



# Fruit fusion



## Ingredients

1 Clementine/satsuma



1 kiwi fruit

1 banana



1 apple

Handful of grapes/raspberries/strawberries/  
blueberries

30ml orange juice

## Other items needed from home

A container in which to take your fruit fusion home in

## Equipment

Mixing bowl

Knife

Tablespoon

White chopping board

## Big Picture:

Understand the different knife holds (bridge and claw) and how and when to use them when preparing food



## 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. Peel the clementine and separate into segments.
3. Cut the grapes or strawberries in half.
4. Peel the kiwi fruit and slice.
5. Peel the banana and slice.
6. Quarter the apple, remove the core and slice.
7. Place all the fruit in a bowl.
8. Add the orange juice and mix together.
9. Place into your container and put in the fridge

## Why not try...?

- ⇒ You can use any kind of fruit you want, have you tried kiwi, peaches?
- ⇒ Instead of yoghurt you could use ice cream as a treat.
- ⇒ Add some granola or oats for an added crunch

## Skills

- ◆ Knife skills
- ◆ Combining
- ◆ Slice, dice and cut
- ◆ Peel
- ◆ Weigh and measure

## Vocabulary:

|               |             |
|---------------|-------------|
| Combine       |             |
| Slice         | Mix         |
| Cut           | Refrigerate |
| Peel          |             |
| Mise-en place |             |

Vocabulary  
 Infer  
 Predict  
 Explain  
 Retrieve  
 Summarise





# Spring Rolls



## Ingredients

- 1 small carrot
- 2 spring onions
- 40g beansprouts
- 25g frozen peas
- 1 tbsp oyster sauce
- 8 filo pastry sheets



## EAT FOR HEALTH

Try adding a range of vegetables to increase your vitamins and minerals

## Big Picture:

Continue to practise your knife skills to accurately and finely chop the ingredients to be able to roll spring rolls without ripping the pastry.

## Other items needed from home

A container in which to take your food home in.

## Equipment

|                      |                  |
|----------------------|------------------|
| Mixing bowl          | Vegetable peeler |
| Knife                | Pastry brush     |
| Tablespoon           | Grater           |
| White chopping board | Oven gloves      |
| Baking tray          | Scissors         |



## 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°C or gas mark 6.
- Top, tail, peel and grate the carrot.
- Snip the spring onions in the mixing bowl.
- Add the beansprouts, peas and oyster sauce.
- Mix the ingredients together.
- Place the filo pastry sheets on the work surface.
- Halve the pastry sheet and work on one half at a time.
- Spoon a little vegetable mixture along the top edge.
- Fold over twice.
- Fold in the two edges.
- Continue to roll up the spring roll.
- Place on the baking tray.
- Brush with a little oil.
- Bake for 15 minutes, until golden.

## Why not try...?

- ✓ Adding small bits of chicken or duck for additional protein
- ✓ Make a sweet chilli dipping sauce to go with it.
- ✓ Experiment with different sauces

## Skills

- ✓ Weigh
- ✓ Measure
- ✓ Cut, chop, slice, dice and trim
- ✓ Grate
- ✓ Mix, stir and combine
- ✓ Portion and divide
- ✓ Fold
- ✓ Glaze and coat
- ✓ Bake

## Vocabulary:

|       |              |
|-------|--------------|
| Chop  | Mis-en place |
| Slice | Filo         |
| Roll  | Pastry brush |
| Bake  | Peeler       |
| Grate |              |
| Glaze |              |

Vocabulary  
Infer  
Predict  
Explain  
Retrieve  
Summarise





# 'Chow Mein' Vegetable Stir Fry



## Ingredients

- 1 pepper
- 1 clove garlic
- 1/2 red onion or 2 spring onions
- 2-3 mushrooms
- 25g frozen peas
- 150g straight to wok egg or rice noodles
- 1 x 10ml reduced salt soy sauce (or alternative)



## Big Picture:

- Consolidate knife skills demonstrating bridge and claw hold
- Use the hob to prepare and cook a 'Chow Mein' stir fry
- Explain what is meant by the cooking term: stir fry

## Optional ingredients

- 1/2 fresh chilli
- 1cm fresh ginger
- 50g bean sprouts



## Other items from home

A named, large plastic container with lid in which to take home

## 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. Prepare the vegetables, on a white chopping board:
  - ✓ in a colander wash the pepper, chilli, spring onions, mushrooms and bean sprouts (allow to drain)
  - ✓ slice pepper and dice chilli
  - ✓ peel and crush the garlic;
  - ✓ peel (with a teaspoon) and shred/grate the fresh ginger;
  - ✓ dice onion/slice spring onions
  - ✓ slice the mushrooms
  - ✓ weigh out 25g frozen peas
2. Heat the oil in the wok or frying pan.
3. Fry the garlic, ginger, and onions and cook for 1 minute.
4. Add the peppers and chilli, and cook for further 1 minute.
5. Add the mushrooms and frozen peas and cook for 2 minutes.
6. Stir in the bean sprouts and cook for another 2 minutes.
7. Add the cooked noodles and soy sauce.
8. Stir fry everything together for 1-2 minutes.
9. Transfer to your container, and leaving the lid off
10. Wash up, placing your clean and dry equipment on the end of your bench, ready for checking.

## Equipment:

- White ingredients tray
- Colander
- White chopping board
- Blue plastic plate for waste items
- Paring knife
- Tea spoon
- Garlic press
- Grater
- Wok/frying pan
- Wooden spoon

## Top Tips

- Add extra vegetables such as frozen or canned sweetcorn, pak choi, chopped red pepper, mange tout
- Stir in cooked tofu, chicken, ham or beef
- Use dried noodles, rehydrating in boiling water to save money.

## Skills

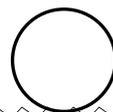
- ✓ Measuring/ weighing
- ✓ Drain
- ✓ Using a knife (bridge hold, claw grip)
- ✓ Using the hob
- ✓ Stir-frying

## Vocabulary:

|               |             |           |
|---------------|-------------|-----------|
| Mise-en-place | Measure     | Weigh     |
| Drain         | Dice        | Slice     |
| Knife holds   | Bridge hold | Claw grip |
| Stir          | Mix         | Combine   |

## Vocabulary

- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Flatbread Pizza



## Ingredients

- 1 tortilla wrap
- 1 tablespoon tomato puree
- 50g of cheddar or mozzarella
- 2 slices of ham
- 2 mushrooms
- 1 tsp oregano
- 1 tablespoon of cold water
- 1 teaspoon sugar



## EAT FOR HEALTH

Try adding different vegetables such as peppers sweetcorn tomatoes or onions.

## Big Picture:

To use your knife skills to successfully produce a flatbread pizza, both hygienically and safely.

## Other items needed from home

A container in which to take your food home in.

## Equipment

Knife

- Brown chopping board
- Baking tray
- Tablespoon
- Teaspoon
- Cheese grater

## 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°C or gas mark 6.
- Place the tortilla wrap on the baking tray
- In a bowl mix the tomato puree with a tablespoon of water, 1 teaspoon of sugar and 1 teaspoon of oregano and mix (this is your sauce)
- Place your sauce on the tortilla and spread leaving a 1 cm gap at the edges
- On a brown chopping board, cut up your mushrooms
- Rip up your ham into small bits
- Place either the cheese and then toppings on to your pizza (or vice versa)
- Bake for 8 minutes until the cheese is golden.



## Why not try...?

- ✓ Adding small bits of chicken for additional protein
- ✓ Experiment with different toppings
- ✓ Change the sauce or the type of flatbread

## Skills

- ✓ Weigh
- ✓ Measure
- ✓ Cut, chop, slice, dice and trim
- ✓ Mix, stir and combine
- ✓ Spread
- ✓ Bake

## Vocabulary:

Distribution

- Mise-en place
- Healthier
- Lower fat
- Lower sodium

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Vegetable Kebab

## Ingredients

- 1 pepper (any colour)
- 1 courgette
- 8-12 baby tomatoes
- 8 button mushrooms
- 1 tbsp (15ml) clear honey
- 1 tsp (5ml) grainy mustard (or 10p)
- 8 bay leaves or 1 tsp mixed herbs
- Freshly ground pepper and salt
- Optional ingredients:**
- 200g halloumi cheese



## Big Picture:

- Prepare a vegetable kebab, safely demonstrating how to use a knife (bridge hold/claw grip).
- Suggest a range of alternative ingredients that can be used in a vegetable kebab.
- Explain the culinary terms: marinating and baking.

## EAT FOR HEALTH

- \* On your way to 5 A DAY!
- \* Vegetables are packed with vitamins, minerals and fibre.

## Other items needed from home

- A very large, named container in which to take your vegetable kebabs
- 4-6 wooden/metal skewers

## Equipment

|                  |                      |
|------------------|----------------------|
| Ingredients tray | Large mixing bowl    |
| Colander         | White chopping board |
| Blue plate       | Teaspoon             |
| Baking tray      | Pan stand            |
|                  | Tablespoon           |



## 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. Preheat oven to 200°C.
3. In a large mixing bowl, make the marinade by blending the honey, mustard, oil, herbs and seasoning together.
4. Wash all the vegetables in a colander. Place them on a green paper towel to dry.
5. On a white chopping board, carefully cut the pepper into quarters, and then cut each quarter in half to make eight pieces, discarding the seeds onto a blue plastic waste plate.
6. Top and tail the courgette and then slice into 2cm thick pieces.
7. Carefully chop the halloumi cheese into 2cm squares
8. Place all ingredients into the bowl containing the marinade.
9. Thread the vegetables onto the 6-8 kebab sticks, starting with a piece of pepper, then a mushroom, piece of courgette and a tomato. Final add a bay leaf and a piece of the halloumi cheese. Repeat pattern until kebab stick is full.
10. Place on a baking tray, lined with baking parchment and bake for approximately 12 minutes, turning once during the cooking time.
11. Wash and dry up, placing clean and dry equipment at the end of bench, ready for checking.

## Why not try...?

- Pre-soak the kebab sticks to stop them burning under the grill.
- Try using other vegetables such as aubergine, red onion or red pepper.
- At home why not serve with either rice or couscous?

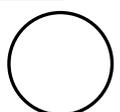
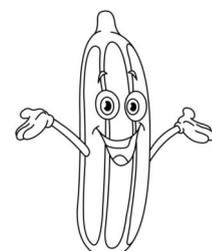
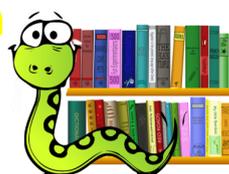
## Skills

- ✓ Using a knife (bridge hold, claw grip)
- ✓ Preparing a range of vegetables
- ✓ Mix, stir, combine
- ✓ Using the oven

## Vocabulary:

|               |             |           |
|---------------|-------------|-----------|
| Mise-en-place | Marinade    | Stir      |
| Mix           | Combine     | Slice     |
| Knife holds   | Bridge hold | Claw grip |
| Thread        | Pattern     | Bake      |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Christmas crinkle cookies



## Ingredients

- 30g cocoa powder, sieved
- 100g caster sugar
- 30ml vegetable oil
- 1 large eggs
- 90g plain flour
- 1/2 tsp baking powder (School will provide)
- 1 oranges, zested
- 1 tsp mixed spice (School will provide)
- 1/2 tsp cinnamon (School will provide)
- 30g icing sugar



## Big Picture:

Use the mixing method and then coating method to produce your

## Other items needed from home

A container in which to take your food home in.

## Equipment

- Mixing bowl
- Teaspoon
- Sieve
- Baking tray
- Oven gloves

- Mixing spoon
- Plate



## 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
- Mix the cocoa, caster sugar and oil together and mix.
- Add the egg and beat with a wooden spoon until fully combined
- Sieve in the flour and baking powder and stir
- Add in the orange zest, mixed spice, cinnamon and a pinch of salt until a soft dough forms
- Place the icing sugar onto a plate
- Form of some of the dough into small golf sized balls
- Roll into the icing sugar and place onto the baking tray and push down slightly
- Repeat for all of the dough
- Bake for 10 minutes and allow to cool slightly before transferring to your container.

## Why not try...?

- ✓ Adding glace cherries or other dried fruit
- ✓ Adding chocolate chips

## Skills

- ✓ Weigh
- ✓ Measure
- ✓ Mix
- ✓ Beat
- ✓ Sieve
- ✓ Zest
- ✓ Bake

## Vocabulary:

- Mise-en Place
- Zesting
- Beating
- Coating

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Rainbow Couscous Salad



## Ingredients

- 1/2 stock cube
- 100g couscous
- 1 spring onions
- 1/2 pepper (red, yellow or green)
- 1/4 cucumber
- 1 medium tomato
- 3 dried apricots (or 1 tbsp sultanas)
- 1 x 5ml dried or freshly chopped parsley
- 2 x 15ml tablespoons low fat dressing



## Big Picture:

- Demonstrate accurate and safe knife skills, and good food safety principles when preparing and making a couscous salad.
- Use a range of descriptive sensory vocabulary to describe and evaluate the finished couscous salad.

## Other items needed from home

A container in which to take your Rainbow couscous salad

## Equipment

- |                  |                      |
|------------------|----------------------|
| Ingredients tray | White chopping board |
| Colander         | Fork                 |
| Wooden spoon     | Measuring jug        |
| Tablespoon       | Paring knife         |
| Teaspoon         |                      |

## 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. Boil the kettle.
3. In the measuring jug, make up the stock by dissolving half a stock cube in 175ml of boiling water. Stir with a metal spoon.
4. Pour the stock over the couscous in a large mixing bowl.
5. Fluff with a fork and leave to stand for 5 minutes.
6. Using a colander, thoroughly wash all of the salad vegetables. Allow to drain on the draining board.
7. On a white chopping board, chop the tomatoes and cucumber into small chunks, using a paring knife
8. Slice the pepper into small strips, and then dice.
9. Slice the spring onions into thin slices.
10. Slice the dried apricots into small pieces.
11. Add all the vegetables to the couscous, and stir everything together.
12. Using a measuring spoon/teaspoon add 5ml dried parsley.
13. Add the dressing and mix carefully.
14. Transfer couscous salad carefully to your container.
15. Wash and dry up, placing clean and dry equipment at the end of bench, ready for checking.



## EAT FOR HEALTH

\* Vegetables/fruit are an excellent source of fibre and vitamins, and count towards your 'five a day'.

\* Couscous is a good source of

## Top Tips

- Vary the vegetables - try using celery, sweetcorn, peas, olives or mushrooms.
- Add some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese
- Instead of couscous try using rice. Just boil until cooked and then cool down.
- Choosing a low-salt stock cube can help you cut down on the amount of salt

## Skills

- ✓ Boiling the kettle
- ✓ Weigh and measure
- ✓ Using a knife (bridge hold, claw grip)
- ✓ Preparing a selection of salad ingredients
- ✓ Stir, mix and combine

## Vocabulary:

- |               |           |             |
|---------------|-----------|-------------|
| Mise-en-place | Measure   | Weigh       |
| Dice          | Chop      | Knife holds |
| Bridge hold   | Claw grip | Boil        |
| Stir          | Mix       | Combine     |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



# Layered Pasta Salad

## Ingredients

- 100g pasta shapes
- 1 baby gem lettuce
- 1 tomato (or 4 baby tomatoes)
- 1/4 cucumber
- 1 carrot
- 100g protein (e.g. cooked chicken or ham pieces, or drained tuna fish or grated cheese)
- 2 x 15ml spoons low fat dressing
- Additional prepared extra optional ingredients (e.g. sweetcorn, or another seasonal vegetable/salad ingredient)



## Big Picture:

- Prepare a layered pasta salad, safely demonstrating how to use a knife (bridge hold/claw grip).
- Cook pasta perfectly (al dente)
- Demonstrate carefully presenting your salad



## Other items from home

A named container/large jam jar in which to present and then take home your salad

**Optional:** Clean, named plain coloured apron

## Equipment

|                  |                            |            |
|------------------|----------------------------|------------|
| Ingredients tray | White chopping board       | Fork       |
| Paring knife     | Blue plate for waste items | Grater     |
| Large sauce pan  | Pan stand                  | Tablespoon |
| Paring knife     | Metal tablespoon           | Colander   |

## 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. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes.
3. While the pasta is cooking, prepare the other ingredients:
  - shred the lettuce
  - chop the chicken or ham/drain the tuna fish using a sieve over the sink, grate the cheese
  - slice the tomato
  - chop the cucumber into small chunks
  - peel and grate the carrot
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rising it under a cold tap for a few moments. Drain well.
4. Place the pasta in your container and stir in 1 x 15ml spoon of dressing.
5. Assemble the remaining ingredients over pasta in layers.
6. Lastly, drizzle over the remaining dressing.
7. Present for photograph.
8. Wash and dry up, placing clean and dry equipment at the end of bench, ready for checking.

## Top Tips

- Swap to salmon or mackerel (healthy eating recommendation suggest you eat one portion of oily fish each week)
- Go for different dressings - why not try Caesar salad or balsamic vinegar?
- Try this into a Caesar salad by using cos lettuce, croutons, dressing and parmesan cheese
- Why not add some fruit, seeds or nuts for extra texture?
- Add seasonal vegetables to vary the recipe

## Skills

- ✓ Using a vegetable peeler
- ✓ Weighing and measuring
- ✓ Using a grater
- ✓ Preparing a selection of vegetables
- ✓ Using the hob

## Vocabulary:

|               |             |           |
|---------------|-------------|-----------|
| Mise-en-place | Dice        | Grate     |
| Knife holds   | Bridge hold | Claw grip |
| Boil/simmer   | Al dente    | Mix       |
| Combine       | Layer       | Present   |

## Vocabulary

- Infer
- Predict
- Explain
- Retrieve
- Summarise



# New Potato Salad

## Ingredients

- 400g new potatoes
- 1 veg stock cube
- 4 tbsp Greek yoghurt
- 2 tbsp mayonnaise
- 2 spring onions
- 1 tsp dried parsley
- 1 tsp dried chives
- 1/2 a lemon

Salt and pepper

## Big Picture:

- Prepare a new potato salad, safely demonstrating how to a knife by using the bridge and claw grips
- Explain the culinary terms; boiling, simmering and draining.

## Other items needed from home

A container in which to take your food home in.

## Equipment

- |                |          |
|----------------|----------|
| Paring knife   | Fork     |
| Saucepan       | Teaspoon |
| Chopping board | Colander |
| Pan stand      |          |
| Tablespoon     |          |



## 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. Half fill a saucepan with water and put onto boil.
3. Chop your potatoes up into medium sized chunks
4. Place into your water along with your stock cube
5. Whilst the potatoes are cooking prepare the other ingredients
  - Wash the spring onions and chop into small circles
  - Mix the yoghurt, mayonnaise, lemon juice and dried herbs with some salt and pepper and spring onions.
6. When the potatoes are cooked (test with a fork) drain into a colander
7. Allow to cool in some cold water and drain again
8. Pour into your sauce mixture and coat
9. Place into your container and place in the fridge

## Why not try...?

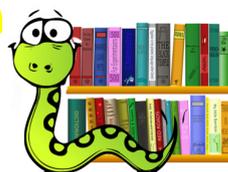
- ✓ Adding chopped cherry tomatoes, cooked green beans, chopped cucumber or bacon pieces to the salad
- ✓ Add some horseradish sauce for some extra kick
- ✓ Try a little garlic or pesto?

## Skills

- ✓ Using the hob
- ✓ Simmering
- ✓ Draining
- ✓ Using a knife
- ✓ Mix, stir and combine

|                         |         |              |
|-------------------------|---------|--------------|
| <b>Vocabulary:</b> Stir |         | Paring knife |
| Mise-en-place           | Garnish | Boil         |
| Dice                    | Measure | Simmer       |
| Bridge hold             | Mix     | Combine      |
| Claw grip               | Weigh   | Juice        |

**Vocabulary**  
**I**nfer  
**P**redict  
**E**xplain  
**R**etrieve  
**S**ummarise





# Classic Tomato Ragu



## Ingredients

- 1 onion
- 1 garlic clove
- 1 tin chopped tomatoes
- Handful of fresh basil
- Salt and pepper



## Big Picture:

- Use your knife skills to successfully create a basic tomato ragu with pasta.
- Understand what a reduction sauce is.

## Other items needed from home

### Equipment

- Knife
- Chopping board
- Garlic press
- Tea spoon
- Saucepan x2

- Wooden spoon
- Stick blender
- Colander



## EAT FOR HEALTH

Pasta is a great source of carbohydrates, if you choose brown pasta it contains a lot of fibre too. The tomatoes, onions and garlic provide us with a range of vitamins and minerals.

## Method:

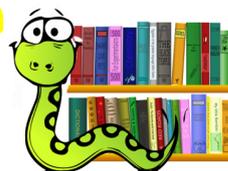
1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Place a half filled pan of water onto the stove to get boiling (**Do not put your pasta in yet**)
3. On a brown chopping board, dice your onion and crush your garlic
4. Add a little bit of oil to another saucepan and warm up.
5. Place your onion and garlic in then turn down the gas to its lowest setting.
6. Once the water is boiling, add your pasta for 10 minutes
7. Once your onions are soft, add the tomato, salt, pepper and basil. Stir to combine
8. Allow to simmer whilst the pasta cooks
9. Once the pasta has cooked, drain in a colander and add to your tomato sauce
10. Mix together, and place into your container.



## Vocabulary:

|               |            |
|---------------|------------|
| Mise-en Place | Combining  |
| Dice          | Ragu       |
| Simmering     | Caramelise |
| Boiling       | Reduction  |
|               | Sauteing   |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



## Why not try...?

- ✓ Adding some protein such as meat, fish or cheese to increase the nutrition levels
- ✓ Add a range of vegetables such as peppers, courgettes, mushrooms
- ✓ Experiment with a range of different pastas

## Skills

- ✓ Using the hob
- ✓ Simmering
- ✓ Draining
- ✓ Using a knife
- ✓ Mix, stir and combine



# Easter bunny bread



## Ingredients

- 250g strong bread flour
- 1/2 tsp salt
- 1 sachet dried yeast (7g)
- 150ml warm water
- 1 tsp sugar
- 1tbsp oil



## Big Picture:

Students will be able to prepare, shape, and bake plain bread dough into Easter Bunny rolls, demonstrating correct kneading, proving, and baking techniques."

## Other items needed from home

A container in which to take your food home in.

## Equipment

- Measuring jug
- Teaspoon
- Rounded edge knife
- Sieve
- Mixing bowl

Bag with your name on it



## 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.
- Mix the flour, yeast and sugar in a bowl
- Add the oil and mix with your butter knife
- Add the water bit by bit, mixing all times, until all the dough sticks together.
- Place on a floured surface and knead for 10 minutes.
- Place in a bag with your name on it, and tie it up.
- Clean your desk and do your pots

## Why not try...?

- ✓ Adding seeds on the glaze for crunchy "fur"
- ✓ Mixing in herbs or garlic
- ✓ Using dried fruit
- ✓ Making mini ones for a snack



## Vocabulary:

|                |                |
|----------------|----------------|
| Melting method | Fermenting     |
| Kneading       | Yeast          |
| Proving        | Carbon dioxide |
| Combining      | Mise-en Place  |
|                | Baking         |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



## Skills

- ✓ Weighing and measuring
- ✓ Kneading
- ✓ Mixing
- ✓ Beating
- ✓ Proving



# Easter bunny bread



## Ingredients

- Your dough
- 1 egg
- A few raisins for eyes



## Big Picture:

Students will be able to prepare, shape, and bake plain bread dough into Easter Bunny rolls, demonstrating correct kneading, proving, and baking techniques."

## Other items needed from home

A container in which to take your food

## Equipment

- Your dough
- Baking tray
- Knife

Measuring jug

Fork



## 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 your oven to 200°C
- Divide the dough into 6 pieces
- Break each piece into a body, small ball for a head, a tiny ball for the tail and 2 bits for ears
- Shape each bit to make the bunny, sticking together using a bit of water
- Place onto a lined baking tray
- Beat your egg in a measuring jug and brush all over
- Bake for 30 minutes.



## Why not try...?

- ✓ Adding seeds on the glaze for crunchy "fur"
- ✓ Mixing in herbs or garlic
- ✓ Using dried fruit
- ✓ Making mini ones for a snack

## Skills

- ✓ Weighing and measuring
- ✓ Kneading
- ✓ Mixing
- ✓ Beating

## Vocabulary:

|                |                |
|----------------|----------------|
| Melting method | Fermenting     |
| Kneading       | Yeast          |
| Proving        | Carbon dioxide |
| Combining      | Mise-en Place  |
|                | Baking         |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



# Cheese and Onion Focaccia

## Ingredients

1 tsp salt

250g strong bread flour

1 sachet of yeast

1 tsp of caster sugar

One bunch of spring onion

65g cheese

60ml oil



## Big Picture:

Prepare Cheese and onion Focaccia by continuing to practise our bread making skills, by making a different type of bread. These need to be prepared hygienically and safely.

## Other items needed from home

A container in which to take your food home in.

## Equipment

Mixing bowl

Flour shaker

Knife

Chopping board

Measuring jug

Bag with your name on it

Round edge knife



## EAT FOR HEALTH

Focaccia is full of carbohydrates from the flour, protein from the cheese and good unsaturated fats from the oil.

## 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 the flour and yeast into a mixing bowl, add the salt and sugar and combine
3. Finely slice the spring onion and grate the cheese, add these to the flour mix and combine
4. Add the oil and mix with a rounded edge knife
5. Slowly add 150ml of warm water, a bit at a time and combine until you have a slightly sticky dough
6. Knead on a floured surface for 10 minutes
7. Place into a bag with your name on it, tie it and place into the freezer draw.
8. Wash up and tidy away.



## Vocabulary:

Kneading

Proving

Combining

Fermenting

Yeast

Carbon dioxide

Mise-en Place

Baking

## Vocabulary

Infer

Predict

Explain

Retrieve

Summarise



## Why not try?

- ✓ Experiment with different flavours, such as garlic, or using olives or rosemary.

## Skills

- ✓ Weighing and measuring
- ✓ Mixing
- ✓ Combining
- ✓ Kneading
- ✓ Proving



# Cheese and Onion Focaccia



## Ingredients

Your dough



## Big Picture:

Prepare Cheese and onion Focaccia by continuing to practise our bread making skills, by making a different type of bread. These need to be prepared hygienically and safely.

## Other items needed from home

A container in which to take your food home in.

## Equipment

Your dough

Muffin tin (share one between 2)



## EAT FOR HEALTH

Focaccia is full of carbohydrates from the flour, protein from the cheese and good unsaturated fats from the oil.

## 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. Preheat your oven to 200°C
3. Divide the dough into 6 and shape into balls
4. Grease the muffin tin lightly with oil
5. Place the dough into the muffin tray and press down so it is flat
6. Bake for 20 minutes, transfer onto a wire rack and allow to cool before placing into your container



## Why not try...?

- ✓ Experiment with different flavours, such as garlic, or using olives or rosemary.

## Skills

- ✓ Shaping
- ✓ Dividing
- ✓ Baking
- ✓ Testing for readiness

## Vocabulary:

|            |                |
|------------|----------------|
| Yeast      |                |
| Kneading   | Carbon dioxide |
| Proving    | Mise-en Place  |
| Combining  | Baking         |
| Fermenting |                |

**Vocabulary**  
**Infer**  
**Predict**  
**Explain**  
**Retrieve**  
**Summarise**





# Orange and Raspberry cheesecake



## Ingredients

- 150g digestive biscuits
- 75g butter
- 200g soft cheese
- 15g Icing Sugar
- One orange
- 150ml double cream
- 100g raspberries



## 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 container in which to take your food home in.

## Equipment

Spatula

- Mixing bowl
- Saucepan
- Wooden spoon
- Whisk
- Rolling pin



## EAT FOR HEALTH

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

## 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.
- Make the base by crushing the biscuits with the rolling pin,
- Place the butter into a saucepan and melt, mix in the crushed biscuits and combine,
- Place the biscuit and butter into the base of your tin,
- Place the cream and whisk until soft peaks form (it will be less liquidy)
- Stir in the soft cheese, icing sugar and orange juice (chop in half and use a juicer)
- Fold in your raspberries and pour on top of your biscuit base
- Cover with clingfilm and place in the fridge (ensure your name is on it)

## Why not try...?

- ✓ Experiment with different flavours, raspberry and white chocolate, or chocolate orange.
- ✓ Try making a jelly to pour on top to add a different texture.

## Skills

- ✓ Melting
- ✓ Whisking
- ✓ Beating
- ✓ Chilling

## Vocabulary:

- |               |            |
|---------------|------------|
| Mise-en-place | Decorating |
| Melting       | Chilling   |
| Forming       |            |
| Crushing      |            |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Cheese & Tomato muffins



## Ingredients

- 25g oats
- 125g self raising flour
- 50g cheese
- 6 cherry tomatoes
- 1 egg
- 25g butter
- 100ml milk



## Big Picture:

Use the beating method to make your muffins both hygienically and safely avoiding spilling any on the side of the cases as this will burn and affect the taste.

## Other items needed from home

A container in which to take your food home in.

## Equipment

- Mixing bowl
- Measuring jug
- Muffin tray (1 between 2)
- Wooden spoon
- Tablespoon

## 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°C
- Place muffin cases into the muffin tin (share one between two)
- In a mixing bowl, mix the oats, flour and cheese together.
- Chop your tomatoes into quarters and add into flour mix
- Beat in the egg, melted butter (use the microwave) and milk to form a batter
- Spoon into the cases carefully with a tablespoon
- Cook for 20 minutes
- Place into your container



## EAT FOR HEALTH

These muffins are a great source of carbohydrates, protein, different vitamins and minerals the oats add fibre.

## Why not try...?

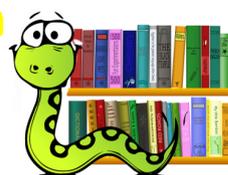
- ✓ Experiment with different flavours, courgette or carrot
- ✓ Change the fresh tomatoes for sundried tomatoes for more of an intense flavour



## Vocabulary:

|               |          |
|---------------|----------|
| Mise-en place | Grating  |
| Baking        | Fibre    |
| Mixing        | Texture. |
| Dicing        |          |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



## Skills

- ✓ Weighing and measuring
- ✓ Mixing
- ✓ Combining
- ✓ Sieving
- ✓ Dividing
- ✓ Baking



# Couscous stuffed peppers



## Ingredients

- 1 pepper
- 2 spring onions
- 3 cherry tomatoes
- 85g couscous
- 1 veg stock cube



## Big Picture:

- Demonstrate accurate and safe knife skills, and good food safety principles when preparing and making stuffed peppers

## Other items needed from home

A container in which to take your food home in.

## Equipment

- Chopping board
- Knife
- Mixing bowl
- Measuring jug
- Baking tray

- Fork
- Teaspoon



## EAT FOR HEALTH

Couscous is a great source of carbohydrates, with the vegetables giving loads of vitamins and minerals.

## 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. Preheat the oven to 200°C
3. Chop the peppers in half and take out the insides
4. Pour 125ml boiling water into a measuring jug put your stock cube in and stir with a fork until it has dissolved
5. Place your couscous in.
6. Give the couscous a mix and leave to soak in all the water
7. Chop the tomato into quarters and slice the spring onion
8. Once the couscous has absorbed all the water, fluff with a fork and then add your tomato and spring onions
9. Add a teaspoon of mixed herbs and combine
10. Pour into each half of the pepper, place on a baking tray and cook for 10 minutes.

## Why not try...?

- ✓ Experiment with different vegetables with the couscous.
- ✓ Or replace the couscous with rice
- ✓ Try adding some minced meat for added protein.

## Skills

- ✓ Weighing and measuring
- ✓ Mixing
- ✓ Combining
- ✓ Baking
- ✓ Knife skills
- ✓ Stirring

## Vocabulary:

|               |       |
|---------------|-------|
| Mise-en place | Slice |
| Combine       | Bake  |
| Dice          | Fill  |
| Chop          | Boil  |
|               | Fluff |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





# Cookies

## Ingredients

- 100g sugar
- 100g butter
- 1 tbsp golden syrup
- 150g plain flour
- Choice of raisins, chocolate chips ect



## Big Picture:

Use the creaming method to produce your cookies hygienically and safely.

Understand how to portion correctly to ensure an even bake.

## Other items needed from home

A container in which to take your food home in.

## Equipment

- Mixing spoon
- Mixing bowl
- Baking tray
- Tablespoon



## EAT FOR HEALTH

Cookies are a good source of carbohydrates due to the flour and sugar. But be careful, too many could cause health issues.

## 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.
- Pre-heat the oven to 180°C. Mix the sugar and butter together to make a paste.
- Add the golden syrup.
- Add a few spoons of flour along with your fillings
- Mix to combine and then add the remainder if your flour and mix until you get a dough.
- Arrange on a baking tray in 10-12 blobs, don't flatten them.
- Put them in the oven at 180°C for 12-15 minutes.

## Why not try...?

- ✓ Different fillings, such as dried fruit, nuts or different types of chocolate.
- ✓ You could include some oats to increase the fibre content or coconut to change the flavour.

## Skills

- ✓ Weighing and measuring
- ✓ Mixing
- ✓ Creaming
- ✓ Portioning
- ✓ Baking

## Vocabulary:

|                 |           |
|-----------------|-----------|
| Mise-en place   | Baking    |
| Portion control | Combining |
| Even bake       |           |
| Creaming method |           |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise

