

Foods of the World and Preservation

Yr8 Recipes
2015-16



Pipe Rigate

Pipette Rigate

Gnocchi

Conchiglie
Rigate

Fisarmoniche

Orecchiette

Castellane

Mini Tortiglioni

Cellentani

Mezze Maniche
Rigate

Ruote

Gnocchetti Sardi

Mini Penne Rigate

Gemelli

Farfalle Tonde

Maccheroni

Penne (Vollkorn)

Mini Fusilli

Casarecce

Sedanini Rigati

Mezze Penne Rigate

Girandole

Garganelli

Flocchi Rigati

Sedani Rigati

Penne Lisce

Fusilli Bucati Corti

Riccioli

Farfalle

Tortiglioni

Penette Rigate

Fusilli Spirale

Torchietti

Farfalle

Rigatoni

Penne Rigate

Fusilli

Campanelle

Farfalle

What we are learning today?

- You will learn how to use the equipment safely.
- You will learn how to make a creamy, moist Cheesy Pea pasta bake.
- You will understand about the nutrients in the dish.

Keywords:

blender, strips, enrobe

Cheesy Pea pasta bake

INGREDIENTS

- 50g cooked pasta shapes
- 50g cheese
- 15g butter
- 15g plain flour
- 125ml milk
- Tomato/ herbs to garnish
- 20g frozen peas



METHOD

1. Place the fat, flour and milk into a sauce pan.
- 2. Turn the hob on to a medium heat.**
3. Take a balloon whisk and whisk the sauce constantly until it starts to thicken.
- 4. Reduce the heat and allow the sauce to simmer for 2 minutes.**
5. Stir in 75g of the cheese.
- 6. Turn on the grill.**
7. Take the precooked pasta and stir into the sauce and peas.
- 8. Mix thoroughly.**
9. Place into an oven proof dish.
- 10. Sprinkle the remaining cheese over the top of the sauce and herbs if used.**
11. If using tomato, slice thinly and place on top of the pasta sauce.
- 12. Place under the grill.**
13. Allow the cheese to melt and go golden brown.

Cheesy pasta bake Equipment



FRUIT



apple



apricot



avocado



banana



blackcurrant



blackberry



blueberry



cherry



coconut



fig



grape



kiwi(fruit)



lemon



lime



lychee



mango



nectarine



orange



papaya



passion fruit



peach



pear



pineapple



plum



quince



raspberry



strawberry



watermelon

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

Tortilla toasties

Ingredients

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

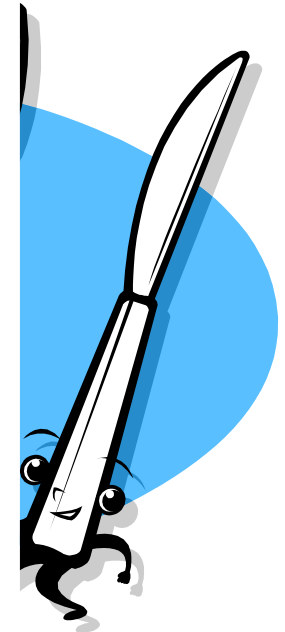
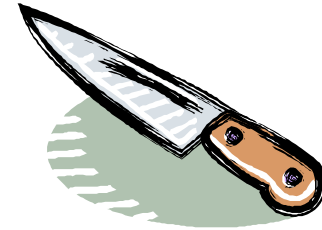


Method

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.

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

Tortilla toasties EQUIPMENT



[..\COVER\tortilla toasties
ppt.ppt](#)

FRUIT



apple



apricot



avocado



banana



blackcurrant



blackberry



blueberry



cherry



coconut



fig



grape



kiwi(fruit)



lemon



lime



lychee



mango



nectarine



orange



papaya



passion fruit



peach



pear



pineapple



plum



quince



raspberry



strawberry



watermelon

What we are learning today?

- You will learn how to use the equipment safely.
- You will learn how to make a crunchy, moist chicken strips
- You will understand about the nutrients in the dish.

Keywords:

blender, strips, enrobe

Crunchy chicken strips

Ingredients

1 slice of bread
1 small skinless
chicken breast
1 tsp dried mixed
herbs
Black pepper
15g margarine



Method

1. Preheat the oven to 180°C
2. Whizz bread into crumbs in a blender
3. Put bread crumbs in a mixing bowl, use a wooden spoon to stir in the herbs and a good pinch of black pepper.
4. Carefully melt the spread in a microwave or saucepan
5. Put the chicken on a chopping board and slice into strips
6. Brush each one with the melted butter
7. Dip the chicken into the breadcrumbs and pat down until both sides are evenly coated, place on a baking tray
8. Wash hands after touching raw meat
9. Place in the oven for about 20 mins
10. Check to see if cooked by cutting in to it and see if the juices run clear.

Crunchy chicken strips

Equipment



What we are learning today?

- You will learn how to use the equipment safely.
- You will learn how to make a scone based pizza
- You will understand about the nutrients in the dish.

Keywords:

'Rub in', sieve, spread, sprinkle

Cheese and Tomato Pizza EQUIPMENT

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Scone based Pizza

Ingredients

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

Pinch of salt

1 teaspoon milk powder

25g margarine

60ml cold water

1 dst spoon tomato puree

1 tbl spoon chopped
tomatoes

Choice of toppings

25g grated cheese

Pinch of oregano

Method

1. Sieve flour into a bowl, add salt and milk powder.
2. Rub fat into flour to make breadcrumbs.
3. Add water to make a soft dough.
4. Press dough into a circle and place into the baking tray.
5. Spread puree onto base and add tomatoes.
6. Add toppings to pizza and sprinkle with cheese.
7. Sprinkle a pinch of oregano over the top of the pizza.
8. Place on a baking tray and bake for **20-25mins** on Gas 6 / 200°C

FRUIT



apple



apricot



avocado



banana



blackcurrant



blackberry



blueberry



cherry



coconut



fig



grape



kiwi(fruit)



lemon



lime



lychee



mango



nectarine



orange



papaya



passion fruit



peach



pear



pineapple



plum



quince



raspberry



strawberry



watermelon

GARLIC BREAD TOASTIES

INGREDIENTS

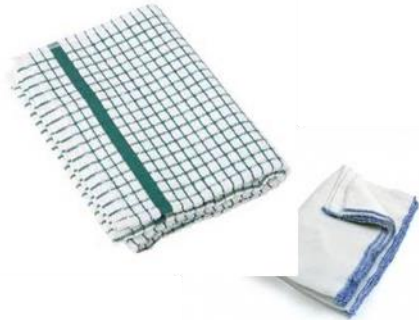
- 15 g margarine
- 1 garlic cloves, crushed
- 1 tsp finely chopped parsley
- 2 slices farmhouse white loaf
- 30g Co-op British mature
- 1 small tomatoes, thinly sliced
- 3 pickled onions in vinegar, drained and thinly sliced



METHOD

1. Mix the butter, garlic and parsley in a small bowl until smooth
2. Preheat the oven to 150°C/fan 130°C/gas 2
3. Spread the butter mixture over both sides of each slice of bread
4. Place a large, nonstick frying pan over a medium heat
5. Add the bread in batches and cook for 1 minute on each side, or until light golden
6. Reduce the heat to medium-low
7. Layer a slice of toast with a quarter of the cheese, tomato and pickled onions, then season
8. Top with another slice of toast, transfer to the pan and cook for 2 mins on each side, until the cheese has melted and the bread is golden
9. Repeat to make three more toasties, transferring to the oven to keep warm while you cook the others
10. Slice the toasties diagonally and serve with the salad on the side

GARLIC BREAD TOASTIES- EQUIPMENT



What we are learning today?

- You will learn how to make a batter.
- You will learn how to make a golden, crisp and savoury toad in the hole
- You will understand about the nutrients in the dish.

Keywords:

Whisk, beat, bake, batter

Toad in the Hole

Ingredients

Salt and pepper
50g plain flour
¼ level teaspoon salt
1 egg
100ml milk
1 dst spoon oil
2 sausages

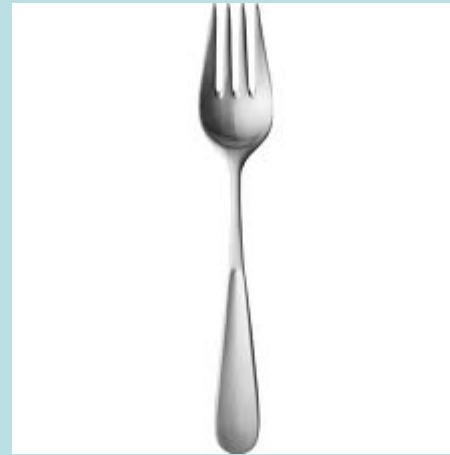
Method

1. Put the sausages and oil in a foil container and place on a baking tray in the oven
2. Place flour and salt in bowl, make a well in the middle.
3. Add the egg and a little of the milk in the centre of the flour and beat well until smooth.
4. Add the rest of the milk a little at a time and beat well.
5. When the oil is hot and the sausages have started to brown, pour the batter into the dish.
6. Bake for **20mins** on **Gas 7 / 220°C** until golden brown and serve with mash.

https://www.youtube.com/watch?v=_NpPpPf8e24

<http://www.videojug.com/film/how-to-make-toad-in-the-hole>

Toad in the hole equipment



What we are learning today?

- You will learn how to use the equipment safely.
- You will learn how to make an attractive and appetising Spicy Bean Wraps
- You will understand about the nutrients in the dish.

Keywords:

Peel , Chop, Slice, Fry, Wrap, Grate

Spicy Bean wraps equipment



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Spicy Bean wraps

Ingredients

1 slice of bread
200g mixed beans
¼ onion
1 teaspoon ground chilli powder
1 teaspoon dried herbs
Little oil
1 tortilla wrap



Method

1. Put the bread in the food processor until it resembles breadcrumbs. Place into a bowl.
2. Peel the onion and rinse the red kidney beans.
3. Add the chilli powder and herbs to the bean mixture and blitz in the food processor to form a thick paste-like mixture.
4. Place the bean mixture in with the breadcrumbs and mix everything together thoroughly.
5. On a lightly floured chopping board, divide and shape the bean mixture into 4 small patties.
6. Fry the patties for 8mins, turning over half way through.
7. Serve in wrap



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



melette



Muesli



Porridge



poached egg



weetabix



breakfast wrap



Granola



yoghurt



toast



shreddies



sausage sandwich



coco pops



croissants

What we are learning today?

- You will learn how to use the hob safely and what simmering is.
- You will learn how to make an attractive and mouth watering Mushroom Risotto.
- You will understand about the nutrients in the dish.

Keywords

Vegetarian, risotto, slice, weighing,
simmer, rice, alborio

Mushroom Risotto

Ingredients

100g mushrooms

1 dst spoon oil

50g long grain rice

½ onion

250ml water

½ stock cube

Salt and pepper

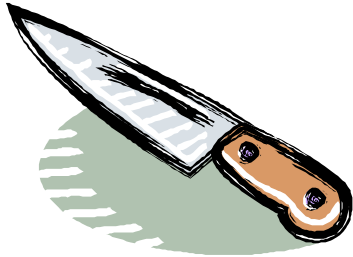
1 dst spoon Worcester sauce

Method

1. Slice and fry the mushrooms.
2. Remove the mushrooms from the pan and add the onion and rice. Fry for 2mins.
3. Add the water, stock cube, salt pepper, Worcester sauce and simmer for 12mins until the rice is tender and the water has been absorbed.
4. Stir in the mushrooms and heat thoroughly.



Mushroom risotto equipment



<https://www.youtube.com/watch?v=aJf1dxL6G2Y>

What we are learning today?

- You will learn how to use the oven safely and weigh ingredients accurately.
- You will learn how to make attractive, mouth watering Apple Oat biscuits.
- You will understand how to use an electric hand held mixer.

Keywords

weighing, baking, mixing, bramble

Apple Oat biscuits

Ingredients

60 g margarine
50g brown sugar
½ egg
120g plain flour, sifted,
80g rolled oats
1/4 Tsp baking powder,
1 Bramley apple,



Method

- Preheat oven to 160C.
- Line a large baking trays with baking paper.
- Using an electric mixer, beat the butter and sugar until pale and creamy.
- Crack the egg into a jug and mix with a fork.
- Add egg and beat well.
- Peel and grate the apple.
- Fold through flour, oats, baking powder and apple.
- Roll the mixture into 6 balls.
- Place on the prepared baking trays and press down slightly- leave a gap in between each one.
- Bake for 30-35 mins, until golden. Cool on wire racks.

Apple oat Biscuits



BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



SOYBEAN

What we are learning today?

- You will learn how to use the hob safely and what simmering is.
- You will learn how to make an colourful and succulent Mediterranean Pasta bake.
- You will understand about the nutrients in the dish.

Keywords

Vegetarian, Mediterranean, chop,

Greek lamb macaroni bake

Equipment



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Greek lamb macaroni Bake

- 1 tbsp olive oil
- ½ large onion, chopped
- 1 garlic cloves - crushed
- 100g lean lamb mince
- ½ tsp ground cinnamon
- 1 beef or lamb stock cube
- ½ 400g can chopped tomatoes
- 1 tsp dried oregano
- 100g macaroni
- 75g ricotta cheese
- 20g cheddar cheese, grated
- 20ml milk



Method

1. Heat oven to 200C/180C fan/gas 6.
2. Peel, chop onion and garlic
3. Heat the oil in a large pan, add the onion and cook for 10 mins until soft.
4. Add the garlic and cook for 1 min more, then tip in the lamb mince, turn up the heat and brown, breaking up the mince with a wooden spoon.
5. Once the lamb is browned, add the cinnamon, crumbled stock cube, tomatoes and oregano.
6. Stir well and simmer for 15 mins, covered, then for 15 mins, uncovered, until the sauce has thickened and the tomatoes have cooked down.
7. Meanwhile, cook the macaroni by boiling for 10 mins - Drain well.
8. Mix together the ricotta, most of the grated cheddar and the milk with plenty of seasoning, and stir into the macaroni.
9. Tip the mince into a foil baking dish, top with the macaroni mixture, and scatter over the remaining grated cheese.
10. Bake for 20 mins until golden and bubbling.



Bacon sandwich



Beans on toast



Boiled egg pancakes



bran flakes



cinnamon crunch



cornflakes



Eggs benedict omelette



egg and bacon



Eggs in a basket



egg muffin



fruit



Muesli wrap



Porridge



poached egg



weetabix



breakfast



yoghurt



toast



shreddies



sausage sandwich



coco pops



croissants

What we are learning today?

- You will continue to learn how to use the hob safely and what simmering is.
- You will learn how to make an soft and spicy Sausage Curry.
- You will understand about the nutrients in the dish.

Keywords

Vegetarian, Curry, slice, weighing,
simmer,

SAUSAGE CURRY

EQUIPMENT



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Sausage Curry

Ingredients

2 sausages
1 tbl spoon oil
½ onion
½ apple
1 teaspoon curry powder
½ teaspoon ground ginger
125ml water
1 teaspoon tomato puree
1tbl spoon mango chutney
Salt and pepper

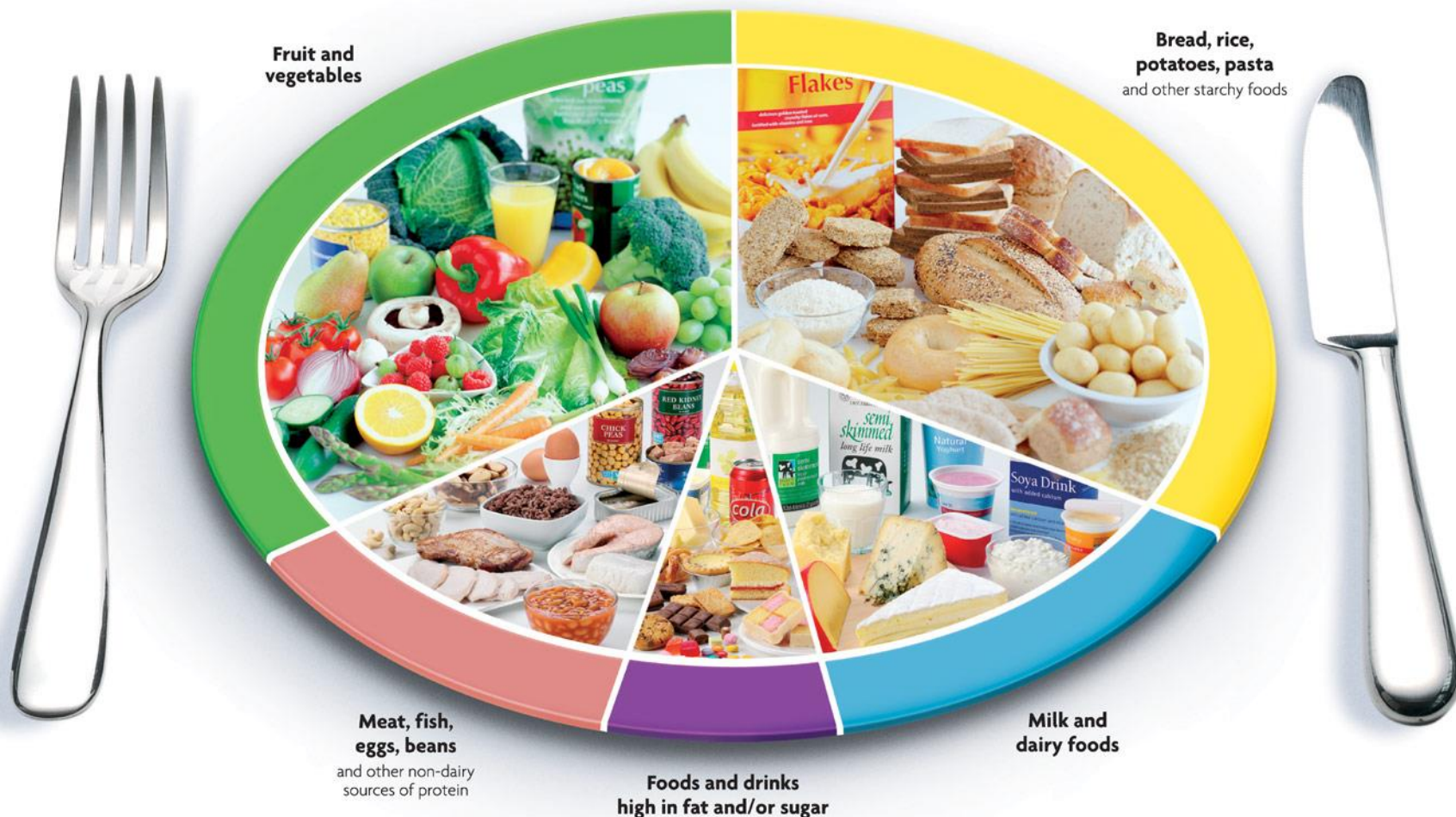
Method

1. Fry sausage in the oil until brown. Remove the sausages.
2. Peel, chop and fry the onion and apple with the curry powder and ginger.
3. Add the water, puree, chutney, salt and pepper.
4. Add the sausages, bring to the boil and simmer for 20min.
5. Serve with boiled rice or in a baked potato.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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

What we are learning today?

- You will learn how to make shortcrust pastry
- You will learn how to make an moist, aromatic Homnity Pie.
- You will understand about the nutrients in the dish.

Keywords

Cube, "rubbing in", gradually, grate, seasoning

Hommy Pie

EQUIPMENT



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Hommitry Pie (Short crust Pastry)

Ingredients

100g plain flour (8 tbl spoons)

Pinch of salt

25g margarine

25g lard

Cold water to mix (approx 4
teaspoons)

2 eggs

125ml milk

50g cheese

Salt and pepper

Method

1. Place flour and salt in a bowl. Cut lard and margarine into small pieces.
2. Rub the fat into the flour. **Do not over-rub the mixture.**
3. Add enough water to make a firm, smooth dough. Knead very lightly until smooth.
4. Roll into a circle, slightly bigger than the flan dish and carefully line the dish.
5. Mix the eggs, milk, cheese, salt and pepper together. Pour the mixture into the flan case.
6. Bake for **25-30mins** on **Gas 6 / 200°C** until golden brown.



Bacon sandwich



Beans on toast



Boiled egg



bran flakes



cinnamon crunch



cornflakes



pancakes



Eggs benedict



egg and bacon



gs in a basket



egg muffin



fruit



omelette



Muesli



Porridge



poached egg



weetabix



breakfast wrap



Granola



yoghurt



toast



shreddies



sausage sandwich



coco pops



croissants

What we are learning today?

- You will learn how to make shortcrust pastry
- You will learn how to make crisp and crumbly Mini quiches.
- You will understand about the nutrients in the dish.

Keywords

Coagulate, shortcrust

Mini Quiches



INGREDIENTS

100g plain flour (8 tbl spoons)

Pinch of salt

25g margarine

25g lard

Cold water to mix (approx 4 teaspoons)

FILLING

1 egg

100ml milk

25g cheese

Salt and pepper

3 slices pepperoni

½ tomato chopped

- <https://www.youtube.com/watch?v=GtY3b6oXQ5g>

Method

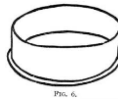
1. Place flour and salt in a bowl. Cut lard and margarine into small pieces.
2. Rub the fat into the flour. **Do not over-rub the mixture.**
3. Add enough water to make a firm, smooth dough. Knead very lightly until smooth.
4. Roll into a circle, carefully cut circles to line the patty tin.
5. Mix the eggs, milk, cheese, salt and pepper together in a jug.
6. Prepare any other flavourings
7. Pour the mixture into the cases.
8. Bake for **15- 20 mins** on **Gas 6 / 200°C** until golden brown.

Mini Quiches

EQUIPMENT



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Kitchen Utensils



Cookie cutter



Cutting board



Measuring cups



Pot



Rolling pin



Whisk



Frying pan



Knife



Pot holder



Wooden spoon



Pie plate



Cookie sheet



Grater



Measuring spoons



Oven mitt



Strainer



Serving spoon



Muffin tin



Bowls



Casserole dish



Soup ladle



Roasting pan



Can opener



Spatula



Apron



Ice cube tray



Potato masher



Peeler

What we are learning today?

- You will continue to learn how to make shortcrust pastry
- You will learn how to make crisp and crumbly Sausage Rolls.
- You will understand about the nutrients in the dish.

Keywords

Fruity, finger tips, cool

Sausage Rolls - Equipment



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Sausage Rolls (Ready made Short crust Pastry)

Ingredients

200g ready made short crust pastry

3 sausages

+ *Optional extras- choose 1 or 2 of the following:*

2 tbsp stuffing

1 tbsp Chopped tomatoes

1 tbsp Chopped onions

29g grated cheese

2 tsp mustard

½ tsp chilli powder

2 tsp Herbs/spices

Method

1. Pre heat the oven 200°C
2. Skin sausages, place meat into a bowl
3. add extra flavourings and mix well with a fork
4. Roll pastry out so it is about the size of A4 paper
5. Place your filling down the centre
6. Glaze edges and fold them over the meat
7. Mould with hands, so that meat is even in the pastry
8. Cut into rolls of even size.
9. Place on a greased baking tray
10. Brush tops with egg wash
11. Bake for **25-30mins** on Gas 6 / 200°C

BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



SOYBEAN

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 and marg 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



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

SENSORY WORDS

TASTE	TEXTURE	APPEARANCE	AROMA/ODOUR
SALTY	WET	FLAT	STALE
PEPPERY	HARD	FATTY	BURNY
SPICY	DRY	CRUMBLY	MUSTY
MILD	SOGGY	LUMPY	STRONG
JUICY	SOFT	GOLDEN	SAVOURY
COOL	MOIST	ROUND	SWEET
FRESH	GOOEY	GREASY	FLORAL
BLAND	WRM	CREAMY	YEASTY
SHARP	CRUNCY	FLUFFY	PUNGENT
STRONG	TOUGH	CLOUDY	FRUITY

What we are learning today?

- You will learn how make a savoury crumble.
- You will learn how to make a fragrant, meaty and crunchy dish
- You will consolidate your rubbing in skills

Keywords

Savoury, crumble, rubbing in

HAM AND LEEK CRUMBLE

Ingredients

80g cooked ham
100g
can sweetcorn
1leek
10g unsaturated fat spread
10g plain flour
85ml semi-skimmed milk
85ml water
10g mature Cheddar cheese
½ x 5ml spoon French mustard
½ tsp dried herbs
60g frozen peas
Black pepper (optional)

Crumble topping

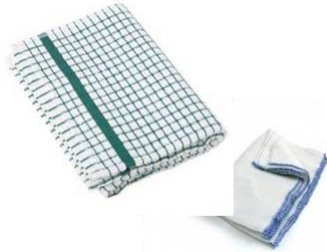
60g wholemeal flour
20g unsaturated fat spread
2 x 5ml spoons cold water
35g breadcrumbs
35g mature Cheddar cheese
½ x 5ml spoon dried thyme OR 1
x 5ml spoon fresh thyme

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Tear the ham into bite-sized chunks and place in a bowl.
3. Open the can of sweet corn, drain, and add to the ham.
4. Top and tail the leeks and peel off and discard the outer layer. Slice partway from the top of the leeks down and rinse under water to remove any dirt. Slice the leeks in half lengthways, then across into semicircles about 2cm thick.
5. Fry the leeks gently in the melted spread
6. Sprinkle the flour over the leeks and stir to combine – it will look lumpy at this stage. Cook for 2 minutes, stirring gently so that it doesn't burn.
7. Add the milk gradually to the leeks
8. Add the grated cheese, mustard, washed chopped herbs, ham chunks, sweet corn, frozen peas and add black pepper to taste
9. Pour the mixture into the ovenproof dish.
10. Make the crumble topping, add the flour into a bowl. Cut the spread into roughly 2cm chunks and rub into the flour to form fine crumbs. Add the water to help it clump together. Stir in the breadcrumbs and grate in the cheese. Then add the thyme and combine well.
11. Sprinkle the crumble topping over the ham and leek mixture.
12. Using the oven gloves, place the crumble into the preheated oven and bake for 25 minutes until golden brown and bubbling around the edges.

HAM AND LEEK CRUMBLE EQUIPMENT

- Weighing scales
- Chopping board
- Sharp knife
- Small mixing bowl x 2
- Colander
- frying pan
- Wooden spatula
- Measuring jug
- Grater
- Foil tray



X 2



What we are learning today?

- You will learn how to prepare a chilli parcel
- You will learn how pulses can play a part in your diet
- Learn how to roll up a Tortilla/wrap

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Wrap, roll, pulse, tortilla

Chilli Parcel

Ingredients

¼ onion
1 clove garlic
1 dst spoon oil
Small piece of pepper
½ carrot
1 tbl spoon red kidney beans
¼ tin tomatoes
1 tbl spoon sweetcorn
½ teaspoon chilli powder
100ml water
1 pitta bread / tortilla wrap
25g grated cheese

Method

1. Peel and finely chop all of the vegetables.
2. Fry onion and garlic in the oil for 2mins.
3. Add the pepper and carrot and fry for 2mins.
4. Add the remaining ingredients and stir well.
5. Bring to the boil and simmer 15mins until vegetables are tender. Stir occasionally.
6. Place inside a pitta bread or parcel up in a tortilla.
7. Sprinkle with cheese and place in a hot oven until the cheese melts.

Chilli Parcels

EQUIPMENT



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What we are learning today?

- You will learn how to prepare a corned beef hash
- You will learn tinned meat can be used for an economic meal
- Learn how to mash potato

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Mash, corned beef, pulses

Corned beef hash

Ingredients

200g mashed potato
½ Tin Corned Beef
½ Tin Baked Beans
½ Onion finely chopped.
1 Dsp Tomato Ketchup
Knob of butter
Cheese grated



Method

1. Pre heat the oven to 180°C
2. Peel and chop potato.
3. Cook your potatoes with a pinch of salt and once cooked mash well.
4. Fry the finely chopped onion on a medium heat with the butter, fry for about 5 minutes or when they are turning a golden colour and softening.
5. Meanwhile, open the corned beef tin
6. Chop the corned beef roughly and crumble into the dish. When the onion is ready pour over the top of the corned beef.
7. Then pour the tin of baked beans over the top, a squirt of marmite or ketchup or even both and mix thoroughly.
8. Once evenly mixed give a quick flatten with the back of your spoon and dollop the mash potato on top!
9. with a fork spread the potato and add texture,
10. Grate some cheese on top,
11. Bake on the middle shelf for roughly half an hour until the top has started to crisp.

Corned beef hash Equipment



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

What we are learning today?

- You will learn how to prepare spring onion and potato cakes
- You will learn how to test whether a potato is cooked or not.

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Onion, Boil, Fold, Ring mould

Potato & Spring Onion Cakes

Equipment






























Potato & Spring Onion Cakes

- 500g 'Salad' variety (Charlotte, Maris Peer and Anya are all good for this)
- 2 -3 medium sized spring onions, chopped small (you can use chives also)
- 1 tsp butter
- Milled pepper and salt



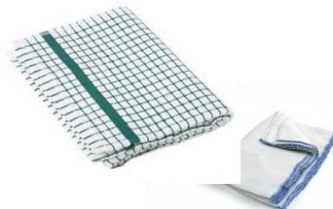
1. Pre-heat the oven to 180c
2. Start by washing the potatoes under cold running water to remove any dirt, but no need to peel these, the skin is where a lot of the flavour is.
3. Cut the potatoes in half, and place in a saucepan to boil with just enough cold water to cover them, allow fifteen minutes for them to cook. Test them with a small knife, and once they are soft drain well in a colander.
4. Place the potatoes back in the pan and dry them out on the hob for a further thirty seconds. With the side of a fork, break them up slightly. You don't want to mash these; they just want to look like very lumpy mashed potato.
5. Finely chop spring onions
6. Now fold in the butter, spring onion and salt and pepper to taste.
7. While still warm, press this mix into a ring mould of your choice, about 2 cm deep remove the ring and repeat this until all the potato has been used.
8. Place the potato cakes in the oven for 10 – 15 minutes on a baking tray, to crisp up the outer edges and enjoy as they are or maybe with a poached egg for lunch or part of a main meal.

				
Chocolate cake	Cheesecake	Ice cream cake	Cup cakes	Christmas cake
				
Pavlova	Croquembouche	Eccles cake	Chiffon cake	Genoa cake
				
Snow ball cake	Jaffa cake	Lamingtons	Muffins	Pineapple upside down cake
				
Fruit cake	Fondant cake	Angel cake	Apple cake	Battenberg cake
				
Birthday cake	Black forest gateaux	Brownie	Chocolate mousse cake	Coconut cake
				
Layer cake	Pound Cake	Tiramisu	Swiss roll	Red velvet cake

Rice salad Equipment



Tablespoon



Rice salad

Ingredients

sea salt and freshly ground black pepper

- 100g pre-mixed long grain and wild rice
- a few sprigs of fresh basil
- a few sprigs of fresh mint
- a few sprigs of fresh flat-leaf parsley
- 50g jarred roasted red peppers in water or vinegar
- 1/2 a fresh red chilli
- 6 tablespoons of extra virgin olive oil
- 1 lemon
- 1 tbsp sweet corn (optional)

Method

1. Bring a large pan of salted water to the boil
2. Add the rice and cook it until soft and most of the water is absorbed
3. Once cooked, drain the rice in a sieve
4. Spread it out on a tray to help it cool down quickly
5. Meanwhile, pick all the basil, mint and parsley off the stalks.
6. Finely chop the peppers and halve, deseed and finely chop your chilli
7. Put 3 tablespoons of extra virgin olive oil into a jug
8. Add a pinch of sea salt and freshly ground black pepper
9. Squeeze in the juice of 1 lemon
10. Mix well;
11. Put your cooled rice into a mixing bowl
12. Finely chop your herb leaves and add them to the bowl, together with the peppers and chilli
13. Zest over your lemon
14. Add 4 tablespoons of your dressing and toss together to mix well
15. Taste, add salt and pepper if you think it needs it, and serve



Cheese and sausage filo rolls- Equipment



?



Cheese and sausage filo rolls

- 3 sheets Filo pastry
- Pinch of salt
- $\frac{1}{4}$ of onion
- 2 sausages
- 50g cheese
- Tsp Flavouring of choice
- 20g Melted butter



1. Turn your oven on 200°C
2. Finely chop onion and place in a bowl.
3. Grate the cheese, add cheese, add to bowl
Skin the sausages
4. Brush 1 filo sheet with butter. Lay a second sheet on top, brush with butter, then top with a third filo sheet.
5. Halve the filo stack lengthways. Place 2 heaped tablespoons potato mixture along the shorter edge.
6. Fold in sides, roll up into a spring roll shape.
7. Repeat with remaining filo pastry and potato to make 4 parcels.
8. Brush the tops with egg wash and prick with a fork.
9. Bake for 25-30mins on Gas 6 / 200°C until golden brown.



Broad Beans



Chick Peas



Puy Lentils



Organic Quinoa



Kidney Beans



Yellow Split Peas



Cannellini Beans



Red Lentils



Soybeans



Black Eyed Peas



French Beans



Moong Dahl



Pinto Beans



Soup Mix



Mung Beans



Green Lentils



Black Beans



Split Peas



Marrowfat Peas



Azuki Beans

What we are learning today?

- You will learn how to prepare a Mexican bake

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

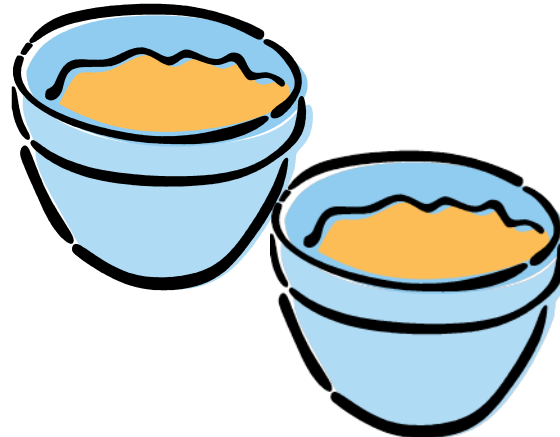
Keywords

Mexican,

Equipment for Speedy Mexican Bake



?



Speedy Mexican Bake

Ingredients

- 200g mixed beans - from a can
- 200g chopped tomatoes
- ½ small onion, chopped
- 1 garlic, crushed
- ½ tsp cumin
- ½ tsp mild chilli powder
- ½ tsp paprika
- ½ cayenne pepper
- 2 tortillas
- 60 g of cheddar cheese

1. Heat oven to 180C/160C fan/gas 4

2. Heat a non-stick frying pan, add the garlic, onions, mixed beans and spices, stir together and fast fry for 1-2 mins.

3. Add the tomatoes and simmer over a low heat for 10 mins to let the flavour infuse. This will become your filling.

4. Quarter the tortillas.

5. Get a baking tray of roughly 20cm by 10cm size – place near the pan. Then grate the cheese.

6. Once the filling is cooked, spread a 2cm layer across the base, followed by a third of the cheese and a layer of tortillas.

7. Repeat the process again.

8. Use the remaining cheese to sprinkle over the top.

9. Bake for approximately 15minutes.

What we are learning today?

- You will learn how to prepare suet pastry
- You will learn how to bake a jam roly-poly

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Suet, roly-poly, fat

BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



SOYBEAN

Jam Roly Poly

Ingredients

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

Pinch of salt

50g suet

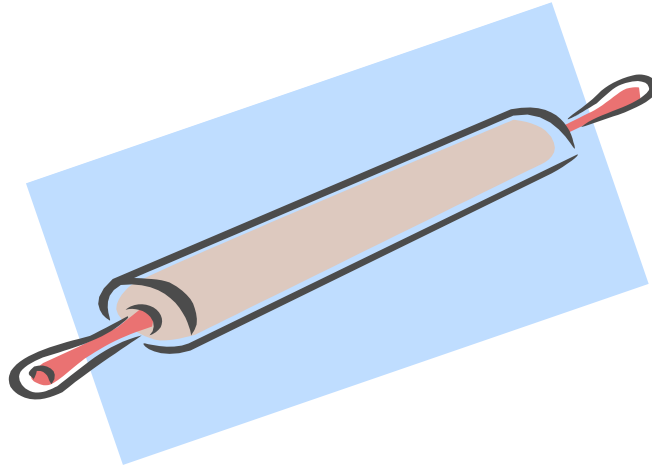
Cold water to mix




























1 – 2 tbl spoons jam or syrup

Method

1. Mix flour, salt and suet in a bowl.
2. Add enough cold water to make a pliable dough.
3. Roll out the pastry on a floured surface into a rectangle shape.
4. Spread with jam or syrup to within 2cm from the edge.
5. Roll the pastry up and place into a foil container, seam side down.
6. Bake for **25-30mins** on **Gas 6 / 200°C**

Jam Roly Poly - Equipment



				
Chocolate cake	Cheesecake	Ice cream cake	Cup cakes	Christmas cake
				
Pavlova	Croquembouche	Eccles cake	Chiffon cake	Genoa cake
				
Snow ball cake	Jaffa cake	Lamingtons	Muffins	Pineapple upside down cake
				
Fruit cake	Fondant cake	Angel cake	Apple cake	Battenberg cake
				
Birthday cake	Black forest gateaux	Brownie	Chocolate mousse cake	Coconut cake
				
Layer cake	Pound Cake	Tiramisu	Swiss roll	Red velvet cake

What we are learning today?

- You will learn how to prepare chocolate chip muffins using the rubbing in method
- You will learn how to make light, fluffy, chocolatey muffins
- **Keywords**
Rubbing in method, beat, pour

Chocolate Chip Muffins



Ingredients

100g S.R. flour (4 tbl spoons)
100g sugar
50g margarine
1 egg
75ml milk and water mixed together
2 drops vanilla essence
25g chocolate chips
10g cocoa powder (optional)



Method

1. Place flour 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, add the sugar and cocoa powder.
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



© Cooking4theFamily

Stollen
(S)



Panettone
(S)

Baguette



Farmhouse
Loaf

Pumper
-nickel



Brioche
(S)

Bagel
(B)



Tortilla

Hot Cross
Buns (S)



Doughnut
(S)



Pretzel
(B)

Grissini



Corn
Bread

Sour Dough



Pitta
Bread



Chapatis

Ciabatta



Focaccia

Crumpets

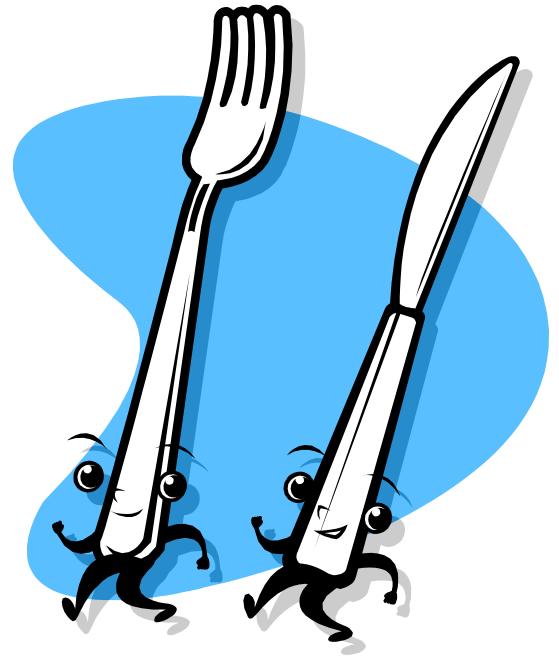


Soda
Bread



Chelsea
Bun (S)

Bread Buns - Equipment



Bread Buns

Ingredients

200g strong white flour
(8 tbl spoons)
½ packet yeast
1 teaspoon salt
1 teaspoon sugar
1 dst spoon milk powder
15g margarine
125ml warm water

Method

1. Place flour, salt, milk powder and yeast into a bowl. Rub fat into flour.
2. Mix to a soft dough with water, using a round bladed knife.
3. Turn onto a floured board and knead for 10mins.
4. Cut into 4 equal pieces and shape into buns.
5. Place onto a greased baking tray, cover with a plastic bag and leave in a warm place to double in size.
6. Remove plastic and bake for 15mins on Gas 8 / 230°C until golden brown.

Put the flour, yeast and the salt into a large bowl and add enough of the water to make a soft but not sticky



<https://www.youtube.com/watch?v=P9s1O2gQcOU>

Knead well for 10 minutes



<https://www.youtube.com/watch?v=ySOj0fFWo1U>

Divide the mixture into 4-6 equal portions,



BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



SOYBEAN

What we are learning today?

- You will learn how to make cheesy pin wheels
- You will learn how to make golden, chewy, soft tangy cheese pinwheels
- You will learn how cream thickens



Keywords
pin wheels, twirls, grate

Bread Based Cheesy Pin Wheels

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 kneed for 10mins.
4. Roll into a square 25cm x 25cm.
5. Spread with tomato puree and sprinkle with cheese.
6. Roll it up like a Swiss roll, cut into 9 equal sections and 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.

Cheesy Pinwheels - Equipment



BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



SOYBEAN

What we are learning today?

- You will learn how to make Mince beef hot pot
- You will learn how to dry fry mince, soften onions and blanche potatoes
- Keywords
blanche, dry fry, soften, translucent



Mince Beef Hot Pot



Ingredients

100g minced beef
1 large potatoes
150mls stock
½ large onion
1 carrots
½ tbsp tomato puree and
½ tbsp ketchup, or 2 tbsp
ketchup
½ tsp mustard.
Dash worcestershire
sauce
A little butter
Salt and pepper

Method

1. Pre-heat the oven to 180c/350F.
2. Peel and slice the potatoes, about half a centimetre thick.
3. Put them in some water, bring to the boil and simmer for about 5 minutes.
4. While they're simmering peel and chop the onion and the carrots fairly small and set aside.
5. When the potatoes are done, drain them and set them aside too.
6. Thoroughly brown the mince, with onion and carrots in the same pan.
7. Make stock
8. Add the mustard, tomato puree and/or ketchup, a few splashes of Worcestershire sauce, salt and pepper and stock.
9. Fry it for a couple more minutes, stirring well so that the flavour is evenly distributed.
10. Put the meat mixture into the oven dish and top with the sliced potato, overlapping so that it's evenly covered. Sprinkle with a pinch of salt and dot it evenly with butter. You don't need loads, just enough to moisten the potato.
11. Now it goes in the oven for about 30 minutes or so, the potato will be nicely browned.

Beef Hot Pot -Equipment



What we are learning today?

- You will learn how to make lasagne
- You will learn how make a quick creamy sauce

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

fry, boil, grate, lasagne

DATE:

STARTER:

Look around the room, how many things can you see that start with the letter:

“T”

BOMBAY POTATOES



Ingredients

- 2 tbsp oil
- ¼ tsp mustard seeds
- pinches of chilli powder
- ¼ tsp turmeric powder
- 150g potatoes,
- Salt to taste
- 150 mls boiling water
- ½ vegetable stock cube

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. Make stock and pour onto potatoes
10. Bring to the boil and simmer
11. Cover the pan and on a low heat, cook the potatoes until tender and all liquid has been absorbed.

BOMBAY POTATOES EQUIPMENT



TSP



Cakes and Desserts



Sticky Topped Ginger Cake- Equipment



Sticky Topped Ginger Cake

Ingredients

Topping

- 10g butter
- 1/2 tbsp. soft brown sugar
- 1/2 tbsp golden syrup
- 3 glace cherries - chopped
- 25g stem ginger - chopped

Cake

50g SR flour

- 1/2 tsp baking powder
- 1 tsp ground ginger
- 50g caster sugar
- 50g soft margarine
- 1 eggs



Method

1. Preheat oven to Gas 5/190C. Place foil tray on baking tray.

2. Topping - put butter, brown sugar, syrup into a small bowl and microwave for 1 min. until melted. Chop the cherries into 4 pieces. Add the cherries and stem ginger, pour into the base of the foil tray.

3. Crack the egg into a measuring jug and beat with a fork. Now prepare the cake by mixing all the ingredients together in a large mixing bowl using an electric mixer to cream together until light and fluffy.

4. Carefully pour the cake mixture over the topping in the foil tray

5. Bake for 20 - 25 mins until firm to touch.

6. Turn out whilst still warm and leave to cool

What we are learning today?

- We are learning how to prepare Mini Lemon drizzle cakes
- We are consolidating our 'whisking' skills

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Hand whisk, leave trail, aerate, drizzle

Lemon Drizzle Cake- Equipment



Lemon Drizzle Cake

Ingredients

- 100g margarine
- 100g caster sugar
- 2 eggs
- 100g plain flour
- 1 tsp baking powder
- 1 lemon

Topping

- 50g sugar - topping

Method

1. Pre-heat oven to Gas 5/190C
2. Crack eggs into a jug and mix with a fork
3. Place margarine, sugar, eggs, baking powder and P flour into a large mixing bowl
4. Add the grated zest of either 1 lemon
5. Using an electric mixer cream together all the ingredients until light and fluffy
6. Place the mixture into a foil tin
7. Bake 25-30 mins until well risen and springy to touch
8. Make the topping by mixing together the sugar and enough fresh juice, then heat until sugar dissolves.
9. Drizzle over the warm cake
10. Leave to set



Lemon Drizzle Cake- Equipment



Tiramisu

Ingredients

200g mascarpone cheese
15g caster sugar
1 egg
3 heaped tsp coffee
200ml hot water
10 Italian sponge fingers
Cocoa powder for decoration



1. Make a jug of coffee with hot water and coffee and allow to cool
2. **Separate egg. Be careful because if you get yolk into whites it will not whisk!**
3. Place egg yolks, soft cheese and sugar into a large bowl and whisk until evenly blended
4. **In separate bowl whisk the egg whites until they are at stiff peaks**
5. Fold cheese mix into the egg whites gently and quickly
6. **Pour a little coffee onto a plate and soak it**
7. Then layer the cheese mix then the sponge finger and repeat until bowl is full
8. **Finish with a cheese layer and sprinkle with cocoa powder for decoration**

Chocolate Brownies

Ingredients

30g plain chocolate

75g butter

70g plain flour

10g cocoa

150g soft brown sugar

½ tsp vanilla essence

¼ tsp baking powder

1 egg



Method

1. Preheat the oven to Gas 4/180C. Prepare the tin
2. Break the chocolate into small bowl and add the butter
3. Microwave for 30 seconds
4. Sieve the flour, baking powder and cocoa onto a plate
5. Mix together the eggs, sugar and vanilla essence with a wooden spoon
6. Add the melted chocolate and mix well
7. Add the flour, baking powder and cocoa and mix well.
8. Pour mixture into a lined baking tin
9. Bake for 20 - 25 mins
10. The Brownie should be firm on the outside and gooey and fudge-like on the inside

POPULAR BRITISH BISCUITS

Viennese whirl



Pink wafers



Shortbread



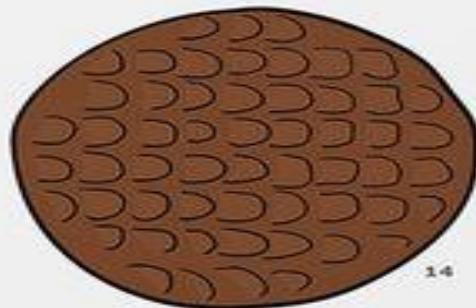
Jammy Dodger



Gingernut



Fruit Shortie



Chocolate digestive



Party ring



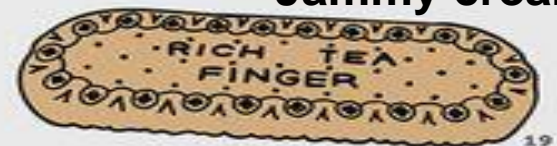
Hob nob



Jammy cream



Fig roll



Rich tea fingers

Bread and Butter Pudding Equipment



<http://www.bing.com/videos/search?q=bread+and+butter+pudding&FORM=HDRSC3#view=detail&mid=D7292FAF287F780C0CF9D7292FAF287F780C0CF9>

Bread and Butter Pudding

Ingredients

10g Marg, plus extra for greasing

4 thin slices bread

25g sultanas

1 tsp cinnamon powder

175mls whole milk

25mls double cream

1 free-range eggs

10g granulated sugar

nutmeg, grated, to taste

1. Cut the crusts off the bread.
2. Spread each slice with on one side with butter, then cut into triangles.
3. Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas.
4. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas and cinnamon until all the ingredients have gone
5. Crack the egg into a bowl, add three quarters of the sugar and lightly whisk until pale.
6. Add the milk and cream, stir well.
7. Pour the mixture over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
8. Preheat the oven to 180C/355F/Gas 4.
9. Place the dish into the oven and bake for 30-40 minutes, or until the custard has set and the top is golden-brown



STARTER:

Look around the room, how many things can you see that start with the letter:

“T”

Mini Pineapple cakes - Equipment



Mini upside down pineapple cakes

Ingredients

Cake Mix

1 egg
50g cup white sugar
2 Tbsp pineapple juice
50g plain flour
1/2 tsp baking powder
pinch salt

Topping

1tbsp Chopped Pineapple
3 cherries
25g margarine
1 TBsp brown sugar



Method

1. Preheat oven to 200 degrees.
- 2. Line muffin tins with 6 paper cases.**
3. In a mixing bowl, add eggs, white sugar, and pineapple juice. - Beat for 2 minutes.
- 4. In a separate bowl, sift together the flour, baking powder, and salt. Add to the wet ingredients and mix for a further 2 minutes.**

In a small sauce pan, melt the butter and add the brown sugar. Stir on low heat for one minute.

Spoon a layer of the warm brown sugar mixture into the bottom of each muffin tin, then place some chopped pineapple and ½ a cherry in the middle

5. Pour cake mixture over to fill muffin tin 3/4 of the way full.
- 6. Bake for 15-20 mins**

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

What we are learning today?

- We are learning how to prepare cheese scones
- We are consolidating our 'rubbing in' skills

Success Criteria

- Collect equipment
- Collect ingredients and weigh
- Follow your own recipe

Keywords

Cutter, scone, 'rubbed in' method

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

Cheese and onion scones- Equipment



Cheese and onion Scones

Ingredients

- 250g Self Raising Flour
- ½ teaspoon dried English mustard powder
- 40g margarine
- 75g cheese
- ½ onion chopped finely (optional)
- 20mls milk
- Pepper and salt to taste



Method

- 1.Pre-heat oven to 200°C / 400°F / Gas Mark 6.
2. Grease a large baking tray with a little butter or oil.
- 3.Mix the flour, salt, pepper and mustard powder together in a large mixing bowl and add the butter; run the butter into the flour mixture until it resembles fine breadcrumbs.
- 4.Stir in the cheese and chopped onions and mix well.
- 5.Add milk, gradually, until you have a soft dough. (Reserve a little of the milk for the glaze)
- 6.Roll or pat the scone mixture out on a floured board and shape into a large round – then cut into 6 or 8 rounds
- 7.Carefully place the rounds onto the prepared baking tray and brush the milk glaze over them.
- 8.Bake for 10 to 15 minutes, until the scones are well risen and golden brown.

GINGERNUT BISCUITS



GINGERNUT BISCUITS

Ingredients

- 110g Self raising flour
- 40g Granulated sugar
- 50g Margarine / butter
- 2 Tablespoons Golden syrup
- 1 Lightly rounded teaspoon ground ginger
- 1 Teaspoon bicarbonate of soda



Method

1. Turn on oven to 190°C
2. Grease a baking sheet
3. Sift the flour, ginger and bicarbonate of soda into a mixing bowl
4. Add the sugar
5. Lightly rub in the margarine until the mixture is crumbly
6. Add the syrup and mix everything together to form a stiff paste
7. Divide the mixture into sixteen pieces and roll into little balls onto the baking sheet leaving a gap between each one
8. Then flatten each ball slightly with the back of a spoon ☐ Bake for 10 - 15 minutes until they spread out and begin to crack
9. ☐ Leave them to cool, transfer onto a wire rack.

Jam Tarts

INGREDIENTS

- 40g Margarine
- 85g Self raising flour ,
plus extra for dusting
- 10 tsp jam, or lemon
curd



Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Rub together the butter or margarine with the flour in a bowl until it resembles breadcrumbs. Stir in a few tablespoons of water to form a dough
3. Roll out on a lightly floured surface. Use a pastry cutter to cut out about 15 circular shapes.
4. Put each pastry case into an individual cupcake tray. Add a teaspoon of jam to each case – not too much or it will ooze everywhere.
5. If there is any leftover pastry, re-roll it and cut smaller shapes, either circles or stars, and put over the jam to act as the lids.
6. Put the tray of tarts into the oven and cook for about 30 minutes, or until the pastry has gone pale brown (check the tarts after 20 minutes)

Wednesday 8th July 2015

STARTER:

Look around the room, how many things can you see that start with the letter:

“S”

Shrewsbury biscuits

INGREDIENTS

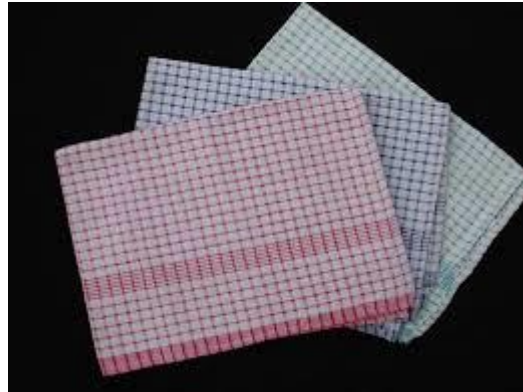
- 40g Margarine
- 100g Self raising flour ,
plus extra for dusting
- ½ lemon
- ½ egg
- 50g Caster sugar



Method

1. Preheat the oven to 180C, grease baking tray
2. Mix flour and sugar, rub into the fat
3. Zest and juice 1 lemon
4. Crack an egg into a jug and mix with a fork
5. Add lemon juice, rind and enough egg to make a stiff dough
6. Roll out thinly into 3 inch rounds and bake for a about 10 mins

Shrewsbury biscuits - Equipment



Chocolate mouse

INGREDIENTS

3 large eggs
60g good quality
chocolate

EQUIPMENT

1 small pan
1 small metal bowl
1 medium bowl
1 larger bowl
1 whisk/ electric beater
1 large metal spoon
1 spatula
cling film
weighing scales

METHOD

1. Break The Chocolate - Break the chocolate into rough chunks.

2: Melt The Chocolate- Gently heat a pan of water and simmer. Put the chunks of chocolate into the metal bowl and place over the simmering pan of water, making sure the bowl is not touching the water. Stir occasionally until melted.

3: Separate The Eggs - Separate the egg yolks from the whites and put them both into separate bowls, making sure the egg whites are in the larger of the two bowls.

4: Remove The Chocolate From The Heat - Carefully remove the bowl of melted chocolate from the heat and allow to cool.

5: Beat The Egg Whites - Beat the egg whites with the whisk until they are stiff, but not too dry.

6: Add The Chocolate - Add the melted chocolate to the egg yolks and stir. Keep stirring until the mixture is smooth and glossy.

7: Add The Egg White - Add some of the egg white to loosen the mixture and stir well.

8: Fold The Mixture - Scrape the chocolate mixture into the egg whites and then gently fold together, keeping as much air in the mixture as possible.

9 : Refrigerate - When the ingredients are thoroughly mixed, pour into individual serving dishes and cover with cling film. Refrigerate for a couple of hours.

Pancakes

INGREDIENTS

50g plain flour
1 egg
150 ml semi-skimmed milk
1 Dsp sunflower oil
Sunflower oil or vegetable,
plus extra for frying
pinch salt

METHOD

1. Put the flour and a pinch of salt into a large mixing bowl and make a well in the centre.
2. Crack the eggs into a jug
3. Add to the middle of the mixing bowl, then pour in about 50ml milk and 1 tbsp oil.
4. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil.
5. Once all the flour is incorporated, beat until you have a smooth, thick paste.
6. Add a little more milk if it is too stiff to beat.
7. Add a good splash of milk and whisk to loosen the thick batter.
8. While still whisking, pour in a steady stream of the remaining milk.
9. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
10. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer.
11. Quickly pour any excess batter into a jug, return the pan to the heat, then leave to cook, undisturbed, for about 30 secs.
12. Pour the excess batter from the jug back into the mixing bowl. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.
13. Flip the pancake with a fish slice



Pancakes Equipment





Bacon sandwich



Beans on toast



Boiled egg pancakes



bran flakes



cinnamon crunch



cornflakes



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

Fish & veg stack

Ingredients

1 carrot
1/2 courgette
1 piece of fish, e.g salmon (approx 200g)
1/2 slice bread, e.g granary
1 spring onion
25 g cheddar cheese
1 x 5ml spoon dried mixed herbs
Black pepper



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place the ribbons in an ovenproof dish/foil tray.
3. Lay the fish on top of the vegetables.
4. Grate the cheese.
5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.
6. Stir in the cheese, herbs and a few twists of black pepper.
7. Spoon the mixture on top of the fish. Place the ovenproof dish on a baking tray and bake in the oven for 20 minutes.
8. Serve.

Equipment

Chopping board, knife, vegetable peeler, ovenproof dish/foil dish, baking tray, food processor, grater. Metal spoon, oven gloves