

## Inspire Academy Year 11 Cooking Exam Recipes

Pupil 1

1 <sup>st</sup> Course - Steak, Sweet potato chips & Salad	
Ingredients What food group do they each belong to?	Fillet Steak - Protein Sweet Potato - Carbohydrates Lettuce - Fruit and vegetables Onion - Fruit and vegetables Garlic- Fruit and vegetables Salt 1 teaspoon. Black pepper $\frac{1}{2}$ teaspoon. Vegetable oil 2 teaspoons. - Fat
Recipe & timings for each step.	<ol style="list-style-type: none"><li>1. Cut up potatoes. 5 minutes.</li><li>2. Put them in the oven for 20-25 minutes with seasoning.</li><li>3. Let steak rest out of the fridge. 10 minutes.</li><li>4. Cut off fat from steak. 2 minutes.</li><li>5. Fry the steak in a little bit of oil for 3 minutes each side. 6 minutes.</li><li>6. Let the steak rest. 5 minutes.</li><li>7. Cut up onion and lettuce. 5 minutes.</li><li>8. Serve 2 minutes.</li></ol>
Equipment required	<ul style="list-style-type: none"><li>• Frying pan.</li><li>• Knife.</li><li>• Potato peeler.</li><li>• Chopping board</li><li>• Saucepan</li><li>• Mixing Bowl</li><li>• Wooden Spoon</li></ul>

2nd Course - Banoffee Pie	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>175g Clover light - Dairy</p> <p>200g Light Digestive Biscuits - Carbs</p> <p>75g Light Muscovado Sugar - Fats</p> <p>397g Low fat Condensed milk - Dairy</p> <p>Bananas x 2 - Fruit and vegetables</p> <p>150ml Skimmed cream - Dairy</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Melt 100g cover light and crush up the biscuits then mix them together in a bowl. 5 minutes.</li> <li>2. Put the biscuit mixture into a tin, push it onto the sides and bottom of the tin. 3 minutes.</li> <li>3. Put in fridge for 10 minutes.</li> <li>4. Put the sugar and butter into a saucepan on a low heat and stir until the sugar has dissolved. 5 minutes.</li> <li>5. Add the condensed milk and boil it quickly for 1 minute. Stirring all the time.</li> <li>6. Put the caramel mixture onto the biscuit base. 2 minutes.</li> <li>7. Leave to set for 1 hour.</li> <li>8. Chop up bananas and put on top. 5 minutes.</li> <li>9. Whip the cream and add on top of the bananas. 5 minutes.</li> <li>10. Add cocoa powder on top. 1 minute.</li> </ol>
<p>Equipment required</p>	<ul style="list-style-type: none"> <li>• Weighing scales</li> <li>• Mixing bowl</li> <li>• Wooden spoon</li> <li>• Loose-bottomed 20cm sandwich tin</li> <li>• Saucepan</li> <li>• Kitchen knife</li> <li>• Grater</li> <li>• Whisk</li> </ul>

1 <sup>st</sup> Course - Jerk Chicken & Rice	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>Chicken thighs and jerk seasoning are protein.</p> <p>Garlic cloves, peas, lime, ginger and onion are fruit and vegetables.</p> <p>Rice is carbohydrates.</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Mix together seasoning, chilli, garlic, lime zest, lime juice and ginger. 10 minutes</li> <li>2. Rub the chicken into the seasoning cut small holes into the chicken as you rub it. 10 minutes</li> <li>3. Stick in the oven for 35-40 minutes on 180.</li> <li>4. Then I'm going to boil rice. 10 minutes</li> <li>5. Finish rice off in pan add seasoning, peas, onion and garlic. 5 minutes.</li> <li>6. Serve</li> </ol>
<p>Equipment required</p>	<ol style="list-style-type: none"> <li>1. Mixing bowl</li> <li>2. Knife and fork</li> <li>3. Grater</li> <li>4. Oven pan</li> <li>5. Saucepan</li> <li>6. Wooden spoon</li> <li>7. Frying pan</li> <li>8. Chopping board</li> <li>9. Plate</li> </ol>

2nd Course - Chocolate Pudding	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>70g Clover light is dairy</p> <p>190g self-raising flour is carbs</p> <p>315g Muscovado Sugar is fat</p> <p>1 tsp baking powder is carbs</p> <p>5 tbsp. cocoa powder is fat</p> <p>175ml red milk is dairy</p> <p>2 eggs is protein</p> <p>1 tsp vanilla extract</p> <p>350ml boiling water</p> <p>1 small handful marshmallows is fat</p>
<p>Recipe &amp; timings for each step.</p>	<p>Mix the dry ingredients together in a bowl. 5 minutes.</p> <p>Melt the butter in a saucepan and then mix it with the eggs, milk and vanilla. 6 minutes.</p> <p>Mix both the dry and wet ingredients together for 5 minutes.</p> <p>Put the mixture into cake tins and let it set in the fridge for 1 hour.</p> <p>Put it in the oven and cook on 180 for 25 minutes.</p> <p>Add marshmallows and put in the oven again for 2 minutes.</p> <p>Serve.</p>
<p>Equipment required</p>	<p>Mixing bowls, wooden spoons, saucepan, scales, baking trays, fridge and oven.</p>

1 <sup>st</sup> Course - Steak, sweet potato chips and salad.	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>Rump Steak - Protein</p> <p>Sweet Potato - Carbohydrates</p> <p>Garlic - - Fruit and vegetables</p> <p>Lettuce - Fruit and vegetables</p> <p>Tomato - Fruit and vegetables</p> <p>Onion - Fruit and Vegetables</p> <p>50g Clover light - Fats</p> <p>300ml Milk - Dairy</p> <p>50g Plain Flour - Carbohydrates</p> <p>2 Tbsp. Mustard - Oil and Spread</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Put oven on 220c.</li> <li>2. Cut up the potato and slice into chips. 10 minutes</li> <li>3. Put in oven for 40 minutes.</li> <li>4. Take steak out fridge and let it rest. 5-10 minutes</li> <li>5. Melt the butter in a saucepan then mix in the flour until it has come together. 5 minutes</li> <li>6. Pour in the milk and carry on mixing until it goes thick. Then mix in the mustard. 5 minutes</li> <li>7. Cook steak on a medium heat for 3-4 minutes each side and add the garlic to the frying pan. 6-8 minutes</li> <li>8. Cut up vegetables. 5 minutes</li> <li>9. Serve. 5 minutes.</li> </ol>
<p>Equipment required</p>	<p>Frying pan, saucepan, spatula, wooden spoon, whisk, measuring jug, knife, chopping board, plate.</p>

2nd Course - Lemon Cheesecake	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>75ml Double Light Cream - Dairy</p> <p>150g Light Original Cream Cheese - Dairy</p> <p>100g Light Digestives - Carbohydrates</p> <p>50g Clover Light - Dairy</p> <p>2 Lemons - Fruit and Vegetables</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Crush up the digestive biscuits. 2 minutes.</li> <li>2. Melt butter and then mix in the crushed biscuits. 5 minutes.</li> <li>3. Put the biscuits into the bottom of a tin. 5 minutes.</li> <li>4. Put them in a fridge to set. 10 minutes.</li> <li>5. Grate the two lemons and squeeze the juice out of them. 10 minutes.</li> <li>6. Mix together the cream and cream cheese until thick. 10 minutes.</li> <li>7. Pour in lemon juice and some of the lemon peel and mix fully. 5 minutes.</li> <li>8. Spread over the biscuit base and leave to set for 1 hour in a fridge.</li> <li>9. Serve</li> </ol>
<p>Equipment required</p>	<p>Rolling pin, mixing bowl. Saucepan, wooden spoon, grater, bowl, whisk, potato masher.</p>

Pupil 4

1 <sup>st</sup> Course - Lamb Vindaloo	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>250g Lamb - Protein</p> <p>20ml Oil - Fats</p> <p>1 Onions- Vegetables</p> <p>4 Garlic cloves- vegetables</p> <p>25g Ginger- vegetables</p> <p>400ml Coconut Milk - Dairy</p> <p>Curry Paste - Fats</p> <p>40g dried red chillies - vegetables</p> <p>Paprika - carbohydrates</p> <p>Rice - Carbohydrates</p>
<p>Recipe &amp; timings for each step.</p>	<p>STEP 1</p> <p>Rub the paprika into the lamb after you cut it up and put in fridge. 10 minutes</p> <p>STEP 2</p> <p>Heat the oil in a saucepan over a medium heat. Add the onion, garlic and ginger, cook slowly for 10 minutes.</p> <p>STEP 3</p> <p>Add in the lamb and cook on a low heat for 15 minutes. Then add half of the chillies and cook for 2 minutes.</p> <p>STEP 4</p> <p>Pour in the coconut milk and mix in the curry paste. Put in the rest of the chillies and cook on a low heat for 15 minutes.</p> <p>STEP 5</p> <p>Boil a saucepan of water and cook the rice for 10-12 minutes.</p> <p>STEP 6</p> <p>Serve.</p>
<p>Equipment required</p>	<p>Knife, frying pan, saucepan, chopping board, plate, mixing bowl, wooden spoon and a sieve.</p>

2nd Course - Banoffee Pie	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>175g Clover light - Dairy</p> <p>200g Light Digestive Biscuits - Carbohydrates</p> <p>75g Light Muscovado Sugar - Fats</p> <p>397g Low fat Condensed milk - Dairy</p> <p>Bananas x 2 - Fruit and vegetables</p> <p>150ml Skimmed cream - Dairy</p>
<p>Recipe &amp; timings for each step.</p>	<p>STEP 1 - Melt 100g cover light and crush up the biscuits then mix them together in a bowl. 5 minutes.</p> <p>STEP 2 -Put the biscuit mixture into a tin, push it onto the sides and bottom of the tin. 3 minutes.</p> <p>STEP 3 - Put in fridge for 10 minutes.</p> <p>STEP 4 - Put the sugar and butter into a saucepan on a low heat and stir until the sugar has dissolved. 5 minutes.</p> <p>STEP 5 - Add the condensed milk and boil it quickly for 1 minute. Stirring all the time.</p> <p>STEP 6 Put the caramel mixture onto the biscuit base. 2 minutes.</p> <p>STEP 7 Leave to set for 1 hour.</p> <p>STEP 8 Chop up bananas and put on top. 5 minutes.</p> <p>STEP 9 Whip the cream and add on top of the bananas. 5 minutes.</p> <p>STEP 10 Serve a slice of pie.</p>
<p>Equipment required</p>	<p>Mixing bowl Wooden spoon</p> <p>Scales Whisk</p> <p>Knife Chopping board</p> <p>Rolling pin Saucepan</p> <p>Fridge</p>



1 <sup>st</sup> Course - Dorito Burger, rice & salad.	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>Crushed Doritos - Carbohydrates</p> <p>450g Minced Beef - Protein</p> <p>1 Egg - Protein</p> <p>1 tbsp Mustard - Oil and Spreads</p> <p>Spicy Cheese - Dairy</p> <p>Lettuce - Fruit and Vegetables</p> <p>Tomato - Fruit and Vegetables</p> <p>Gluten Free Burger Buns - Carbohydrates</p> <p>Onion - Fruit and Vegetables</p> <p>Cucumber - Fruit and vegetables</p> <p>Rice - Carbohydrates</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Wash hands &amp; put on apron. 3 minutes.</li> <li>2. In a bowl mix the Doritos, beef, egg, salt, pepper &amp; other seasoning. 3 minutes.</li> <li>3. Divide the meat into 4 and shape into burgers. 5 minutes.</li> <li>4. Make a dent in each burger to add a chunk of cheese. 5 minutes.</li> <li>5. Put in the fridge for 10 minutes.</li> <li>6. Boil the rice in a saucepan for 10-12 minutes.</li> <li>7. Cook burgers on the hob for 2 minutes each side. Make sure oil is hot first.</li> <li>8. Put the pan in the oven for 4 minutes on 180.</li> <li>9. Chop up tomato, onion and lettuce. 5 minutes.</li> <li>10. Drain the rice. 2 minutes.</li> </ol>
<p>Equipment required</p>	<p>Mixing bowl, wooden spoon, frying pan, spatula, knife, chopping board, saucepan, sieve, plate, knife, fork and spoon.</p>

2nd Course - Banoffee Pie	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>175g Clover light - Dairy</p> <p>200g Light Digestive Biscuits - Carbohydrates</p> <p>75g Light Muscovado Sugar - Fats</p> <p>397g Low fat Condensed milk - Dairy</p> <p>Bananas x 2 - Fruit and vegetables</p> <p>150ml Skimmed cream - Dairy</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Melt 100g cover light and crush up the biscuits then mix them together in a bowl. 5 minutes.</li> <li>2. Put the biscuit mixture into a tin, push it onto the sides and bottom of the tin. 3 minutes.</li> <li>3. Put in fridge for 10 minutes.</li> <li>4. Put the sugar and butter into a saucepan on a low heat and stir until the sugar has dissolved. 5 minutes.</li> <li>5. Add the condensed milk and boil it quickly for 1 minute. Stirring all the time.</li> <li>6. Put the caramel mixture onto the biscuit base. 2 minutes.</li> <li>7. Leave to set for 1 hour.</li> <li>8. Chop up bananas and put on top. 5 minutes.</li> <li>9. Whip the cream and add on top of the bananas. 5 minutes.</li> <li>10. Add cocoa powder on top. 1 min.</li> </ol>
<p>Equipment required</p>	<p>Saucepan, spoon, rolling pin, mixing bowl, tin, fork, wooden spoon, sharp knife, chopping board and a sieve.</p>

Pupil 6

1 <sup>st</sup> Course - Pasta Carbonara	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>Pasta - Carbohydrates</p> <p>Cheese - Dairy</p> <p>400ml Milk - Dairy</p> <p>Bacon - Protein</p> <p>Garlic - Vegetables and fruit</p> <p>Onion - vegetables and fruit</p> <p>Peas - vegetables and fruit</p> <p>25g Flour - carbs</p> <p>25g Butter - dairy</p>
<p>Recipe &amp; timings for each step.</p>	<p>Boil the pasta - 10 minutes</p> <p>Cut the bacon and onion and cook on the hob. 10 minutes</p> <p>Melt the butter 2 minutes</p> <p>Add the flour and stir 2 minutes</p> <p>Slowly pour in the milk and keep mixing. 5 minutes</p> <p>Add the cheese and keep stirring. 2 minutes</p> <p>Mix pasta, sauce bacon onion in pan and add peas. 2 minutes</p> <p>Serve</p>
<p>Equipment required</p>	<ul style="list-style-type: none"> <li>• Bowl</li> <li>• Chopping board</li> <li>• frying pan</li> <li>• saucepan</li> <li>• Knife</li> <li>• Sieve</li> <li>• wooden spoon</li> <li>• Plate</li> <li>• Cutlery</li> </ul>

2nd Course - Chocolate Cake	
<b>Ingredients</b> What food group do they each belong to?	100g light brown sugar 200g clover light 2eggs 100g self-rising flour 3 tbsp. cocoa powder 1 tsp baking powder 1 tsp vanilla extract 3 tbsp. milk 50g dark chocolate 50g icing sugar
<b>Recipe &amp; timings for each step.</b>	Heat oven to 190  Mix sugar, eggs, half clover light, flour, half cocoa powder, baking powder, vanilla, 1 tbsp. milk. 5 minutes.  Pour into two tins and cook for 20 minutes. Mix the icing sugar and the other butter together. 5 minutes  Melt the chocolate 5 minutes  Mix the chocolate and cocoa powder with the icing sugar mixture. 5 minutes  Put the icing on the two cakes 2 minutes.  Put the cake together. 1 minute.  Serve
<b>Equipment required</b>	Wooden spoon, mixing bowl, weighing scales, tbsps., tsp, saucepan, oven, fridge and cutlery.

Pupil 7

1st Course - Chicken Fajitas	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>Chicken - Protein</p> <p>Cheese - Dairy</p> <p>Red Pepper - Vegetable</p> <p>Paprika</p> <p>Onion - Vegetable</p> <p>Garlic - Vegetable</p> <p>Lettuce - Vegetable</p> <p>Wraps - Carbohydrates</p>
<p>Recipe &amp; timings for each step.</p>	<ol style="list-style-type: none"> <li>1. Cut up the chicken into small pieces. Take me 5 minutes</li> <li>2. Cut up the peppers garlic and the onions into small pieces. Take me 5 minutes</li> <li>3. Then you put oil on the pan. Take me 30 seconds</li> <li>4. Then you put the chicken, peppers and onion in the pan and cook for 10 minutes.</li> <li>5. Then you cut up the vegetables. Take me 3 minutes</li> <li>6. Put seasoning on the chicken, onion and peppers. Take me 1 minute.</li> <li>7. Serve</li> </ol>
<p>Equipment required</p>	<p>knife and fork</p> <p>Cutting board</p> <p>frying pan</p> <p>Wooden spoon</p> <p>Plate</p> <p>Chopping board</p>

2nd Course - Chocolate Pudding	
<p>Ingredients</p> <p>What food group do they each belong to?</p>	<p>65g Cocoa Powder  100g Sugar  500ml Red milk  15g Flour  3Egg yolks  50g Melted Dark chocolate  1 tablespoon butter  2 tsps vanilla extract</p> <p>Serves 4</p>
<p>Recipe &amp; timings for each step.</p>	<ul style="list-style-type: none"> <li>• Sieve cocoa powder and sugar in a saucepan. Take me 4 minutes</li> <li>• Mix in 350ml milk and keep stirring until it starts bubbling. Take me 3 minutes</li> <li>• In a bowl mix the flour, egg yolk and milk. Take me 5 minutes</li> <li>• Pour in the hot milk and mix fast. Take me 2 minutes</li> <li>• Put it back in saucepan and keep mixing until it boils. Take me 5 minutes.</li> <li>• Keep mixing on a low heat until it is thick and mix in butter, chocolate and vanilla. Takes 10 minutes.</li> <li>• Sieve the mixture and then leave to chill for 4 hours.</li> </ul>
<p>Equipment required</p>	<p>Spoons  Whisk  Saucepan  Scales  mixing bowl  measuring jug.</p>