

Tibshelf community school - Recipe book



Recipes for practical's from y7 to y11.

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Y7 KS3



Recipe: Couscous salad



Ingredients:

175ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
½ cucumber
½ yellow pepper
4 dried apricots
1 small bunch parsley
30ml spoons low fat dressing



Method:

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato into small chunks, chop the cucumber into small chunks, then slice the pepper into small strips.
7. Slice the dried apricots and parsley into small pieces.
8. Fluff up the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.
9. Stir everything together

Skills (Basic):

Slicing, chopping, boiling.



Recipe: Fruit salad.

Ingredients:

1 clementine
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
2 x 15ml spoons
orange juice



Method:

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the orange juice and mix together.
8. Serve.

Skills (Basic):

Chopping, slicing.

Recipe: Rock Cakes



Ingredients:

200g self-raising flour
75g butter or baking fat/block
75g sugar
75g mixed dried fruit
1 egg



Method:

1. Preheat the oven to 220°C or gas mark 7.
2. Sieve the flour into the bowl.
3. Rub in the fat into the flour until it resembles breadcrumbs.
4. Stir in the sugar and dried fruit.
5. Whisk the egg lightly in a small bowl.
6. Make a well in the middle of the flour and carefully add the egg.
7. Mix to form a soft, yet firm dough.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. Bake for 12-15 minutes, until golden brown.

Skills (Basic):

Rub in, mixing, weighing, shaping, baking.

Recipe: Shortbread



Ingredients:

70g caster sugar
150g butter
200 g plain flour



Method:

- 1) Preheat the oven to 190 degrees or gas mark 5.
- 2) Grease the baking tray and line with grease proof paper
- 3) In a bowl mix together the butter, flour and sugar (leave 20g aside for sprinkle), by rubbing the mixture between your thumb and fingertips.
- 4) Then spread evenly into the tin, roughly 1cm thick. Gently prick with a fork across the top.
- 5) Bake for 20 minutes until lightly golden.
- 6) Sprinkle remaining sugar over the top of the shortbread while it is still warm. Then cut into 8 rectangles.

Skills (Basic):

Mixing, Rub in, Baking.



Recipe: Jam Tarts

Ingredients:

100g plain flour

50g butter / margarine

50g of jam



Method:

- 1) Put the flour in a bowl. Chop the fat into small pieces.
- 2) Rub in between thumbs and fingers to make a breadcrumb consistency.
- 3) Add 1 tbsp cold water, then stir with a dinner knife to form a dough.
- 4) Dust a surface with flour and roll out to roughly £1 coin thickness.
- 5) Use a cutter to cut out 6 circles
- 6) place tarts into a tray.
- 7) fill with 1-2 tbsp of jam and place in the oven.
- 8) cook for 15 mins, until golden and jam is starting to bubble. Then set aside to cool.

Skills (Medium):

Rub in, Mixing, Rolling, Shaping, Baking, Cooling.



Recipe: Cookies

Ingredients:

120g butter, softened	1 tsp vanilla extract
75g light brown sugar	180g plain flour
75g golden caster sugar	½ tsp bicarbonate of soda
1 medium egg	150g dark chocolate, cut into chunks



Method:

- 1) Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment.
- 2) Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla.
- 3) Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.
- 4) Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading.
- 5) Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.
- 6) Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.

Skills (Basic):

Creaming, Sifting, Measuring, Baking, Cooling.

Recipe: Cheese and courgette muffins



Ingredients:

1 small courgette
100g cheddar cheese
225g self raising flour
50ml oil
175ml semi-skimmed milk
1 egg
Black pepper



Method:

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Cut the ends off the courgette.
4. Grate the courgette and cheese.
5. Mix all the ingredients together to form a smooth batter.
6. Divide the mixture equally between the muffin cases using 2 spoons.
7. Bake for 20 minutes, until golden.
8. Allow to cool on a cooling rack

Skills (Basic):

Chopping, Grating, Mixing, Baking.

Recipe: Sausage Roll



Ingredients:

6 sausages
320g 'Just Roll puff pastry'
1 egg



Method:

1. Preheat the oven to 190°C or gas mark 5.
2. Using a knife, split the skins on the sausages and remove the meat from the skins
3. Layout the puff pastry onto a clean, dry surface. And cut with a knife into 6 even pieces.
4. Place the sausages in the centre of each piece of pastry
5. tightly wrap the pastry around the meat, and score lightly with a knife
6. Brush the egg wash onto the top of the sausage roll
7. Place the tray of sausage rolls into the oven for 25-30 minutes, or until the pastry is puffed a golden brown.

Skills (Basic):

Peeling, Shaping, Baking.



Recipe: Pizza Toast

Ingredients:

½ yellow pepper
1 spring onion 1 mushroom 30g
hard cheese, e.g. Cheddar, Edam,
Gruyere
2 slices bread (or a bagel or a
piece of French stick sliced in half)
50ml spoons tomato pizza sauce
3ml spoon mixed herbs



Method:

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Place under the grill until the cheese bubbles.

Skills (Basic):

Grilling, Grating, Slicing,



Recipe: Flapjack

Ingredients:

75g dried apricots/ raisins
150g oats
50g sugar
50g butter or soft spread
2 x 15ml spoons golden syrup



Method:

1. Preheat the oven to 180°C or gas mark 4.
2. Chop the apricots into small pieces.
3. Place the fat, sugar and syrup into a saucepan and gently heat until the fat has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. Pat down the mixture in the baking tin.
7. Bake for 15-20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin

Skills (Basic):

Chopping, Melting, Mixing, Baking.

Y8 KS3





Recipe: Basic Bread

Ingredients:

250g strong flour
 ½ x 5ml spoon salt
 7g pack fast action dried yeast
 150ml warm water



Method:

1. Preheat the oven to 220°C or gas mark 7.
2. Line the baking tray with greaseproof paper.
3. Sift together the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Make a well in the middle of the flour mixture and add the warm water. Note: the water must not be hot. Mix to form a soft dough.
6. Sprinkle a little flour onto a clean work surface and place the dough on the surface.
7. Knead the dough for 10 minutes.
8. Divide the dough into 4 pieces and shape into rolls.
9. Place the rolls on the baking tray.
10. Cover the dough and leave to prove for 30 minutes in a warm place, until they double in size.
11. Bake for 10 - 15 minutes until golden brown.

Skills (Medium):

Sifting, Mixing, Kneading, Proving, Kneading.

Recipe: Spaghetti Bolognaise



Ingredients:

1 onion	100ml water
1 clove garlic	1 x 5ml spoon mixed herbs
1 carrot	Black pepper
1 celery stick	150g spaghetti
1 x 15ml oil	
250g lean minced beef	
1 can chopped tomatoes (400g)	
1 x 15ml spoon tomato purée	



Method:

1. Prepare the vegetables: peel and chop the onion, peel and crush the garlic, peel and slice the carrot, finely slice the celery
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato purée, mixed herbs and water and mix all the ingredients together. Then add a few sprinkles of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10-12 minutes or until the spaghetti is al dente.
7. Drain the boiling water away from the spaghetti into a colander in the sink.

Skills (Medium):

Peeling, Chopping, Frying, mixing, Boiling.



Recipe: Apple Crumble

Ingredients:

100g plain flour
50g butter or baking fat/block
50g oats
25g sugar
2 eating apples
50g sultanas



Method:

1. Preheat the oven to 190°C or gas mark 5.
2. Rub in the fat 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 an oven proof/foil tray dish 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 apples are soft and the crumble is golden.

Skills (Basic):

Rub in, Mixing, Coring, Baking.

Recipe: Macaroni Cheese



Ingredients:

100g macaroni
 100g Cheddar cheese
 1 tomato
 25g butter or soft spread
 25g plain flour
 250ml semi-skimmed milk
 Black pepper



Method:

1. Bring a saucepan of water to the boil, then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce: place the fat, flour and milk into a small saucepan.
4. Bring the sauce to a simmer, whisking all the time until it has thickened .
5. Stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish (or foil tray).
8. Arrange the tomato slices over the macaroni.
9. Place under the hot grill until the cheese is bubbling and golden brown.

Skills (Medium):

Boiling, Grating, Roux, Grilling.



Recipe: Cheese Scone

Ingredients:

250g self raising flour

1 x 5ml spoon mustard powder

40g butter or baking fat/block

75g hard cheese

125ml semi-skimmed milk



Method:

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Sift the flour and mustard into the bowl.
4. Rub the fat into the flour until it resembles breadcrumbs.
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12 – 15 minutes, until golden brown.
14. Allow to cool on a cooling rack.

Skills (Basic/Medium):

Sifting, Rub in, Grating, Shaping, Mixing, Rolling, Baking.



Recipe: Pizza Wheels

Ingredients:

Pizza base:

150g self-raising flour
25g butter or baking fat/block
1 egg
50ml milk

Toppings:

25g tomato pizza sauce
1 tomato
3 mushrooms
½ an onion
50g Cheddar cheese
1 x 5ml spoon mixed dried herbs



Method:

1. Preheat the oven to 200°C or gas mark 6. Grease or line a baking tray.
2. Sift the flour into a bowl.
3. Rub the fat into the flour until it resembles fine breadcrumbs.
4. Whisk the egg and milk together in a small bowl with a fork.
5. Add the egg mixture to the flour. Mix to form a soft dough ball.
6. Roll out the dough on a floured surface to form a rectangle.
7. Slice the tomato, peel and slice the onion, slice the mushrooms.
8. Spread the tomato pizza sauce over the dough and scatter on the onion, tomatoes and mushrooms. Leave a 2cm gap around the edges.
9. Grate the cheese and sprinkle the grated cheese and herbs on top.
10. Roll up from the long end sealing the filling inside, cut into 4cm slices.
11. Place flat on the baking tray and bake for 10 minutes, until golden brown.
12. After baking, place on a cooling rack.

Skills (Medium):

Baking, Sifting, Rub in, Rolling, Slicing, Grating, Baking.



Recipe: Quick Brownie

Ingredients:

50g self-raising flour
 150g light soft brown sugar
 2 eggs
 50g butter / margarine
 50g plain dark chocolate



Method:

1. Preheat oven to 180c or gas mark 4
2. Grease and line 15cmx 15cm cake tin.
3. Place flour, eggs and sugar into a mixing bowl and mix until fluffy and combine.
4. Break chocolate into chunks place into glass bowl with the butter. Place the glass bowl over a saucepan of boiling water and heat gently until it becomes liquid.
5. Add the melted butter and chocolate to the other mixture and mix until fully combined.
6. Transfer into lined baking tin.
7. Place in oven for 20 mins.
8. Check by placing a knife into the centre. If it comes out clean its cooked. If not return to over for 3 mins. Repeat until cooked.

Skills (Basic):

Mixing, Melting using ban-marie, Baking.



Recipe: Fajitas

Ingredients:

1/2 lime
 1 clove garlic
 1/2 chilli
 10ml spoon oil
 1 small chicken breast (or 3-4 thighs)
 1/2 onion
 1/2 green pepper
 1 tomato
 25g Cheddar cheese
 2 tortillas



Method:

1. Prepare the vegetables: squeeze the lime, peel and crush the garlic, de-seed and slice the chilli, stir everything together with the oil.
2. Remove any skin from the chicken and cut into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board: slice the onion and green pepper; chop the tomato, grate the cheese.
4. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Skills (Basic/Medium):

Slicing, Juicing, chopping, Frying, Marinating, Grating.



Recipe: Savoury Rice

Ingredients:

1 onion
3 mushrooms
½ red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5 ml spoon vegetable stock powder or cube
50g peas
1 x 10ml spoon curry powder



Method:

1. Prepare the vegetables: peel and chop the onion; slice the mushrooms, dice the red pepper, chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve, place the rice in a bowl and sprinkle the chopped tomato on top.

Skills (Basic):

Peeling, Slicing, Dicing, Chopping, Frying, Boiling.



Recipe: Cheesecake

Ingredients:

50g butter

100g digestives

120g cream cheese

120g crème fraiche

3tbsp whipped cream

Choice of decoration



Method:

1. Crush biscuits in a bag.
2. Melt the butter in a saucepan and add the biscuits.
3. Press the biscuits into a flan tin and chill.
4. Soften the cream cheese and crème fraiche together.
5. Melt the white chocolate in a glass bowl over simmering water.
6. Combine the cream cheese mixture and white chocolate mixture.
7. Fold in the whipped cream.
8. Spoon into the tin, decorate and chill.

Skills (Basic/ Medium):

Melting, Mixing, Chilling, Melting using ban-marie, Folding.

Y9 KS3 Hospitality and catering





Recipe: Shepards Pie

Ingredients:

1 onion
 1 carrot
 3 medium potatoes (700g)
 ¼ Savoy cabbage
 250g lean minced lamb
 1 x 15ml spoon plain flour
 1 x 15ml spoon tomato purée
 1 x 15ml spoon Worcestershire sauce
 300ml water, boiling
 1 x 5ml stock cube
 150ml semi-skimmed milk



Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare the vegetables: peel and chop the onion; peel and dice the carrots, peel and cut the potatoes into chunks, shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
4. Meanwhile, in a non-stick frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.
5. Stir in the flour, tomato purée and Worcestershire sauce.
6. Add the stock cube to the water to make up the stock.
7. Add the stock to the meat mixture, bring to the boil and then simmer for 5-10 minutes, until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes, add the cabbage.
9. Drain the potatoes in a colander over the sink and mash with the milk.
10. Spread the meat mixture into an ovenproof dish and spoon the mash over the top.
11. Cook for 20-25 minutes, until golden brown.

Skills (Medium):

Chipping, Dicing, Boiling, Frying, Baking.



Recipe: Parmi Chicken

Ingredients:

2 large, skinless chicken breasts, halved through the middle
 2 eggs, beaten
 75g breadcrumb
 75g parmesan, grated
 1 tbsp olive oil
 2 garlic cloves, crushed
 Half a 690ml jar passata
 1 tsp caster sugar
 1 tsp dried oregano
 half a 125g ball light mozzarella, torn



Method:

1. Halve 2 large skinless chicken breasts through the middle then place the 4 pieces between cling film sheets and bash out with a rolling pin until they are the thickness of a £1 coin.
2. Dip in 2 beaten eggs, then 75g breadcrumbs, mixed with half of the 75g grated parmesan. Set aside on a plate in the fridge while you make the sauce.
3. Heat 1 tbsp olive oil and cook 2 crushed garlic cloves for 1 min, then tip in half a 690ml jar passata, 1 tsp caster sugar and 1 tsp dried oregano. Season and simmer for 5-10 mins.
4. Heat grill to High and cook the chicken for 5 mins each side, then remove.
5. Pour the tomato sauce into a shallow ovenproof dish and top with the chicken.
6. Scatter over torn pieces of half a 125g ball light mozzarella, and the remaining grated parmesan and grill for 3-4 mins until the cheese has melted and the sauce is bubbling.
7. Serve with vegetables or salad and some pasta or potatoes, if you like.

Skills (Medium):

Slicing, Tenderising, Coating, Boiling, Grilling.



Recipe: Swiss Roll

Ingredients:

3 eggs
 75g caster sugar
 75g self raising flour
 Extra sugar to sprinkle
 Approx. 1/3 to 1/2 jar of jam



Method:

1. Wash hands, put aprons on, tie back hair, remove jewellery, wipe surfaces.
2. Preheat the oven to 220C.
3. Grease and line a swiss roll tin with greaseproof paper or parchment.
4. Wash the bowl, spoon and mixer blades in hot soapy water and dry thoroughly
5. Crack the eggs into the bowl and add the sugar on top.
6. Whisk for about 5-7 mins until light and fluffy and you can trace a figure 8 on the surface
7. Gently fold in the flour with a metal spoon until all mixed in.
8. Tip into the swiss roll tray and cook for 8-12 mins until springy.
9. While the swiss roll is cooking, lay another piece of greaseproof paper on the table and sprinkle sugar onto it.
10. When the sponge is cooked, remove it from the oven and use the greaseproof paper to pick it up and place it upside down onto the sugared paper.
11. Beat the jam in the jar and quickly spread it onto the sponge.
12. Trim any hard edges from the sponge.
13. Using the greaseproof paper to help, roll up the swiss roll.

Skills (Medium):

Baking, Whisking (aeration), Folding, Shaping.

Recipe: Dauphinoise Potato



Ingredients:

- 170ml double cream
- 170ml milk
- 2 garlic clove
- 3 large King Edward or Maris Piper potatoes
- 50g cheese



Method:

1. Pre heat oven to 170c/ gas mark 5.
2. Put 170ml double cream, 170ml milk and 2 crushed garlic cloves, into a saucepan and bring to a simmer.
3. Peel and finely slice 3 potatoes and place into the saucepan to cook for 3 minutes until just cooked.
4. Place the potatoes into the ovenproof dish and pour over the cream mixture, to reach the top layer of potatoes.
5. Cover with cheese and bake for 20 mins in the over. If not browned, turn up the heat and cook for 5 mins.

Skills (Medium):

Slicing, Baking, Grating, Boiling.



Recipe: Flatbread

Ingredients:

250g strong white bread flour, plus extra for dusting

½ 7g sachet fast-action dried yeast

1tsp caster sugar

100ml milk

1tsp salt



Method:

- 1)Pre heat oven to 50 degrees.
- 2) Mix the flour, yeast, sugar, and 1 tsp salt in a bowl with your fingertips.
- 3)Pour over the milk, olive oil and 100ml lukewarm water and, still using your fingers, combine to make a dough.
- 4)Tip onto a work surface and knead for 8-10 mins.
- 5)Clean, then lightly oil a bowl, put the dough in the bowl and cover with a tea towel.
- 6)Place the bowl in the oven for 10 minutes to rise.
- 7)Divide the dough into 4 pieces and roll out to about 20cm circles.
- 8) light oil a frying pan and cook on medium heat, about 2 mins then turn and repeat on the other side.

Skills (Medium/Complex):

Mixing, Kneading, Proving, Shaping, Frying.



Recipe: Cornflake tart

Ingredients:

Pastry

100g plain flour

50g margarine

3tbsp. Water

1tbsp. Red jam

Filling

30g sugar

30g margarine

60g cornflakes

30g golden syrup



Method:

1. Pre-heat the oven 200oC.

Make the pastry by:

2. Sift flour into the bowl; rub the margarine into flour to make breadcrumbs
3. Add water, a little at a time, and stir using the knife, bring together into a dough
4. Roll the pastry out and use it to line the foil tray
5. Prick the base of the pastry with a fork
6. Blind bake the pastry for 15mins
7. Remove from oven and leave to cool; turn the oven down to 180oC.

Make the filling by:

8. Place sugar, syrup, margarine into saucepan and heat gently until liquid.
9. Add the cornflakes, a handful at a time, and stir to coat the flakes.
10. Spread jam over the base of the pastry; then top the jam with the cornflake mixture
11. Finally, bake in the oven, at 180oC, for 10mins

Skills (Medium/ complex):

Rub in, Rolling, Baking, Blind baking, Melting.



Recipe: Stir Fry

Ingredients:

100g noodles 1 x chicken breast (or 3-4 thighs)
 1 clove garlic
 ½ red chilli
 1cm fresh ginger
 ½ red onion
 3 mushrooms
 1/2 yellow pepper 1 pak choi
 1 x 10ml spoon oil
 1 x 10ml spoon soy sauce (reduced salt)



Method:

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips. Place in the fridge, covered, until needed.
3. Prepare the vegetables : •peel and crush the garlic, de-seed and slice the chilli , peel and slice the ginger , slice the onion, pepper and mushrooms , shred the pak choi .
4. Add the onion, garlic, chilli and ginger to a frying pan. Allow to cook for 1 minute.
5. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
6. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink.
9. Stir in the cooked noodles and cook for 2 minutes until hot.

Skills (Medium):

Boiling, Slicing, Shredding, Deseeding, Stir frying.



Recipe: Vegetable Samosas

Ingredients:

1/2 potato	½ 5ml spoon turmeric
1/2 carrot	2-3x15ml spoons water
1/2 onion	25g peas (frozen)
1x15ml spoon fresh coriander	1 pack filo pastry
½ red chilli	25g butter or soft spread
Spray oil	
1x5ml spoon garam masala	



Method:

1. Preheat oven to 200°C or gas mark 6.
2. Prepare the filling: peel and finely dice the potato; peel and finely dice the carrot; peel and finely dice the onion; deseed and finely dice the chilli, chop the coriander.
3. Par-boil the potatoes for 5-8 minutes.
4. Fry the onion in the oil for 4-5 minutes.
5. Add the chilli and spices and cook for a further 1 minute.
6. Drain the potatoes and carrots in a colander.
7. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
8. Add the peas and coriander.
9. Remove from the heat and allow to cool.
10. Lay 2-3 sheets of filo pastry on the work surface.
11. Cut into 10 cm wide strips.
12. Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
13. Place on a baking sheet and repeat the process.
14. Lightly spray the samosas with oil, or brush with the fat, and bake for 10 minutes.

Skills (Medium/ Complex):

Dicing, Peeling, Chopping, Deseeding, Boiling, Frying, Shaping.



Recipe: Fruit Cupcake

Ingredients:

250g self raising flour

2 x 5ml spoons baking powder

100g caster sugar

230ml semi-skimmed milk

1 egg

60ml oil

150g canned fruit, drained



Method:

1. Preheat oven to 180°C or gas mark 4
2. Add the flour, sugar, baking powder and oil
3. Add the egg and milk, then mix together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons
6. Bake for 20 – 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Skills (Basic) :

Mixing, Baking.

Recipe: Sweet potato curry



Ingredients:

1 tbsp olive oil	400g tomatoes, chopped
1 onion, diced	400g tin chickpeas, drained
1 garlic clove, finely chopped	1 Knorr Smoked Chilli & Tomato Stock Pot
1 tsp cumin	50g baby spinach leaves (optional)
1 tsp garam masala	
2 medium sweet potatoes, peeled and cubed	



Method:

1. Prepare vegetables. Remove skins and finely chop the garlic. Peel and cube the sweet potato. Dice the onion.
2. Heat the oil in a large pan over a medium heat. Add the onion, garlic, cumin and garam masala and cook for 5 mins.
3. Add the sweet potato and cook for a further 5 mins until starting to colour. Add the tomatoes and chickpeas, along with the stock and 250ml boiling water, to the pan.
4. Reduce the heat to a gentle simmer. Cook for 20-25 mins, stirring occasionally, until the sweet potato is soft and fragrant.
5. When ready to serve, remove the pan from the heat and stir through the baby spinach to wilt.
6. Serve the curry in shallow bowls with rice, chopped coriander and a spoonful of vegan yogurt alternative, if you like.

Skills (Medium):

Peeling, Dicing, Chopping, Frying, Boiling.



Recipe: Pizza

Ingredients:

Pizza ingredients:

- 150g strong bread flour (or plain flour)
- 1/2 tsp instant yeast (from a sachet)
- 1/2 tsp salt
- 1/2 tbsp olive oil, plus extra for drizzling

Sauce ingredients:

- 50ml passata
- 1/2 tsp dried
- 1 garlic clove, crushed
- +desired toppings



Method:

1. Preheat oven to 220c or gas mark 8.
2. In a large bowl, mix 150g of flour sieved flour, 1/2 tsp of yeast, and 1/2 tsp salt.
3. Make a well in the middle and pour in 100ml of water and bring together using a wooden spoon. Add 25ml at a time until its wet enough to come together but not to wet to handle.
4. Place the dough on a lightly floured surface and kneed for 5 minutes until smooth.
5. Scrape your bowl and place the dough back in and cover with a towel and leave to rise.
6. In a small bowl combine, crushed garlic, passata and herbs to create a sauce.
7. Take dough out the bowl and roll out on a lightly floured surface. Once to about the thickness of a pound coin, use your hands to slowly work the dough into desired shape and stretch to thin.
8. Place on baking tray and cover in homemade sauce and toppings.
9. Place in the oven and bake for 8-10 minutes until crips on the edges.

Skills (Medium):

Sifting, Mixing, kneading, Proving, Rolling, Baking.



Recipe: Mince Pies

Ingredients:

175g plain flour plus extra for dusting
 90 g cold butter cut into 1cm / ½inch cubes
 (plus extra for greasing)
 A little cold water (roughly 2-4 tablespoons)
 125 g mincemeat (I use Marks and Spencer Classic Mincemeat)
 A little milk



Method:

1. Preheat your oven to 220C / 200C fan / gas mark 7
2. Place the flour in the bowl and add the cubes of cold butter. Rub the butter and flour between your fingers until it resembles breadcrumbs.
3. Stir in a tablespoon of cold water and stir into the butter/flour mixture thoroughly. Add another tablespoon of cold water and stir in thoroughly. Repeat this process until the mixture just starts to come together. As soon as your pastry starts coming together, stop adding water and use your hands to squish the pastry together into a ball. Sprinkle your work surface with a little flour and pop your ball of pastry on top. Roll your pastry out as thin as it will go.
4. Using a circle shaped cutter, cut out 12 circles and place them into the greased holes of your **cupcake trays**. Put 1 teaspoonful of mincemeat in the centre of each circle.
5. Squish together the pastry, roll it into a ball and roll out thinly again. This time cut out 12 stars, using your star shaped cutter, Place each star on top of the mincemeat, roughly in the centre and press down slightly so the star sticks. Using a pastry brush, brush over a little milk.
6. Put the mince pies in your preheated oven for 15-20 minutes, until the mincemeat is bubbling and the pastry is golden on top.

Skills (Medium):

Rub in, Mixing, Rolling, Shaping, Baking.



Recipe: Loaded fries

Ingredients:

3 large potatoes (Mari's piper, King Edward)
Choice of seasoning – Cajun, salt and pepper etc.
Choice of toppings – cheese, bacon (precooked due to time), spring onion, jalapeno.



Method:

1. Preheat the oven to gas mark 6 / 200C / 180C fan oven.
2. Wash the potatoes and remove any sprouts or black spots. If you want to remove the skin use a peeler, however this isn't necessary.
3. Cut the potato in half to provide you with a flat edge to work from.
4. Cut the potato into the desired size, this could be chunk chips, wedges, or fries.
5. Wash under cold tap then pat to dry with paper towel. Place on greased baking tray and place in oven sideways for 35 min.
6. Turn the chips over after 15 minutes.
7. When browned and crispy on the outside remove from oven.

Skills (Basic):

Baking, Cutting, Peeling, Baton,



Recipe: Beef Burger

Ingredients:

400g lean beef mince
1 red onion
1 small egg
Black pepper
Flour, for dusting
Bread and toppings of choice



Method:

1. Peel and finely dice the onion.
2. Mix the minced beef with the onion, egg and black pepper.
3. Divide mixture into 8 balls. Dust hands in flour and flatten each ball into a burger shape. Thoroughly wash and dry hands after touching the raw meat.
4. Cook on the barbeque or under the grill until cooked – about 5 minutes each side. Ensure no pink meat remains.
5. Add burger to bun and choice of toppings.

Skills (Medium):

Dicing, Mixing, Shaping, Frying/Grilling/baking.



Recipe: Meatballs

Ingredients:

- 1 small onion
- 1 garlic clove or 1 x 5ml spoon garlic purée or paste
- 25g reduced fat hard cheese, e.g. Cheddar or similar
- 1 slice of bread or 25g breadcrumbs
- 250g pork mince (5% fat)
- 1 x 15ml spoon dried mixed herbs
- Black pepper
- 1 x 5ml spoon oil or spray oil
- 1 x 400g can chopped tomatoes
- 1 x 15ml spoon tomato purée



Method:

1. Prepare the ingredients: peel and finely chop the onion, peel and crush or finely chop the garlic clove, if using, grate the cheese, blitz the bread into breadcrumbs, if need be, mix the cheese and breadcrumbs together in a small bowl.
2. Put the mince, half each of the onion, garlic and herbs in a bowl. Season with black pepper.
3. Mix the mince mixture well and shape into about 8 walnut-sized meatballs. Thoroughly wash and dry hands after touching the raw meat.
4. Heat the oil in a large non-stick heatproof frying pan and cook the meatballs for 8-10 minutes all over until brown. Transfer to a plate lined with kitchen paper to drain any excess fat.
5. Add the remaining onion, garlic and herbs to the empty frying pan.
6. Cook for 4-5 minutes until soft, but not coloured.
7. Add the chopped tomatoes, tomato purée and 50ml water. Season with black pepper. Bring to the boil and reduce the heat to a simmer.
8. Return the meatballs to the pan and simmer for 10 minutes in the hot sauce.
9. Preheat the grill to a moderate heat.
10. Sprinkle the mixed cheese and breadcrumbs over the meatballs, place the pan under the preheated grill and heat for 3-4 minutes until the cheese melts and the breadcrumbs are golden and crispy. *If the frying pan is not heatproof, transfer to a heatproof dish.*
11. Serve the meatballs with cooked pasta shapes or crusty bread and a crisp salad or seasonal green vegetables.

Skills (Medium/ Complex):

Peeling, Chopping, Grating, Frying, Boiling, Grilling.

Recipe: Duchess Potato



Ingredients:

600g russet potatoes, peeled, cut into 1 1/2-inch chunks

Salt and pepper

60ml cup heavy cream, warmed

3 tablespoons unsalted butter, cut into pieces

1 large egg yolks



Method:

1. Preheat oven to 425°F. Place potatoes in a large pot and cover with cold water. Bring to a boil and add 2 tsp. salt.
2. Boil potatoes until tender when pierced with a knife, about 20 to 25 minutes. Drain.
3. Transfer potatoes to a large bowl and mash with a masher or potato ricer until smooth and free of lumps.
4. Add cream, butter, egg yolks, 1/2 tsp. salt and 1/2 tsp. pepper. Mix well.
5. Line 2 baking sheets with parchment. Spoon potato mixture into a pastry bag fitted with a star tip. Pipe decorative swirled mounds about 2 inches in diameter and about 2 inches apart.
6. Bake until tops are lightly browned, about 20 to 25 minutes.

Skills (Complex):

Boiling, Mashing, Mixing, Piping, Baking.



Recipe: Cookies

Ingredients:

120g butter, softened
75g light brown sugar
75g golden caster sugar
1 medium egg
1 tsp vanilla extract
180g plain flour
½ tsp bicarbonate of soda
150g dark chocolate, cut into chunks



Method:

1. Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment.
2. Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla.
3. Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.
4. Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading. B
5. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool. Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely. *Will keep for three days in an airtight container.*

Skills (Basic):

Creaming, Beating, Sieving, Baking.



Recipe: Chicken Korma

Ingredients:

1 clove of garlic	½ teaspoon ground cumin
200g boneless chicken thigh/ breast	½ teaspoon chilli powder
1/2 small cauliflower	60 ml spoons plain yogurt
1/2 green chilli	pinch black pepper
½ teaspoon turmeric	1 x 15ml spoon coriander (optional)



Method:

1. Prepare the vegetables: peel and crush the garlic, de-seed and slice the chilli, break the cauliflower into florets.
2. On a clean chopping board, using a clean knife, cut the chicken into cubes.
3. Fry the clove in the oil until they sizzle.
4. Stir in the garlic and chilli.
5. Add the chicken and cauliflower and cook for about 7 minutes.
6. Mix the turmeric, chilli powder, pepper, and cumin into the yogurt in a small bowl.
7. Increase the heat and stir in the yogurt mix to the frying pan.
8. Allow to cook for a further 10 minutes.
9. Chop the coriander and stir into the korma.

Skills (Medium):

Deseeding, Slicing, Frying, Mixing.



Recipe: Vegetable lasagne

Ingredients:

1 onion	5ml spoon tomato puree
1 garlic clove	200ml crème fraiche, reduced fat
1 carrot	25g parmesan, grated
2 celery sticks	100ml semi-skimmed milk
1 x 10ml spoon oil	Black pepper
100g green lentils	6 lasagne sheets
1 can chopped tomatoes (400g)	
1 x 5ml spoon mixed herbs	



Method:

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables: peel and chop the onion, peel and crush the garlic, peel and slice the carrot, slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes. Add the lentils, tomatoes, herbs and tomato puree.
4. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
5. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.
7. Place an ovenproof dish or foil tray on a baking tray. Spread some mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce.
8. Repeat the previous step, finishing with crème fraiche sauce on top.
9. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Skills (Medium):

Peeling, Chopping, Slicing, Frying. Boiling, Grating, Baking.



Recipe: Burritos

Ingredients:

1 medium onion
 ½ red chilli or ½ x 5ml spoon dried chilli flakes
 1 red pepper
 400g can chopped tomatoes
 50g hard cheese, e.g. Cheddar cheese
 225g lean beef mince
 2x 15ml spoon tomato purée
 2 flour tortillas



Method:

1. Prepare ingredients:, peel and dice the onion; deseed and finely dice the chilli; thoroughly wash and dry hands after touching chilli; deseed and finely dice the pepper; open the can of tomatoes and drain the juice using a sieve; grate the cheese.
2. Dry fry the mince in a saucepan with the onion until the meat is browned. Thoroughly wash and dry hands if touched the raw meat. Carefully drain off any excess liquid using a colander.
3. Add the chilli, pepper, tomato purée and drained chopped tomatoes and stir well.
4. Cover the saucepan and simmer for 15 minutes.
5. When cooked, place half the mixture in a line down the centre of the tortilla and sprinkle with cheese. Fold each side and top and bottom to make a parcel.

Skills (Medium):

Deseeding, Slicing, Grating, Frying, Boiling.

Recipe: Mini toad in the hole



Ingredients:

12 pork chipolatas
 105 g plain flour
 3 eggs
 150 ml milk - I use skimmed but any is fine
 1 tbsp olive oil
 Salt



Method:

1. Pre-heat the oven to 220°C/200°C fan.
2. Chop each of the 12 chipolatas into three roughly equal sized pieces.
3. Add ¼ tsp of olive oil to each hole of a muffin tin. And use a brush to coat the sides of each hole.
4. Put the tins into the oven to get the oil sizzling hot (about 10 mins).
5. Make the Yorkshire pudding batter by adding the plain flour (105g) and 3 eggs to a large bowl and mix thoroughly.
6. Gradually add the milk (150ml) and whisk into the mixture, ensuring that each addition is fully combined before adding more. Season with salt.
7. Remove the tins with hot oil from the oven. Quickly (but carefully as it's extremely hot) add three pieces of chipolata to each hole and then pour over the batter mix distributing it evenly between the 12 holes.
8. Return the tins to the oven and cook for 20-25 minutes until the Yorkshire pudding is puffed up and crisp and the sausages are cooked through. Remove from the oven.

Skills (Medium):

Chopping, Baking, Mixing.



Recipe: Scotch Egg

Ingredients:

4 chicken eggs
 500g pork sausage meat
 1 tsp dried sage
 Salt and pepper
 4 tbsp plain flour
 2-3 slices of bread



Method:

1. Wash hands, put aprons on, tie back hair, remove jewellery, wipe surfaces
2. Pre heat the oven to 200C
3. Bring a saucepan of water to the boil and place the eggs in,
4. Hard boil the eggs for 8-10 mins (4 mins quail eggs)
5. Make the breadcrumbs by placing in a blender and blending until fine crumbs are made, add salt, pepper and herbs
6. Run the eggs under cold water until cooled to prevent the yolks from forming a grey ring
7. Remove the shells from the eggs and dry
8. Divide the sausage meat into 4, roll each into a ball and flatten to a thin patty
9. Wrap each patty around an egg until completely covered
10. Roll each of the scotch eggs in flour and then dip in the egg and fold in breadcrumbs
11. Place on a greased baking sheet and bake until the sausage meat is thoroughly cooked – test with a temperature probe 70C. Alternatively deep fry.
12. When cooled, place in container then into the fridge

Skills (Medium/complex):

Boiling, Blending, Shaping, Baking.

Recipe: Spaghetti Carbonara



Ingredients:

1 tbsp butter or oil	1 egg
¼ onion (optional for extra flavour)	2 tbsp parmesan
1 clove garlic	Pinch of salt and pepper to taste
2 pieces of pancetta or bacon	80g spaghetti
50mL cream	



Method:

1. Hygiene preparations. Mise en place: dice the onion, crush the garlic clove, place boiling water on the back burner of the hob, slice the pancetta or bacon.
2. In a small bowl or measuring jug, whisk the egg, cream and 1 tbsp of the parmesan together.
3. Over a medium heat in a large fry pan heat 1 tbsp of butter or oil and sauté the onion for 2 minutes or until translucent.
4. Stir in the garlic and pancetta and cook until evenly brown. Remove the garlic clove if you have left it whole.
5. Once the water is boiling place the pasta into the saucepan and cook for 3 minutes if using fresh pasta or 10 minutes if dried packet pasta.
6. Turn the heat of the fry pan off and when the pasta is al dente (softened but still firm) drain and add to the fry pan to coat in the butter and pancetta flavour.
7. Quickly add the eggs and cream using tongs, lifting up the pasta so it mixes easily with the egg mixture, which thickens but doesn't scramble, and everything is coated.
8. Using the tongs twist the pasta on to the serving plate or bowl. Serve immediately with a sprinkling of the remaining cheese and garnish with a parsley leaf.

Skills (Medium):

Dicing, Slicing, Frying, Boiling.

KS4 Hospitality and catering





Recipe: Chili con carne

Ingredients:

1 onion
 1 clove garlic
 1 green pepper
 250g minced beef
 2 x 5ml spoon flour
 1 x beef stock cube
 250ml water
 1 x 400g can red kidney beans
 1 x 15ml spoon tomato puree
 1 x 5ml spoon chilli powder



Method:

1. Prepare the vegetables: peel and chop the onion; peel and crush the garlic; deseed and chop the pepper.
2. Dry fry the onion, garlic and minced beef until the mince has browned.
2. Stir in the flour.
3. Make up the stock.
4. Pour in the stock.
5. Drain the red kidney beans and add to the meat.
6. Stir in the tomato purée and chilli powder.
7. Bring to the boil, then reduce the heat and simmer for 20 minutes.
1. Add the green pepper and allow to cook for a further 15 minutes.

Skills (Medium):

Peeling, Deseeding, Chop, Frying, Mixing, Boiling.

Recipe: Marble Pear cake



Ingredients:

100g caster sugar
 100g butter or soft baking spread
 2 eggs
 100g self raising flour
 5ml spoon cocoa powder
 5ml spoon baking powder
 ½ pear



Method:

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and fat together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the fat and sugar.
6. Sift the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

Skills (Basic/ Medium):

Creaming, Beating, Sieving, Folding, Baking.



Recipe: Profiteroles

Ingredients:

65g plain flour
 50g butter
 150ml water
 2 eggs lightly beaten



Method:

1. Preheat oven to 200c or gas mark 6.
2. Measure everything out so you have it prepared. Steps will need to be done quickly so this is important.
3. Beat eggs in a jug.
4. Melt butter and water in a saucepan over a medium heat.
5. **Off the heat** add the flour and beat quickly.
6. Return **to the heat** and continue to beat for 2 minutes. It will begin to gloss and look like mash potato.
7. Off the heat add a small amount of egg at a time beating constantly and thoroughly. Continue until the egg has been added.
8. Put parchment onto baking tray, sprinkle with water and pipe or spoon the choux paste onto the tray.
9. Wet your finger and gently push the tip of the profiterole down to avoid it burning on top.
10. Bake in a hot oven for 20 minutes. Once risen and browned, turn off the oven and leave inside the oven with the door ajar.

Skills (Complex):

Beating, Melting, Boiling, Piping, Baking.

Recipe: Parmesan Biscuits



Ingredients:

125g butter, cubed
125g plain flour
25g parmesan cheese, finely
grated
salt and pepper
pinch of cayenne pepper



Method:

1. Preheat the oven to 180oC or gas mark 4.
2. Rub the butter into the flour until the mixture looks like fine breadcrumbs.
3. Stir in the grated parmesan, seasoning and cayenne pepper.
4. Work the mixture together into a dough ball (add a little water to assist with this).
5. Lightly dust work surface with flour.
6. Knead dough on surface, briefly, just enough to make it smooth in texture.
7. Cut the dough in half and roll out half of it, thinly.
8. Use a pastry cutter to cut out biscuits and place them on lightly greased baking sheet.
9. Re-roll pastry trimmings and repeat steps 7 and 8.
10. Bake the biscuits for 8-10 minutes until crisp and golden.
11. Leave to cool on the baking sheets.
12. Transfer into an airtight container.

Skills (Basic/Medium):

Rub in, Grating, Kneading, Baking.



Recipe: Honeycomb

Ingredients:

- 100g caster sugar
- 4tbsp golden syrup
- 1 1/2 tsp bicarbonate soda



Method:

1. Put sugar and syrup into a saucepan and stir to mix together. You cannot stir once its on the heat.
2. Place the pan on the heat and let the mixture melt, it will then turn to goo, then finally begin to bubble and turn the colour of maple syrup.
3. Once it starts to rapidly bubble, turn off the heat and quickly mix in the bicarbonate soda. Just a few seconds.
4. Then quickly pour onto greased baking parchment in a small container.
5. If successful it should set within 10 mins, at this point you can break into shards!

Skills (Complex) =

Mixing, Melting, Boiling, Caramelising.



Recipe: Ravioli

Ingredients:

100g 00 pasta flour
1 egg
125g mozzarella pearls
100g wafer thin ham
1 beaten egg.



Method:

Sieve flour into medium bowl. Create a well into the middle.

Crack the egg and place it into the well.

Using a fork gradually combine the egg with the flour. Once it comes together you can stop, you may not need all the flour.

Turn dough onto a surface and knead for 5 minutes until smooth.

Cut the dough in half and roll out as thin as you can.

Use a pasta cutter to cut out circles of dough.

Take the mozzarella and wrap in ham. Place ham in the centre of the pasta.

Brush edges of the circle with the egg wash, then place another circle on top. Using a fork or your fingers crimp the edge to seal.

Once completed store in fridge or cook in boiling water for 5 minutes.

Skills (Complex):

Sieving, Kneading, Shaping, Boiling.



Recipe: Brandy Snaps

Ingredients:

55g butter
 55g demerara sugar
 55g golden syrup
 50g plain flour
 ½ level tsp ground ginger
 ½ tsp lemon juice



Method:

1. Preheat the oven to 180C/Gas 4. Line two baking trays with baking parchment then oil a thickish handle of a wooden spoon and lay it on a cooling rack.
2. Measure the butter, sugar, and syrup into a small saucepan.
3. Heat gently until the butter has melted and the sugar has dissolved. This will take about 15 minutes over a low heat. Don't let the mixture boil as it may crystallise. To check when the sugar has dissolved, stir occasionally, pulling the spoon across the bottom of the pan until you can no longer hear the gritty granules being scraped along and most of them have disappeared.
4. Leave the mixture to cool slightly, about 2-3 minutes, then sieve in the flour and ginger. Pour in the lemon juice and stir well to mix thoroughly.
5. Drop four teaspoonfuls of the mixture onto each of the prepared baking trays to make neat circles, about 10cm apart.
6. Bake in the pre-heated oven for about 10-15 minutes, or until the mixture is well spread out, looks lacy and is a dark golden colour. Once baked, you need to work fast to shape the brandy snaps. Leave to cool for a minute or two until they firm up enough to lift from the parchment but not too stiff to form. Use a palette knife to lift edges to check this.
7. Quickly roll a circle of the warm mixture around the handle of the wooden spoon, having the join underneath. Press the join lightly together to seal, then slide the brandy snap off the spoon and leave it to firm up on the wire rack.

Skills (Complex):

Melting, Sieving, Baking, Shaping, Cooling.



Recipe: Custard Tarts

Ingredients:

12 sweet shortcrust party tart shells store-bought – (sometimes sold in packs of 9, or one large tart. Whatever you can find is fine)

500 g full-cream milk

1 lemon

4 eggs

100 g caster sugar

1 tsp vanilla extract

50 g cornflour

Fruit to decorate.



Method:

1. Bring the milk almost to a boil in a saucepan over medium heat.
2. Remove from the heat and set aside.
3. In a separate bowl, use an electric beater to beat the lemon zest, eggs, sugar and vanilla extract (or paste) in a bowl until pale and creamy.
4. Stir the cornflour into the egg mixture.
5. Whisk through the milk.
6. Pour the mixture into a clean saucepan and whisk over a low heat for 5-8 minutes or until the mixture starts to boil.
7. Continue to whisk for 2-3 minutes or until the custard has thickened slightly.
8. Pour the mixture into a bowl and cover the top with plastic wrap (to stop the custard from forming a skin).
9. Place into the fridge for at least 30 minutes to cool and thicken.
10. Spoon the cooled custard into the pastry shells and top with fresh raspberries and icing sugar.

Skills (Medium/ complex):

Boiling, Beating, Sieving, Tempering, Cooling.



Recipe: Tagliatelle

Ingredients:

100g strong white flour

1 egg

¼ x 5ml spoon salt



Method:

1. Sift the flour into the mixing bowl and add salt.
2. Make a well in the middle of the flour, dry mix in a mixing bowl, and crack the eggs into a measuring jug.
3. Add the eggs and mix into a soft dough with the handle of the wooden spoon, then your hands.
4. Turn the dough onto the surface and knead for 5-10 minutes.
5. Divide the dough into 2, roll it out, and shape it into a very thin rectangle or rolling pasta machine.
6. Dust work surface with flour.
7. Using a pallet knife, cut the pasta thinly into strips and oblong sheets for lasagne and split the pasta apart to prevent it from sticking.
8. Put a pan of water on the hob and bring it to a boil. Carefully add the pasta and simmer until al dente (the pasta is firm to the bit).

Skills (Medium/ Complex):

Sieving, Kneading, Mixing, Rolling, Boiling.

Recipe: Victoria Sponge



Ingredients:

225g self raising flour
 225g soft margarine or butter
 225g caster sugar
 1 level tsp baking powder
 1 tsp vanilla essence
 4 eggs

Jam for filling

100g icing sugar
 50g soft butter or margarine



Method:

1. Wash hands, put aprons on, tie back hair, remove jewellery, wipe surfaces
2. Preheat the oven to 180C
3. Grease and line 2 sandwich cake tins
4. Cream the butter sugar and vanilla together until light and fluffy
5. Add 2 eggs half the flour and beat well to mix
6. Add the other 2 eggs and the rest of the flour and beat again to mix
7. Divide the mixture between the 2 tins
8. Bake in the oven for 20 mins do not open the door
9. Press the cake gently to check that it springs back when cooked and remove from the oven
10. Run a blunt knife round the edges of the tins and turn out onto the cooling rack
11. Make the butter icing by creaming the icing sugar and butter together until creamy and smooth
12. When the cakes have cooled, spread the jam and buttercream onto the cakes and sandwich together, dust with icing sugar or caster sugar

Skills (Medium):

Baking, Creaming, Beating.



Recipe: Pancakes

Ingredients:

125g self-raising flour
1x15ml spoon caster sugar
180ml milk
1 egg (medium)



Method:

1. Sift the flours into the bowl and add the sugar.
2. Whisk the egg and milk into the flour.
3. Pour into the measuring jug
4. Heat the frying pan and add a few drops of oil.
5. Pour in 2 x 15ml spoons of mixture for each pancake.
6. Cook until bubbles appear on the surface and then turn, using the fish slice.
7. Cook the underside of the pancake for one minute, or until golden brown.

Skills (Basic) :

Sieving, Mixing, Frying.



Recipe: Onion Rings

Ingredients:

1 large onion, cut into 1cm slices,
rings separated
groundnut oil, for deep frying

150g self-raising flour

180ml sparkling water



Method:

1. Use a fork to steady your onion. Slice the onion into rings about 1cm wide. Remove the skin and separate the rings.
2. Heat the oil to 180C in a heavy-based pan – the oil should be deep enough to fully submerge the onion ring.
3. Meanwhile put the flour and sparkling water in a bowl and season generously. Whisk together to form a batter.
4. Coat a small batch of onion rings in batter. Carefully lower into the hot oil and deep-fry until crisp and golden, about 2 - 3 minutes. Remove with a slotted spoon and place on a piece of kitchen towel to drain. Repeat with the remaining onion and batter.

Skills (Medium):

Slicing, Deep frying, Mixing.



Recipe: Chicken Burger

Ingredients:

100g breadcrumbs

1 chicken breast

2 tbsp of flour

1 large egg

Sunflower oil

Tsp of salt and pepper

Tsp of paprika

Optional

Burger bun

Lettuce

Sauce of choice



Method:

1. Preheat oven to 170 degrees C.
2. Whisk egg into plate or bowl.
3. Mix flour with salt, pepper and paprika on a separate plate or bowl.
4. Add breadcrumbs to plate or bowl.
5. Cut chicken breast as in half down the middle of the breast.
6. Add the chicken to clingfilm and tenderise with a rolling pin to flatten out. (This will help it cook right through to the middle).
7. Then coat the chicken in flour, then into the egg and finally evenly coat in breadcrumbs.
8. Now shallow fry into a saucepan until golden brown on the outside.
9. Then add onto a baking tray to cook through for 10 mins. (This may not need as long, use meat thermometer to ensure it is up to 73 degrees) Alternatively deep fry for a few minutes checking temperature as above.
10. Add chicken to burger bun with chosen toppings.

Skills (Medium):

Mixing, Slicing, Tenderise, Shallow fry.



Recipe: Tomato Soup

Ingredients:

¼ onion	10g margarine
1/4 carrot	10g flour
½ stick of celery	1/4 x 5ml spoon-dried chilli flakes
100g x can chopped tomatoes.	1 x 10ml spoon of tomato puree
125ml vegetable stock ½ stock cube	Optional (100ml double cream to thicken the soup)



Method:

1. Prepare the vegetable: Peel and finely dice the onion and celery.
2. Chop the carrots into a fine dice.
3. Melt the 20g of margarine in a saucepan, and fry on a medium heat the vegetables for 2-3minutes until softened.
4. Add the flour and stir until thoroughly mixed.
5. Put the Chopped tomatoes, vegetable stock, tomato puree and chilli flakes into a saucepan.
6. Add the vegetables, stir, bring to boil, and then simmer for 20 minutes.
7. Meanwhile wash your pots.
8. Lastly once cooked and vegetables are soft, using a stick blender pulse into a smooth soup.
9. Optional (pour double cream into soup and stir).
10. Pour into watertight container.

Skills (Medium):

Dicing, Chopping, Melting, Frying, Boiling, Blending.

Recipe: Rough puff pastry



Ingredients:

250g strong plain flour

1 tsp fine sea salt

250g butter, at room temperature, but not soft



Method:

1. Sift 250g strong plain flour and 1 tsp fine sea salt into a large bowl. Roughly break 250g butter into small chunks, add them to the bowl and rub them in loosely. You need to see bits of butter.
2. Make a well in the bowl and pour in about two-thirds of 150ml cold water, mixing until you have a firm rough dough adding extra water if needed.
3. Cover with cling film and leave to rest for 20 mins in the fridge.
4. Turn out onto a lightly floured board, knead gently and form into a smooth rectangle.
5. Roll the dough in one direction only, until 3 times the width, about 20 x 50cm. Keep edges straight and even. Don't overwork the butter streaks; you should have a marbled effect.
6. Fold the top third down to the centre, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to three times the length.
7. Fold as before, cover with cling film and chill for at least 20 mins before rolling to use.

Skills (Complex):

Sieving, Rub in, Mixing, Laminating, Chilling.



Recipe: Mini Quiche

Ingredients:

For pastry

200g plain flour

100g block fat

3-4 tablespoons
cold water

For filling

1 pepper, diced.

1 small onion, diced.

1 tomato, diced.

2 eggs

150ml milk

100g grated cheese.

½ teaspoon mixed herbs



Method:

1. Set oven 200°C/Gas Mark 6.
2. Dice onion the onion and pepper.
3. Gently fry until caramelised.
4. Put flour & fat in bowl. Rub fat into flour.
5. Add water & mix to a stiff dough, add more water if needed.
6. Turn pastry onto floured table, roll pastry, and cut into 12.
7. Gently push the pastry circle in to tray at the edges.
6. Mix eggs and milk. 7. Place the roasted vegetables into the pastry cases.
8. Add ½ the grated cheese.
9. Pour over the egg mixture and add the rest of the cheese. Don't over fill.
10. Bake for 20 minutes until the filling is set and the top is golden brown.

Skills (Medium):

Dicing, Frying, Rub in, Rolling, Grating, Baking.



Recipe: Apple Pie

Ingredients:

2 sweet apples

25g sugar

150g plain flour

75g butter

Egg or milk to glaze, optional



Method:

1. Light oven: Gas 6 / 180°C. Grease the tins
2. Put the flour and butter into a mixing bowl. Cut up the butter **and use fingertips to rub it** as quickly as possible, until resembles breadcrumbs.
3. Add cold water 3 tbsp and **cut in** using a table knife, until it makes a firm dough (3 tbsp should be enough). Squeeze gently to make a ball. Wrap in cling film and chill for 15 minutes
4. Peel and core and slice the apples thinly, coat in lemon juice
5. Cut the pastry in half and roll out, then roll out the other half for the top of the pie. Thickness of a pound coin
6. Put the pastry into the tin, layer the apples and sprinkling sugar between the layers.
7. Cut off any extra pastry to neaten the edge. Cut a slit in the centre of the pie lid
8. Bake for 20-25 minutes, or until golden brown.

Skills (Medium/ complex):

Rub in, Chilling, Peeling, Slicing, Baking.

Sauces and accompa- niments.





Recipe: Cream Cheese

Ingredients:

500ml whole milk

1 lemon

Pinch of salt



Method:

1. Pour the milk into a saucepan and stir in a pinch of salt.
2. Bring to boil over medium heat, stirring occasionally.
3. Squeeze the lemon and place the juice in a small bowl.
4. When the milk begins to boil, stir in the lemon juice. The milk will curdle (Separate) and it will turn into curds and whey.
5. Line a sieve with a muslin cloth and pour the milk through to catch the curds.
6. Wrap the muslin around the cheese and squeeze out as much liquid as possible.
7. Open the cloth and add flavouring to the cheese.
8. Store in a container in the fridge

Skills (Medium):

Simmering, Sieving, Curdling.



Recipe: Custard

Ingredients:

600ml/1 pint full-fat milk
1 vanilla pod, slit lengthways and seeds scraped out
3 free-range eggs, yolks only
25g/1oz caster sugar
2 tsp cornflour



Method:

1. Heat the milk and the vanilla pod and seeds in a pan over a medium heat, stirring frequently, until just coming up to boiling.
2. Set aside for 15 minutes to infuse and cool slightly.
3. Mix together the egg yolks, sugar and cornflour in a heatproof bowl stirring to get a smooth paste.
4. Slowly pour the hot milk into the paste, stirring constantly until completely combined.
5. Strain the mixture into a clean saucepan and, stirring constantly, cook gently over a low heat until the custard thickens. This happens at around 75C/165F, if you have a cooking thermometer. If you don't, coat the back of the spoon with custard and draw a line through with your finger. If the line holds, the custard is ready.

Skills (Complex):

Tempering, Separating eggs, boiling,



Recipe: Mayonnaise

Ingredients:

1 egg
1 teaspoon mustard
240ml (8 fl oz) oil
salt and pepper to taste
Juice of half a lemon



Method:

1. Place the egg, lemon juice, mustard and salt and pepper in a tall thin jug. Most stick blenders come supplied with one.
2. Pour in the oil and allow to settle for a few seconds.
3. Put the end of the blender on the bottom of the jug and hold it there while you whizz the egg for about 10 seconds. You should see the mayo begin to form.
4. After 10 seconds slowly lift the blender to the top and then slowly down again. Repeat until all the oil is incorporated and the mayo is at the consistency you want.
5. This should last for 2 to 3 days if kept in the fridge.
6. Alternatively put all ingredients besides the oil into a mixing bowl, Using a hand mixer, mix on high while slowly add the oil, if you add the oil too quickly it will separate!

Skills (Complex):

Blending, Emulsifying.

Recipe: Tomato Ketchup



Ingredients:

- 300 g double-concentrate tomato paste, organic if possible
- 80 g maple syrup
- 60 ml white vinegar, or apple cider vinegar
- 60 ml water
- 2 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon cinnamon powder
- 1 teaspoon black pepper powder
- grated nutmeg and chilli powder



Method:

1. Place all ingredients in powerful blender
2. Blend until combined and you reach a smooth texture
3. Add a pinch of nutmeg and chilli powder at the end for a spicy kick, or leave the ketchup plain
4. Store in an airtight container in the fridge for up to 1 week

Skills (Basic):

Blending.



Recipe: Tartar sauce

Ingredients:

- 6 tbsp mayonnaise
- 1 gherkin or 6 cornichons, finely chopped
- 1 tbsp capers, rinsed and chopped
- 1 tsp lemon juice
- 1 tbsp chopped parsley
- 2 tsp chopped tarragon



Method:

(See page 71 for mayonnaise recipe)

1. Simply combine the mayonnaise, chopped gherkin or cornichons, capers, lemon juice, parsley and tarragon in a bowl and season.

Skills (Basic):

Mixing.



Recipe: Pea Puree

Ingredients:

200g of frozen peas

salt

lemon juice



Method:

- 1) Bring a large pan of salted water to the boil, blanch the peas for 3 minutes
- 2) Add the peas to a blender along with a little water. Blitz the peas, adding more liquid in small additions as needed. Blend for no more than 2-3 minutes, until a fairly thick, smooth purée has been achieved
- 3) Tip the purée into a fine sieve and use the back of the ladle to push it through - this will give you a silky-smooth finish
- 4) Taste and season with salt and a squeeze of fresh lemon juice
- 5) Finally, cool the pea purée as quickly as possible - this will prevent the colour fading.

Skills (Basic) :

Boiling, Blending, Pureeing, Sieving.



Recipe: Tuile

Ingredients:

35g butter
35g honey
35g egg white (about 1 egg white)
35g all purpose flour



Method:

1. Pre heat oven to 160c
2. Melt butter and honey together in a microwave
3. Add all ingredients together and mix with whisk until smooth
4. Spread on mould, remove any excess from around the shapes. (can be done with a range of different moulds)
5. Bake for about 8 minutes at 160°C
6. Carefully remove from mould before cooled. The tuile will be soft until it cools.

Skills (Medium):

Baking, Shaping, cooled.



Recipe: Fruit Coulis

Ingredients:

300g raspberries or mixed berries
(fresh or frozen)

100g sugar



Method:

1. Place fruit into a saucepan with the sugar.
2. Set over medium heat, and crush with the back of a fork until the sugar is dissolved and the fruit has become saucy.
3. Taste and add a bit more sugar if needed. Strain through a metal sieve.

Skills (Basic):

Sieving.

Recipe: Sugar decorating



Ingredients:

200g caster sugar



Method:

How to make the caramel:

1. Heat caster sugar in a heavy-based pan over a gentle heat until it has dissolved.
2. Bring to the boil without stirring until a medium caramel colour.
3. Remove from heat, but watch it closely as colour can deepen rapidly (and dark caramel can taste bitter).
4. if it hardens and cannot be controlled, put back on low heat to loosen.

How to make caramel shards:

1. Pour caramel on to a greased baking tray.
2. Allow to set and break into shards.

How to make caramel cages:

1. Drizzle the caramel in a criss-cross pattern over a greased ladle.
2. When it's set, carefully lift off.

How to make caramel spirals:

1. Loop the caramel around a greased spoon handle.
2. When it's set, carefully lift off.

Skills (Basic):

Caramelisation, Shaping, Boiling.