



# Cooking

## Tutorial 3



# licence to cook

## Cooking

### The cook : Tutorial 3

This tutorial is about gaining confidence with your cooking when:

- \* using small electrical equipment, e.g. whisk;
- \* handling raw meat safely;
- \* preparing an onion (recap);
- \* using a knife safely to dice (recap);
- \* preparing chillies, garlic and ginger.





**licence to cook**



## **Cooking**

### **Electrical equipment : Whisk and blender**

**There are lots of different types of electrical equipment that can be used during cooking. Most are labour saving - for example, using a hand held whisk rather than whisking.**

#### **Hand held whisk**

Make sure that the whisk is unplugged when inserting or removing the beaters and that the electrical lead is not on the hob or anywhere that may cause accidents. When whisking, start on a slow speed. If you start on a high speed, the mixture will fly out of the bowl.

#### **Hand held blender**

These are useful to blend soups and drinks. Do not touch the sharp blade - especially when it is rotating. Unplug the blender when not in use.



licence to cook

## Cooking

### Electrical equipment : Mixer and food processor

#### Mixer

These have a bowl attached where ingredients are mixed, whisked or kneaded, depending on what is required and are useful for preparing larger amounts. They should be unplugged while changing the hooks or whisks.

#### Food processor

These are useful to blend, grate or chop ingredients. They have different blades that can be changed, depending on what you are using them for.





**Raw meat should be kept covered in the fridge and taken out when needed.**

A separate chopping board and knife should be used to prepare meat. This prevents any bacteria passing from the meat to other ingredients.

Wash your hands before and after preparing meat.

### **Fat and skin**

You may need to trim away any excess fat on the meat, e.g. on lamb. This will be white and easily removed. If you are preparing chicken portions, remove the skin (by pulling it off) before cooking.

### **Cutting and slicing**

Use the bridge hold and claw grip cutting techniques to cut the meat into strips and cubes.



licence to cook

## Cooking

### Preparing an onion : Be careful

Use the claw grip to cut away the non-root end of the onion.

Use the bridge hold to cut the onion in half.

Peel away the outer skin.

Place one half of the onion flat down, and using the claw grip, cut length ways into the onion, but do not cut through the root. The root keeps the onion together.

Lastly, use the claw grip to slice across the onion.





**licence to cook**

## **Cooking**

### **Chillies, garlic and ginger : Be careful**

#### **Chillies**

Cut away the top of the chilli and then slice in half. Use a small spoon to remove the seeds. Lastly, use the claw grip to slice. Keep your fingers away from your eyes when you have been handling chillies – they sting!

#### **Garlic**

Remove the outer papery skin and then crush in a garlic press.

#### **Fresh ginger**

Cut away the skin of the ginger using the claw grip. The ginger can be grated or chopped using a vegetable knife.





**licence to cook**

## **Cooking**

### **Using a knife : Dicing**

**Prepare the vegetable first, e.g. peel the potato or cut away the top of the aubergine.**

Use the claw grip to cut the vegetable into thick pieces - about 1-1.5cm.

Take one slice and cut into thick strips - keeping the strips together.

Turn round by 90 degrees, and cut across the strips to make cubes (dice).







# licence to cook

## Cooking

### Main meals : Lots of variety



**Many main meals are variations on a theme.**

Often the 'base' is made in a similar way, with other ingredients added to transform it into a number of different dishes, for example:

- \* spaghetti bolognese - tomato and meat based sauce, served with pasta;
- \* shepherd's pie - meat base and potato topping;
- \* veggie chilli-con-carne - chilli base, served with rice;
- \* chicken curry - chicken curry base, served with naan bread.

When cooking these meals, it is important to plan ahead and work out how which part needs to be cooked first. For example, when making a shepherd's pie, the potatoes could be cooking while the meat base is being prepared.

It is also important to ensure that these meals are balanced, serving them with different types of vegetables or salads.



## Cooking

### Healthier cooking : Different methods

Stir-frying, using a wok, is a quick method of cooking using very little oil. Ingredients need to be cut to a similar size to ensure even cooking. Although the method is quick, make sure that any meat is thoroughly cooked.

Grilling is a healthier way to cook a number of foods, as it allows any fat to drip away, e.g. sausages.

Poaching is a method of cooking which cooks the food in boiling hot water, rather than oil. This method is used to cook poached fish or poached egg.

Steaming uses the steam from boiling water to cook food. The food is placed over a saucepan of boiling water, or in a steamer. Vegetables, fish and chicken can be cooked using this method.





## Cooking

### Healthier cooking : Different methods

Baking potato wedges, rather than deep fat fried chips, is a healthier option.

Boiling does not add any fat, and is an easy way to cook a range of foods, e.g. boiled rather than roast potatoes.

Microwaved vegetables retain more vitamins. This is also very easy to cook, with less washing up.





licence to cook



## Cooking

### The creaming method : Lots of uses!

**The creaming method differs from the all-in-one method, as ingredients are mixed together at different stages.**

Firstly, the butter and sugar are creamed together until pale and is fluffy. This helps to incorporate air into the mixture.

Next, whisked eggs are gradually added. The eggs are broken into small bowl first - this allows the freshness to be checked and avoids any broken shell falling into the mixture. The egg is added a little at a time to avoid the mixture curdling.

Lastly, the flour is folded in using a metal spoon. This helps to keep the air in the cake mixture.

This basic mixture can be used for lots of different cakes, including Dutch apple cake, Pineapple upside down pudding, and Coffee and walnut cake.



# licence to cook

## Cooking

### Summary : Important points to remember!



Electrical equipment should always be used safely.

Raw meat must be handled and prepared hygienically.

The bridge hold and claw grip can be used to prepare a range of different fruit and vegetables, as well as other foods.

Main meal dishes are often prepared in similar ways and are made up of a meat or vegetarian element, with a starchy food, such as potato, rice or pasta.

There are a number of ways to cook more healthily, including steaming, grilling, baking and stir-frying.

The creaming method is useful for making a wide range of cakes and puddings.



[www.licencetocook.org.uk](http://www.licencetocook.org.uk)