Home Cooking Recipe Book

GCSE Home Cooking Book

This cookery book contains a selection of recipes for pupils completing the Food Preparation and Nutrition GCSE.

The recipes have been graded according to their skill level.

1 Easy
2 Moderately Difficult
3 Challenging

Some recipes can be adapted to enhance the skill level by changing key parts.
In their final year, pupils are required to cook three dishes in three hours. Pupils will achieve high grades by selecting challenging recipes. It is important for pupils to practice cooking dishes at home as this will increase confidence and technical ability.

Please note, these recipes are only a fraction of what can be made. There is a wealth of information on the internet, including recipe websites and videos. Please find recommended resources below.

www.bbcgoodfood.com
https://www.jamieoliver.com
https://www.deliaonline.com

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1 Easter Egg Biscuits

Ingredients

100g butter, at room temperature
100g caster sugar
1 egg
200g plain flour

To decorate

125g royal icing sugar
assorted food colourings



Method

1.Place the butter in a large mixing bowl with the caster sugar. Using a wooden spoon beat until light and fluffy. Gradually beat in the egg until well mixed, then gradually add the flour. Use your hands to bring the mixture together to a stiff dough. Gather into a ball and chill for 30 mins.
2.Heat the oven to gas 4, 180°C, fan 160°C. Roll out the dough on a work surface lightly dusted with flour until it's the thickness of a £1 coin. Using an oval cutter (or a cardboard egg-shaped template), cut out egg-shaped biscuits, using rolled out trimmings to make more. Place on baking trays and bake in the oven for 6-10 mins, depending on size, until just golden brown.
3.Allow to cool for 5 mins before removing from the baking tray to cool completely.
4.To decorate, make up the icing as directed on the packet. Divide between 3-4 bowls adding a little food colouring to each bowl. Place the mixture into piping bags and decorate biscuits as liked - kids may like to use sprinkles or sweets too.
5.These biscuits will keep for between one and two weeks when stored in a sealed cake tin.

Keep in tight sealed container up to 1 week.

1 Fruit fusion

Ingredients

1 clementine
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
2 x 15ml spoons orange juice

Equipment

Knife, chopping board, bowl, measuring spoons, spoon.

Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the orange juice and mix together.

Top tips

- Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- Use other types of fruit juice instead of orange juice.
- Cut the fruit into very small, even sized pieces to make a fruit cocktail.
- Wash the grapes and apple before using them.

Skills

SKILLS

Stirring/mixing, Bridge hold, Claw grip, Measuring, Peeling, Slicing, Separating



1 Fruity muffins

Ingredients

250g self raising flour
2 x 5ml spoons of baking powder
100g caster sugar
230ml semi skimmed milk
1 egg
60ml oil
150g canned fruit, drained

Equipment

12 muffin cases, muffin tin, weighing scales, measuring spoons, measuring jug, mixing bowl, wooden spoons, can opener, 2 spoons, cooling rack.










Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

SKILLS

Weighing, Using the oven, Dividing, Combining/mixing, Measuring

2 Stewed Apple and Sultana Crumble

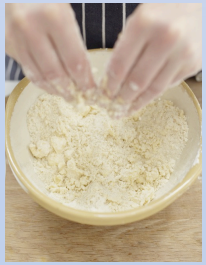
Ingredients
100g plain flour
50g butter or margarine
50g oats
25g sugar
2 Large eating apples
10g caster sugar (tsp)
100ml water
50g sultanas

Equipment
Weighing scales
Mixing bowl
Wooden spoon,
Chopping board,
Knife,
Oven proof dish/foil tray,
Saucepan,
Baking tray.












Method

1. Preheat the oven to 190°C or gas mark 5.
4. Peel and chop apples.
5. Place apple in a saucepan with 100ml water and bring to boil until apple are soft and water dissolves.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
6. Turn off the heat and place the saucepan to one side and add 10g sugar to the apples and stir.
7. Divide the apple in the oven proof dish/foil tray on a baking tray and then add the sultanas.
8. Sprinkle the crumble topping over the apples.
9. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

Top tips

- Vary the type of fruit you use. Try pears, cherries or add berries.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.
- You could add nuts to the topping or light brown sugar to give a different flavour

SKILLS
Rubbed in method, combining/mixing, bridge hold, claw grip, coring, stewing

1 Scones

Ingredients

200g self-raising flour
50g butter or margarine
100ml semi-skimmed milk
25g cheese/herbs/spices

Equipment

Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, palette knife, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.
















Method

1. Preheat the oven to 220°C or gas mark 7.
2. Prepare a baking tray, e.g. greased.
3. Put flour and margarine into a mixing bowl and rub in the butter or margarine into the flour until it resembles breadcrumbs.
4. Grate the cheese.
5. Stir in the cheese.
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
1. Mix to form a soft dough.
2. Place the dough on a lightly floured work surface.
3. Roll out the dough to about 1½cm thick.
4. Shape the scones using a cutter.
5. Place the scones on a baking tray and brush each top with a little milk.
6. Bake for 12-15 minutes, until golden brown.
7. Allow to cool on a cooling rack.

Top tips

- To make fruit scones, add 25g sugar and 75g currants or sultanas
- before the milk and leave out the cheese.
- Traditionally, fluted scone cutters are used for sweet scones and
- plain cutters for savoury scones.
- You could experiment with different flavourings by adding herbs or spices.

SKILLS

Rubbing in, Combining/mixing, Using the oven, Shaping, Grating, weighing, Measuring, Dividing

1 Oat Biscuits



Ingredients

Serves: 12
75g self-raising flour
75g porridge oats
75g sugar
75g butter
1 tablespoon golden syrup
1 tablespoon milk

Method

1. Preheat oven to 180 C / Gas mark 4. Line a baking tray with baking parchment.
2. Sieve the flour into a bowl. Mix in rolled oats and sugar.
3. Melt butter, syrup and milk in a saucepan and stir until heated through.
4. Add to the premixed dry ingredients. Mix until well combined.
5. Spoon onto a baking tray and shape into rounds.
6. Bake in preheated oven for 10 to 15 minutes, or until golden brown.
7. Leave to cool for 5 minutes before removing from tray.

SKILLS
Using the oven, melting process, combining and shaping.

1 Fork Biscuits



Ingredients

150g Self raising flour
100g Butter, softened
50g Caster sugar

Method

1. Preheat the oven to 180°C /fan 160°C/ gas 4. Lightly butter two baking trays.
2. Measure the butter into a bowl and beat to soften. Gradually beat in the sugar and then the flour.
3. Bring the mixture together with your hands to form a dough.
4. Form the dough into 16 balls about the size of a walnut and place spaced well apart on the prepared baking trays.
5. Dip a fork in a little water and use this to flatten the biscuits.
6. Bake in the preheated oven for 15–20 minutes until a very pale golden.
7. Lift off the baking tray and leave to cool completely on a wire rack.

SKILLS
Using the oven, beating, combining and shaping, even sized

1 Fruit flapjacks













Ingredients
75g dried apricots
150g oats
50g sugar
50g butter or margarine
2 x 15ml spoons golden syrup

Equipment
Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method
1. Preheat the oven to 180 °C or gas mark 4.
2. Chop the apricots into small pieces.
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tin.
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into ‘bars’ in the baking tin while hot.

Top tips
- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- Add 1 x 5ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- Go for grated fresh apple or carrot.
- The baking tin gets hot so remember to use oven gloves.

SKILLS
Using the oven, Claw grip, Using the hob, Combining/mixing, Weighing, Measuring

Tropical granola bars

Ingredients

50g butter or margarine
100g sugar
2 x 15ml spoon honey
150g jumbo oats
1 x 5ml spoon cinnamon
40g pumpkin seeds
40g desiccated coconut
75g tropical dried fruit

Equipment

Weighing scales, measuring spoons, saucepan, wooden spoon, spatula, baking tin, palette knife.












Method

1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

Top tips

- Try adding a different type of breakfast cereal, instead of oats.
- Add 1 x 5ml spoon ginger or mixed spice to the oat mixture instead of cinnamon.
- You could add a few chopped nuts.
- Try adding half an apple or half a mashed banana instead of the tropical fruit and coconut.

SKILLS

Using the oven, Claw grip, Using the hob, Combining/mixing, Weighing, Measuring

1 Dutch apple cake

Ingredients
100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x 5ml spoon baking powder
1 eating apple
1 x 5ml spoon cinnamon
1 x 5ml spoon demerara sugar

Equipment
Weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, knife, chopping board, measuring spoons, cake tin or foil trays.



Method
1. Preheat the oven to 180ºC or gas mark 4.
2. Grease and/or line the baking or foil trays.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar and mix in with the electric hand whisk.
6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Spread the mixture in the cake tin
9. Core the apple and slice thinly.
10. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.

Top tips
- When lining the baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.
- You can use a round tin or a round loose bottom tin.
- For a tasty alternative, try pear and ginger or plum and cinnamon.
- You can also use the all in one method for this recipe.

SKILLS
Using the oven, Creaming method, Bridge and claw, Weighing, Measuring, Combining/mixing, Sieving, Using the electric whisk

Fillings and Topping for Cakes

Level 3

Cakes made by the creaming method are of a higher level and require more skill than an all in one cake. Decorating cakes with frosting or ganache or mirror glazing will increase the marks awarded for cakes made. You can half or double recipes depending on the size of your cakes – google ideas for decoration.

Cream Cheese Frosting

100g soft butter
300g full fat cream cheese
100g sieved icing sugar
1/2tsp vanilla essence

Beat the butter until soft, add the cream cheese then the vanilla and icing sugar – place into a piping bag and pipe on top of the cake

Note
This can be used on carrot, banana or marble cake

Butter Cream

600g sieved icing sugar
300g margarine

Beat the margarine until soft, then add the sieved icing sugar slowly.

Note – you can add any flavourings (lemon or orange zest) or food colouring

Chocolate Ganache

200g Dark Chocolate
300g Double Cream
2 tbsp Castor Sugar

Put the chocolate in a large mixing bowl. Pour the cream into a saucepan with the sugar and bring to a simmer, stirring continuously until the sugar is melted. Bring to the boil, then quickly remove from the heat, pour over the chocolate and whisk until smooth and glossy.

Use straight away or leave to cool down a little until thick enough to spread on a cake. At this point you can put into a piping bag and pipe onto the cake

Alternatively, leave to cool completely, then beat with an electric whisk until light and fluffy and spread on a cake.

Top tip - Use good quality chocolate with a high amount of cocoa solids in it







2 Banana Bread

Ingredients

140g butter, softened
140g caster sugar
2 large eggs
140g self-raising flour
1 tsp baking powder
2 very ripe bananas, mashed
50g icing sugar
Handful dried banana chips, for decoration (optional)

Equipment

Scales
Large mixing bowl
Measuring jug
Baking tin
Measuring spoons
Cooling rack
Electric whisk















Method

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.

SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Folding, Whisking, Drizzling

Up grade – Level 3

Cut in half and decorate with piped frosting and sliced banana's

2/3 Marble pear tray bake

Ingredients

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x 15ml spoon cocoa powder
1 x 5ml spoon baking powder
½ pear

Equipment

Baking tin (20cm square) or foil tray, weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, chopping board, knife.



Method

1. Preheat the oven to 180ºC or gas mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar and mix in with the electric hand whisk.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

Top tips

- When lining the baking tin it is only necessary to line the bottom. The sides can be greased with oil.
- Instead of chocolate, use other spices and fresh fruit, e.g. mixed spice, apricots.
- You can also use the all in one method for this recipe.

SKILLS

Using the oven, Creaming method, Lining the tin, Weighing, Measuring, Combining/mixing, Sieving, Spreading/marbling, Using the electric whisk

Up Grade – Level 3

Decorate the cake with chocolate ganache – layered with ganache or jam and then piped with more ganache on top
Or make individual ones decorated with piped ganache

2/3 -Mini carrot cakes

Ingredients

75g margarine
125g carrots (2 carrots)
100g sugar
100g flour
1 x 5ml cinnamon
1 x 5ml baking powder
1 large eggs
60g sultanas
25g nuts (Optional)

Equipment

Mixing bowl, chopping board, knife, peeler, grater, weighing scales, wooden spoon, sieve, small bowl, fork, muffin cases, muffin tin, 2 spoons.














Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the margarine in the microwave.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and margarine in the mixing bowl.
5. Sift in the flour, cinnamon and baking powder.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas and nuts.
8. Divide the mixture equally between the muffin cases, using the two metal spoons.
9. Bake for 20 minutes.

Top tips

- Use a large tin - split the cake and layer and decorate with frosting
- When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g cream cheese and 25g icing sugar together.

SKILLS

Weighing, Measuring, Combining, Mixing, Dividing, Using an oven, Peeling Grating, Claw grip, piping, making frosting

Up Grade – Level 3

Make the cake in a large tin and decorated with cream cheese frosting a grated carrot.

3 Swiss roll

Ingredients

50g self raising flour
2 eggs (medium)
50g caster sugar
Extra sugar for rolling up
2-3 x 15ml spoons jam

Equipment

Swiss roll tin, baking parchment, scissors, pastry brush, weighing scales, mixing bowl, electric hand mixer, sieve, large metal spoon, spatula, oven gloves, greaseproof paper, tea towel, small bowl, sharp knife, palette knife, and cooling rack.

Method

1. Preheat the oven to 200ºC or gas mark 6.
2. Line and grease the Swiss roll tin, 22cm x 30cm with baking parchment.
3. Whisk the eggs and sugar together until thick, creamy and white (and leaves a trail).
4. Sift the flour into the bowl.
5. Gently fold in the flour, using the metal spoon.
6. Pour the mixture into the Swiss roll tin. Use the spatula to scrape the bowl clean.
7. Bake for 8 – 10 minutes, until golden brown and firm to the touch. (Do not overcook.)
8. While the Swiss roll is baking, place the piece of greaseproof paper on top of the clean damp tea towel and sprinkle the extra sugar on top of the paper.
9. Warm the jam, either in the microwave or in the glass bowl over hot water.
10. When the Swiss roll is cooked, tip it onto the sugared paper.
11. Carefully peel off the lining paper from the cake.
12. Trim the edges with the sharp knife.
13. Spread the jam over the sponge with the palette knife right to the edge.
14. Roll up the Swiss roll from the top short edge, using the paper and tea towel to grip and guide the Swiss roll.
15. Stand on the cut edge on the cooling rack.

Up Grade Level 3 +

Go to ‘realfood.tesco.com – how to make a swiss roll – decorated on the outside



SKILLS

Using the oven, Lining the tin, Weighing, Measuring, Spreading, Sieving, Combining/mixing, Using the electric whisk, Rolling up

2/3 Meringues

Meringues are very versatile and can be used for a variety of dishes. Lemon meringue pie/pavlova/chocolate meringues /raspberry meringues/meringue roulade. Lots of idea on the internet.

Egg whites beaten hold air, then the sugar is added slowly and dissolves trapping the air and making the mixture rise. Fat stops the air bubbles forming so you mustn't get any egg yolk into the egg whites or use any equipment that might have fat on it. All equipment must be very clean. Different sugars creates different meringues but castor sugar produces a good result. Acid like lemon stabilises the meringue helping to hold its shape

Basic meringues



Ingredients

2 egg whites
100g Castor sugar
Additions
100g melted chocolate
50g fresh raspberries

Method

1. Preheat the oven 120°C , ensure all equipment is clean – (boiling water and soap)
2. Separate the eggs – (throw the eggs yolks)
3. Whip the egg whites until you get to soft peaks – be careful not to over whisk at this stage
4. Slowly add half the sugar in tablespoon, beating well in-between spoonful's
5. Add the other half in one go and whisk for until incorporated
6. Add any flavourings that you want
7. Fill a piping bag and pipe out circles or shapes of meringue
8. Cooking time depends on size of spoonful's you put on the tray
9. Depending on the size and thickness – 2tbsp 15 to 20 minutes
10. Bake until crispy and lifts off the baking paper without sticking

Equipment
Whisk, bowl, baking tray, spoons, oven, knife chopping board

Pavlova



Ingredients

4 large free-range egg whites
225g/8oz caster sugar
½ tsp vanilla extract
1 tbsp cornflour

For the filling

400ml/14fl oz double cream
400g/14oz strawberries, halved if large
200g/7oz raspberries
150g/5oz blueberries
3 passion fruit (optional)

Method

1. Preheat the oven 150°C , ensure all equipment is clean – (boiling water and soap)
2. Separate the eggs – (throw the eggs yolks or make mayonnaise)
3. Whip the egg whites until you get to soft peaks – be careful not to over whisk at this stage
4. Slowly add half the sugar in tablespoon, beating well in-between spoonful's. Add the cornflour and vanilla extract.
5. Spread the mixture onto grease proof paper in a circle and bake 1 hr
6. It is cooked when firm to the touch pale white – whip the cream and spread over the meringue when cool – sprinkle the fruit toppings over

Top tip

Tinned pineapple or apricots or any other fruit of choice works well
Yogurt can replace cream for a healthier option

3 Lemon Meringue Pie

Ingredients

For the pastry 225g/8oz plain flour 175g/6oz butter 45g/1¾oz icing sugar 1 large free-range egg, beaten

For the lemon curd filling

6 lemons, zest and juice 65g/2¼oz cornflour 250g/9oz caster sugar 6 free-range egg yolks

For the meringue topping

4 free-range egg whites 225g/8oz caster sugar 2 tsp cornflour

1. Pre-heat the oven to 180C/350F/Gas 4.
2. **Pastry** - Measure the flour and butter into a food processor and blend together until the mixture resembles fine breadcrumbs. (or you can do this by hand) Add the icing sugar, egg and one tablespoon of water and whizz again until combined to a ball.
3. Roll out the pastry to 3mm thickness. Transfer to line a 23cm/9in loose-bottomed flan tin. (or another large dish) Be careful not to stretch the pastry as you tuck it into the corners. Cover in cling film and place in the refrigerator to chill for 30 minutes.
4. Take the pastry-lined tin out of the fridge and trim the excess pastry. Press the top edge of the pastry so that it stands slightly higher than the top of the tin.
5. Line the pastry case with parchment and fill with baking beans (or rice/pasta). Bake for about 15 minutes then remove the beans and parchment and return to the oven for a further five minutes. Remove from the oven and reduce the temperature to 170C/340F/Gas 3½.
6. **Filling**, mix the lemon zest and juice with the cornflour and stir to form a smooth paste. Measure 450ml/16fl oz of water into a pan and bring to the boil. Add the lemon cornflour mixture to the hot water and stir over the heat until the mixture has thickened, then remove from the heat.
7. Mix together the sugar and egg yolks and add this to the lemon mixture in the pan. Stir over a medium heat until thickened. Set aside for a few minutes and then pour into the baked pastry case.
8. **Meringue**, whisk the egg whites in a free-standing mixer until soft peaks form when the whisk is removed. Add the caster sugar a little at a time, still whisking until the meringue is stiff and glossy. Add the cornflour and whisk again.
9. Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
10. Bake in the oven for about 15 minutes until the filling is completely set and the meringue is lightly golden and crisp. Allow to cool completely before cutting or serve very slightly warm.

Level up – Grade 3

Lots of skills – meringue /pastry making / lemon curd











Equipment

Rolling pin, pan, whisk, wooden spoon, bowls, round 23cm flan dish or other shaped dish, dried pasta or baking beans

Simple Lemon Cheese Cake

Ingredients

For the biscuit base

10 digestive biscuits

75g butter, melted

1 tbsp clear honey

For the filling

700g cream cheese

2 lemon, juice and zest

200g caster sugar, plus more to taste

4 tbsp icing sugar

Equipment

23cm spring round tin

Pan, bowl, food processor or strong plastic food bag and rolling pin, spoon, fridge



Method

1. Brush the bottom of a 23cm/9in springform cake tin with some of the melted butter and place a round of greaseproof paper in the base.
2. Crush the biscuits and tip them into a bowl, add the melted butter and honey and stir until well combined.
3. Tip the mixture into the bottom of the cake tin. Using the back of a spoon, gently push the crumbs from the centre outward, until smooth and level. This will form the base of the cheesecake. Chill in the fridge while making the filling.
4. For the filling, mix the mascarpone cheese, lemon juice and zest and caster sugar together in a bowl until well combined. Do not mix the mixture too much as this will cause it to split. Taste the mixture and add more sugar, to taste.
5. Spoon the mixture into the tin on top of the chilled biscuit mixture and chill in the fridge for at least 2 hours.
6. When ready to serve, either run a hot cloth or blowtorch round the outside of the tin and ease out the cheesecake.
7. For the sauce, blend most of the fruits with some icing sugar (to taste) in a food processor until smooth. Pass the sauce through a sieve.
8. Place the cheesecake onto a plate, decorate the top with the sprigs of fresh mint and spoon the sauce around the side. Decorate with the remaining berries.





3 Gelatine Set Cheese cake





Ingredients

100g/3½oz butter, melted, plus extra for greasing
300g/10½oz gingernut biscuits (or other biscuits)
3 sheets leaf gelatine
500g/1lb 2oz mascarpone (or cream cheese)
1 lemon, zest and juice
200ml/7fl oz double cream, lightly whipped
175g/6oz golden caster sugar
2 tbsp cold water, 4 tbsp ready-made lemon curd

To serve

450g/1lb summer berries/tinned fruit

Level up – Grade 3
Using gelatin in any recipe is a high level skill



Method

1. Grease the base and sides of a 23cm/9in spring-form cake tin with a little melted butter and line with greaseproof paper.
2. Chop the gingernuts in a food processor until they resemble breadcrumbs (alternatively, place them into a resealable freezer bag and bash with a rolling pin).
3. Put the biscuit crumbs in a bowl, stir in the melted butter until well combined. Spoon the mixture into the prepared cake tin and press down into an even layer using the back of a wooden spoon. Chill in the fridge until needed. Soak the gelatine leaves in a bowl of cold water until soft, about 10 minutes.
4. Fold the mascarpone, lemon zest, lightly whipped double cream and caster sugar together in a mixing bowl until just combined.
5. Heat the lemon juice and 2 tbps of water in a an over a low heat. Add gelatine to the warm lemon juice, stirring to dissolve.
6. Fold the lemon and gelatine mixture into the mascarpone mixture. Mix with the lemon curd, a spoonful at a time.
7. Pour on top of the cheesecake base, smoothing the top with a palette knife. Cover with cling film and chill in the fridge until set, preferably overnight.
8. To serve, carefully remove the cling film and spring-form surround from the cheesecake and place onto a serving plate or cake stand. Top with a few summer berries, garnish with mint sprigs and dust lightly with icing sugar. Serve immediately.





The Eatwell Salad Jar can be design in many different ways and students can use a range of different ingredients from the sections on the Eatwell Guide – See below for an example



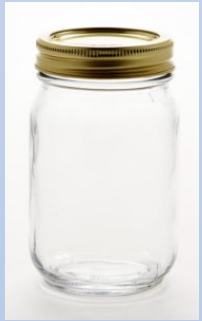
1 Eatwell Salad Jar

Ingredients

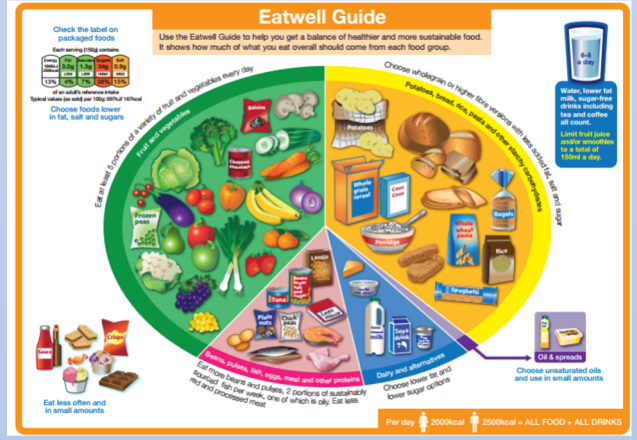
Dressing: **2-3 Tbsp**. Mayonnaise or Salad Dressing
Veggies/fruit: **(3)** Pepper, Sweetcorn, Cucumber
Carbs: (1) **50g** Rice, Pasta, Salad Potato
Protein (cooked): **50g** Chicken, Pepperoni, Ham
Salad leaves - **Handful**

Example Method
Boil water in a saucepan then add pasta.
Boil pasta for 10-12 mins
Peel and grate carrot
Wash and slice mushroom
Deseed and dice pepper
Dice cooked bacon
Slice cooked chicken
Cut tomato into quarters
Grate cheese
Slice cucumber
Drain pasta, allow to cool
Sauce into jar
Layer jar in order with ingredients.









SKILLS
Weighing, Measuring, Combining, Using an hob, Peeling
Grating, Bridge and Claw grip, Boiling

Level up – Grade 3
Make a mayonnaise to increase skill level

Mayonnaise

Making mayonnaise from scratch is a high level skill and goes with a variety of dishes e.g tartare sauce and fish cakes. Some recipes use all sunflower or vegetable oil and some use all olive oil but you can use both. Don't forget to always add lemon juice or vinegar(cuts through the oil flavour) , salt and pepper to season it well. Mayonnaise can split but if this happens just put an egg yolk into a clean bowl and slowly add the split ingredients again slowly.

Watch Jamie Oliver making mayonnaise - https://www.youtube.com/watch?v=ypQuZX5MVsI

Mayonnaise
Ingredients
250ml oil (olive/sunflower/mixed)
2 egg yolks
1tbspn Dijon mustard
2 tbsp. lemon juice



Method

1. Measure out the oil into a jug
2. Place the whole egg in a bowl + 1 tsp. Dijon mustard + a pinch of salt
3. Whisk the egg well until pale and creamy
4. Now slowly add the oil to the egg whisking all the time
5. Keep adding the oil until it is thick and creamy – you can add drops of lemon juice as you go along
6. Season with salt and pepper and lemon juice

Top Tip

Add mayonnaise or tartar sauce to fish cakes or fish goujons or just to go with a salad

Tartare Sauce
Ingredients
6tblspn Mayonnaise
6 Cornichon
1 tbsp. capers
1 tbsp. parsley
1 tsp tarragon



Method

1. Finely dice all the parsley and tarragon along with the cornichon and capers
2. Mix with the mayonnaise and season with salt and pepper
3. Goes well with fish cakes or fish goujons

2 Vegetable soup

Ingredients

1 onion
1 carrot
1 leek
1 potato
1 celery stick
1 x 10ml spoon oil
600ml stock (water and stock cube)
1 x 15ml spoon coriander, chopped

Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, wooden spoon, measuring jug.



Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, then slice.
4. Peel and cube the potato.
5. Slice the celery.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Stir in the chopped coriander and serve.

Top tips

- Try using a sweet potato.
- Vary the types of vegetables used depending on what is in season.
- Add canned or frozen sweetcorn or a can of beans.
- If you have a blender, blend the soup.
- Try adding different herbs and spices.

SKILLS

Onion preparation, Bridge and Claw, Using the hob, Measuring, Combining/mixing, Peeling, Simmering

Level up – Grade 3

Roast the vegetables and make bread rolls to go with it.

1 Spicy tomato soup

Ingredients

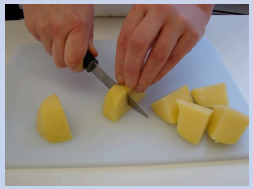
1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
1/2 x 5ml spoon dried chilli flakes
1 x 15ml spoon tomato puree

Equipment

Chopping board, knife, vegetable peeler, saucepan, can opener, measuring spoons, wooden spoon, liquidiser/blender, ladle.











Method

1. Prepare the vegetables:
   - peel and slice the onion;
   - top and tail, peel and slice the carrot;
   - peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Ladle the mixture into the liquidiser and blend until smooth.
5. Serve.

Top tips

- Place a cloth over the liquidiser to prevent any soup from splashing out.
- Use a range of different vegetables, e.g. leeks, peppers, mushrooms.
- Serve with wholegrain bread.
- Use different herbs and spices, e.g. basil, mixed herbs, paprika

SKILLS

Onion preparation, Bridge and Claw, Using the hob, Measuring, Combining, Peeling

1 Courgette and cheese muffins

Ingredients

1 small courgette
100g cheddar cheese
225g self raising flour
50ml oil
175ml semi-skimmed milk
1 egg
Black pepper

Equipment

12 muffin cases, muffin tin, chopping board, knife, grater, measuring jug, mixing bowl, wooden spoon, 2 spoons, cooling rack.













Method

1.Preheat oven to 200°C or gas mark 6.
2.Place the muffin cases in the muffin tin.
3.Cut the ends off the courgette.
4.Grate the courgette and cheese.
5.Mix all the ingredients together to form a smooth batter.
6.Divide the mixture equally between the muffin cases using 2 spoons.
7.Bake for 20 minutes, until golden.
8.Allow to cool on a cooling rack.

Top tips

- Try using a grated carrot instead of courgette.
- Add finely sliced chilli or ginger for a different flavour.
- Crumble in a little crispy grilled bacon.
- Try different types of cheese e.g. feta, edam.
- Try adding a little mustard.

SKILLS

Weighing, Using the oven, Grating, Claw grip, Dividing, Combining/mixing, Measuring

1 Herby veggie crumble

Ingredients

40g butter or margarine
150g wholemeal flour
50g cheese
50g oats
2 x 5ml mixed herbs
2 leeks (small)
1 red pepper
4 mushrooms
1 can chopped tomatoes (400g)

Equipment

Weighing scales, mixing bowl, grater, wooden spoon, chopping board, knife, baking dish (approx 20cm x 20cm) can opener.














Method

1. Preheat the oven to 200°C or gas mark 6.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Grate the cheese.
4. Stir in the grated cheese, oats and 1x5ml spoon mixed herbs.
5. Slice the leeks and red pepper.
6. Quarter the mushrooms.
7. Arrange the vegetables in a baking dish.
8. Pour over the canned tomatoes and 1x5ml spoon mixed herbs.
9. Sprinkle the crumble topping over the vegetables.
10. Bake in the oven for 25-30 minutes, until golden.

Top tips

- Try different combinations of vegetables, such as sweetcorn or broccoli.
- Use different herbs to vary the flavour, e.g. parsley or thyme.
- Be creative with your crumble topping. Try different types of cheese e.g. parmesan or feta or add crushed digestive biscuits instead of oats.
- Serve the crumble with a side salad.
- The baking dish gets hot so remember to wear oven gloves.

SKILLS

Weighing, Using the oven, Combining, Grating, Claw grip, Bridge claw

1 Scone based pizza

Ingredients

150g self raising flour
25g margarine
1 egg
50ml milk semi-skimmed
3 x 15ml spoons of passata sauce
2 mushrooms
1 tomato
½ green pepper
25g sweetcorn
50g cheese, e.g. Mozzarella
1 x 5ml spoon of dried herbs

Equipment

Baking tray, weighing scales, sieve, mixing bowl, measuring jug, small bowl, fork, palette knife, flour dredger, spoon, chopping board, knife, measuring spoons, grater.

Level up – Grade 2

Make a batch of bread dough and use that as a base instead of the scone dough



Method

1. Preheat the oven to 200˚C or gas mark 6
2. Line a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour until it resembles breadcrumbs.
5. Whisk the egg and milk together in a small bowl with a fork.
6. Add the egg mixture to the flour and mix together form a soft dough.
7. Flatten out the dough on a floured surface to form a large circle.
8. Transfer the dough to the baking tray.
9. Spread the passata sauce over the dough using the back of a spoon.
10. Prepare the vegetables: slice the mushrooms; slice the tomato; remove the core from the green pepper and slice into the thin strips.
11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
12. Grate or slice the cheese.
13. Sprinkle or place the cheese and herbs over the top of the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

Top tips

- Divide the dough in half and make two mini pizzas.
- Experiment with different toppings. Why not try slices of ham, tuna, red pepper, onion, or different types of cheese?
- Add herbs, spices, garlic or black pepper to the scone base mixture.

SKILLS

Weighing, Measuring, Shaping, Rolling, out, Using the oven, Combining, Grating, Bridge and Claw, Spreading, Rubbing in.

Pastry

Once you know how to make pastry you can put anything in it – sweet or savoury. There are two types of pastry, short and layered. Layered pastry includes flaky/rough puff and puff pastry. Flaky and rough puff pastry are relatively easy to make but puff pastry is harder and takes much longer.

Flaky pastry is considered a high level skill and you can achieve a Level 3 by using this in a pastry recipe.

Shortcrust pastry is easy to make. It can be easily adapted to make a sweet shortcrust for sweet dishes. Look up chocolate pastry for a change or pate sable for a finer, sweet pastry.

TOP TIPS

Always use small amounts of cold water to bind the ingredients

Do not overwork or over roll pastry as this will make it tough

Use plain flour due to the low gluten content

High quality butter or margarine will give all types of pastry a more appealing flavour, colour and texture

The addition of white fat in shortcrust pastry gives it a crumblier, shorter texture.

Always chill shortcrust pastry for 15 minutes

Short crust Pastry

170g Plain Flour
50g margarine or butter
50g lard or trex
2/3 tbsp cold water
Rub in the fat to the flour, until it looks like bread crumbs
Add the cold water slowly until the mix comes into a unsticky dough.
Chill for 15 minutes – then use as desired

Flaky pastry is graded a level 3











Flaky pastry



Ingredients

220g plain flour
pinch of salt
40g lard
40g butter

Method

1. Sift the flour and salt into a large, roomy bowl.
2. Cut the both the butter and lard into 1 cm cubes and place into the flour.
3. Using a palette knife gently coat the fat in flour – don't use your hands yet, just keep trying to coat all the pieces of fat with flour.
4. Sprinkle a tablespoon of cold water, continue mixing with the palette knife, adding a further 1 to 2 tablespoons more water.
5. Start to bring the whole thing together with the palette knife, and finish off using your hands.
6. Shape it into a rectangle and then roll it out 30cm by 10cm fold into three repeat this once more
7. Now pop it into a polythene bag and chill for 15 minutes before using.
8. Make the filling – peel and dice the apples, coat with lemon juice set aside
9. Roll the dough again in one direction only, until 3 times the width, about 30cm by 10cm.
10. Fold the top third down to the centre, then the bottom third up and over that.
11. Give the dough a quarter turn (to the left or right) and roll out again to three times the length.
12. Fold as before, cover with cling film and chill for at least 15 mins before rolling to use.
13. Chill for 15 minutes
14. Use the pastry as desired

Level up – Grade 3

Make a pie or pasty with flaky pastry



Cheese and onion triangles or pasties

Ingredients

50g Cheddar cheese
½ small onion
170g plain flour
50g butter or margarine
50g white fat – lard or trex
2-3x15ml spoons cold water
1 egg

Equipment

Weighing scales, chopping board, grater, knife, mixing bowl, sieve, measuring spoons, palette knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry. = Sift the flour into the bowl, Rub both the butter and lard into the flour, using your fingertips, until it resembles breadcrumbs. Add the cold water and start to mix together. Mix to form a firm, smooth dough, wrap in cling film and chill for 15mins
3. Prepare the cheese and onion filling. = Grate the cheese, Slice the onion, Mix the cheese and onion together in a small mixing bowl.
4. Roll out the pastry into a square, on a floured surface, Cut the square into quarters using the palette knife. Spoon some cheese filling in the middle of the square.
5. Next, break the egg into a small bowl and beat with a fork, brush the edges of the pastry with beaten egg.
6. Fold over each pasty and pinch them together all the way along.
7. Brush each pasty with beaten egg. Transfer them onto the baking tray.
8. Bake for 20 minutes, until golden brown.



Top tips

- Use spices and herbs for different flavour sensations!
- Try adding slices of chicken or beef, perhaps with mushrooms and sweetcorn.
- Make up the pastry using wholemeal flour – remember to use a little more water.
- Try using different types of cheese.
- Make it with apples and sultana's or pears and berries
- Turn the triangles into pasty's

Level up – Grade 3

Use homemade flaky pastry instead of shortcrust pastry

SKILLS

Using the oven, Rubbing in, Rolling out, Combining/mixing, Bridge and Claw, Weighing, Measuring, Grating,

Tomato and basil tart

Ingredients

170g Plain flour
50g lard
50g butter/margarine
2-3 x 15ml spoons cold water
2 tomatoes
50g Cheddar cheese
Handful of basil leaves
2 eggs
125ml semi-skimmed milk
Black pepper

Equipment

Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, sandwich tin or 18cm flan ring, fork, chopping board, knife, grater, measuring jug, baking tray.



Method

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry. Sift the flour into the bowl.
   - Rub the butter and lard into the flour, using your fingertips, until it resembles breadcrumbs. Add the cold water and start to mix together. Mix to form a firm, smooth dough.
1. Roll out the pastry, on a lightly floured surface. Line the flan ring or sandwich tin. Trim the edges of the pastry using the palette knife.
2. Prick the bottom of the pastry with a fork.
3. Slice the tomatoes.
4. Grate the cheese.
5. Whisk the eggs and milk together in the measuring jug using a fork. Tear the basil into the mixture, then add a few twists of black pepper.
6. Pour the egg mixture into the pastry shell.
7. Arrange the tomato slices and cheese over the top.
8. Place on a baking tray and bake for 30 minutes, until golden and firm.

Top tips

- Add canned tuna or smoked salmon pieces and chopped cooked asparagus for a fancy dinner.
- Use goats cheese and add sliced red pepper for a change.
- Add any vegetable of you choice or different cheeses
- The baking tray gets hot so remember to use oven gloves

SKILLS

Using the oven, Rubbing in, Rolling out, Combining/mixing, Bridge and Claw, Weighing, Measuring, Grating, Slicing

Level up – Grade 3

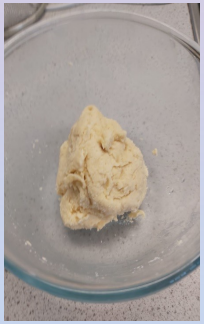
Use homemade flaky pastry instead of shortcrust pastry

3 Crème Patisserie Fruit flan

Ingredients
100ml full fat milk
50g margarine
2 eggs,
40g caster sugar
25g plain flour
Fruit of your choice to decorate the top of the flan

Pastry
170g Plain flour
50g margarine
50g lard
2/3 tbspn water

Method
1. Preheat oven at 180 C
2. Place the milk, vanilla essence into a large saucepan and warm though. (Do not boil) set to one side.
3. Place the eggs, sugar and flour in a large mixing bowl and whisk with hand whisk until the colour changes and becomes pale.
4. Making sure the milk saucepan is not too hot. You can now gradually add the egg mix to the milk. Bring to hob on low heat.
5. Cook on a low heat(4), stirring at all times until thickens, then pour into a clean bowl and allow to cool.
6. 130g of plain flour into a large bowl with the margarine and rub together until it resembles breadcrumbs add 10g sugar. Add water a little at a time to make a dough.
7. Divide the pastry inti 4 equal pieces, roll and line your tins. With a fork poke the bottom pastry 4 to 5 times. Bake for 15min. Wash up and tidy up.
8. Prepare, slice or chop your fruit.
9. Divide the cold Crème Patisserie into 4 pastry cases and decorate with your prepared fruit.












Level up – Grade 3
Glaze the tart after adding the fruit – 3 tblspn apricot or strawberry jam mixed with 3 tblspn water – heat up til hot and pour or brush over the tarts to make them look shiny

Chicken Pie





Ingredients

150g of boneless chicken /
1 large breast piece
1 tbsp vegetable oil
50g can sweetcorn/or other veg
25g flour
25g margarine or butter
250ml milk
handful parsley or basil leaves, chopped
Mash from 2 large potatoes

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Heat the oil in a large saucepan then add the onion and chicken.
3. Fry for 5-10 mins until the onion is soft and the chicken is golden.
4. Put the flour, margarine and milk in pan. Heat and stir constantly until the sauce becomes thick. Season to taste
6. Meanwhile, boil potatoes until soft.
7. Drain and mash with remaining Crème fraîche.
8. Spoon the chicken mix into 4 pie dishes and cover with the sauce and top with mash.
9. Place on a baking tray, then bake until potato is golden.

Level up – Grade 3
Joint a chicken and top with flaky pastry

Top Tip
Use flaky pastry instead of potatoes – or use any filling depending on taste and likes

Flaky Pastry
Ingredients
220g plain flour
pinch of salt
40g lard
40g butter

2/3 Apple pastries

Ingredients

3 tbsp (45g) sugar
1 tsp (3g) cinnamon
1 small egg, beaten
1 medium apple, cored and cut into thin slices

Equipment

Weighing scales, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, sandwich tin , fork, chopping board, knife, baking tray.



Method

1. Preheat oven to 400F (200C).
2. In a small bowl combine sugar with cinnamon.
3. Onto a floured surface roll the dough into a (15x22cm) rectangle. Cut the dough into 4 pieces. Transfer the dough pieces into a parchment paper lined baking sheet.
4. Use a fork to prick the centre of each pastry and brush with beaten egg.
5. Sprinkle some of the cinnamon sugar over the pastries and arrange apple slices into the centre of each. Sprinkle some more cinnamon sugar on top of apples.
6. Bake for 15-20 minutes until puffed and golden.
7. Cool completely to a wire rack. Dust with powdered sugar before serving if desired.



Tips

- Use a round tin instead of square
- Try it with different fruit e.g. pear or peaches

Level up – Grade 3

Use homemade flaky pastry instead of shortcrust pastry

Level up – Grade 3

Glaze the tart after adding the fruit – 3 tblspn apricot or strawberry jam mixed with 3 tblspn water – heat up til hot and pour or brush over the tarts to make them look shiny

Apple puff pastry Roses

Ingredients

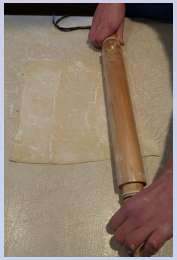
1 Apple
Ready made Puff pastry 3 x 250mm x 60mm
Half lemon
Cinnamon
1 tablespoons apricot jam
400ml cold water

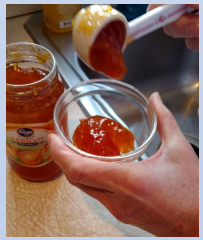
Method

Preheat oven to 190 or gas mark 5

1. Cut and core the apple, slice the apple thin from side to side so you get half a moon shape.
2. Squeeze the lemon juice into a large bowl, add the water and put the sliced apple in.
3. Roll out pastry into 3 strips, and brush on the apricot jam.
4. Skin side up layer onto the top end so half the apple is above the pastry, overlap the apples, Sprinkle some cinnamon.
5. Fold the bottom half of the pastry,
 and then from one end start to roll up to form your rose.
6. Place into a muffin tray and bake for 25 min.











Fish

Level up – Grade 3
Filleting a whole fish in any dish is a higher level skill

When buying whole fish they should have red gills and clear eyes, firm flesh.

Typical fish in a supermarket is cod/sea bass/salmon/sea bream/mackerel/haddock. These are all round fish and easier to fillet.

The supermarket sells whole fish and skinned fillets. But it costs less to buy whole fish and fillet your own.

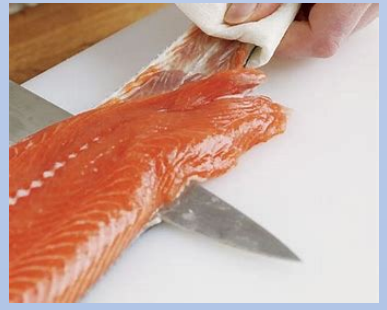
Try buying a fish fillet 1st and then skin it using the link below then try filleting a whole fish

Using the link below watch the video on one way to fillet a fish, or look up other video's on line (stick to round fish)



https://tinyurl.com/wmwk3gy how to remove the skin off a fish fillet

https://tinyurl.com/v65odzt- video on how to fillet fish or find your own on line.



2/3 Fish /Chicken Goujons

Ingredients

300g fish fillets
75g plain flour
2 free-range eggs
150g breadcrumbs
Or two slices of bread whizzed up
2 sprigs of parsley

Equipment

Chopping board, knife, ovenproof dish/foil dish, baking tray, food processor, fork, oven gloves, weighing scales.

Level up – Grade 3

Filleting a whole fish in any dish is a higher level skill

Method

1.Put oven on electric 180, grease a baking tray
2.Wash and remove the stalks from the parsley, dry carefully.
3.Using a food processor make the breadcrumbs, add the parsley and whizz again.
4.Place the breadcrumbs into a mixing bowl.
5.Cut the fish into bite size pieces, take care not to make them too small or they will fall apart.
6.Break the egg into a basin and mix with a fork.
7.Place the flour onto a plate and season with salt and pepper
8.Dip the fish pieces in the flour and then egg and then coat the fish pieces with the breadcrumbs.
9.Gently press the crumbs into place and place on a baking tray.
10.Bake for 15 minutes until the fish is cooked and the crumbs are brown and crispy.



Top tips

- Add different seasoning to the flour
- Try adding herbs to the breadcrumbs
- Don’t cut the fish too small or it will fall apart
- Replace the fish with slice chicken breast

2/3 Fish & veg stack

Ingredients

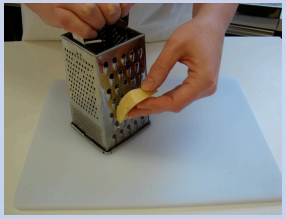
1 carrot
1/2 courgette
1 piece of fish, e.g. salmon (approx 200g)
1/2 slice bread, e.g. granary
1 spring onion
25 g cheddar cheese
1 x 5ml spoon dried mixed herbs
Black pepper

Equipment

Chopping board, knife, vegetable peeler, ovenproof dish/foil dish, baking tray, food processor, grater, spoon, oven gloves, weighing scales.









Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.
3. Lay the fish on top of the vegetables.
4. Grate the cheese.
5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.
6. Stir in the cheese, herbs and a few twists of black pepper.
7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.
8. Serve.

Top tips

- Use different types of vegetables and/or fish.
- Mix ready cooked pasta or rice with the vegetables for a complete meal.
- Try different herbs and spices e.g. basil, coriander, ginger or chilli.

SKILLS

Using the oven, Combining/mixing, Bridge and Claw, Weighing, Measuring, Peeling, Grating, Using the food processor

Level up – Grade 3

Filleting a whole fish in any dish is a higher level skill

2/3 Fishcakes

Ingredients

170g/160g fresh fish or canned fish
20g butter
1 spring onions, finely chopped
1 garlic clove, crushed
2 medium potatoes
50g sweetcorn, thawed if frozen (optional)
Half teaspoon of parsley
Salt and freshly ground black pepper
75g flour
1 egg
200g bread crumbs
Vegetable oil, for frying

Method

1. Place a saucepan of water on the hob. Peel and dice the potatoes, place carefully in the boiling water, boil for 15 minutes until soft.
2. Slice or crush the garlic, slice the spring onion.
3. Drain the can of fish and tip onto a mixing bowl. Break the fish into chunks and set aside.
4. Check potatoes, if cooked drain and put potatoes back into the saucepan, add butter then mash the potatoes with a masher.
5. Add the mashed potato to the bowl of fish then add the onion, salt, pepper, parsley, corn flour and mix to combine ingredients.
6. Form into 4 large fish cakes.
7. Dip the fish cakes into flour egg and then breadcrumbs.
8. Heat the vegetable oil in a large frying pan and shallow fry the fish cakes for 4-5 minutes per side, until golden brown. Drain on kitchen paper. Or cook them in the oven for 20mins at 180C
9. Serve with salad or vegetables. Or in a bun.

Level up – Grade 3

Filleting a whole fish in any dish is a higher level skill add homemade mayonnaise





SKILLS

Using the Hob, shallow frying, shaping, bridge and claw, knife skills, boiling, combining, Cross contamination

2/3 Spicy bean burgers

Ingredients

1 slice of bread
1/2 onion
1 medium green chilli
1 x 400g can red kidney beans
1 x 5ml spoon ground chilli powder
1 x 5ml spoon dried mixed herbs

Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.



Method

1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.
3. Cut away the top of the chilli, and then de-seed.
4. Peel the onion.
5. Drain the red kidney beans.
6. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.
7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.
8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
9. Grill the patties for 8 minutes, turning over after 4 minutes.
10. Serve in a pitta with salad.

Top tips

- Try different types of beans or pulses.
- Use other herbs, spices and/or lemon instead of chilli.
- Eat with a range of different breads and fillings e.g. tomato salsa or tzatziki.
- Add vegetables to the mix e.g. sweetcorn, green pepper or grated carrot.
- The grill gets hot so remember to wear oven gloves.

Level up – Grade 3

Make bread buns to go with the burgers

SKILLS

Using the grill, Dividing, Bridge and Claw, Mixing, Measuring, Using the food processor

Jointing a chicken – Level 3

Jointing a whole chicken is a high level skill and can also save money as you pay more for prepared chicken

Use the link below to watch a video on how to joint a chicken

https://tinyurl.com/yx6bcff2

You can use the chicken pieces to make pies/casseroles/stir fry's/ fajitas



Top Tips

- When cutting through the chicken joints – move the joints to find out where to cut through them.
- Use the carcass of the chicken to make soup or chicken stock
- Always defrost a chicken in the fridge and store in a container on the bottom shelf







Level up – Grade 3

Jointing a chicken is a higher level skill

Spicy Chicken Couscous



250g couscous or rice or other grains
3 tbsp olive oil
1 chopped onion
2 large sliced skinless boneless chicken breast fillets
1 tbsp hot curry paste
100g halved ready-to-eat apricots
Hand full of coriander

Equipment
Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.

Method
1. Prepare couscous with chicken stock, according to the packet instructions.

2. Peel and chop onion, heat oil in a pan and cook onions until soft.

3. Toss in chicken breast fillets and stir fry for 5-6 mins until tender.

4. Stir in the hot curry paste and cook for 1 min more.

5. Add the couscous along with the apricots and the coriander.

6. Toss until hot then serve with plain yogurt if you like.

Level up – Grade 3
Joint a chicken instead of prepared chicken

SKILLS
Using the hob, Bridge and Claw, Measuring, Simmering, Mixing, Stir-fry, Measuring

Thai green chicken curry

Ingredients

1 x 10ml spoon oil
3 spring onions
1 clove of garlic
80g sugar snap peas
1 small chicken breast
2 x 15ml Thai green curry paste
200ml coconut milk (reduced fat)
1/2 lime
Small bunch of coriander

Equipment

Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.



Method

1. Prepare the vegetables:
   - slice the spring onions;
   - cut the sugar snap peas in half;
   - crush the garlic.
2. On a separate clean chopping board using a separate clean knife, cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. Serve.

Top tips

- Use a range of different vegetables, such as broccoli, spinach or courgette.
- Use frozen vegetables, like peas, runner beans or soy beans.
- Serve with boiled rice – why not go for a mix of white, brown and wild?

SKILLS

Using the hob, Bridge and Claw, Measuring, Simmering, Mixing, Stir-fry, Measuring

Level up – Grade 3

Joint a chicken instead of prepared chicken

2/3 Sizzling stir-fry

Level up – Grade 3
Joint a chicken is a higher level skill

Ingredients
100g noodles
1 x chicken breast (or 3-4 thighs)
1 clove garlic
½ red chilli
1cm fresh ginger
½ red onion
3 mushrooms
1/2 yellow pepper
1 pak choi
1 x 10ml spoon oil
1 x 10ml spoon soy sauce (reduced salt)

Equipment
Saucepan, Weighing scales, 2 chopping boards, 2 knives, garlic press, measuring spoons, wok, wooden spoon, colander.



Method
1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut the chicken into strips. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a clean knife on a clean chopping board:
   - peel and crush the garlic;
   - de-seed and slice the chilli;
   - peel and slice the ginger;
   - slice the onion, pepper and mushrooms;
   - shred the pak choi.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.
10. Serve.

Top tips
- Vary the vegetables – leeks, courgettes and carrots all work well.
- Go for tofu instead of chicken for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.

Mix in ready cooked noodles or rice for a quick main meal.

Level up – Grade 3
Evenly and thin slices of vegetables is a high level skill

SKILLS
Using the Hob, Weighing, Measuring, Bridge and claw, Stir-fry, Combining/mixing

2 Savoury choux buns

Ingredients

60g strong white flour
Pinch of mustard powder
Pinch of cayenne pepper
2 eggs (large)
50g butter
150ml water
25g grated parmesan cheese
Twist of black pepper
100g cream cheese
2 slices of ham
1 tomato

Equipment

Baking tray, pastry brush, weighing scales, sieve, greaseproof paper, 2 small bowls, fork, measuring jug, saucepan, wooden spoon, 2 x 10ml spoons, knife, chopping board, and cooling rack.



Method

1. Preheat the oven to 200 °C or gas mark 6.
2. Grease or line the baking tray, and sprinkle a little water on top.
3. Sift the flour, mustard powder and cayenne pepper onto the piece of greaseproof paper.
1. Beat the eggs in the small bowl with the fork.
2. Melt the butter in the water in the saucepan.
3. When it starts to boil, remove from the heat and shoot in the flour.
4. Beat the mixture briskly until it is smooth and leaves the side of the pan.
5. Stir in the egg, a little at a time, to form a smooth paste.
6. Add the cheese and black pepper to the mixture and mix until combined.
7. Place small spoons of choux pastry onto the baking tray.
8. Bake for 10 minutes. Increase heat to 220 °C, gas mark 7, and bake for 15 minutes.
9. Slice with the knife and place on the cooling rack.
10. Chop the ham and dice the tomato, and mix with the cream cheese in the small bowl.
11. When the buns are cool, fill with the cream cheese mixture.

Top tips

- The term 'shoot in' means to quickly add, all at once.
- Use a heat proof stand to place the saucepan on when stirring in the flour and egg.
- Google chicken gougere for a higher level skill recipe

SKILLS

Using the oven, Using the Hob, Weighing, Measuring, Sieving, Combining/mixing,

Level up – Grade 3
Make Chicken Gougere and joint a chicken to make the higher grade

2 Sweet choux buns

Ingredients

60g strong white flour
2 eggs (large)
50g butter
150ml water
100g plain chocolate
300ml double cream

Equipment

Baking tray, pastry brush, weighing scales, sieve, grease proof paper, 2 small mixing bowls, fork, measuring jug, saucepan, wooden spoon, 2 x 10 ml spoons, oven gloves, mixing bowl, spatula, balloon whisk or electric hand whisk and cooling rack.



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray, and sprinkle a little water on top.
3. Sift the flour onto the piece of greaseproof paper.
4. Beat the eggs in the small bowl with the fork.
5. Melt the butter in the water in the saucepan.
6. When it starts to boil, remove from the heat and shoot in the flour.
7. Beat the mixture briskly until it is smooth and leaves the side of the pan.
8. Stir in the egg, a little at a time, to form a smooth paste.
9. Place 10ml spoons of choux pastry onto the baking sheet.
10. Bake for 10 minutes. Increase heat to 220°C or gas mark 7, and bake for 15 minutes.
11. Slit with a knife and place on the cooling rack.
12. Whip the cream until thick.
13. Melt the chocolate with microwave.
14. Fill each choux bun with cream.
15. Spread the melted chocolate on top of the choux bun.

Top tips

- The term 'shoot in' means to quickly add, all at once.
- The choux buns can be served hot or cold with different sauces.
- You can vary the flavours of the choux buns by filling with custard or ice cream or by using dark or white chocolate.
- Use a heat proof stand to place the saucepan on when stirring in the flour and egg.

SKILLS

Using the oven, Using the Hob, Weighing, Measuring, Sieving, Combining/mixing,

Level up – Grade 3

Turn profiteroles into Chocolate eclairs by piping dough into 5 cm lengths – and finishing in the same way

Bread

Making bread is a great skill. Follow simple recipes to achieve great results.

Always try and use strong flour as it has high gluten content which makes the bread stretchy and elastic, trapping air and making it soft and spongy. Yeast is added to warm water which makes a gas, causing the bread to rise. Bread is then kneaded which stretches the gluten in flour and stretches over the gases ensuring soft spongy bread. After kneading prove the bread in a warm place so the yeast has time to work. Then shape you bread and leave to rise for a second time before glazing with milk or egg and then bake.

TOP TIPS

Make sure yeast is in date or it will not work

Adding flavours to any bread add cheese/ olives /onions/ chocolate chips/fresh or dried herbs . You can also colour bread to make it more interesting. Look up recipes for Chelsea Buns or Hot Cross Buns

Change the type of flour to wholemeal or others this will provide more fibre which is good for the digestive system.













Basic Bread Recipe

Ingredients

250g strong white flour
1 sachet of quick acting yeast
Pinch of salt
150 ml warm water
2 tbsp virgin olive oil
Flour for dredging
Glaze (egg or milk)

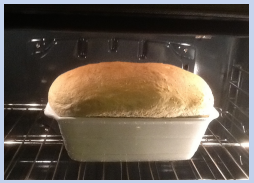
Equipment

Scales
Large mixing bowl
Measuring jug
Baking tray
Measuring spoons
Pastry brush
Sieve
Cooling rack








Method

1. Wash hands, put on apron. For hygiene.
2. Collect equipment, check that they are clean.
3. Collect ingredients and weigh out. Make sure weighing is accurate.
4. Sieve flour and salt into bowl. This is to aerate and remove lumps.
5. Add yeast. Quick acting yeast is used to reduce the proving time.
6. Make a well in the middle of the mixture and add the oil.
7. Add sufficient water to make sure that dough is not sticky.
8. Put the dough on a clean, floured surface.
9. Knead the dough. This makes the gluten (protein) elastic/stretchy.
10. Shape the dough. Place on a lightly greased and floured tray, glaze and sprinkle poppy seeds.
11. Place in a cold oven and turn up temperature to 200C/gas 8, as the temperature rises the mixture grows in size. Leave in oven for 20-25 minutes.
12. Remove from oven and cool on a cooling rack.
13. Test for readiness by tapping the bottom, it should sound hollow.

Level up !
Create a large plaited loaf of bread with fillings eg cheese/olives/vegetables – glazed to finish

Other possible shapes



SKILLS
Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Sieving, Shaping

Naan Bread

Ingredients

250g strong bread flour
1 tsp dried yeast
½ tsp sugar
½ tsp salt
100ml milk
50g melted butter /ghee
¼ tsp baking powder

Equipment

Scales
Large mixing bowl
Measuring jug
Baking tray
Measuring spoons
Pastry brush
Sieve
Cooling rack











Ingredients

1.Mix all the dry ingredients together, mix all the wet ingredients together
2.Combine together, knead together for 10mins - cover in oil and leave to prove for 30mins – covered in a bowl. (on a radiator or in the sun)
3.Turn the grill on and put a baking tray in to heat up
4.Divide the bread up into 5/6 even balls
5.Roll out the balls into oval shapes
6.Remove the baking tray – place the bread on the baking tray and place under the grill. Close the door to the grill and cook for 1 or 2 minutes. Remove when risen and brown in colour. Do the same for the rest of the bread.

Top tips

- Add different flavours to the naan bread – herbs or spices to change the flavour
- Make it into a naan wrap or sandwich

Level up !

Joint a chicken and make a curry to go with the naan bread

SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Shaping

Home Made Tortillas

Ingredients

200g Plain Flour
15g Butter
½ tsp baking powder
¼ tsp salt
90ml water (approx.)

Equipment

Scales
Large mixing bowl
Measuring jug
Frying pan
Measuring spoons
Pastry brush
Sieve
Cooling rack










Method

1. Mix together the flour, baking powder and salt in large bowl. Rub in butter to resemble texture of polenta. Add water slowly, mixing with a spoon to make a soft dough. You may not need all the water.
2. Knead a few minutes on floured surface until smooth and elastic. Lubricate top with oil, put back in bowl and let rest, covered for 10 minutes. (can you do any of your filling in this time)
3. Divide into small balls the size of golf balls and proceed to roll out into size and thickness you prefer.
4. Cook in dry heavy frying pan until top is slightly bubbly then turning on opposite side for a minute or two.
5. Use as required

Level up – Grade 3

Joint a chicken and slice some vegetables and make a fajitas to go with this

SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Shaping

2 Focaccia Bread

Ingredients

200g strong bread flour
150ml warm water
1 sachet of yeast
1 teaspoon sugar
Pinch of salt
Ground pepper
Olive oil
3 cloves garlic
A few sprigs of rosemary

Equipment

Scales
Large mixing bowl
Measuring jug
Baking tray
Measuring spoons
Pastry brush
Cooling rack



Method

1. Tip flour into a large bowl, make a well and add your yeast, salt, and sugar.
2. Gradually add water and start bringing the flour from the side into the water with a fork. Bring all the ingredients together with the fork then use your hands to form a ball of dough.
3. Flour your surface and knead the dough for 5 min.
4. Oil the silver foil tray, and place your dough and slightly push out the dough to the edge of tray.
5. Peel the garlic and slice in long strips.
6. Scatter the garlic over the dough with some rosemary and with your fingertips pushing the garlic and rosemary down into the dough.
7. Drizzle the dough with olive oil and poke the bread all over with finger again to give it great texture.
8. Sprinkle with salt and pepper. Put in cold oven and bake at 220 C for 20 to 25 minutes.
9. The bread should have a hollow sound when you tap the bottom.



SKILLS

Using the oven, Weighing, Measuring, Combining/mixing, Kneading, Shaping

Pizza on toast or bread base

Ingredients

½ yellow pepper
1 spring onion
1 mushroom
30g hard cheese, e.g. Cheddar, Edam, Gruyere
2 slices bread (or a bagel or a piece of French stick sliced in half)
2 x 15ml spoons tomato pizza sauce
½ x 5ml spoon mixed herbs

Equipment

Chopping board, knife, grater, fish slice, measuring spoons, dessert spoon.

Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

Top tips

- Why not add cooked sausage or chicken, or canned tuna?
- Add a spoon of pickle or chutney for extra bite.
- Try different types of cheese or different toppings e.g. tuna, sweetcorn, sliced tomatoes, olives, pesto.
- The grill pan gets hot so remember to use oven gloves.













Level up – Grade 2

Make your own bread dough base – simply roll out into a circle and put on your toppings and cook for 15-20 minutes

SKILLS

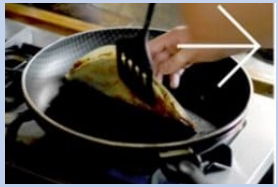
Grating, Bridge hold, Claw grip, Using the grill, Spreading

Quesadilla








Ingredients

Large flour tortillas
Grated cheese -
Olive oil or butter
2 mushrooms
1 red pepper
Cooked chicken pieces
Spring onion

Method

1. Prepare all your vegetables, dice or chop in small pieces.
2. Grate the cheese and leave to one side.
3. Put a little oil in the pan and place one tortilla to warm for about 30 seconds.
4. When one side of tortilla is warm, take a handful of grated cheese, sprinkle over half of the tortilla, making sure that the cheese does not land on the pan itself.
5. Add your finely diced vegetables/meat

Take care not to layer on the ingredients to thickly - this is a quesadilla, not a quiche!

6. After a minute, check to see if the cheese is melted. If not, return the cover and keep checking every minute until the cheese is melted.
7. When the cheese is sufficiently melted, use a fish slice to fold over half the tortilla on the filling side, Indent with fish slice and fold in half.
8. Cook the tortillas for a minute either side, or until they have gone golden brown

Level up – Grade 3
Make your own tortilla's for higher grades

SKILLS
Dicing, Grating, Folding, Bridge and claw, Using the Hob

2/3 Fajitas

Ingredients

1/2 lime
1 clove garlic
1/2 green chilli
Small bunch coriander
1 x 10ml spoon oil
1 small chicken breast (or 3-4 thighs)
1/2 onion
1/2 green pepper
1 tomato
25g Cheddar cheese
2 tortillas
1 x 15ml spoon guacamole (or salsa), optional

Equipment

Juice squeezer, garlic press, 2 chopping boards, 2 knives, small bowl, 2 spoons, weighing scales, grater, measuring spoons, frying pan.



Method

1. Prepare the marinade:
   - squeeze the lime; peel and crush the garlic; de-seed and slice the chilli;
   - chop the coriander; stir everything together with the oil.
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
   - slice the onion and green pepper; chop the tomato; grate the cheese.
5. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
6. Add the onion and green pepper and continue to cook for a further 2 minutes.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Top tips

- Warm the tortillas in a microwave oven for 20 seconds.
- Go for extra vegetables or kidney beans for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey

Level up – Grade 3

Joint a chicken and slice some vegetables and make a fajitas to go with this

SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Stir-frying, Combining/mixing, Squeezing, Making a marinade, Rolling up

Shepherd's pie

Ingredients

1 onion
1 carrot
3 medium potatoes (700g)
1/4 Savoy cabbage
250g lean minced lamb
1 x 15ml spoon plain flour
1 x 15ml spoon tomato purée
1 x 15ml spoon Worcestershire sauce
300ml water, boiling
1 stock cube
150ml semi-skimmed milk

Equipment

Chopping board, knife, vegetable peeler, weighing scales, measuring spoons, saucepan, non-stick frying pan, wooden spoon, measuring jug, colander, potato masher, ovenproof dish/foil tray, baking tray.

Top tips

Change the meat to suit your own tastes – beef chicken pork or Quorn
Add other vegetables of your choice



Method

1. Preheat the oven to 200oC or gas mark 6.
2. Prepare the vegetables:
•chop the onion; peel and dice the carrot; peel and cut the potatoes into chunks;
•shred the cabbage.
3. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes, until soft.
4. Meanwhile, in a non-stick frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.
5. Stir in the flour, tomato purée and Worcestershire sauce.
6. Add the stock cube to the water to make up the stock.
7. Add the stock to the meat mixture, bring to the boil and the simmer for 5-10 minutes, until the carrot is soft.
8. During the last 5 minutes of cooking the potatoes add the cabbage.
9. Drain the potatoes in a colander and mash with the milk.
10. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into an ovenproof dish or foil tray and spoon the mash over the top.
11. Cook for 20-25 minutes, until golden brown, or take home and cook in the oven for this amount of time.

SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Draining, Combining/mixing, Peeling, Onion preparation, Boiling/Simmering, Using a kettle

Level up – Grade 3

Pipe the potato topping and sprinkle cheese and bread crumbs on top

Pasta

Making your own pasta is straightforward. You can make many varieties of pasta by adding different ingredients – beetroot/spinach/herbs/tomato puree

Once made you can add it to many different sauces from meat sauces to tomato sauces

I would recommend using a pasta machine as rolling it by hand can be very difficult. You can buy pasta machines online from £15.00 to £50.00. Pasta needs to be kneaded to activate the gluten which means you will be able to roll it out thinly. Never wash the pasta machine in water and always use a lot of flour when rolling it out or it will stick to the machine

TOP TIPS

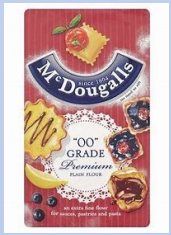
Always use 00 or strong flour as it has a higher gluten content. This will make you pasta more stretchy

Do not make the dough too wet or sticky - if that happens , add more flour

Be careful not to roll it out not too thinly or it will break apart or too thick – it should be 3 mm thick



Level up –
Making pasta is a high-level skill





Basic Pasta recipe

100 g pasta flour

2 eggs

1. Combine the ingredients
2. Knead the dough until smooth and elastic
3. Chill/rest the dough in the fridge 15mins
4. Roll out to desired shape and size

Watch Jamie Oliver making pasta
https://www.youtube.com/watch?v=hTn8Uh1m0hg

MAKE RED PASTA
Boil the beetroot in salted water for 20 minutes until just cooked. Cool, peel and chunk up the beetroot. Blitz the beetroot with the egg, pinch of salt and 1 tsp. olive oil. Mix enough into 100g of pasta flour to knead for 5 minutes until soft. (Add in a little more flour or oil if required, depending on the size of the beetroot.) Wrap in clingfilm and leave to chill for 30 minutes.

MAKE YELLOW PASTA
Add the turmeric to 1 tablespoon of boiling water. Mix into 100g of pasta flour with egg yolks, pinch of salt and 1 tsp. olive oil. Knead for 5 minutes until soft and elastic, then wrap in clingfilm and chill in the fridge for half an hour.

MAKING WHITE PASTA
Mix into 200g pasta flour with 1 egg – add more flour depending on the size of the egg. Knead for 10 minutes until smooth and elastic

MAKE THE BLACK PASTA
Squeeze the squid ink into 100g of pasta flour along with 1 tsp. olive oil, pinch of salt and an egg. Knead for 5 minutes until soft and elastic then wrap in clingfilm and chill in the fridge for half an hour.

MAKE THE GREEN PASTA
Blanch the spinach in boiling water for 10 seconds, then drain and squeeze out as much liquid as possible. Blitz up with an egg, 1 tsp. of olive oil and pinch of salt. Pour enough into 100g of pasta flour to knead until soft and elastic. Wrap in clingfilm and chill for 30 minutes.

Spaghetti bolognese

Ingredients

l onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x 15ml spoon tomato puree
100ml water
1 x 5ml spoon mixed herbs
Black pepper
150g spaghetti

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander.



Method

1. Prepare the vegetables:
   - Peel and chop the onion;
   - Peel and crush the garlic;
   - Peel and slice the carrot;
   - Finely slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognese sauce over the spaghetti.

Top tips

- Try serving your spaghetti bolognese with parmesan cheese and fresh basil.
- For a vegetarian option swap the minced beef for veggie mince or lentils.

Level up – Grade 3

Make your own pasta using a rolling pin or pasta machine

SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Draining, Combining/mixing, Peeling, Onion preparation, Boiling/Simmering, Using a kettle, Frying, Mashing,

Macaroni cheese

Ingredients
100g macaroni
100g Cheddar cheese
1 tomato

White sauce
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

Equipment
Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish or foil tray.



Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the **white sauce.**
   - Place the butter or margarine, flour and milk into a small saucepan.
   - Bring the sauce to a simmer, whisking it all the time until it has thickened. Reduce the heat and allow to simmer for 2 minutes. Stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- Try different varieties of pasta shapes, such as rigatoni or shells.
- Add fresh herbs to the sauce, like chopped parsley or basil.
- During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.

SKILLS
Using the hob, Using the grill,, Combining, Bridge and Claw, Weighing, Grating, Mixing, Making a savoury sauce

Quick 'V' lasagne

Ingredients

1 onion
1 garlic clove
1 carrot
2 celery sticks
1 x 10ml spoon oil
100g green lentils/ or mince meat
400g canned chopped tomatoes
1 x 5ml spoon mixed herbs
1 x 15ml spoon tomato puree
200ml crème fraiche, reduced fat
25g parmesan, grated
100ml semi-skimmed milk
Black pepper
6 lasagne sheets

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, frying pan, measuring jug, small bowl, spoon, foil trays, baking tray.

Level up – Grade 3

Make your own pasta and use a white sauce instead of creme fraiche



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
   - peel and chop the onion; peel and crush the garlic;
   - peel and slice the carrot;
   - slice the celery.
3. Fry the onion, garlic, carrot and celery in the oil until soft - about 4 minutes.
4. Add the lentils, tomatoes, herbs and tomato puree.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.
7. Place an oven proof dish or foil tray on a baking tray and spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

SKILLS

Using the Hob/oven, Weighing, Measuring, Bridge and claw, Frying, Combining/mixing, Squeezing, Grating, Onion preparation, Assembling/layering, Simmering

Top tips

- Experiment with different herbs, for example fresh basil or oregano for different flavour sensations!
- Try using different vegetables such as courgettes, peppers or aubergine.
- Try using different cheeses or swap lentil for meat

Tuna and broccoli pasta

Ingredients

100g rigatoni
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried oregano
50g sweetcorn drained (canned or frozen)
Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.

















SKILLS

Using the hob, Using the grill,, Combining, Bridge and Claw, Weighing, Grating, Mixing, Making a savoury sauce

Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until *al dente*.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:

- Place the butter or margarine, flour and milk into a small saucepan;
- Bring the sauce to a simmer, whisking it all the time until it has thickened;
- Reduce the heat, stir in the oregano, and allow to simmer for 2 minutes.

1. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
2. Preheat the grill.
3. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
4. Pour the drained pasta and vegetables into the sauce.
5. Stir in the canned tuna.
6. Pour the mixture into an ovenproof dish or foil tray.
7. Sprinkle the cheese over the top, and add a few twists of black pepper.
8. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- Try different varieties of pasta shapes, such as macaroni or shells.
- Use different types of vegetables, like leeks, peppers and mushrooms.
- Add a spoon of pesto, mustard or tomato puree to the sauce for extra flavour.
- The grill pan gets hot so remember to use oven gloves.

Level up – Grade 3

Make your own pasta

Ratatouille

Ingredients

1 onion
1 clove garlic
1 small aubergine
1 green pepper
1 courgette
2 cans chopped tomatoes (800g)
1 x 10ml spoon oil
1 handful fresh basil

Equipment

Chopping board, knife, garlic press, measuring spoons, saucepan, wooden spoon, can opener.



Method

1. Prepare the vegetables:
   - peel and chop the onion;
   - peel and crush the garlic;
   - dice the aubergine;
   - de-seed and chop the green pepper;
   - slice the courgette.
2. Fry the onion and garlic in the oil for 5 minutes.
3. Add the aubergine and fry for a further 5 minutes.
4. Add the pepper, courgette and tomatoes.
5. Stir-in the torn basil leaves.
6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

Top tips

- Use dried herbs if you do not have fresh basil.
- Go for different vegetables - try adding olives, mushrooms, red onions, peas or beans.
- Serve with rice, potatoes or bread for a low fat snack.

SKILLS

Using the hob, Onion preparation, Bridge and Claw, Measuring, Simmering, Mixing/combining

Savoury rice

Ingredients

1 onion
3 mushrooms
1/2 red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5ml spoon vegetable stock powder or cube
50g peas
1 x 10ml spoon curry powder

Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons, kettle.

Method

1. Prepare the vegetables:
   - peel and chop the onion;
   - slice the mushrooms;
   - dice the red pepper;
   - chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Frying/simmering, Combining/mixing, Onion preparation

Level up – Grade 3

Joint a chicken and add this to the dish

Quorn Mince Chilli



Ingredients

Serves: 2

½ onion, chopped
1 clove crushed garlic
½ stalk celery, chopped
1 teaspoon olive oil
100g soya or Quorn mince
1 (400g) tin kidney beans
1 (400g) tin chopped tomatoes
Additional water if needed
2 teaspoons dark brown soft sugar
salt and freshly ground black pepper to taste
1 teaspoon chilli powder

Method

1. Peel and dice the onion, crush/slice the garlic, slice the celery.
2. In a large saucepan sauté onion, garlic, celery and olive oil until onions are soft.
3. Add soya or Quorn mince, kidney beans, tomatoes, water, sugar, salt, pepper and chilli powder. Stir occasionally, let simmer for 30 minutes.

SKILLS

Using the hob, Weighing, Measuring, Bridge and claw, Combining/mixing, Peeling, Onion preparation, Simmering, Sautéing

Serving suggestions



Mushroom risotto

Ingredients

1 onion
150g chestnut mushrooms
2 cloves garlic
1 x 15ml spoon olive oil
250g risotto rice
1 x 5ml spoon vegetable stock powder or stock cube
1-1.5 litres water, boiling
1 x 15ml spoon parmesan, grated
1 x 10ml spoon thyme, chopped

Equipment

Chopping board, Knife, Garlic press, Weighing scales, Measuring spoons, Kettle, Measuring jug, frying pan, wooden spoon

Method

1. Prepare the vegetables:
   - peel and chop the onion;
   - slice the mushrooms;
   - peel and crush the garlic.
2. Fry the onion and garlic in the oil until softened.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir in the parmesan and thyme into the rice.

Top tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Use different herbs and spices e.g. basil, parsley or chilli.
- Ensure that you keep adding liquid otherwise the rice will not cook.



SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Frying, Combining/mixing,

Level up – Grade 3

Change the flavour to fish risotto or chicken risotto – filleting fish and joint a chicken to get the higher grades

Spinach, potato and chickpea curry

Ingredients

1 onion
1 clove garlic
1 large potato
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
400g can chopped tomatoes
410g chickpeas, canned (drained)
3 handfuls of fresh spinach

Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.



Method

1. Prepare the onion, garlic and potatoes:
   - slice the onion;
   - peel and crush the garlic;
   - peel and cut the potatoes into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

Top tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook – freeze portions for a rainy (busy) day

SKILLS

Using the hob, Bridge and Claw, Measuring, Simmering, Mixing/combining, Stir-fry

Classic tomato ragu

Ingredients

1 onion
1 clove garlic
1x15ml spoon oil
2 x 400g canned chopped tomatoes
handful of fresh basil
black pepper

Equipment

Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon.



Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta if so:

- after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain;
- mix the cooked pasta and tomato sauce together.

Top tips

- Use dried herbs if you do not have fresh.
- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna for a fish alternative.
- Pour the basic ragu sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

Level up – Grade 2
Make your own pasta to go with the tomato sauce

SKILLS

Using the hob, Onion preparation, Bridge and Claw, Measuring, Simmering, Mixing/combining

2 Koftas

Ingredients

1 small onion
1 clove of garlic
1/2 red chilli
200g lamb mince
1 x 5ml spoon cumin
1 sprig of parsley, mint and coriander

Equipment

Two chopping boards, two knives, fork, food processor, flour dredger, skewers.



Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz together.
5. Add the mince, cumin and herbs, then blitz together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.)
10. Serve in a pitta with salad.

Top tips

- If you don't have a food processor, prepare the onion, chilli and garlic by hand. Mix everything together in a mixing bowl.
- If you are using wooden skewers soak them in water before using them so they don't burn under the grill.
- Try serving with low fat hummus or tzatziki.
- The grill pan gets hot, remember to use oven gloves.

SKILLS

Using the grill, Bridge and Claw, Measuring, Mixing, Using the food processor

1 Vegetable couscous salad

Ingredients

175ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
1 small bunch parsley
2 x 15ml spoons low fat dressing

Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, knife, kitchen scissors, spoon, container.



Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

Top tips

- Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.
- Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- Use flaked almonds or raisins instead of the dried apricots.

SKILLS

Using a kettle, Bridge hold, Claw grip, Combining, Mixing