

Contents



RECIPES AND HOMEWORK SHEETS

Salsa

Couscous Salad

Stir Fry

Pizza Toast

Apple Crumble

Flapjack

Banana Muffins



Salsa

Key learning: Safe use of vegetable knife and peeler. Use of correct colour coded chopping board.

Date of practical lesson :



Equipment to get out at the start:

vegetable knife, green chopping board, small bowl, teaspoon.

Ingredients

100g fresh tomatoes or tinned chopped*

1 small onion, finely chopped*

1 mild chillies, finely chopped*

1 clove garlic*

coriander, finely chopped*

Method

1. Place damp cloth under green chopping board
2. Using bridge and claw method dice your onion
3. Combine the diced onion with all the ingredients together in your container provided .

* provided by school

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Use claw and bridge techniques. Present peeled and carefully cut up onion.

COULD: Attractively present evenly salsa with evenly sized diced onion.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Couscous Salad

Key learning: Safe use of vegetable knife and peeler. Safe use of kettle. Use of correct colour coded chopping board.

Date of practical lesson :



Equipment to get out at the start:

vegetable knife, green chopping board, large mixing bowl, tablespoon, fork, measuring jug



You will need one large.
These must be named.

Ingredients

175ml water, boiling

1 vegetable stock cube

100g couscous

1 medium tomato

1 onion

$\frac{1}{2}$ cucumber

$\frac{1}{2}$ yellow pepper

4 dried apricots (Optional)

100g beans, peas or lentils i.e kidney beans, chick peas (tinned)

1 small bunch parsley or coriander*

2 x 15ml spoons low fat dressing*

Method

1. Make up the stock by dissolving the stock cube in the boiling water. Pour the stock over the couscous in a large bowl.
2. Stir with a fork and leave to stand for 5 minutes.
3. Dice onion. Chop the tomato and cucumber into small chunks. Slice the pepper into small strips.
4. Slice the dried apricots and parsley into small pieces.
5. Fluff up the couscous with a fork and then add all the vegetables.
6. Stir everything together. Add the dressing.

* provided by school

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Use claw and bridge techniques. Present peeled and carefully cut up vegetables.

COULD: Attractively present evenly cut vegetables. Dish full of colour

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Vegetable Stir Fry

***Key learning:** Safe and accurate use of vegetable knife and peeler. Stir-frying.

Date of practical lesson :



Equipment to get out at the start:

green chopping board, vegetable knife, peeler, garlic press, teaspoon, wok or large frying pan, wooden spoon,

You will need one large container.



NB All ingredients must be prepared in school

This must be named before the lesson

Ingredients

- *15ml vegetable oil
- *1 clove garlic
- *small piece of fresh ginger
- 1 small carrot
- 1/2 a large courgette or 1 small one
- 4 Babycorn (Canned or fresh) (Optional)
- 8-10 Monge Tuote or Fine Green Beans (Optional)
- 3 spring onions cut
- 1 half a pepper
- 5 broccoli florets
- 2 tablespoons light soy sauce **or** 3-4 tablespoons 'stir in sauce' from jar or pouch
- *Fresh coriander for finishing
- *provided by school**

Method

Prepare all vegetables before you start cooking on a green chopping board. See ingredients list

Open all packets.

1. Peel and grate the carrot. Chop all vegetables in to baton pieces. Peel and chop the garlic and ginger.
2. Carefully heat oil in wok or frying pan. Add ONE courgette strip at start to test temperature.
3. Is courgette starting to sizzle and cook?
4. Add all ingredients to the wok. Cook and stir using a wooden spoon on a medium to high heat for about 2 minutes. Do not let vegetables brown.
5. Add the stir fry sauce or soy sauce to base of pan to heat through. **Check all parts are piping hot and serve sprinkled with fresh coriander.**

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of day.

SHOULD: Produce complete product with all vegetables well prepared and cooked. Carrot and spring onion are not browned.

COULD: Add cooked meat, Quorn or tofu.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Pizza Toast

Key learning: Safe use of grill

Date of practical lesson :



Equipment to get out at the start:

green chopping board, plastic plate, bread knife, vegetable knife, table knife, dessert spoon.

At end: cooling rack

You will need one large container. **This must be named.**



Ingredients

Base

1 large bread roll

Sauce

2 tablespoons pizza topping/pesto or pasta sauce

Toppings

1/2 red or green pepper

1 spring onion

2 mushrooms

100g cheddar or mozzarella cheese (grated at home)

1/2 teaspoon dried mixed herbs *

* provided by school

Method

1. Wash pepper and wipe mushrooms
2. Cut the roll carefully through the centre (bridge method) to make 2 pieces
3. Slice the pepper, spring onions and mushrooms thinly.
4. **Preheat the grill using the highest setting.** Spread the tomato sauce over the bread **right to the edge.**
5. Arrange the pepper, mushroom and onion carefully on top.
6. Sprinkle the cheese and mixed herbs over the bread. **Make sure the cheese covers the edges.**
7. Place under the grill until the cheese bubbles and the vegetables are soft.

ALWAYS LEAVE THE GRILL DOOR OPEN WHEN IN USE

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Use claw and bridge techniques. Use the grill independently. Present a completed product.

COULD: Present 4 attractive golden brown pizza toasts with evenly cut and well distributed vegetables.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Apple Crumble (1)

Key learning: stewing, seasonal produce and combining other skills learnt.

Date of practical lesson:

1. Fruit base:



Equipment to get out at the start:

Fruit base lesson: green chopping board, peeler, vegetable knife, medium saucepan with lid, wooden spoon, foil container*.

*



Ingredients

Fruit base

400g-500g cooking apples

e.g. British Bramley

1-2 tablespoons sugar (brown or white)

1/2 teaspoon cinnamon (optional*)

* provided by school

Variation:

*You could add a handful of seasonal British berries
e.g. blackberries, raspberries*

Method

Fruit base

1. Peel, core and thinly slice fruit.
2. Place fruit slices in a medium sized saucepan with a splash of water.
3. Heat on a medium hob setting until mixture starts to cook. You will hear it!
4. Turn down heat to a **low setting and cover saucepan with a lid**. Stir apples occasionally using a wooden spoon.
5. Stew or cook apples until they are **just soft, but retain their shape**. Push the tip of a sharp knife into a piece of apple. Does it go in easily?
6. Add sugar and cinnamon to cooked apples and stir gently with a wooden spoon
7. Spoon apple mixture into foil container.
8. Scatter a handful of washed berries on top of the apples if using.

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Prepare fruit independently using previous knowledge of cutting techniques. Regulate the hob temperature as demonstrated. Produce a cooked fruit base for this product ready for freezing.

COULD: Present an evenly cooked fruit base where fruit is soft, but clearly retains its shape. Show thoughtful use of appropriate spices / additional soft fruits.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Apple Crumble (2)

Key learning: Adapting recipes, combining other skills learnt, weighing using digital scales



Date of practical lesson:

2. Crumble topping:

Equipment to get out at the start:

Crumble topping: mixing bowl, table knife, tablespoon, baking tray between two,

At end: cooling rack

Ingredients

Crumble topping

75g plain flour (wholemeal or white)

25g porridge oats*

50g **block baking margarine**, at room temperature (not low fat or light) **NO TUB MARGARINE**

75g sugar (brown or white)

* provided by school



Method

Crumble topping

1. **Preheat oven to 200 °C / Gas Mark 6. Shelves in centre.**
2. Cut margarine into small cubes
3. Place flour, oats and margarine in a mixing bowl
4. Rub margarine into flour/oats with your fingertips until mixture **looks like bread-crumbs**. Check there are no large lumps.
5. Add sugar and stir well.
6. Spoon crumble mixture evenly over fruit in container and press down **gently** with the back of a tablespoon and/or your fingertips
7. Place foil container on baking tray and bake for 20-30 minutes until the crumble is golden brown.
8. Transfer to a cooling rack.



*

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Prepare crumble topping using the rubbing-in method. Produce a finished fruit crumble.

COULD: Present an evenly cooked fruit crumble topping with a varied texture, provided by additional ingredients. Crumble will be evenly golden brown and fruit well sealed in.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Flapjack

Key Learning: melting method, weighing, baking, safe oven control,



Date of practical lesson :

Equipment to get out at the start:

wooden spoon, mixing bowl, saucepan, digital scales

You will be provided with a foil dish to cook it in.*



Ingredients

50g sugar

100g margarine

100g golden syrup

50g self raising flour

150g porridge oats

pinch of salt

* provided by school

Method

1. Turn the ovens on to Gas 6 or 180°C.
2. Into a saucepan, weigh the sugar, margarine and golden syrup.
3. Weigh out your other ingredients into a small bowl.
4. Take a wooden spoon, put the saucepan on a low heat and melt all the ingredients together. Stirring the mixture very carefully. The mixture will become very very hot.
5. Once the mixture has melted, turn off the heat and very carefully take the saucepan to your workspace.
6. Add the flour, porridge oats and salt to the saucepan and stir with the wooden spoon until well combined.
7. Put into a foil lined tin and bake for 20 -25 minutes until golden brown and the top has formed a crust.

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Demonstrate melting method and accuracy when weighing out ingredients

COULD: Add additional nutritional ingredients with a golden brown finish

WORK STATION (circle as appropriate): excellent acceptable needs work

Banana Muffins

Key Learning: Use of digital scales, safe use of oven, all-in-one method, portion control, adapting a recipe.



Date of practical lesson :

Equipment to get out at the start:

Muffin tray + 6-8 muffin cases, mixing bowl, wooden spoon, measuring jug, fork, teaspoon measure, dessertspoon, 1/4 teaspoon.



*

You will need one large container. **These must be named.**

Method

Preheat the oven to 190°C / Gas mark 5.

Put 6 to 8 muffin cases in muffin tray

1. Place 10 or 12 paper muffin cases into a bun tin.
2. If making banana muffins mash bananas in the bowl first with a fork.
3. In a mixing bowl put the flour, sugar, baking powder and salt.
3. Mix thoroughly and make a well in the centre.
4. In a jug put the milk, oil and egg, and beat
5. Pour the liquid into the centre of the flour mixture and mix quickly. It should be a lumpy batter.
6. Add any additional ingredients e.g fruit
7. Fill the paper cases to 2/3 full.
8. Bake in the oven at gas no 6 or 200°C for about 20 minutes.

Ingredients

250g plain flour

75g caster sugar

2 teaspoons baking powder*

1 egg beat

180ml milk

60ml cooking oil

$\frac{1}{4}$ teaspoon salt

* provided by school

Optional Variations

Blueberry, add 100g or fresh or frozen blueberries.

Banana, reduce the milk to 120ml and add two mashed bananas to the liquid.

Cheese, stir in 50g grated cheese into the flour mixture and leave out the sugar.

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Leave work station as you found it. Take product home at the end of the day.

SHOULD: Weigh ingredients accurately at home using digital scales, Present a complete product. Preheat and use oven safely.

COULD: Present a golden brown well cooked product. All muffins are the same size. (accurate portion con-