw to make a little hole near the top.
11. Bake for 10-12 mins until golden. Leave to cool and harden on the baking sheets because they will be soft to begin with, and the melted sweets very hot.
12. When cold and solid, thread ribbon through the little holes and tie.



Stain glass biscuits - Equipment



Choose 2



Choose 2