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Fajitas

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

Date of practical lesson :



Equipment to get out at the start:

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

NB Chicken to be prepared at home (slice and add any additional seasoning required). All ingredients must be prepared in school.

Ingredients

1 small chicken breast (pre-cut into even strips ready for cooking) or Quorn or flavoured tofu

1/2 small lime or lime juice

*15ml vegetable oil

*1 clove garlic crushed

*chilli Fresh finely chopped (or powder or flakes)

1 tomato

1/2 green pepper cut into thin baton strips

1 small onion, sliced

*Fresh coriander for finishing

2 Tortilla Wraps

(Optional 1 x 15ml spoon guacamole or salsa)

***provided by school**

(

You will need one large container.

This must be named before the lesson



Method

Prepare all vegetables on a green chopping board.

1. Add garlic, lime juice chilli and chopped coriander to chicken, tofu or Quorn and leave in a bowl to marinade.
2. Slice the onion and green pepper. Chop the tomato.
3. Carefully heat oil in wok or frying pan. When ready place the marinated chicken into pan and stir until chicken has turned white, using a wooden spoon on a medium to high heat for about 4 minutes. .
4. Add onions and peppers once more until heated through for another 4mins. Check chicken is cooked
5. Serve on tortillas with optional salsa and guacamole.

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 protein sources and 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

Meat or Quorn Bolognese

Date of practical lesson :



Equipment to get out at the start:

green chopping board, vegetable knife, medium saucepan, wooden spoon, teaspoon, tablespoon (red board if using meat)

You will need one large container.

This must be named before lesson



Ingredients

* (15ml vegetable oil)
200g minced beef, lamb, turkey or Quorn mince
1 medium onion finely chopped
1 carrot peeled and finely chopped
1 garlic clove skinned and finely chopped
*1 teaspoon dried mixed herbs or basil
15ml tomato puree
400g can/carton chopped tomatoes (salt) and pepper
1x meat or vegetable stock cube

150g dried tagliatelle or pasta-cooked at home

(To finish: grated parmesan or other cheese and basil leaves)

***provided by school**

(ingredients in brackets are optional)

At home: Cook pasta in large pan of boiling water for about 8-10 minutes (check packet) Drain well. **Toss pasta in one teaspoon of oil to prevent it sticking.**

Method:

(Lay meat unopened on red chopping board)

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

1. Add the minced meat or Quorn to a medium sized saucepan. (WASH HANDS and REMOVE RED BOARD if using meat.) Add chopped onion, carrot and garlic.
2. Place saucepan on medium heat and break up mince as it cooks using a wooden spoon. Cook for 5-10 minutes, until meat is lightly browned.
3. Add the tomatoes or passata, tomato puree, stock cube, herbs, (salt) and pepper.
4. Bring to the boil, **cover saucepan with lid** then **simmer gently** for about 30 minutes stirring occasionally. **Taste and adjust sauce.**
5. **TO SERVE:** Put pasta in base of container, add sauce (and finish with grated cheese and basil)

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 pasta accompaniment, Taste and adjust seasoning and cooking time.

COULD: Finish with grated parmesan and basil leaves Add extra vegetables to ragu.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Pizza Dough (lesson 1)

*Key learning: Bread-dough, kneading.

Date of practical lesson :

1. Pizza Dough

All ingredients are provided



Pizza dough will be made and frozen at the end of this lesson and left in school

Equipment to get out at the start:

mixing bowl, tablespoon, measuring jug, round bladed knife, spoon measures, flour dredger.

Ingredients:

*150g strong plain flour
(1/2 wholemeal 1/2 white)

* $\frac{1}{2}$ level teaspoon salt

* $\frac{1}{2}$ level teaspoon sugar

*1 dessertspoon oil

*1 teaspoon quick acting dried yeast

*100 - 125ml warm water

*all ingredients provided by school

Method

To prepare bread dough for pizza base:

1. Put flour, yeast, salt and sugar in mixing bowl
2. Mix warm water and oil in a measuring jug.
3. Add enough yeast liquid to the flour mixture to produce a slightly soft, slightly sticky dough.
4. Mix well with a round bladed knife until it leaves the side of the bowl
5. Flour dough and stir gently to remove from bowl.
6. Turn dough onto a floured surface
7. Knead using floured hands for about 5 minutes until smooth and elastic.
8. Flour surface of dough and place in NAMED freezer bag
9. Remove any air from bag and tie (leaving some space above the dough) using a balloon knot.
10. Freeze until needed.

MUST: Produce a pizza dough ready for freezing by end of lesson. *Work safely and hygienically, following routines you are taught. Leave work station as you found it.*

SHOULD: Work independently and produce a smooth, elastic dough.

COULD: Finish quickly and attempt extension task on functions of bread ingredients

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

Pizza (lesson 2)

***Key learning:** Rolling and shaping dough, baking and testing if cooked

Date of practical lesson :

2. Pizza shaping and topping



Equipment to get out at the start:

greased and foil lined baking tray, wooden spoon, flour dredger, rolling pin, green chopping board, dessertspoon, vegetable knife.

At end: cooling rack + palette knife

Remember to bring a large container/ pizza box/circular or square tray.

Name before lesson



Ingredients for Topping

*3-4 dessertspoons passata

150g grated cheese - cheddar or mozzarella

1/2 tsp dried oregano, basil or mixed herbs

(Up to 4 extra toppings)

eg's

***provided by school**

(you may leave out ingredients in brackets)

Method

Preheat oven 220°C or Gas mark 7.

Line and grease baking tray.

1. Turn dough onto a floured work-surface using a floured wooden spoon.
2. Flour hands and knead dough quickly to remove any cracks and knock out air. Turn over. **Dough should be smooth on top.**
3. Using a floured rolling pin, roll out dough into a 20 cms circle on floured work-surface
4. Lift dough onto a greased baking tray and do final shaping by hand. Press dough into a neat circle with flat surface of fingers. **Check base is a neat circle and it is touching edges of baking tray.**
5. **Leaving a neat 1cm border**, spread passata onto base.
6. Prepare toppings. Cut vegetables into small dice or thin strips.
7. Sprinkle dough with cheese and add any extra toppings. Sprinkle with herbs
8. Bake for 10-15 minutes until edge is a golden brown colour, cheese has melted and vegetables are soft. **The pizza should move on the baking tray when shaken.**

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 a complete product with a golden crust, soft texture and neat border of dough

COULD: Use some more interesting toppings. Arrange toppings attractively. Add an additional finish.

WORK STATION (circle as appropriate):

excellent

acceptable

needs work

Macaroni Cheese (all-in-one-Sauce)

Making the Filling

*Key learning: all-in-one sauce, tasting, testing, adjusting.

Date of practical lesson :



Equipment to get out at the start:



LESSON 1: Filling:

small saucepan/milk pan, mini whisk, wooden spoon, measuring jug, tea-spoon.

Pasta must be pre-cooked at home and bought in ready for the lesson. Cheese must be grated.

Method:

Measure sauce ingredients using digital scales

1. In a small saucepan **OFF THE HEAT** put margarine, flour and milk in the same saucepan.
2. **BRING SAUCE TO THE BOIL** whisking all the time using the mini whisk to avoid the sauce burning on the bottom of the pan.
3. **REMOVE SAUCE FROM THE HEAT**, add grated cheese and any seasoning to the sauce. **Taste and adjust.**
4. Add pasta and stir to combine with sauce
5. Place in container

All In One Cheese Sauce

100g macaroni (or any other suitable pasta)

100g Grated Cheddar cheese

25g soft margarine

25g plain flour

250ml semi-skimmed milk

Black pepper *

*provided by school

(you may leave out ingredients in brackets)

MUST: Bring ingredients and store these correctly in the food room. Work safely and hygienically, following routines you are taught. Weigh ingredients accurately. Leave work station as you found it. Product is named before end of lesson.

SHOULD: Produce a well seasoned filling. Sauce made is smooth and a thick consistency.

COULD: Add more vegetables in place of meat to the filling.

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

Cheese, Tomato and Spinach Pinwheels

Date of practical lesson :

Equipment to get out at the start:

LESSON: parchment lined baking tray, flour dredger, rolling pin, palette knife, vegetable knife, pastry brush., colander,

Ingredients

Cheese, Tomato and Spinach Pinwheels

100g Grated hard Cheese

10g Tomato Puree

1 handful of fresh baby spinach leaves

1tbsp Milk (for glazing)

*125 g block shortcrust or puff pastry



*provided by school



You will need one large container.

This must be named

Method

Lesson 2 Shaping and Cooking

1. Grease baking tray.
Preheat oven to 200°C Gas mark 6
2. Boil kettle for some boiling water to wilt spinach.
3. Roll out pastry on a floured surface with a floured rolling pin until the thickness of a pound coin.
4. **Keep moving the dough on the surface, re-flouring and loosening it using a palette knife.**
5. Roll out into a rectangular shape approximately 25cm by 20cm
6. Put fresh spinach in a small plastic bowl and pour over boiling water to wilt the spinach. Leave for 5 mins then drain in the sink in a colander.
7. Spread the tomato paste evenly over the pastry leaving a gap along each long edge. Sprinkle on cheese and top with wilted spinach..
8. Roll up the pastry to produce a pastry roll.
9. Cut with knife into 1cm thick portions (discarding the two end, for neatness.
10. Brush edges and top of pastry with beaten egg or milk. Lay Pinwheels on baking Bake in oven
11. Bake in oven for 10-15mins until pastry is golden brown. **Check pasty is cooked.**



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 a complete product with a good golden brown colour. Pasties are neatly shaped.

COULD: Show accurate portion control and use an extra finish with the egg/milk glaze

Scones

Key Learning: Rubbing-in method, weighing, use of rolling pin and glazing.



Date of practical lesson :

Equipment to get out at the start:

greased baking tray, mixing bowl, table-spoon, teaspoon, round bladed knife, measuring jug, flour dredger, rolling pin, scone cutter, pastry brush



You will need to bring one large container. This must be named.



Ingredients

250g self-raising flour

1 level teaspoon baking powder *

40g block baking

margarine at room temperature (not low fat or light versions - no tubed margarine)

125ml semi-skimmed

35g caster sugar

(optional 25g sultanas or raisins)

Or for Cheese Scones

(Remove sugar and dried fruit option) add

1 level teaspoon mustard powder *

75g grated cheese

Method

1. Preheat oven to 220°C /Gas mark 7. Grease baking tray.
2. Place flour, and baking powder in the mixing bowl and rub the margarine into the flour until it looks like breadcrumbs.
3. Stir **sugar and dried fruit (or cheese and mustard if making cheese scones)** into the flour mixture.
4. Make a well in the middle of the flour and carefully pour in most of the milk. (Save 1 tablespoon of the milk for glazing.)
5. Stir mixture using a round bladed knife **until only just combined** into a soft, slightly sticky dough. Then tip onto a floured surface.
6. Knead very lightly using floured hands. **Do not over work the dough.**
7. Pat out on a floured work surface using a floured rolling pin to about 2.5 cms thick.
8. Cut out the scones using a plain cutter. **Don't twist it.** Re-pat and cut trimmings.
9. Place the scones on a baking tray and **glaze the tops** with milk. Sprinkle with 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: Demonstrate rubbing in method and produce a batch of scones.

COULD: Present evenly sized scones that are well risen, golden brown and carefully finished (glaze)

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

Carrot Cakes (makes 6)

Key Learning: accurate portion control, baking and testing if cooked, piping



Date of practical 1:

Date of practical 2:

Equipment to get out at the start:

mixing bowl, tablespoon, teaspoon, dessertspoon fork, wooden spoon, sieve, plastic spatula, muffin tray, measuring jug
*6 muffin cases

NB Carrot to be grated at home

LESSON 1 Carrot Cakes

100g / 4oz self raising flour
(can be wholemeal)
1 level teaspoon baking powder*
1 level teaspoon cinnamon*
(optional)
75g / 3oz carrots
75g / 3oz soft brown sugar (can be white)
50g sultanas (Optional)
1 egg
 $\frac{3}{4}$ teaspoon vanilla essence*
(Optional)
pinch of salt*
1 tablespoon desiccated coconut (optional)
75ml oil
1 tablespoon milk

LESSON 2 Cream Cheese

Frosting

150g icing sugar (sieved)
15g hard margarine or butter
60g Cream Cheese
* $\frac{1}{2}$ teaspoon vanilla flavouring
decorations + *cinnamon

Equipment for topping:

mixing bowl, wooden spoon, tablespoon, spatula, measuring



You will need one large container →

This must be named before the lesson



Method

PRACTICAL 1 : CARROT CAKES

1. Preheat the oven to 200°C or Gas Mark 6. Put 6x muffin cases in muffin tray. NB You will share ONE muffin tray with your partner
2. Mix the grated carrot, sugar in the mixing bowl using a wooden spoon
3. Sieve in the flour, cinnamon and baking powder.
4. Beat the egg, vanilla essence milk and oil in a small measuring jug with a fork and then add to the mixture. Add the sultanas and (desiccated coconut). Stir well but gently using a tablespoon until just mixed.
5. Divide the mixture equally between the muffin cases, using a teaspoon and dessertspoon.
6. Bake for 15-20 minutes until firm in the centre and golden brown. Decorate with topping when cold.

Method PRACTICAL 2: BUTTERCREAM TOPPING

1. Sieve icing sugar into small bowl.
2. Place cream cheese and margarine/butter in mixing bowl and beat with a wooden spoon until softened.
3. Add icing sugar a tablespoon at a time to cream Cheese and margarine, cream together well each time.
4. Add vanilla flavouring and beat until mixture is a smooth, piping consistency. Use as required.

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 end of the day.

SHOULD: Present a complete, well cooked product, with a golden brown colour, light texture (and neat finishing)

COULD: All cakes are the same size. (accurate portion control) Clean edges on muffin cases. (and neat piping)

WORK STATION (circle as appropriate):

excellent

acceptable

needs work