

Spanish Omelette

Ingredients

- 250g new potatoes (pre cooked)
- 1/2 onion
- 3 tsp parsley
- 3 eggs
- Cooked bacon/chorizo (optional)



Big Picture: To demonstrate the safe practises when making Spanish omelette and understanding what causes eggs to set.



Other items needed from home

A container in which to take your food home in.

Equipment

Lined square baking tin
Brown chopping board
Knife
Measuring jug
Sauce pan

Mixing spoon
Teaspoon

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 180c
- Slice your potatoes
- Dice your onions and cook in a little bit of oil with your cooked potatoes
- Once soft, add in the parsley
- Pour into the bottom of the baking tin
- Add in your meat if using
- Beat your eggs
- Pour the eggs over the potato and onion mixture
- Place in a preheated oven for 20 minutes until the mixture is set.

EAT FOR HEALTH

Eggs are a great source of protein and healthy fats. With onion providing a good amount of vitamin C

Why not try...?

- ⇒ Try adding cheese to increase the protein and calcium content
- ⇒ Try adding different vegetables or meats to alter the texture.

Skills

- ◆ Weighing and measuring
- ◆ Knife skills
- ◆ Baking
- ◆ Mixing
- ◆ Beating

Vocabulary:

| | |
|---------------------|------------|
| Free ranged | |
| Mis-en place | Dicing |
| Coagulation | Slicing |
| Cross contamination | Preheating |
| Food poisoning | |



Chilli Ginger stir fry

Ingredients

2 spring onions
1 clove of garlic
1 red chilli (optional) or 1 tsp chilli flakes
2.5cm root ginger
1 lime
3 mushrooms
1 onion
1/2 red pepper or any other stir fry vegetables you like
1 pack of straight to wok noodles
1 chicken breast/200g stir fry beef
1 tablespoon soy sauce and 1 tablespoon honey.



Big Picture:

To demonstrate the safe practises when making a stir fry. Demonstrating safe and competent knife skills.



Other items needed from home

A container in which to take your food home in.

Equipment

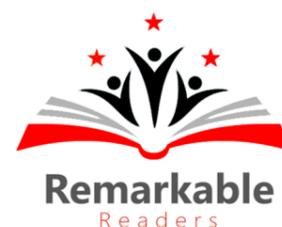
| | |
|----------------------|--------------|
| Saucepan | Mixing spoon |
| Brown chopping board | Knife |
| Red chopping board | Tablespoon |
| Garlic crusher | Teaspoon |

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.
 - ✓ Prepare the vegetables:
 - ✓ trim and slice the spring onions;
 - ✓ peel and crush the garlic;
 - ✓ deseed the chilli and finely dice (thoroughly wash hands after touching the chilli);
 - ✓ peel and grate the root ginger;
 - ✓ zest and juice the lime;
- trim, deseed, slice or dice any additional ingredients.
- If using dried noodles, bring a pan of water to the boil and cook the noodles for the stated time. Carefully drain into the sink.
- Heat the spray oil in the saucepan and add the garlic. Stir fry for 1 minute, but do not allow the garlic to burn.
- Add the beef strips and brown the meat all over on a high heat; this should take about 2 -3 minutes. Thoroughly wash and dry hands if touched raw meat.
- Add the spring onion, chilli, ginger, soy sauce and vegetables to the pan and stir fry for 2-3 minutes. Add the cooked noodles and stir through.
- Add the lime juice and serve sprinkled with lime zest.

Vocabulary:

Mis-en place
Stir frying
Zesting
Cross contamination
Food poisoning
Health and safety



EAT FOR HEALTH

Stir fry is great health food, with the meat providing protein, the various vegetables containing many different vitamins and minerals. The noodles providing carbohydrates and B vitamins.

Why not try...?

- ⇒ Adding in some Tofu for authentic Chinese food.
- ⇒ Can you eat these using chop sticks? These are essential in Asian cuisine.
- ⇒ Alter the vegetables for more traditional ones, such as Pak Choi, Tenderstem Broccoli

Skills

- ◆ Knife skills
- ◆ Weighing and measuring
- ◆ Crushing, peeling and trimming
- ◆ Zesting
- ◆ Stir frying
- ◆ Boiling

Italian Meatballs

Ingredients

400g beef mince (20% fat) or 200g beef and 200g pork mince
 2 eggs
 130g breadcrumbs or 2 slices of bread
 1/2 onion
 1 tsp mixed herbs
 1 garlic clove

For the sauce

1/2 onion
 1 tin chopped tomatoes
 2 garlic cloves
 2 tbsp tomato puree
 1 tsp sugar
 Salt and pepper



Big Picture: To demonstrate safe and hygienic practices to make your meatballs whilst understanding how to form and shape meat

Equipment

Frying pan
 Mixing bowl
 Brown chopping board
 Knife
 Measuring jug

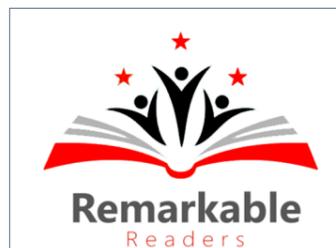
Fork
 Teaspoon
 Mixing spoon

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 meatballs, but mixing the mince meat, breadcrumbs, egg, salt, pepper, onion, garlic and herbs into a bowl and combining
3. Form into meatballs about golf ball size
4. Fry the meatballs in a frying pan/saucepan until brown.
5. Take out of the pan and set aside
6. Add the diced onions and fry until soft .
7. Add the garlic and stir for 30 seconds
8. Add the tinned tomatoes, puree, sugar and salt and pepper and bring to a simmer
9. Add the meatballs back into the sauce and allow to cook until fully cooked
10. Place into your container.

Vocabulary:

| | |
|--------------|---------------------|
| Mis-en place | Cross contamination |
| Dicing | Food poisoning |
| Kneading | Food Hygiene |
| Sealing | Simmering |
| | Roux |



EAT FOR HEALTH

Great source of protein and calcium. When adding mash potato will increase the carbohydrates.

Why not try...?

- ⇒ Adding your meatballs to some buttery mash potato
- ⇒ Adding some lingonberry jam or redcurrant jelly.

Skills

- ◆ Weighing and measuring
- ◆ Portioning
- ◆ Combining
- ◆ Forming and portioning
- ◆ Baking
- ◆ Frying

Tortilla Wraps

Ingredients

250g plain flour
2 tbsp vegetable oil
1/2 teaspoon salt
150ml warm water



Big Picture:

To demonstrate safe practises when making tortilla wraps, understanding the importance of kneading.



Other items needed from home

A container in which to take your food home in.

Equipment

Frying pan
Mixing bowl
Rolling pin
Flour shaker
Fish slice

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. Combine the flour, oil and salt into a bowl and mix. Pour 150ml warm water and bring together to form a dough.
3. Knead on a floured surface for 5 minutes.
4. Allow to rest for 10 minutes as you wash up.
5. Divide the dough into 6 pieces and roll out as thinly as possible.
6. Heat a large frying pan and cook the tortillas for 2 minutes on each side (no need for any oil)
7. Wrap them up on clingfilm and label with your name.

EAT FOR HEALTH

Tortilla wraps are a great source of carbohydrates and unsaturated fat from the oil.

Why not try?

- ⇒ Adding in some spices to change the taste, such as paprika
- ⇒ Using yoghurt instead of water to make a more fluffy texture
- ⇒ Adding in some seeds for additional protein
- ⇒ Using wholemeal flour to increase the fibre content

Skills

- ✓ Weighing and measuring
- ✓ Combining
- ✓ Mixing
- ✓ Kneading
- ✓ Rolling
- ✓ Shaping

Vocabulary:

Mis-en place
Forming
Unleavened dough
Dry frying





Chicken Fajitas



Ingredients

- Your wraps
- 2 chicken breasts or 200g beef strips or a range of vegetables
- 1 pepper
- 1 red onion
- Fajita spice mix or make your own with (1/2 tbsp chilli powder, 2 tbsp smoked paprika, 1 tbsp cumin, 1 tbsp garlic powder, 1/2 tbsp coriander and 1 tbsp oregano.).



Big Picture:

Demonstrate excellent food hygiene practises when preparing chicken Fajitas



Other items needed from home

A container in which to take your food home in.

Equipment

- Saucepan
- Red chopping board
- Knife
- Mixing spoon
- Brown chopping board

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 180c
- Slice your chicken into strips.
- Slice your pepper and onion.
- Preheat a saucepan with a little oil
- Add in the chicken and fry until white
- Add the peppers and onions and cook for 2 minutes
- Add the spice mix and cook until the chicken is fully cooked
- Place your wraps into foil and place into the preheated oven to warm through
- Place some mixture into the wraps and wrap up
- Place all fajitas into your container with your name on it.

EAT FOR HEALTH

Great all round balanced food, with protein, carbohydrates, unsaturated fats, vitamins and minerals. You can make it even better by adding fresh salsa and guacamole.

Why not try

- ⇒ Adding some salsa, guacamole or sour cream
- ⇒ Adding in some black eyed beans or refried beans for additional healthy protein
- ⇒ Adding rice inside will turn this into a burrito.

Skills

- ✓ Frying
- ✓ Knife skills
- ✓ Rolling and wrapping
- ✓ Baking

Vocabulary:

- Sautéing
- Mis-en place
- Al dente
- Food safety
- Cross contamination
- Food poisoning



Finnish Fruit Plait

Ingredients

250g strong bread flour
1 tbsp mixed spice
1/2 tsp salt
75g currants/saltanas
25g mixed peel
1 sachet of dried yeast
25g sugar
1 tbsp butter/spread
125ml milk
1 egg



Big Picture:

To demonstrate safe practises when making an fruit plait, understanding the principles of an enriched dough



Other items needed from home

A container in which to take your food home in.

Equipment

Sieve
Mixing bowl
Measuring jug
Palette knife
Fork

Flour dredger

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. Sift the flour, spice and salt into the mixing bowl.
3. Stir in the currants, mixed peel and yeast.
4. Stir the sugar into the milk in the measuring jug. Stir until the sugar has dissolved.
5. Make a well in the centre of the flour and pour in the milk.
6. Melt the fat and add to the flour.
7. Break the egg into the small bowl and beat with the fork.
8. Add half the beaten egg.
9. Mix to a soft dough using the palette knife.
10. Turn onto a lightly floured surface and knead for 5 minutes.
11. Place into a named bag and place into the freezer draw.

EAT FOR HEALTH

Great source of carbohydrates, vitamins and minerals from all the dried fruit.

Why not try

- ⇒ Changing up the dried fruit for different flavours
- ⇒ Using wholemeal flour to increase the fibre content
- ⇒ Add in some spices or fruit zest to alter the taste
- ⇒ A thin icing to drizzle over the top of the finished bread

Skills

- ✓ Weigh and measure
- ✓ Mix, stir and combine
- ✓ Beat
- ✓ Knead
- ✓ Prove
- ✓ Form and shape
- ✓ Bake

Vocabulary:

| | |
|--------------|----------------|
| Mis-en place | Proving |
| Kneading | Enriched |
| Fermenting | Melting method |
| Rising | Plaits |



Finnish Fruit Plait

Ingredients

Your fruit bread dough



Big Picture:

To demonstrate safe practises when making an fruit plait, understanding the principles of an enriched dough



Other items needed from home

A container in which to take your food home in.

Equipment

Baking tray
Pastry brush

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 200c
3. With lightly floured hands, divide the mixture into three portions and roll into sausage shapes the length of the baking tray.
4. Place the lengths onto the baking tray and neatly plait together, tucking in the ends..
5. Brush with the egg.
6. Bake for 10 minutes. Reduce the oven temperature to 170°C or gas 4, and bake for a further 10 - 15 minutes.
7. Remove the plait and transfer to the cooling rack.

EAT FOR HEALTH

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Why not try

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Vocabulary:

| | |
|--------------|----------------|
| Mis-en place | Proving |
| Kneading | Enriched |
| Fermenting | Melting method |
| Rising | Plaits |



Pizza Pinwheels

Ingredients

250g strong bread flour
1 sachet yeast
1 tsp sugar
1 tsp salt
170ml warm water
1 tbsp oil



Big Picture: to demonstrate safe practises when preparing dough and making pinwheels

Other items needed from home

A container in which to take your food home in.

Equipment

Mixing bowl
Palette knife
Measuring jug
Flour dredger
Bag with name on it.

Teaspoon
Tablespoon



EAT FOR HEALTH

Pizza is often seen as unhealthy, this version you make your own dough and consider the amount of meat and cheese on top which where most the fat comes from

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 your flour, salt, sugar, yeast into a mixing bowl and stir to combine.
3. Pour your oil in and mix with a butter knife.
4. Pour half of your water (85ml) and mix
5. Pour half of what is left of your water and mix.
6. You may not need any more water so check before putting any more in, it should be slightly sticky to touch but not gloopy.
7. If still dry add a bit more water, if not, turn onto a floured surface and knead for 10 minutes.
8. Place in a plastic bag and stick your name label on
9. Place into the draw to prove and wash up.

Vocabulary:

| | |
|------------------------|-------------|
| Mis-en place | Kneading |
| Fermentation | Proving |
| Bacterial requirements | Food safety |
| Lean meat | |



Why not try

- ⇒ Experimenting with different toppings to what you like
- ⇒ Adding more vegetables as toppings to increase fibre, vitamin and mineral content.
- ⇒ Using wholemeal flour to increase the fibre content.

Skills

- ✓ Weigh and measure
- ✓ Cut, chop, slice, dice and trim
- ✓ Grate
- ✓ Sift
- ✓ Mix, stir and combine
- ✓ Knead
- ✓ Roll out
- ✓ Spread
- ✓ Bake

Pizza Pinwheels

Ingredients

75g tomato passata or tomato puree
100g cheddar cheese
100g pizza topping of your choice
1 tsp mixed herbs



Big Picture: to demonstrate safe practises when preparing dough and making pinwheels

Other items needed from home

A container in which to take your food home in.

Equipment

Palette knife
Knife
Tablespoon
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. Preheat your oven to 220c degrees.
3. Roll out your dough on a floured surface into a rectangle.
4. Spoon your tomato sauce onto it and spread, leaving a 1cm gap from the edges.
5. Place your cheese and toppings on
6. From the long side, roll the dough up.
7. Cut 2cm slices and place flat side down onto a lined baking sheet.
8. Place into preheated oven for 15 minutes.

EAT FOR HEALTH

Pizza is often seen as unhealthy, this version you make your own dough and consider the amount of meat and cheese on top which where most the fat comes from

Why not try

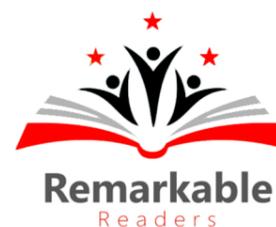
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Skills

- ✓ Weigh and measure
- ✓ Cut, chop, slice, dice and trim
- ✓ Grate
- ✓ Sift
- ✓ Mix, stir and combine
- ✓ Knead
- ✓ Roll out
- ✓ Spread
- ✓ Bake

Vocabulary:

| | |
|------------------------|-------------|
| Mis-en place | Kneading |
| Fermentation | Proving |
| Bacterial requirements | Food safety |
| Lean meat | |



Jamaican beef patties

Ingredients

300g plain flour
1.5 tbsp madras curry powder
1 tbsp turmeric
165 baking block or butter



Big Picture: to demonstrate the safe and hygienic practises required to prepare Jamaican beef patties. Showing your technical skills when making shortcrust pastry.



Other items needed from home

A container in which to take your food home in.

Equipment

Mixing bowl
Palette knife
Measuring jug
Flour dredger
Bag with name on it.

Teaspoon
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. In bowl, sieve the flour curry powder, salt and turmeric.
3. On a white chopping board, dice the butter into small chunks
4. Rub the butter chunks into the flour mixture until you have fine breadcrumbs
5. Add 4 tablespoons of cold water and mix, add an extra tablespoon of water if your dough is crumbly until you have a dough consistency.
6. Roll out your pastry, to about 1/2 cm thick .
7. Cut out using a blue plate as a guide
8. Place a bit of greaseproof paper in between each sheet.
9. Wrap up all pastry dishes and place your name on it.

EAT FOR HEALTH

These are a great source of many nutrients, from the pastry containing carbohydrates, fats and vitamin B, to the filling containing large amount of protein, vitamins and minerals.

Why not try

- ⇒ If you like it spicy, try adding a scotch bonnet pepper. The traditional pepper used in Jamaican cuisine.
- ⇒ Add in more veg to the filling to increase the nutritional value
- ⇒ Changing the meat to lamb or chicken
- ⇒ Doing a vegetarian version with just vegetables.

Skills

- ✓ Weigh and measure
- ✓ Chop, slice, dice
- ✓ Knead
- ✓ Rubbing in method
- ✓ Combining
- ✓ Shaping

Vocabulary:

| | |
|---------------------|----------------|
| Mis-en place | Shaping |
| Food hygiene | Food poisoning |
| Cross contamination | Kneading |
| Rubbing in method | Infusing. |



Jamaican beef patties



Ingredients

200g lean beef mince (5%)
1 small onion
2 garlic cloves
2 tsp madras curry powder
1 tsp brown sugar
1 chilli pepper (optional)



Big Picture: to demonstrate the safe and hygienic practises required to prepare Jamaican beef patties. Showing your technical skills when making shortcrust pastry.



Other items needed from home

A container in which to take your food home in.

Equipment

Saucepan
Knife
Chopping board
Garlic press
Mixing spoon

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 220c
3. Dice your onion and crush your garlic. (dice your chilli here too if you want)
4. Place some oil into a saucepan and add your onion, garlic, curry powder and fry until the onions are soft
5. Add the mince and cook until brown
6. Add the sugar and mix.
7. Take off the heat and decant into a bowl to allow to cool
8. Take your pastry circles and lay them all out.
9. Take two tablespoons of the beef mixture and place into the centre of the pastry circles
10. Fold the circles over and press down using a fork to close the edges
11. Place onto a baking tray and brush with egg
12. Place into the oven for 15 minutes.

EAT FOR HEALTH

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Why not try

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Skills

- ✓ Weigh and measure
- ✓ Chop, slice, dice
- ✓ Knead
- ✓ Rubbing in method
- ✓ Combining
- ✓ Shaping

Vocabulary:

| | |
|---------------------|----------------|
| Mis-en place | Shaping |
| Food hygiene | Food poisoning |
| Cross contamination | Kneading |
| Rubbing in method | Infusing. |



Homemade burger

Ingredients

250g strong bread flour
1 sachet yeast
1 tsp sugar
1 tsp salt
170ml warm water
1 tbsp oil



Big Picture:

To demonstrate the safe practises when preparing your beef burger. Understanding the principles of making dough and hygiene principles when using raw meat



Other items needed from home

A container in which to take your food home in.

Equipment

Bag with your name on it.

Mixing bowl
Teaspoon
Tablespoon
Measuring jug
Palette 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 your flour, salt, sugar, yeast into a mixing bowl and stir to combine
3. Pour your oil in and mix with a butter knife
4. Pour half of your water (85ml) and mix
5. Pour half of what is left of your water and mix
6. You may not need any more water so check before putting any more in, it should be slightly sticky to touch but not gloopy.
7. If still dry add a bit more water, if not, turn onto a floured surface and knead for 10 minutes.
8. Place in a plastic bag and stick your name label on
9. Place into the tray to prove and wash up.

EAT FOR HEALTH

Burgers when prepared yourself can be an healthy well balanced food. The bread provides the carbohydrates, and the patty contains protein and fat. By adding additional toppings like salad will make your burger even more nutritious

Why not try

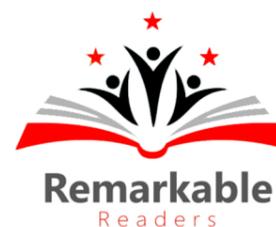
- ⇒ Experimenting with different toppings to adjust the nutritional content
- ⇒ Changing to a chicken patty to lower the amount of saturated fat
- ⇒ Creating a healthy bean burger to the ultimate healthy burger

Skills

- ✓ Weigh and measure
- ✓ Combine
- ✓ Mix
- ✓ Knead
- ✓ Prove
- ✓ Bake

Vocabulary:

| | |
|---------------|----------|
| | Fakeaway |
| Mis-en place | Proving |
| Kneading | Shaping |
| Fermenting | |
| Saturated fat | |



Homemade burger

Ingredients

50g breadcrumbs
200g mince
1 tsp herbs
Your bread
1 small onion
1 garlic clove
Salt and pepper



Big Picture:

To demonstrate the safe practises when preparing your beef burger. Understanding the principles of making dough and hygiene principles when using raw meat



Other items needed from home

A container in which to take your food home in.

Equipment

Baking tray
Knife
Chopping board
Teaspoon garlic crusher
Mixing bowl

Flour shaker

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 220c degrees
3. Shape your bread into burger buns and place onto a lined baking tray (share a baking tray)
4. Place into preheated oven
5. Meanwhile put into a bowl with your mince, herbs and breadcrumbs with salt and pepper
6. Dice your onion and crush your garlic, place both into the bowl
7. Mix together with your hand so it all binds together
8. Shape into a burger
9. Place onto another baking tray (Share)
10. Cook until it reaches 75C
11. Assemble your burger.

EAT FOR HEALTH

Burgers when prepared yourself can be an healthy well balanced food. The bread provides the carbohydrates, and the patty contains protein and fat. By adding additional toppings like salad will make your burger even more nutritious

Why not try

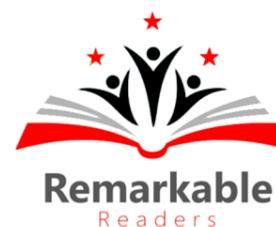
- ⇒ Experimenting with different toppings to adjust the nutritional content
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- ⇒ Creating a healthy bean burger to the ultimate healthy burger

Skills

- ✓ Weigh and measure
- ✓ Combine
- ✓ Mix
- ✓ Knead
- ✓ Prove
- ✓ Bake

Vocabulary:

| | |
|--------------|---------------|
| Vocabulary: | Saturated fat |
| Mis-en place | Fakeaway |
| Kneading | Proving |
| Fermenting | Shaping |



Sweet and sour

Ingredients

- | | |
|--|---------------------|
| 1 chicken breast or protein of your choice | 1 bag noodles |
| $\frac{1}{2}$ chilli | 1 tbsp. ketchup |
| 1 garlic clove | 1 tbsp. brown sugar |
| 1 onion | 1 tbsp. vinegar |
| $\frac{1}{2}$ pepper | 3 rings pineapple |



Big Picture:

To demonstrate safe practises when preparing sweet and sour, considering the importance of preventing cross contamination.



Other items needed from home

A container in which to take your food home in.

Equipment

- | | |
|-----------------|----------------|
| Chopping boards | Garlic crusher |
| Knife | |
| Saucepan | |
| Tablespoon | |

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. Cut the chicken into cubes
3. Using a clean chopping board and knife, prepare the vegetables:
4. deseed and finely slice the chilli;
5. peel and crush the garlic;
6. peel and finely slice the onion
7. deseed and finely slice the pepper
8. Heat the oil in the saucepan.
9. Add the onion, garlic and chilli. Allow to cook for 1 minute.
10. Add the chicken and stir-fry for 4-5 minutes.
11. Add the remaining vegetables and the brown sugar, vinegar and ketchup and stir for 5 minutes
12. Add the pineapple and noodles and cook for 2 minutes.

EAT FOR HEALTH

Great source of many nutrients, if paired with rice or noodles which give carbohydrates, adding in different vegetables will also increase the vitamins and minerals

Why not try

- ⇒ A different meat or protein source such as tofu,
- ⇒ Adding in different vegetables such as Pak Choi and Broccoli
- ⇒ Having it with rice rather than noodles.

Skills

- ✓ Weigh and measure
- ✓ Knife skills
- ✓ Frying
- ✓ Mixing
- ✓ Sauce making
- ✓ Deseeding
- ✓ Crushing

Vocabulary:

- | | |
|---------------------|----------|
| Mis-en Place | Sauteing |
| Cross contamination | |
| Food poisoning | |
| Stir frying | |





Fakeaway Kebab



Ingredients

- 200g Yoghurt
- 260g Self raising flour
- 1 tsp salt



Big Picture:

Demonstrate accurate and safe practices when making naan bread and kebabs.
 Demonstrate an understanding of marinating and how that impacts flavour.



Other items needed from home

A container in which to take your kebabs home

Equipment

- Frying pan
- Mixing bowl
- Tsp
- Tbsp
- Rolling pin
- Flour shaker

Method:

1. Place the flour into a bowl and mix with a tsp of salt.
2. Add the yoghurt a tablespoon at a time and mix until it is combined
3. Use your hands to slightly knead the dough inside the bowl (about 5 minutes)
4. Cut the dough into 6 even portions
5. Roll out to be 1/2 cm thick (too thick and it will not cook)
6. Repeat for all 6.
7. Place a frying pan on the heat (do not use oil)
8. Dry fry the dough, when you see some bubbles puff up on the bread, it is ready to flip over. Cook on the other side for a few minutes.
9. Either leave your naan for when we make kebabs or take home to enjoy.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and yoghurt giving us protein and fats

Top Tips

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.
- Try and make a homemade tzatziki to increase the protein, vitamins and minerals.

Skills

- ✓ Weighing and measuring
- ✓ Grilling
- ✓ Marinading
- ✓ Knife skills
- ✓ Dry frying
- ✓ Rolling
- ✓ Shaping

Vocabulary:

- | | |
|---------|---------|
| Knead | Juicing |
| Mix | Dough |
| Dry fry | Spices |
| Roll | |
| Grill | |





Fakeaway Kebab



Ingredients

- 2 garlic cloves
- 1 lemon
- 2 chicken breasts/ 3 boneless chicken thighs/ 200g Tofu or halloumi/ or vegetarian substitutes (such as a range of vegetables)
- 100g yoghurt
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp oregano



Big Picture:

Demonstrate accurate and safe practices when making naan bread and kebabs. Demonstrate an understanding of marinating and how that impacts flavour.



Other items needed from home

A container in which to take your kebabs home

Equipment

- Knife
- Juicer
- Mixing bowl
- Chopping board
- Tsp
- Kebab stick
- Baking tray

Method:

1. Preheat the grill to medium high.
2. Chop the protein into large chunks and place in mixing bowl
3. Cut the lemon in half and squeeze in the juice
4. Put the yoghurt in to the mixing bowl
5. Put the cumin, paprika and oregano into the mixing bowl
6. Stir everything so it is all coated
7. Wash up
8. Place the chicken onto the kebab stick and then place onto baking tray
9. Put under the grill, turning frequently until fully cooked
10. Wrap in the naan and place into your take away container.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and yoghurt giving us protein and fats

Top Tips

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.
- Try and make a homemade tzatziki to increase the protein, vitamins and minerals.

Skills

- ✓ Weighing and measuring
- ✓ Grilling

Vocabulary:

- Knead
- Mix
- Dry fry
- Roll
- Grill
- Marinade
- Juicing
- Dough
- Spices



✓ Marinading

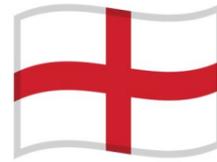
✓ Knife skills

Chocolate Orange Swiss Roll - Part 1

Ingredients

For the Swiss roll

- 75g self-raising flour
- 3 eggs (storage at room temperature)
- 75g caster sugar
- 1 tsp orange essence



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 | |



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



EAT FOR HEALTH

Eat in moderation due to the high sugar content - however a unfilled

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. Accurately grease and line a 18cm x 30cm Swiss roll tin, with baking parchment.
4. Rind and juice the orange, if required.
5. Using a round bladed knife, crack the eggs into a large mixing bowl and add the caster sugar.
6. 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.
7. An the orange essence or rind and orange juice if desired.
8. Gently sieve in the flour, and fold in using a metal tablespoon, trying not to knock out as little air as possible.
9. Pour the mixture into the Swiss roll tin and gently tap tin to spread mixture evenly.
10. Bake for 7 - 10 minutes, until sponge is pale brown and springs back when press gently. **DO NOT** overcook. Start washing up.
11. 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.
12. Turn the cooked sponge out onto prepared paper, trim edges and score one end, approximately 2cm from end.
13. Roll up using the baking parchment and tea towel to help you
14. Allow to cool.
15. Wrap in clingfilm and adding your name label so it can be stored at school.
16. Wash up remaining equipment, placing clean and dry equipment on the end of your bench ready for checking.

Top tips!

- Roll whilst warm on a damp tea towel to minimise cracking
- If not using butter cream/ fresh cream/ganache, try rolling up the Swiss roll with warm jam.

Skills

- ✓ Weighing and measuring
- ✓ Sieving
- ✓ Whisking method
- ✓ Folding
- ✓ Baking
- ✓ Rolling a Swiss Roll

Vocabulary:

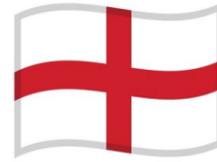
- | | |
|-----------------|--------------------------|
| Mise-en-place | Weighing and measuring |
| Accurate | Preparing Swiss roll tin |
| Whisking method | Sieving |
| Folding | Using the oven |



Chocolate Orange Swiss Roll - Part 2

Ingredients

- 50g milk chocolate
- 100g butter
- 200g icing sugar
- 3 tbsp coca powder



Other items needed from home

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

Equipment

| | |
|--------------|--------------|
| Saucepan | Fork |
| Metal bowl | Wooden spoon |
| Plastic bowl | Pallet knife |
| Spatula | |

Method: To make the buttercream -

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 on the hob and allow to come to a simmer
3. Place a metal bowl on top with your broken up chocolate in
4. Stir until melted
5. Place to one side to cool
6. In another bowl (plastic) put the butter and icing sugar in.
7. Using a fork, mash the butter and icing sugar together. Then take a wooden cake spoon and combine, add in the cocoa powder and mix again.
8. Pour in your chocolate and mix
9. Unroll your swiss roll carefully, spread the mixture using a pallet knife and then reroll.
10. Wrap back up in the clingfilm and place in the fridge
11. Wash up.

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



EAT FOR HEALTH

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

Why not try...!

- Try adding fresh fruit (e.g. mandarins orange pieces OR strawberries) to increase the fibre and vitamin C content.

Skills

- ✓ Weighing and measuring
- ✓ Melting method
- ✓ Tempering chocolate
- ✓ Rerolling a Swiss roll
- ✓ Presentation skills

Vocabulary:

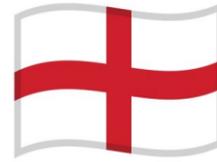
| | |
|---------------|------------------------|
| Mise-en-place | Weighing and measuring |
| Bain Maire | Gauche |



Chocolate Orange Swiss Roll - Part 2

Ingredients

- 50g milk chocolate
- 100g butter
- 200g icing sugar
- 3 tbsp coca powder



Other items needed from home

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

| | |
|--------------|--------------|
| Equipment | Saucepan |
| Metal bowl | Fork |
| Plastic bowl | Wooden spoon |
| Spatula | Pallet knife |

Method: To make the buttercream -

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.
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Skills

- ✓ Weighing and measuring
- ✓ Melting method
- ✓ Tempering chocolate
- ✓ Rerolling a Swiss roll
- ✓ Presentation skills

Vocabulary:

| | |
|---------------|------------------------|
| Mise-en-place | Weighing and measuring |
| Bain Maire | Gauche |



Chelsea Buns

Ingredients

250g strong bread flour
1 sachet yeast
40g butter
125ml milk



Big Picture: To demonstrate safe and hygienic practises when preparing Chelsea buns that have been prepared and cooked evenly.



Other items needed from home

A container in which to take your food home in.

Equipment

Mixing bowl
Teaspoon
Tablespoon
Measuring jug
Palette knife

Bag with your name on it.
Saucepan

EAT FOR HEALTH

Can be included in moderation due to the high levels of saturated fat. Considered a treat item.

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. Sift the flour and salt into a bowl.
3. Rub in 15g of the butter or hard baking fat.
4. Add the yeast.
5. Warm the milk until lukewarm.
6. Pour the warm milk into the flour mixture.
7. Mix into a soft dough.
8. Knead the dough for 10 minutes until smooth and elastic.
9. Place into a named plastic bag to store at school
10. Wash up.

Vocabulary:

| | |
|--------------|-------------------|
| Mis-en place | Lukewarm |
| Proving | Kneading |
| Fermentation | Rubbing in method |
| Enriched | Melting method |



Why not try

- ⇒ Adjusting the type of dried fruit
- ⇒ Using cinnamon to make cinnamon buns
- ⇒ Using wholemeal flour to increase the fibre content

Skills

- ✓ Weigh and measure
- ✓ Sift
- ✓ Rub-in
- ✓ Mix, stir and combine
- ✓ Knead
- ✓ Melting
- ✓ Prove
- ✓ Bake
- ✓ Cut, chop, slice and dice
- ✓ Glaze and coat

Chelsea Buns

Ingredients

75g currents/sultanas
25g mixed peel
25g brown sugar
1 tsp cinnamon



Big Picture: To demonstrate safe and hygienic practises when preparing Chelsea buns that have been prepared and cooked evenly.



Other items needed from home

A container in which to take your food home in.

Equipment

Your dough
Mixing bowl
Teaspoon
Flour shaker
Knife

Rolling pin
Circle baking tin

EAT FOR HEALTH

Can be included in moderation due to the high levels of saturated fat. Considered a treat item.

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 220c
3. Roll out into a square (25cm x 25cm) on a floured surface.
4. Sprinkle the currants, mixed peel, spice and sugar over the dough.
5. Roll up the dough like a Swiss roll.
6. Cut into 8 slices.
7. Bake for 20 minutes, until golden brown.

Why not try

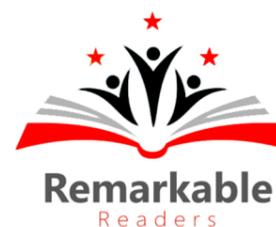
- ⇒ Adjusting the type of dried fruit
- ⇒ Using cinnamon to make cinnamon buns
- ⇒ Using wholemeal flour to increase the fibre content

Skills

- ✓ Weigh and measure
- ✓ Sift
- ✓ Rub-in
- ✓ Mix, stir and combine
- ✓ Knead
- ✓ Melting
- ✓ Prove
- ✓ Bake
- ✓ Cut, chop, slice and dice
- ✓ Glaze and coat

Vocabulary:

| | |
|--------------|-------------------|
| Mis-en place | Lukewarm |
| Proving | Kneading |
| Fermentation | Rubbing in method |
| Enriched | Melting method |



Chocolate Fudge tray bake

Ingredients

150g plain flour
2 tbsp cocoa powder
1 tsp baking powder
110g light brown sugar
50g caster sugar
1 egg
60ml oil

80g yoghurt
1 tsp vanilla
Chocolate chips of your choice

Equipment

Mixing bowl
Saucepan
Wooden spoon

Measuring jug
Fork



Big Picture:

Demonstrate your cake making abilities by producing a tray bake hygienically and safely.

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 180c
3. Sift the flour, cocoa, baking powder, sugar and a tsp of salt into a large bowl
4. Combine the egg, oil, yoghurt and vanilla in another bowl and mix
5. Add to the dry ingredients and mix well
6. Add the chocolate chips in
7. Place in a tray and bake for 20 minutes
8. Once cooked, take out the oven and allow to cool

EAT FOR HEALTH

Cakes always had a bad wrap, this is no different, we should eat this dish in moderation due to the large amounts of saturated fat. However, this is a good source of vitamin C

Why not try

- ⇒ Experimenting with the flavours by using orange, lime, lemon, or a combination of different flavours.
- ⇒ Using wholemeal flour to increase the fibre content.
- ⇒ Adding some mixed peel into the mixture
- ⇒ Adding some lemon peel as decoration.

Skills

- ✓ Weigh and measure
- ✓ Mix and combine
- ✓ Baking
- ✓ Stirring
- ✓ Pouring
- ✓ Testing for readiness.

Vocabulary:

Mis-en place
Testing for readiness
Creaming method
Melting method

Dextrinisation



Drizzle Cake

Ingredients

150g butter
150g soft brown sugar
150g self raising flour
2 eggs
75g white sugar
75ml orange or lemon juice



Big Picture:

Demonstrate your cake making abilities by producing a drizzle cake hygienically and safely.



Other items needed from home

A container in which to take your food home in.
A round cake dish

Equipment

Mixing bowl
Saucepan
Wooden spoon

Measuring jug
Fork

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. 1. Preheat the oven to Gas mark 4 (180oc).
3. 2. Grease and line with baking parchment a cake tin
4. 3. Break the eggs into a small mixing bowl and beat together
5. 4. In a large saucepan, gently melt together the sugar and margarine
6. 5. Remove from the heat and allow to cool slightly
7. 6. Using a wooden spoon, beat in the eggs, then sieve in the flour and stir until thoroughly mixed
8. 7. Pour the mixture into the lined tin, spreading the mixture evenly
9. 8. Bake in the centre of the oven for 15-20 minutes until firm to the touch.
10. 9. using a fork, poke holes into the top of the sponge
11. 10. in a measuring jug, mix the lemon/orange juice together with the granulated sugar
12. 11. pour on top of the cake
13. 12. Allow the cake to cool before transferring into your container.

EAT FOR HEALTH

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Why not try

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- ⇒ Adding some lemon peel as decoration.

Skills

- ✓ Weigh and measure
- ✓ Mix and combine
- ✓ Baking
- ✓ Stirring
- ✓ Pouring
- ✓ Testing for readiness.

Vocabulary:

Mis-en place
Testing for readiness
Creaming method
Melting method

Dextrinisation

