



licence to cook

Cooking Tutorial 2



Cooking

More confident : Tutorial 2

This tutorial is about gaining confidence in cooking.

It covers:

- * using the hob to boil and simmer;
- * using a kettle to measure boiling water safely;
- * draining hot water away from pasta;
- * an all-in-one white sauce.





licence to cook

Cooking

Boiling and simmering : Be safe

Having already used the grill, hob and oven, it is important that you continue to use the cooker safely.





Cooking

Using a kettle : Be careful!

Before filling the kettle, make sure it is not plugged in at the mains socket.

Fill the kettle with just the amount of water you need.

Do not have the kettle lead over anything else - especially the hob.

To measure the boiled water, unplug the kettle from the mains and pour the water slowly into the measuring jug to avoid splashing.





licence to cook

Cooking

Draining away hot water : Be careful!



You will need to do this if you have boiled rice, pasta or potatoes.

Place a colander in a sink.

Using two hands, carefully start to pour the water from the saucepan into the colander.

Pour the water slowly to avoid hot water from splashing. Keep the saucepan steady as you pour.

When the steam has gone, place the colander on top of the saucepan so that any water does not drip on the floor when you move it.

Place the saucepan on a stand or back on a cool part of the hob.



All-in-one white sauce : Basic method



The all-in-one sauce can be used for lots of different dishes.

All the ingredients - margarine, flour and milk - are all put into a saucepan which is then placed on a hob and heated.

The mixture is whisked all the time to make sure that the sauce is smooth.

The sauce will thicken as it gets hotter.

When it reaches boiling point the heat should be turned down so that the sauce can simmer (bubble gently) for about 5 minutes.



Cooking

All-in-one white sauce : Lots of uses!

A white sauce can be used in lots of different dishes. Other ingredients can be added to change its flavour and colour.

Other ingredients can then be added, like:

- * grated cheese;
- * chopped parsley;
- * grainy mustard.

Examples of dishes using a white sauce are Moussaka, Lasagne, Cauliflower Cheese and Macaroni Cheese. A sauce could also be poured over cooked fish, or mixed with cooked mushrooms for a pancake filling.





The rubbing-in method is used for a number of different dishes, including apple crumble, scones and rock cakes. Rubbing-in means rubbing fat into flour, using your fingertips, until it looks like breadcrumbs.

The butter is cold so that it does not melt in your hands.

Shaking the bowl once most of the butter has been rubbed in allows any large lumps of butter to rise to the top.

Once the butter has been rubbed-in, other ingredients can be added.

If you are making a crumble topping, this could be a little sugar, dried fruit and oats.



licence to cook

Cooking

Forming a dough : Lots of uses!



Another use of the rubbing-in method is to form a dough, perhaps for scones or rock cakes.

A well is made in the middle of the breadcrumb mixture and water or milk added.

As the mixture is stirred and mixed in, it starts to form a dough. As the dough forms, it should 'clean' the side of the bowl.

If the mixture is too sticky, then extra flour should be added. If it looks too dry, a little extra water or milk should be added.



licence to cook

Cooking

Using a dough : Lots of uses!



Once the dough is made, it is ready to be formed and shaped into a number of different dishes. For scones and rock cakes, the dough is divided into portions.

Scones

The dough is lightly pressed out on a floured work surface. Then a scone cutter is used to cut the dough into circles - or scones. Another way could be to keep the dough in a circle and mark it into 8 wedges.

Rock cakes

Using 2 spoons, scoop and push equal amount of dough onto a baking tray making about 10 equal sized 'rocks'.



licence to cook

Cooking

Rolling out pastry : Lots of uses!



It is important to roll out pastry carefully to avoid it breaking.

Sprinkle flour over a clean work surface and place the dough on top.

Sprinkle flour over the rolling pin.

Gently roll out using forwards and backwards movements and a steady speed.

Turn the dough around by 45 degrees and roll over it again. Repeat until the dough is rolled out evenly in a circle.

If the dough sticks to the work surface or rolling pin, sprinkle it with flour. Do not add too much flour, as it will make the pastry dry.

Pastry can be used in dishes such as Cornish pasties, quiches, apple turnovers.



Greasing and lining : Don't get stuck!



To avoid food sticking to a baking tray, it is best to grease and/or line it with greaseproof paper. This prevents food sticking and means less washing up.

Greasing a tray

If the tray is non-stick, it may not need greasing.

Use a pastry brush to gently brush a little oil over the tray. Do not add too much - you are not frying the food.

Lining a tray

Lining a baking tray means that food is less likely to stick. Cut a piece of greaseproof paper (or similar) to the size of the tray.

It is possible to buy Teflon (non-stick) sheets - these can be used more than once.



licence to cook

Cooking

Summary : Important points to remember!



The hob must be used safely when boiling and simmering.

It is important to pour boiling water from a kettle safely to avoid burns.

When draining away boiling water from a saucepan, place the colander in the sink first.

The rubbing-in method can be used for a range of dishes, including fruit crumbles, scones and pastry.

Dough can be divided and used in different ways for wide range of dishes.

Baking trays should be greased and lined before you start cooking.



licence to cook

www.licencetocook.org.uk