



# Quiche



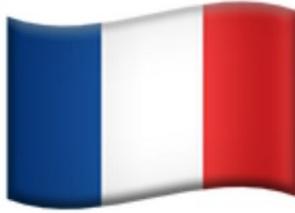
## Ingredients

### Short crust pastry

- 220g plain flour
- 50g butter or baking fat/block
- 50g lard (available from school)
- 2 tbsp water

### Filling

- 2 eggs, large
- 125ml semi-skimmed milk
- 50g reduced fat cheddar cheese
- 2 rashers of cooked bacon (or 3 mushrooms)



## Big Picture:

To understand coagulation whilst demonstrating safe and hygienic practises whilst making quiche.

## Equipment

- |               |               |
|---------------|---------------|
| Flour dredger | Baking dish   |
| Butter knife  | Fork          |
| Mixing bowl   | Measuring jug |
| Tablespoon    | Grater        |
| Rolling pin   | Baking tray   |
|               | Knife         |



## Method:

1. Make up the shortcrust pastry: sift the flour into a bowl;
2. cut the fat into cubes and add to the flour;
3. rub the fat into the flour until the mixture resembles breadcrumbs;
4. add the water a spoonful at a time and mix until the dough comes together.
5. Roll out the pastry, on a floured surface, and line the flan ring/sandwich tin.
6. Any left over pastry, bag with your name as we will use it for your chicken pie.
7. Prick the bottom of the pastry with a fork.
8. Wrap in clingfilm and place onto a tray for storage
9. Preheat the oven to 170c
10. Place the pastry onto a baking tray and into the oven until slightly brown.
11. Place the bacon/mushrooms around the pastry base.
12. Grate the cheese and whisk with the eggs and milk.
13. Pour the egg mixture over the pastry base.
14. Bake for 25-30 minutes, until golden brown and firm.

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S4—Use of the cooker
- S7 = prepare, combine and shape
- S10—Dough
- S12—Setting mixtures

## Food Science

- ✓ Coagulation
- ✓ Denaturation
- ✓ Dextrinisation
- ✓ Shortening
- ✓ Maillard Reaction

## Vocabulary:

- Coagulation
- Denaturation
- Shortening
- Blind baking.





# Chicken Kiev



## Ingredients

- 1 whole chicken, jointed and de boned
- 100g plain flour
- 2 eggs
- 175g of breadcrumbs
- 3 garlic cloves
- Small handful of fresh parsley
- 50g butter



## Big Picture:

To demonstrate jointing and deboning of a whole chicken to produce Chicken Kiev hygienically and safely.

## Equipment

- Mixing bowl
- Red boning knife
- Red chopping board
- Mixing spoon
- 3 plates

- Rolling pin
- Green knife

## Method:

- Using the demonstration, joint the chicken into breast, drumsticks, wings and thighs.
- Place on a tray, cover with your name on and place in the fridge.
- To make the butter, tip the crushed garlic and chopped parsley into a bowl and season generously with pepper and a little salt.
- Beat until completely combined then tip onto a sheet of cling film and roll into a log. Refrigerate until hard.
- Make an incision down the middle of the fillet half way into it to make a pocket; it is essential that you don't cut all the way through the meat.
- On another part of the board bat out the mini fillet slightly using a rolling pin.
- Divide the butter into four and squash into flattish discs. Stuff each of the pockets that you made with a disc of butter. Cover each with the mini fillet and fold the sides of the breast over it. Set aside
- Tip the flour, eggs and breadcrumbs into separate plates
- Working methodically, completely coat each breast in flour, then egg, then breadcrumbs.
- Cover and place in the fridge for next lesson. Ensure your name is on it.



## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S7—prepare, combine and shape
- S9—tenderising and marinate

## Food Science

- ✓ Dextrinisation
- ✓ Maillard Reaction

## Vocabulary:

- Panne
- Dextrinisation
- Jointing
- Maillard reaction





# Fondant Potatoes



## Ingredients

- 3 medium sized potatoes
- 100g butter
- 2 garlic gloves
- 1 chicken or veg stock cube



## Big Picture:

To demonstrate key knife skills to prepare fondant potatoes, to understand what basting is.

## Equipment

- Frying pan
- Measuring jug
- Garlic crusher
- Brown chopping board
- Knife

- Baking tray
- Serving plate

## Method:

1. Preheat the oven to 180c
2. Wash the potatoes, and then slice the ends so they lie flat on both sides
3. Place a frying pan onto the hob and heat with some oil, place the potatoes cut side down.
4. Fry for 5 minutes until golden brown and the flip, add the butter at this point
5. Baste for 3 minutes, using a metal spoon, spoon the butter onto the top of the potatoes.
6. Crush the garlic with some thyme into the pan
7. Pour 200ml of water into the pan and add the stock cube
8. Cook for 20 minutes
9. Place your Kiev onto a baking tray (share) and place into the preheated oven for 20 minutes or until 75c In the centre.
10. Do dishes and clean surfaces.
11. Place onto a plate with your name for a photo.



## GCSE Skills

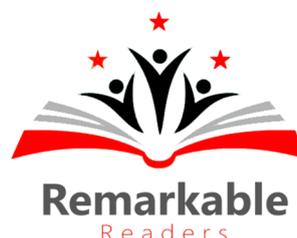
- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and vegetables
- S4—use of the cooker
- S6—Cooking methods
- S7—prepare, combine and shape

## Food Science

- ✓ Dextrinisation

## Vocabulary:

- Dextrinisation
- Basting





# Chicken Wings



## Ingredients

- Your wings and drumsticks
- 50ml soya sauce
- 1 tbsp brown sugar
- 1 tbsp lemon juice
- 1 tbsp hot sauce (optional)
- 1 tbsp sesame oil (from school)
- 1 garlic clove
- 1 tsp hoisin sauce

## Equipment

- Mixing bowl
- Lined baking tray
- Temperature probe

## Method:

1. Preheat the oven to 200c
2. Mix all of the ingredients together
3. Trim the drumsticks of any fat
4. Cut the wing in half so you have a drumette and wingette
5. Put the chicken into the marinade and coat
6. Place the drums on the baking tray and bake for 10 minutes, then add the wings and cook for a further 15 minutes.

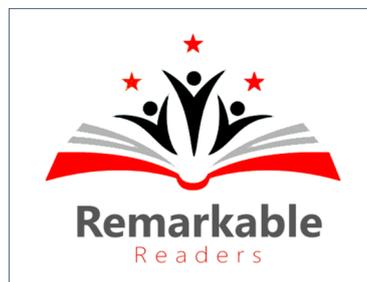


## Big Picture:

To demonstrate the key requirements to prepare a marinade.

## Vocabulary:

- Marinating
- Dextrinisation
- Maillard reaction
- Caramelisation



## GCSE Skills

- S1—General practical skills
- S4—use of the cooker
- S6—cooking methods
- S8—sauce making
- S9—tenderise and marinate

## Food Science

- ✓ Dextrinisation
- ✓ Maillard reaction
- ✓ Caramelisation



# Chicken Pie



## Ingredients

- Your chicken thighs
- 100g mushrooms
- 1 onion
- 25g plain flour
- 25g butter
- 250ml milk



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare chicken and mushroom pie

## Equipment

- Pie dish
- Rolling pin
- Red chopping board
- Brown Chopping board
- Knife

- Flour dredger
- Mixing spoon



## Method:

1. To make the filling, debone the chicken as demonstrated
2. Clean down to prevent cross contamination of raw meat.
3. Collect your pastry and roll out into a circle large enough to fit your pie dish.
4. Slice the onion and  $\frac{1}{4}$  the mushrooms
5. Dice the chicken into chunks
6. Heat a saucepan up with a little oil and fry the chicken until white
7. add the onions and mushrooms and cook for 5 minutes
8. once the onions are soft, add the butter and melt
9. Once the butter is melted, add 25g of plain flour
10. Keep stirring for 2 minutes
11. Add half the milk and keep stirring until the mixture goes thick
12. Add the rest of the milk and keep stirring.
13. Pour the filling into the pie dish
14. Cut a hole in the top to allow steam out.
15. Cook for 25 minutes

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—cooking methods
- S7—prepare combine and shape
- S8—sauce making
- S10—Dough
- S12—setting mixtures

## Food Science

- ✓ Dextrinisation
- ✓ Maillard reaction
- ✓ Gelatinisation

## Vocabulary:

- Deboning
- Roux
- Bechamel sauce
- Dextrinisation
- Gelatinisation
- Starch
- Cross contamination





# Chicken Curry



## Ingredients

- 1 chicken breasts left from your whole chicken
- 1 onion
- 2 garlic cloves
- Small piece of ginger
- 2 tbsp of spice blend (curry powder, coriander, cumin, paprika) (available from school)
- Salt and pepper
- 2 tbsp tomato puree
- 1 small tin of chopped tomatoes
- 1 chicken stock cube
- Handful of spinach (optional)



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare Chicken curry.

Understand how to prepare a spice blend and to infuse oil

## Equipment

- Saucepan
- Knife
- Red chopping board
- Brown chopping board
- Tablespoon

## Measuring jug

## Method:

1. Prepare the chicken on a red chopping board
2. Prepare the garlic, onion and ginger (use a spoon to peel it and the cut small as possible)
3. Place a saucepan with a small amount of oil and add the spice blend, turn on a medium heat,
4. When the spice blend begins to bubble, add in your onions, garlic and ginger.
5. Keep stirring for a couple minutes, add in the chicken and brown
6. Add the tomato puree and stir
7. Add in the chopped tomatoes and the stock cube and leave to simmer for 15 minutes
8. Add in the spinach if using and allow to wilt.
9. Place into your container and clean down.
10. Serve with rice when home.



## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—cooking methods
- S8—sauce making
- S9—marinading

## Food Science

- ✓ Maillard reaction

## Vocabulary:

- Infusion
- Cross contamination
- Simmering
- Reduction





# Samosas



## Ingredients

- 1 onion
- 2 garlic cloves
- 1 small potatoes
- 1 carrot
- 2 tbsp curry powder
- 100g frozen peas
- Pack of filo pastry (save half for another recipe)



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare samosas.

## Equipment

- Tablespoon
- Damp t-towel
- Knife
- Brown chopping board
- Peeler

- Saucepan
- Mixing spoon
- Pastry brush

## Method:

1. Prepare the vegetables, ensuring that they are all cut small and equal size
2. Add some oil into a saucepan and heat
3. Add the vegetables and sauté down
4. Add the curry powder and mix
5. Pour into a bowl and allow to cool slightly
6. Unwrap your filo pastry and place into a damp t-towel to prevent them drying
7. Take 2 sheets of filo pastry, and fold in half length way
8. Ensure your wrap up the remaining pastry when not using.
9. Follow the picture to fill your samosas
10. Place on baking tray
11. Brush lightly with oil
12. Bake for 15 minutes.



## GCSE Skills

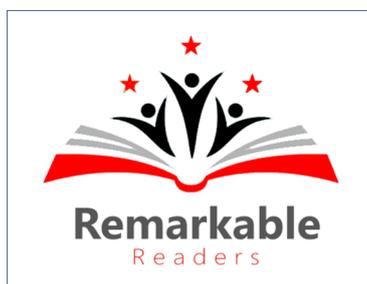
- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—cooking methods
- S7—Prepare, combine and shape

## Food Science

- ✓ Dextrinisation
- ✓ Caramelisation

## Vocabulary:

- Infusion
- Sauteing
- Folding and shaping
- Glazing





# Flakey Pastry



## Ingredients

- 75g butter or block margarine
- 110g plain flour
- Pinch of salt
- 2 tbsp cold water



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare flakey pastry.

To understand the principles of lamination.

## Equipment

- Tablespoon
- Mixing bowl
- Grater
- Pallet knife
- Flour dredger

Bag with your name on it



## Method:

1. Wrap your butter in some foil, label and place it in the blast freezer
2. Meanwhile, sift the flour into a large bowl and place a pinch of salt.
3. Take your butter and grate the butter into the bowl, use the foil to hold the butter to stop it melting.
4. Use the pallet knife to mix the grated butter in the flour.
5. Place two tablespoons of cold water into the flour and mix, add another tablespoon if required.
6. Bring together with your hands
7. Place onto a floured surface and roll out into a rectangle
8. Fold into three (like a letter) turn 90 degrees and roll again.
9. Do this twice more. (if the butter is starting to melt, place back in freezer for a few minutes).
10. Place into a named bag tie and place into freezer draw.

## GCSE Skills

- S1—General practical skills
- S7—prepare, combine and shape
- S10—dough making
- S11—Raising agents

## Food Science

- ✓ Dextrinisation
- ✓ Lamination

## Vocabulary:

- Lamination
- Dextrinisation
- Flakey pastry
- Rough puff pastry





# Tarte Tatin



## Ingredients

- 3 apples
- 100g caster sugar
- 85g butter
- 1 tbsp brown sugar (from school)



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare tarte tatin. Demonstrate your understanding of lamination and how it makes puff pastry.

## Equipment

- |                      |              |
|----------------------|--------------|
| Round baking dish    | Spatula      |
| Knife                | Peeler       |
| White chopping board | Corer        |
| Saucepan             | Flour shaker |
| Mixing spoon         | Rolling pin  |



## Method:

1. Roll out your pastry into a circle about 1 cm thick and place to one side
2. Preheat the oven to 180c
3. Peel, core and quarter the apples
4. Slice the apples into thick slices and place into a bowl of water to prevent browning.
5. In a saucepan, place your butter and caster sugar and cook until slightly browned.
6. Drain the apples and place into the saucepan.
7. Pour the apple mixture into the base of a lined round pie dish
8. Sprinkle the brown sugar on top
9. Place your pastry on top, tucking in the sides and slightly pressing down
10. Place on a baking tray and into the oven for 20 minutes until the pastry is brown and has puffed up.

## GCSE Skills

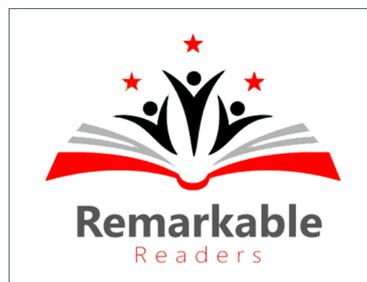
- S1—General practical skills
- S2—knife skills
- S3—preparing fruits and veg
- S4—use of the cooker
- S6—cooking methods
- S7—prepare, combine and shape
- S11—raising agents

## Food Science

- ✓ Dextrinisation
- ✓ Lamination
- ✓ Caramelisation

## Vocabulary:

- |                   |                  |
|-------------------|------------------|
| Lamination        | Caramelisation   |
| Dextrinisation    | Enzymic browning |
| Flakey pastry     | Simmering        |
| Rough puff pastry |                  |





# Apple Strudle



## Ingredients

- 3 cooking apples
- 1 tsp cinnamon (from school)
- 1 lemon (zest and juice)
- 50g sugar
- 50g raisins or currents
- 1 tbsp butter
- 20g breadcrumbs or 1 slice of bread
- Filo pastry



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare apple strudel

## Equipment

- |              |                    |
|--------------|--------------------|
| Baking tray  | Mixing bowl        |
| Damp t-towel | Saucepan           |
| Grater       | Icing sugar shaker |
| Juicer       | Teaspoon           |
| Knife        |                    |

## Method:

1. Preheat the oven to 170C
2. Line a baking tray with parchment paper
3. Peel and core the apples
4. Dice into large chunks
5. Mix the cinnamon, lemon zest, lemon juice, sugar and raisins with the apples
6. In a small saucepan melt the 1/2 butter and add the breadcrumbs
7. Pour into the apple mixture
8. Place one sheet of filo onto the baking tray
9. Brush oil onto it and repeat for all 6
10. Place the filling down the middle of the pastry
11. Roll the pastry to enclose the filling
12. Tuck the ends in
13. Brush the top with oil
14. Bake the 30 minutes
15. Top with a dusting of icing sugar



## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruits and veg
- S4—use of the cooker
- S7—prepare, combine and shape

## Food Science

- ✓ Dextrinisation
- ✓ Caramelisation

## Vocabulary:

- Dextrinisation
- Filo pastry
- Caramelisation
- Enzymic browning





# Vanilla Custard



## Ingredients

- 100ml double cream
- 350ml milk
- 2 large eggs yolks
- 1.5 tbsp cornflour (from school)
- 1 tsp vanilla extract
- 100g caster sugar



## Big Picture:

To demonstrate key skills and show appropriate health and safety to prepare custard.  
To understand the principles of gelatinisation when making custard

## Equipment

- Whisk
- Mixing bowl
- Saucepan
- Measuring jug
- Wooden spoon



## Method:

1. Put the cream and milk into a large pan and slowly bring to just before boiling
2. Split the egg yolks (put the egg white into the shared bowl)
3. Meanwhile, in a bowl, whisk the egg yolks, cornflour, sugar and vanilla.
4. Gradually pour the hot milk mixture onto the sugar mixture, mixing all the time.
5. Give the saucepan a wipe clean and pour the mixture back into the saucepan
6. Heat gently mixing with a wooden spoon until it has thickened.
7. Use to pour onto your strudel from last lesson.

## GCSE Skills

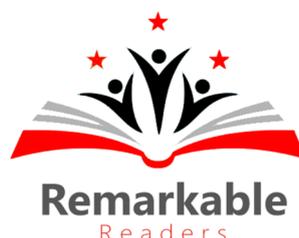
- S1—General practical skills
- S6—Cooking methods
- S8—sauce making
- S12—setting mixtures

## Food Science

- ✓ Gelatinisation
- ✓ Coagulation
- ✓ Denaturation

## Vocabulary:

- |                |              |
|----------------|--------------|
| Gelatinisation | Coagulation  |
| Amylose        | Denaturation |
| Swelling       |              |
| Thickening     |              |





# Scones



## Ingredients

250g self raising flour  
 40g baking block or butter  
 75g hard cheese such as cheddar  
 125ml milk



Or for sweet replace the cheese for  
 25g sugar and 50g dried fruit

## Big Picture:

To demonstrate your understanding of biological raising agents and how they affect baked goods such as scones.

## Equipment

Mixing bowl  
 Flour shaker  
 Butter knife  
 Sieve  
 Grater

Rolling pin  
 Scone cutter



## 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. (add the sugar and dried fruit at this point)
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.

## GCSE Skills

S1—General practical skills  
 S6—use of the cooker  
 S7—prepare, combine and shape  
 S10—dough  
 S11—Raising agents

## Food Science

- ✓ Raising agents
- ✓ CO<sub>2</sub> production
- ✓ Dextrinisation

## Vocabulary:

Dextrinisation

Raising agents  
 Bicarbonate of Soda  
 Reaction  
 Carbon dioxide





# Mayonnaise



## Ingredients

- 1 large egg
- 1 tbsp Dijon mustard
- 1 tbsp white wine vinegar
- Salt to taste
- 240ml neutral flavoured oil such as rapeseed or sunflower
- 1 tsp lemon juice



## Big Picture:

To demonstrate your understanding of emulsions and their importance in food

## Equipment

- Mixing bowl
- Electric whisk
- Teaspoon
- Measuring jug
- Tablespoon

Fork



## Method:

1. Add the egg to a small bowl and mix with a fork
2. Add the mustard, vinegar, lemon juice and salt and mix
3. Turn on the electric whisk and slowly start to add the oil, a few drops at a time until about 1/4 of the oil has been added
4. Once it has begun to thicken, you can add more oil at a time whilst whisking
5. Once all the oil has been added, taste and season with salt, pepper or lemon.
6. This when you could add some minced garlic to create garlic mayo or hot sauce to make a spicy mayonnaise.

## GCSE Skills

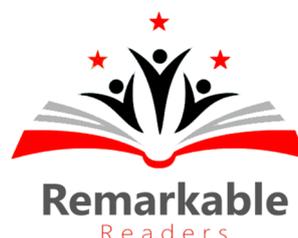
- S1—General practical skills
- S3—preparing fruit and vegetables
- S5—use of equipment
- S8—sauce making

## Food Science

✓ Emulsions

## Vocabulary:

- Whisking
- Emulsions
- Hydrophobic
- Hydrophilic
- Bind
- Oil in water emulsion
- Lecithin



# Mini Rolls

## Ingredients

- 100g plain flour
- 100g caster sugar
- 3 eggs



## Big Picture:

- Produce a perfectly rolled Swiss roll
- Use the 'whisking method' of cake making, demonstrating the 'trial test'
- Explain the functional role of each ingredients used in a Swiss roll



## Equipment

- |                   |                         |
|-------------------|-------------------------|
| Swiss roll tin    | Baking parchment x 2    |
| Pastry brush      | Sieve                   |
| Large mixing bowl | Electric handheld whisk |
| Grater            | Round bladed knife      |
| Tablespoon        | Plastic spatula         |
| Sharp knife       | Clean tea towel         |
| Cling wrap        |                         |

## Method: To make the Swiss roll -

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Preheat oven to 210°C or gas mark 7.
3. Crack the eggs into a large mixing bowl and add the caster sugar.
4. Using a handheld electric whisk, whisk the eggs and sugar together until thick, creamy and fluffy - creamy white in colour. Continue until the mixture holds the 'trail test' for at least 3 seconds.
5. Gently sieve in the flour, and fold in using a spatula trying not to knock out as little air as possible.
6. Pour the mixture into the Swiss roll tin and gently tap tin to spread mixture evenly.
7. Bake for 7 - 10 minutes, until sponge is pale brown and springs back when press gently. **DO NOT** overcook. Start washing up.
8. While the Swiss roll is baking, place a second piece of baking parchment paper on the worksurface and sprinkle the extra caster sugar. Get out a cooling rack, and cover with a spare folded dampened tea towel.
9. Turn the cooked sponge out onto prepared paper, trim edges.
10. Roll up using the baking parchment and tea towel to help you (**Roll from the long side**)
11. Allow to cool.
12. Remove t-towel and reroll in the parchment paper. Place your name on it and leave for next lesson.
13. Wash up remaining equipment, placing clean and dry equipment on the end of your bench ready for checking.

## EAT FOR HEALTH

Eat in moderation due to the high sugar content - however a unfilled Swiss roll sponge contains no fat.

## GCSE Skills

- S1—General practical skills
- S4—Use of the cooker
- S5—use of equipment
- S6—Cooking methods
- S7—Prepare, combine and shape
- S11—Raising agents

## Food Science

- ✓ Dextrinisation
- ✓ Aeration
- ✓ Raising agents
- ✓ Denaturation
- ✓ Coagulation

## Vocabulary:

- |                 |                          |
|-----------------|--------------------------|
| Mise-en-place   | Weighing and measuring   |
| Accurate        | Preparing Swiss roll tin |
| Whisking method | Sieving                  |
| Folding         | Using the oven           |
| Baking          | Trimming                 |
| Rolling         |                          |



# Mini Rolls

## Ingredients

### For the buttercream

75g butter

150g icing sugar

### For the topping

100g milk chocolate



## Big Picture:

- Produce a perfectly rolled Swiss roll
- Perfectly temper chocolate to create a chocolate ganache
- Explain the functional role of each ingredients used in a Swiss roll



## Other items needed from home

A large, named container in which to take your Swiss roll

## Equipment

Mixing bowl

Wooden spoon

Butter knife

Glass/metal bowl

Saucepan with water in

Pallet knife

Wooden spoon

Metal/plastic plate

Sharp knife.

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Place a pan of water onto the hob and place a glass or metal bowl on top to melt the chocolate
3. Meanwhile place the butter and the icing sugar into a mixing bowl
4. Using a butter knife, cut the butter into the icing sugar. This prevents the icing sugar going everywhere.
5. Once this is fully combined, mix with a wooden spoon until butter cream is made.
6. Place
7. Cut your mini rolls into 8cm lengths
8. Carefully unroll and fill with the butter cream.
9. Reroll and place onto a plate
10. Pour your chocolate over the top and place in the fridge to set.
11. Wash up and clear your areas

## EAT FOR HEALTH

Eat in moderation due to the high sugar content and the high amount of saturated fat from the chocolate and cream.

## GCSE Skills

S1—General practical skills

S4—Use of the cooker

S5—use of equipment

S6—Cooking methods

S7—Prepare, combine and shape

S11—Raising agents

## Food Science

✓ Dextrinisation

✓ Aeration

✓ Raising agents

✓ Denaturation

✓ Coagulation

## Vocabulary:

Mise-en-place

Bain Marie

Tempering

Cross contamination

Weighing and measuring

Gauche

Rerolling

# Sweet Chilli Sauce

## Ingredients

- 2 red peppers
- 5 chilli peppers
- 400g sugar
- 1 tbsp lemon juice
- 1 tbsp red wine vinegar (from school)



## Big Picture:

- To demonstrate your understanding of how to preserve food by jamming.

## Other items needed from home

A jam jar or equivalent

## Equipment

- Saucepan
- Chopping board
- Temperature probe
- Knife
- Stick blender
- Measuring jug



## Method:

- roughly chop up the pepper and chilli (these want to be fairly small)
- place into saucepan with the sugar and 100ml cold water
- turn the heat and bring to the boil ensure temperature reaches 110C
- add the lemon juice and red wine vinegar
- Simmer for 20 minutes.
- Allow to cool for 5 minutes before placing into a container/jar
- Clean your pans straight away!

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S5—use of equipment
- S6—Cooking methods

## Food Science

- ✓ Caramelisation

## Vocabulary:

Preservation  
Bacteria  
Caramelize  
Pectin

Setting  
Acidic



# Spring Rolls

## Ingredients

- 1 small carrot
- 2 spring onions
- 40g beansprouts
- 25g frozen peas
- 1 tbsp of your chilli sauce
- 16 sheets filo pastry



## Big Picture:

- To demonstrate your accurate and fine knife skills to safely and hygienically make spring rolls.

## Equipment

- Baking tray
- Knife
- Brown chopping board
- Damp t-towel
- Pastry brush
- Peeler

## Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare the vegetables by finely dicing them
3. Mix the ingredients together with a tablespoon of your chilli sauce.
4. Place the filo pastry sheets on the work surface.
5. Halve the pastry sheet, and stack them on top.
6. Spoon a little vegetable mixture along the top edge.
7. Fold over twice.
8. Fold in the two edges.
9. Continue to roll up the spring roll.
10. Place on the baking tray.
11. Brush with a little oil.
12. Bake for 15 minutes, until golden.



## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—Cooking methods
- S7—Prepare, combine and shape

## Food Science

- ✓ Dextrinisation

## Vocabulary:

- Julienne
- Brunois
- Dextrinisation
- Glazing



# Chocolate Orange cheesecake



## Ingredients

- 300g oat biscuits (Hobnobs)
- 150g margarine/butter
- 500g of cream cheese (full fat is best)
- 300ml double cream
- 75g icing sugar
- 10g of cocoa powder
- 1 tsp orange essence (from school)



## Big Picture:

Use the all in one method to hygienically and safely make your cheese cake. Understand how to use the melting method to make a biscuit base.

## Other items needed from home

A spring form container at least 20cm

## Equipment

Mixing bowl

Saucepan

Wooden spoon

Eclectic Whisk

Rolling pin

Spatula

Sieve



## EAT FOR HEALTH

Cheesecake is a great source of calcium and protein. Using fresh raspberries also a great source of vitamin C

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Make the base by crushing the biscuits with the rolling pin,
3. Place the butter into a saucepan and melt, mix in the crushed biscuits and combine,
4. Place the biscuit and butter into the base of your tin,
5. Place in the fridge to chill
6. Place the cream cheese, orange essence and icing sugar whisk until thick. Use an electric whisk.
7. In a separate bowl, whisk the cream until soft peaks appear
8. Stir in the cream mixture into the cream cheese mixture
9. Sieve and stir in the cocoa powder
10. Fold in your raspberries and pour on top of your biscuit base
11. Cover with clingfilm and place in the fridge (ensure your name is on it)

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—Cooking methods
- S7—Prepare, combine and shape

## Food Science

## Vocabulary:

Chilling

Melting

Forming

Crushing

Mis-en place

Decorating





# Chocolate Orange Decoration



## Ingredients

- 2x100ml double cream
- 2 tbsp icing sugar,
- Chocolate orange ball
- 100g chocolate
- Sprinkles (optional)



## Big Picture:

Use the all in one method to hygienically and safely make your cheese cake. Understand how to use the melting method to make a biscuit base.

## Other items needed from home

A spring form container at least 20cm

## Equipment

- Mixing bowl
- Ban marie
- Whisk
- Electric whisk
- Piping bags

- Piping nozzle
- Tablespoon



## EAT FOR HEALTH

Cheesecake is a great source of calcium and protein. Using fresh raspberries also a great source of vitamin C

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Add the cream (100ml) to a saucepan and add the chocolate, stirring until melted
3. Take off the heat, place into a metal bowl and place in the fridge to cool.
4. In a clean bowl, whisk the icing sugar and the remaining 100ml cream until soft peak appear,
5. Using a spoon, drizzle the chocolate sauce over the cheesecake making a crisscross pattern.
6. Pipe the cream onto the outside of the cheesecake and then top with the chocolate orange and sprinkles

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S6—Cooking methods
- S7—Prepare, combine and shape

## Food Science

## Vocabulary:

Chilling

- Melting
- Forming
- Crushing
- Mis-en place
- Decorating





# Lasagne



## Ingredients

For the pasta

100g strong bread flour

1 egg

For the ragu

100g mince meat

200g tinned tomatoes

2 tbsp tomato puree

1/2 onion

1/2 carrot

2 garlic cloves

1 tbsp mixed herbs



## Other items needed from home

Dish to cook the lasagne in

## Equipment

Saucepan

Mixing bowl

Named bag

Knife

Brown chopping board

Mixing spoon

Tablespoon

Garlic crusher

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. In a bowl sieve your flour and then crack your egg in.
3. Using the fork mix the mixture until it sticks together, if it is a bit dry, add a few drops of water
4. Knead in the bowl until it comes together, then knead on the work surface until its is smooth.
5. Wrap tightly, put your name label on and place on tray
6. Clean your surface
7. Prep your onion, carrot and garlic. Fry off in a sauce pan and a little oil.
8. Add the mince meat and cook until brown
9. Add the tinned tomatoes and tomato puree, season with salt, pepper and a teaspoon of sugar.
10. Add the mixed herbs and allow to cook.
11. Once cooked and thickened, place in a metal bowl, wrap in clingfilm and place on the windowsill to cool

**Big Picture:** Demonstrate the key fundamental skills of making a pasta dough, preparation of vegetables and creating a reduction sauce.



## EAT FOR HEALTH

You can easily adjust this recipe to make it vegetarian or vegan. Or by bulking it out with vegetables to increase the vitamin and mineral content.

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S5—use of equipment
- S6—Cooking methods
- S7—Prepare, combine and shape
- S8—sauce making
- S10—dough making

## Food Science

Maillard reaction—when amino acids in protein are heated causing browning

## Vocabulary:

Kneading

Simmering

Sauteing

Dicing

Mirepoix

Reducing

Baking

Maillard reaction



# Lasagne



## Ingredients

For the white sauce

25g butter

25g plain flour

250ml milk

50g cheese



## Big Picture:

Demonstrate the key fundamental skills of making a gelatinised sauce whilst understanding the science behind it.



## Other items needed from home

Dish to cook the lasagne in

## Equipment

Saucepan

Pasta machine

Tablespoon

Flour dredger

Whisk

Measuring jug

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Collect your pasta dough, flatten with your hand.
3. Rip in half and feed through pasta machine, making sure it is at its thickest setting, repeat but decreasing the thickness of the rollers.
4. Leave on a floured surface whilst you make the white sauce.
5. Preheat your oven to 200c
6. In a saucepan on a low heat, melt the butter.
7. Once melted, add the flour and stir until combined.
8. Add 1/4 of the milk and keep stirring.
9. Once thickened, add another 1/4 of the milk, repeat until all milk has been used.
10. Layer your lasagne as followed:  
Mince, Bechamel, Pasta  
Mince, Bechamel, Pasta  
Bechamel, grated cheese
11. If time, bake until cheese has turned golden brown

## EAT FOR HEALTH

You can easily adjust this recipe to make it vegetarian or vegan. Or by bulking it out with vegetables to increase the vitamin and mineral content.

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruit and veg
- S4—use of the cooker
- S5—use of equipment
- S6—Cooking methods
- S7—Prepare, combine and shape
- S8—sauce making
- S10—dough making

## Food Science

Maillard reaction—when amino acids in protein are heated causing browning

## Vocabulary:

Kneading

Simmering

Sauteing

Dicing

Mirepoix

Reducing

Baking

Maillard reaction





# Shortbread

## Ingredients

- 125g unsalted butter
- 55g caster sugar
- 180g plain flour



## Big Picture:

Understand the scientific principles of shortening.

## Other items needed from home

Container to take food home in.

## Equipment

- Mixing bowl
- White chopping board
- Knife
- Sieve
- Baking tray

Cookie cutter



## Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 170c
- Beat the butter and the sugar together in a bowl until smooth.
- Stir in the flour to get a smooth paste. Turn onto a clean work surface and use a rolling pin to gently roll out until the paste is 1cm/ $\frac{1}{2}$ in thick.
- Cut into shortbread rounds or fingers and place onto a baking tray lined with baking paper. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
- Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

## GCSE Skills

- S1—General practical skills
- S4—use of the cooker
- S7—Prepare, combine and shape

## Food Science

Shortening—when you rub fat and flour/sugar together to create short gluten chains that make a dish crumbly

Dextrinisation—when heat is applied to starch that causes browning

## Vocabulary:

- |                |         |
|----------------|---------|
| Shortening     | Baking  |
| Beating        | Cooling |
| Caramelisation |         |
| Chilling       |         |
| Dextrinization |         |





# Chocolate Eclairs

## Ingredients

- 60g strong bread flour
- 2 large eggs (make sure these are large!)
- 50g butter
- 150ml water



## Other items needed from home

Container to take food home in.

## Equipment

- Saucepan
- Sieve
- Greaseproof paper
- Wooden cake spoon
- Piping bag

Baking tray

## Big Picture:

By the end of this lesson, students will be able to demonstrate the skills required to prepare and bake chocolate éclairs, including making pâte à choux (choux pastry), preparing chocolate ganache, and assembling the éclairs. Students will also develop an understanding of the key techniques involved in pastry making, such as proper piping, baking, and glazing to achieve a professional finish.



## Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 200
- Sprinkle some water over a baking tray
- Fold some greaseproof paper in half, unfold and sieve the flour onto it.
- Put 150ml water in a saucepan, add the butter and bring to the boil.
- Remove the heat and shoot the flour in, beating using a wooden spoon vigorously, until it comes away from the sides.
- In a measuring jug, beat the egg, add gradually to the mixture combining well until it has become a thick glossy (shiny) mixture
- Place into a piping bag with a wide round nozzle, and pipe 5cm lengths onto a baking tray
- With a damp finger, press the ends down to ensure no burnt bits
- Bake for 20 minutes, remove from oven, pierce a hole in one end, and place back into the oven for 5 minutes.
- Place on a wire rack on the windowsill to cool

## EAT FOR HEALTH

Chocolate eclairs are not the healthiest things, but you could always add fruit inside with the cream, or use a dark chocolate to make it slightly healthier

## GCSE Skills

- S1—General practical skills
- S4—use of the cooker
- S6—Cooking methods
- S10—Dough
- S11—Raising agents
- S12—setting mixtures

## Food Science

- Dextrinisation
- Aeration
- Raising agents
- Maillard reaction

## Vocabulary:

Chilling

- Melting
- Forming
- Crushing
- Mis-en place
- Decorating





# Chocolate Eclairs

## Ingredients

200ml double cream  
1 tbsp icing sugar

200g dark chocolate



## Other items needed from home

Container to take food home in.

## Equipment

Mixing bowl  
Electric whisk  
Tablespoon  
Piping bag

## Big Picture:

By the end of this lesson, students will be able to demonstrate the skills required to prepare and bake chocolate éclairs, including making pâte à choux (choux pastry), preparing chocolate ganache, and assembling the éclairs. Students will also develop an understanding of the key techniques involved in pastry making, such as proper piping, baking, and glazing to achieve a professional finish.



## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Whisk the cream and icing sugar until you have soft peaks
3. Place into a piping bag and pipe into your eclairs.
4. Melt the chocolate in the microwave or over a pan of simmering water.
5. Spoon the chocolate onto the top of the eclairs.
6. Place in the fridge to set.

## EAT FOR HEALTH

Chocolate eclairs are not the healthiest things, but you could always add fruit inside with the cream, or use a dark chocolate to make it slightly healthier

## GCSE Skills

S1—General practical skills  
S4—use of the cooker  
S6—Cooking methods  
S10—Dough  
S11—Raising agents  
S12—setting mixtures

## Food Science

Dextrinisation  
Aeration  
Raising agents  
Maillard reaction

## Vocabulary:

Chilling

Melting  
Forming  
Crushing  
Mis-en place  
Decorating





# Fishcakes

## Ingredients

2 large potatoes  
A little milk / butter for mashing



## Other items needed from home

Container to take food home in.

## Equipment

Saucepan  
Knife  
Brown chopping board  
Peeler

Electric whisk or potato masher

## Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Wash and peel the potatoes and cut them into small cubes
3. Place the potatoes in a pan of water, bring to the boil, cover and cook for 12-15 mins until tender.
4. Mash or whisk the potatoes until smooth
5. Add the butter and milk and mix.
6. Place into a container to cool ready for next lesson.

## Big Picture:

By the end of this lesson, students will be able to demonstrate the skills needed to safely and effectively fillet a fish, ensuring the removal of bones and skin. They will also learn how to prepare a basic fishcake mixture, incorporating the filleted fish with other ingredients. Students will gain an understanding of knife skills, the importance of fish freshness, and the proper techniques for combining flavours and textures in fishcakes.



## EAT FOR HEALTH

Fishcakes are a nutritious meal option, packed with lean protein and rich in omega-3 fatty acids, which are beneficial for heart health. They also provide essential vitamins and minerals, such as vitamin D and iodine, contributing to overall well-being. By incorporating fish into your diet, you can promote healthy brain function and reduce the risk of chronic diseases.

## GCSE Skills

- S1—General practical skills
- S2—knife skills
- S3—preparing fruits and veg
- S4—use of the cooker
- S5—use of equipment
- S6—Cooking methods
- S7—preparing, combine and shape
- S10—Dough
- S11—Raising agents
- S12—setting mixtures

## Food Science

Dextrinisation

## Vocabulary:

Brunois

Descaling  
Filleting  
Boiling  
Mashing  
Simmering





# Fishcakes

## Ingredients

- 1 fish (mackerel to fillet)
- 2 spring onions
- 150 ml milk
- 1 egg
- 4 tbsp. Fresh breadcrumbs or panko or 2 slices of bread



## Other items needed from home

Container to take food home in.

## Equipment

- Saucepan
- Knife
- Brown chopping board
- Peeler

Electric whisk or potato masher

## Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Fillet the fish
- Place fish in a bowl with milk, spring onion, lemon zest and herbs
- Poach gently in a pan.
- Mix the potato, fish (lightly, do not break too much) and some seasoning.
- Shape into 4 large fish cakes.
- Put the flour, egg and breadcrumbs onto three plates.
- Dip the cakes into the flour, dust off any excess, then dip in the egg, and finally coat in breadcrumbs.
- These then will be cooked at home 200c for 15-20 minutes.

## Big Picture:

By the end of this lesson, students will be able to demonstrate the skills needed to safely and effectively fillet a fish, ensuring the removal of bones and skin. They will also learn how to prepare a basic fishcake mixture, incorporating the filleted fish with other ingredients. Students will gain an understanding of knife skills, the importance of fish freshness, and the proper techniques for combining flavours and textures in fishcakes.



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## GCSE Skills

- S1—General practical skills
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- S7—preparing, combine and shape
- S10—Dough
- S11—Raising agents
- S12—setting mixtures

## Food Science

Dextrinisation

## Vocabulary:

Brunois

- Descaling
- Filleting
- Boiling
- Mashing
- Simmering

