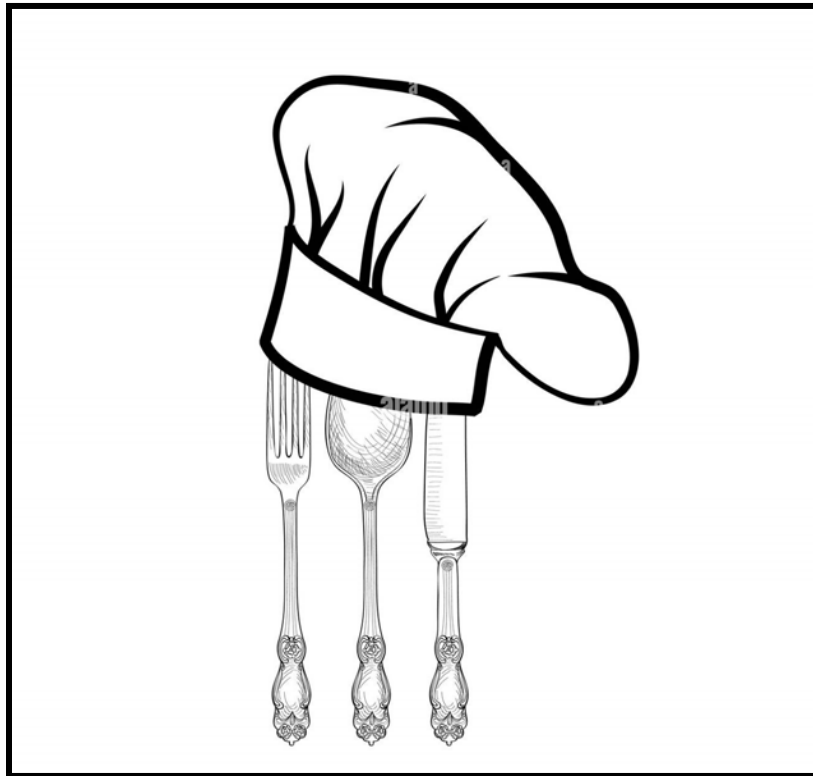


St John Baptist High School

YEAR 10

HOSPITALITY & CATERING



UNIT 2

RECIPE BOOK

Name: _____

Pizza

175g strong plain flour
7g packet fast-acting dried yeast
1 teaspoon (5ml) spoon sugar
1 tablespoon (15ml) spoons olive oil
A pinch of salt
125ml warm water
1 clove garlic
½ can chopped tomatoes
1 tablespoon (15ml) tomato purée
1 teaspoon (5ml) dried herbs
50g cheese



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Sieve the flour into the mixing bowl, add the yeast, salt, sugar and 1 x 5ml spoon of olive oil into the mixing bowl.
6. Gradually add the warm water and mix to form a soft dough.
7. Dust a clean, dry work surface with a little flour and knead until the dough is smooth and stretchy. This will take around 10 minutes.
8. Place the dough in the mixing bowl, cover with a clean tea towel and leave to rise in a warm place for 30 minutes until the dough has doubled in size.
9. While the dough is rising, crush the garlic into small pieces.
10. Add olive oil into the saucepan and fry over a medium heat for around 1 minute.
11. Add the chopped tomatoes, tomato purée and oregano to the saucepan. Cook for 10 minutes, stirring regularly. The colour should change to a deep red.
12. Grate the cheese.
13. When the dough has risen, remove it from the bowl and knead it for another 5 minutes.
14. Roll out the dough into a circle about 1cm thick and place on the pizza tray or large baking tray.
15. Pour the tomato sauce over the pizza base and spread evenly.
16. Sprinkle the cheese onto the pizza..
17. Put the pizza in the oven and bake for 15–20 minutes, until the cheese is melted.



Serving suggestions

Vary toppings

Serve with a salad

Spaghetti bolognese

200g minced beef
1 clove garlic
1 onion
50g mushrooms
1 can chopped tomatoes
1 tablespoon tomato puree
1 beef stock cube (oxo)
Seasoning (salt & pepper, herbs)



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Prepare vegetables.
6. Heat the oil in a large pan, fry onions, garlic, mushrooms & pepper.
7. Stir in mince and fry until brown (drain off fat)
8. Stir in flour, tomato puree, can of tomatoes, stock cube, water and season.
9. Bring to the boil and simmer very gently.
10. Stir occasionally
11. Wash and dry up.

Serving suggestion

Meatballs

Lasagne

- *Grate the cheese.*
- *Melt butter in a pan, stir in flour to make a roux.*
- *Add milk a little at a time, stirring all the time until sauce thickens.*
- *Stir in most of the cheese.*
- *Layer the bolognese sauce and sheets of pasta in dish.*
- *Pour over cheese sauce.*
- *Sprinkle remaining cheese on top.*
- *Bake for 30 minutes.*
- *Wash and dry up.*
- *Serve.*



Make your own pasta to increase the skill level

Cottage Pie

1 small onion
1 garlic clove
1 carrot
1 celery stick
1 x 15ml spoon olive oil
200g lean minced beef
1 x 15ml spoon tomato purée
300ml stock (made with ½ beef stock cube)
1 x 5ml spoon Worcestershire sauce
1 x 5ml spoon reduced salt light soy sauce
3-4 potatoes



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Prepare vegetables; peel and finely chop the onion and the garlic.
6. Peel and slice the carrot.
7. Slice the celery.
8. Heat the oil in a large pan and add the chopped onion, carrot, celery and garlic and stir for 4 minutes or so, until the onion starts to brown.
9. Add the beef mince and cook over a medium heat until the mince has browned.
10. Drain off any excess fat before adding the tomato purée and stock. Add the Worcestershire sauce and reduced salt light soy sauce.
11. Cover and simmer for 25 minutes, adding more stock if the mince starts to stick to the pan.
12. While the mince is simmering, put a saucepan of water onto boil.
13. Peel and cube the potatoes or parsnips and boil in the water for about ten minutes until they are soft. Drain over the sink.
14. Mash the potato using either a fork or a potato masher. You may wish to add a small amount of semi skimmed milk or low fat spread when mashing the potatoes.
15. Pre-heat the grill to a medium heat.
16. Spoon the mince into an ovenproof dish and top with the mash.
17. Grill until the potato starts to brown and turn crisp.

Serving suggestion

Serve with green vegetables such as broccoli and green beans.

Pipe the potato for an additional skill



Bacon & Mushroom Risotto

1 tbsp olive oil
1 onion, chopped
2 rashers streaky bacon, chopped
50g mushroom, sliced
100g risotto rice
500ml hot chicken stock
grated parmesan, to serve



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Prepare vegetables.
6. Heat the oil in a deep frying pan and cook the onion and bacon for 5 mins to soften.
7. Add the mushrooms and cook for a further 5 mins until they start to release their juices.
8. Stir in the rice and cook until all the juices have been absorbed.
9. Add the stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful – it will take about 20 mins for all the stock to be added.
10. Once the rice is cooked, season and serve with the grated Parmesan.
11. Whilst cooking wipe down surface, wash and dry up
12. Put equipment away.

Beef Burger

200g lean beef mince
½ red onion
1 small egg
black pepper
flour, for dusting



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Peel and finely dice the onion.
6. Mix the minced beef with the onion, egg and black pepper.
7. Divide mixture into 8 balls. Dust hands in flour and flatten each ball into a burger shape. Thoroughly wash and dry hands after touching the raw meat.
8. Cook on the barbeque or under the grill until cooked – about 5 minutes each side. Ensure no pink meat remains.
9. Whilst cooking wipe down surface, wash and dry up
10. Put equipment away.

Serving suggestion

Serve with homemade bread roll, coleslaw & potato wedges



Chicken Curry

1 onions
1 garlic clove
1 tbsp vegetable oil
half a 400g tin chopped tomatoes
1 tbsp curry powder
1 tsp ginger
200g boneless skinless chicken thigh,
50ml Greek-style natural yoghurt,



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish. Peel and chop the garlic. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes. If the pan gets dry add a splash of water and make sure the spices don't burn.
6. Add the chicken and cook for 5 minutes. Make sure all the chicken is coated and is beginning to brown on the sides.
7. Add 250ml/9fl oz water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked through with no sign of pink juices in the middle of the pieces.
8. While the chicken is cooking, prepare the rice.
9. Pour the rice into a saucepan and rinse it under the cold tap to take away any cloudy starch. Drain the cloudy water away. Add clean water for cooking the rice. You need almost twice as much water as rice.
10. Bring to the boil then reduce the heat to a low simmer. Cover with a lid and cook very gently for 10 minutes. Remove from the heat and leave to stand with the lid on for 10 minutes. This will finish cooking the rice. Keeping the lid on is important, so none of the steam escapes.
11. Take the curry off the heat, stir in the yoghurt then season with salt and pepper. Serve the curry with the rice and garnish with a drizzle of yoghurt

Serving suggestion

Naan bread



Stuffed Chicken wrapped in bacon

chicken breast
25g garlic and herb soft cheese
2 slices smoked streaky bacon
1 tsp finely chopped flatleaf parsley
1 tbsp fresh breadcrumbs
½ tbsp finely grated Parmesan
1 tbsp olive oil
salt and freshly ground black pepper



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 190C/170C Fan/Gas 5.
6. Turn the chicken breast over so that the smooth side is on the chopping board. Using a small sharp knife, cut a pocket the length of the breast, under the small false fillet – be careful not to cut all the way through the chicken breast.
7. Open up the pocket and neatly spread the cream cheese into the pocket. Fold the chicken back over to seal the cheese inside.
8. Take three slices of bacon from the packet, leaving them overlapped, place them on the board and massage the bacon so that it doubles in length. Place chicken breast on top of three slices of bacon, at an angle, and roll up tightly so that the bacon seals the chicken breast packet closed. Put the chicken breast on a baking tray, drizzle with olive oil and bake in the oven for 10 minutes.
9. In a small bowl, mix together the parsley, breadcrumbs, Parmesan and season with salt and freshly ground black pepper.
10. Take the baking tray out of the oven and scatter the breadcrumb mixture over the top. Arrange the cherry tomatoes around the chicken. Return to the oven for another 10 minutes, or until the chicken is cooked through and the tomatoes are softened.
11. Allow the chicken breast to rest for 10 minutes before serving. Slice each chicken breast in half.
12. Whilst cooking wipe down surface, wash and dry up
13. Put equipment away.

Serving suggestion

Hunters chicken add homemade BBQ sauce



Quiche Lorraine

Shortcrust pastry

100g plain flour
50g butter or baking fat/block
2-3 x 15ml spoons water

Filling

2 eggs, large
125ml milk
50g cheddar cheese
1 tomato
2 rashers bacon (or 3 mushrooms and 1x5ml spoon oil)



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 170°C or gas mark 4.
6. Grease a flan ring and baking sheet or a sandwich tin.
7. Make up the shortcrust pastry:
8. Sift the flour into a bowl; cut the baking fat into cubes and add to the flour; rub the fat into the flour until the mixture resembles breadcrumbs; add the water a spoonful at a time and mix until the dough comes together.
9. Roll out the pastry, on a floured surface, and line the flan ring/sandwich tin.
10. Prick the bottom of the pastry with a fork.
11. Blind bake the pastry case
12. Fry the bacon until crispy and slice (fry the mushrooms in the oil for 2-3 minutes).
13. Place the bacon/mushrooms around the pastry base.
14. Grate the cheese and whisk with the eggs and milk.
15. Pour the egg mixture over the pastry base.
16. Slice the tomatoes and place on top.
17. Bake for 25-30 minutes, until golden brown and firm.
18. Whilst cooking wipe down surface, wash and dry up
19. Put equipment away.

Serving suggestion

Individual quiche with salad



Lemon Meringue Pie

Pastry: 200g plain flour

100g block margarine

Pie filling : 2 lemons

125g sugar

5 tablespoons cornflour

300ml water

2 egg yolks

Meringue: 2 egg whites

75g caster sugar



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
Pastry;
5. Rub fat into flour until resembles breadcrumbs
6. Add 45 – 60ml (3 – 4 tbsp) water
7. Mix to a dough
8. Roll out
9. Line flan dish
10. Bake blind in the oven at 200 c, gas mark 6 for 10 – 15 minutes
11. Remove paper & baking beans and bake for a further 5 minutes
Pie filling;
12. Put the lemon rind and lemon juice, granulated sugar and 300 ml water in a saucepan
13. Heat gently until the sugar dissolves.
14. Mix the cornflour to a smooth paste and stir into the saucepan
15. Bring to the boil and cook for 1 minute, until thickened.
16. Cool slightly, then beat in the egg yolks.
17. Pour the lemon filling into the pastry case, levelling the surface.
Meringue;
18. Whisk the egg whites until stiff. Whisk in half the caster sugar a little at a time.
19. Fold in the remainder.
20. Spoon or pipe onto the lemon filling.
21. Bake in the oven at 150 c, gas mark 2 for about 35 minutes.
22. Whilst cooking wipe down surface, wash and dry up
23. Put equipment away.

Raspberry Cheesecake

200g digestive biscuits
75g unsalted butter, melted
200g full-fat soft cheese
50g caster sugar, plus 2 tbsp
1 tsp vanilla extract
150ml double cream
100g raspberries
icing sugar, for dusting (optional)



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Biscuits into a food bag and bash to fine crumbs using a rolling pin.
6. Transfer to a bowl and stir in the melted butter until the mixture looks like damp sand.
7. Tip the buttery crumbs into a 20cm springform tin and press into the base using the back of a spoon until you have a smooth, even layer.
8. Chill until needed.
9. Tip the soft cheese, sugar, vanilla, and cream into a bowl and beat using an electric whisk until thick and creamy.
10. Fold in about two-thirds of the raspberries, pressing the berries lightly against the side of the bowl as you do to squeeze out some of their juices and lightly ripple the cream.
11. Scrape the cheesecake mixture over the chilled base and smooth the top with a spatula.
12. Chill
13. To serve, carefully remove from the tin, scatter with the remaining raspberries and dust with icing sugar, if using.
14. Whilst chilling, wipe down surface, wash and dry up.
15. Put equipment away.

Serving suggestion

Individual portions



Piping cream
Raspberry coulis



Apple Pie

Pastry

200g plain flour
100g block margarine

Filling

2 tbsp stewed apple, or sweet apple sauce
2 apples, peeled, quartered and cored
2 tbsp caster sugar
40g butter, cubed
1 free-range egg yolk, beaten

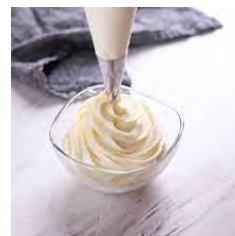


Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 200C/180C Fan/Gas 6.
6. Rub fat into flour until resembles breadcrumbs.
7. Add 45 – 60ml (3 – 4 tbsp) water.
8. Mix to a dough.
9. Roll out.
10. Line flan dish.
11. Bake blind in the oven at 200 c, gas mark 6 for 10 – 15 minutes. Remove paper & baking beans and bake for a further 5 minutes.
12. Roll the puff pastry out on a clean work surface to a large sheet, 3mm thick. Using a bowl or plate, cut a circle about 25cm/10in in diameter. Crimp the edge before turning the whole sheet over and laying it directly onto a flat baking tray. Chill in the fridge for at least 10 minutes.
13. Remove the pastry from the fridge and spread the apple compôte all over the base of pastry, leaving a 1cm/½in border at the edge.
14. Slice the apples the thickness of a two-pound coin and place them onto the pastry sheet, fanning them out, starting from the outside and working in. The apples should overlap each other. Use the largest slices on the outside and place the smallest slices in the middle of the tart.
15. Once all the apples have been laid out, sprinkle over the caster sugar and dot with the cubed butter. Brush the border with the beaten egg and bake in the oven for about 30 minutes, or until golden-brown and risen around the edge.
16. Whilst chilling, wipe down surface, wash and dry up.
17. Put equipment away.

Serving suggestion

Chantilly cream
250ml double cream
1 tbsp icing sugar
1 vanilla pod, seeds scraped out



Whisk the cream, icing sugar and seeds from the vanilla pod in a bowl until very soft peaks form and set aside until ready to serve

Cinnamon Buns

Ingredients

For the Dough

120 ml milk
75 g granulated sugar
1 sachet yeast
115 g butter
1 egg
150 g plain flour
125 g strong white flour

For the Filling

50 g butter at room temperature
50 g granulated sugar
1 tsp ground cinnamon

For the Icing

50 g icing sugar
1 tsp vanilla extract
1 tbsp milk



Order of work

For the Dough

In a small pan warm the milk until it's lukewarm. Pour the milk into a large bowl.

Add the sugar and yeast to the milk and gently stir with a spoon until the sugar has dissolved. Cover the bowl with a tea towel and let the mixture sit until the yeast is foamy - this should only take 5-10 minutes. Using a dough hook (or a spoon if not using an electric mixer) beat in the butter on a low speed until it has broken into little pieces.

Still on a low speed, add the eggs one at a time. Then gradually add the flour.

Once all ingredients are added, beat on a medium speed until you have a soft dough - about 6 minutes. (If you are not using a mixer you can knead the dough by hand for this step).

Transfer the dough to a lightly floured surface and knead it by hand for 1 minute. Form the dough into a ball and transfer into a lightly greased bowl and cover loosely with a piece of lightly greased cling film.

Leave to rise in a warm place until it has doubled in size (around 1 to 2 hours).

Lightly grease a baking tray with butter and line with grease-proof paper - a 9x13 inch tray is perfect.

Once your dough has doubled in size, turn it out onto a lightly floured surface and using a rolling pin, roll it into a rectangle around 13x18 inches in size. It's important to make sure your dough is of even thickness all over to ensure you have nice neat buns.

For the Filling

Spread the butter over the dough (I find using my fingers to be the easiest way to do this!) right up to the edges.

In a small bowl, mix the sugar and cinnamon together and then sprinkle evenly all over the buttered dough.

Roll the dough tightly and evenly to create a sausage. Cut the sausage into 8 individual rolls - Arrange the rolls in your pre-prepared tray and cover loosely with lightly greased cling film.

Leave to rise in a warm place until they look light and puffy.

Place the tray in a pre-heated oven at 180°C and bake for around 20 minutes until golden brown.

For the Icing

Mix together the icing sugar, vanilla extract and milk to create the icing. You can add more or less milk depending on your personal preference.

Spread evenly across the buns shortly after they come out of the oven. Leave your cinnamon buns to cool a little until they are just warm.

Cupcakes

125g self raising flour
100g sugar
100g margarine
2 eggs
1tsp vanilla essence



Order of work

1. Tie hair back and remove jewellery.
2. Put an apron on.
3. Wash your hands and wipe down the work surface.
4. Collect equipment; mixing bowl, small bowl, wooden spoon, fork, tablespoon, teaspoon, cupcake tray (patty tin) and paper cases
5. Weigh out ingredients.
6. Cream margarine and sugar together in a mixing bowl using a wooden spoon.
7. Crack eggs into a small basin and beat with a fork.
8. Add a little of the egg at a time to creamed mixture until it has all gone.
9. Sieve and fold in flour.
10. Stir in vanilla essence.
11. Spoon into cake cases.
12. Bake for 10 – 15 minutes.
13. Whilst baking wipe down surface, wash and dry up
14. Put equipment away.
15. Take cake out of the oven when golden brown and firm to touch (bounce back)
16. Leave to cool.

Serving suggestion

Decorated with piped butter icing



Chocolate Brownies

175g margarine
350g caster sugar
1 tsp vanilla essence
3 eggs
125g self raising flour
50g cocoa powder



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface
4. Collect equipment and take out ingredients.
5. Put the margarine, sugar and vanilla into a pan, warm on a low heat until margarine melts and sugar dissolves.
6. Pour into a mixing bowl.
7. Crack eggs into a small basin and beat with a fork. Gradually, a little at a time, beat into a mixing bowl.
8. Sieve flour & cocoa powder into a mixing bowl.
9. Fold in
10. Pour into a greased and lined tin.
11. Bake for 40 minutes.
12. Wash and dry up.
13. Put equipment away.
14. Take the cake out of the oven.
15. Leave to cool and mark into fingers.

Serving suggestion

Chocolate brownie & ice cream



Victoria Sandwich

150g self raising flour
150g caster sugar
150g butter/margarine
3 eggs
2 tbsp jam



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Cream margarine and sugar together in a mixing bowl using a wooden spoon.
6. Crack eggs into a small basin and beat with a fork.
7. Add a little of the egg at a time to the creamed mixture until it has all gone.
8. Sieve and fold in flour.
9. Divide the mixture between the tins and smooth the top.
10. Bake for 20 – 25 minutes, until firm and golden brown.
11. Wash and dry up.
12. Put the equipment away.
13. Remove cakes from the oven, turn out of tin onto a cooling rack, sandwich with jam.

Serving suggestion

Decorated with piped cream and strawberries



Swiss roll

2 eggs
50g sugar
50g self raising flour
Jam
Extra sugar for rolling



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Whisk the eggs and sugar until thick.
6. Gently fold in the flour using a metal spoon.
7. Pour into tin.
8. Bake for 8 – 10 minutes, until golden brown and firm.
9. While the cake is baking, spread extra sugar over greaseproof paper.
10. Warm the jam
11. Tip swiss roll is cooked, tip it on to the sugared paper.
12. Peel off lining paper, trim edges.
13. Spread with jam and roll.
14. Cool.
15. Wash and dry up.
16. Put equipment away.
17. Take cake out of the oven .
18. Leave to cool and mark into fingers.

Serving suggestion

Roulade, filled with fresh cream & fruit



Bread

225g strong white flour
A pinch of salt
7g sachet dried yeast
100ml warm water
Pinch of extra flour



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Put a piece of baking parchment or a muffin case at the bottom of the flowerpot (ensure this is clean).
6. Sift together the flour into a mixing bowl.
7. Stir in the yeast and salt.
8. Add the oil and enough warm water to mix into a soft dough.
9. Knead the dough for 5-10 minutes on a lightly floured work surface.
10. Shape the dough with your hands and place into the flowerpot and sprinkle with flour.
11. Place the bread into the oven and bake for 20-25 minutes.
12. Wash and dry up
13. Put equipment away
14. After baking, place on a cooling rack.

Serving suggestion



Foccacia

200g strong flour
7g dried fast action yeast
1 tsp sea salt
2 tbsp oil
Fresh rosemary



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Tip the flour into a large mixing bowl. Mix the yeast into one side of the flour, and the fine salt into the other side. Then mix everything together, this initial separation prevents the salt from killing the yeast.
6. Make a well in the middle of the flour and add 2 tbsp oil and 350-400ml lukewarm water, adding it gradually until you have a slightly sticky dough (you may not need all the water).
7. Sprinkle the work surface with flour and tip the dough onto it, scraping around the sides of the bowl.
8. Knead for 5-10 mins until your dough is soft and less sticky. Put the dough into a clean bowl, cover with a tea towel and leave to prove until doubled in size.
9. Oil a rectangle, shallow tin (25 x 35cm). Tip the dough onto the work surface, then stretch it to fill the tin.
10. Heat the oven to 220C/200C fan/gas 7.
11. Press your fingers into the dough to make dimples.
12. Mix together 1½ tbsp olive oil, 1 tbsp water and the flaky salt and drizzle over the bread. Push sprigs of rosemary into the dimples in the dough. Bake for 20 mins until golden.
13. Wash and dry up
14. Put equipment away
15. Whilst the bread is still hot, drizzle over 1-2 tbsp olive oil. Cut into squares and serve warm

Serving suggestion

Fine Art Foccacia



Potato Wedges

1 large baking potatoes

1 tbsp olive oil



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Heat the oven to 200C/180C fan/gas 6.
6. Bring a large pan of lightly salted water to the boil.
7. Cut the potatoes into chunky wedges, then boil in the water for 7 mins.
8. Drain and leave to steam dry for 5 mins.
9. Spread the wedges out on a large baking tray. Toss with the oil and 1 tsp salt (preferably sea salt) and spread out so that they aren't overlapping.
10. Roast for 30 mins, turning halfway until golden and crisp.
11. Wash and dry up.
12. Put equipment away.

ADD PAPRIKA OR CHEESE

Add 2 tsp hot smoked paprika for added spice or make them cheesy by sprinkling 100g grated cheddar over the wedges 5 mins before the end of the cooking time.

Serving suggestion



Coleslaw

¼ red or white cabbage, shredded
¼ red onion, finely sliced
½ carrot, grated
1 tbsp mayonnaise
1 tsp lemon juice
½ tsp white wine vinegar
1 tsp wholegrain mustard
pinch sugar, to taste
salt and freshly ground black pepper, to taste



Order of work

1. Tie hair back.
2. Put an apron on.
3. Wash hands and wipe down the work surface.
4. Collect equipment and take out ingredients.
5. Put the chopped cabbage, carrot and onion into a big bowl.
6. In a smaller bowl, mix together the mayonnaise, lemon juice, vinegar and wholegrain mustard. Season with salt and freshly ground black pepper and stir to thoroughly combine. Pour over the vegetables.
7. Toss the slaw with the dressing. Serve
8. Wash and dry up.
9. Put equipment away.

Serving suggestion



Stir fry

Ingredients

50g egg noodles

25g bean sprouts

½ onion

25g mushrooms

¼ red pepper

¼ green pepper

½ carrot

2 baby corn

Fresh ginger

1 tablespoon soy sauce

1 tablespoon oil



Order of work

1. Tie long hair back & remove jewellery
2. Put an apron on & wash hands with hot water and soap, dry with paper towels.
3. Collect a tea towel and a dish cloth.
4. Wipe down the work surface.
5. Take out equipment.
6. Cook noodles as per instructions.
7. On a green chopping board, slice vegetables into thin strips.
8. Grate the ginger.
9. Heat the oil in the pan stir in all the vegetables (apart from the bean sprouts)
10. After 2 minutes stir in the bean sprouts, ginger and soy sauce.
11. Cook for a further minute.
12. Drain the noodles and stir in.
13. Put any rubbish in the bin and wipe the work surface.
14. Wash & dry up.
15. Put all equipment away.

Serving suggestion

Use to fill spring rolls



Sweet & Sour Chicken

- 1 chicken breast
- 1 clove garlic
- 1/2 onion
- 1/2 green pepper
- 2 tsp sugar
- 2 tsp vinegar
- ¼ can pineapple pieces
- 1 tsp cornflour
- 1 tsp soy sauce
- 1 tsp tomato puree



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Peel, chop and fry onions with garlic.
6. Stir in diced chicken.
7. Drain juice from pineapple add enough water to make 250ml.
8. chicken.
9. In a small bowl, add sugar, vinegar, soy sauce, tomato purée, cornflour and pineapple juice.
10. Mix until smooth. Stir into pan with chicken, onions, pepper & pineapple.
11. Stir until sauce thickens.
12. Simmer for 10 minutes.
13. Wash and dry up.

Serving suggestion

Serve with rice or egg fried rice

Add chillies for a sweet chilli sauce



Pavlova

For the meringue

- 2 large free-range egg whites
- 125g caster sugar
- ½ tsp vanilla extract
- 1 tsp cornflour

For the filling

- 200ml double cream
- 200g fresh fruits; strawberries, raspberries, blueberries
- mint sprigs, to decorate
- sifted icing sugar, to decorate



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 150C/Fan 130F/Gas 2. Place a 25cm/10in dinner plate on a sheet of baking parchment and draw around it.
6. Put the egg whites in a large, clean bowl and whisk with an electric hand whisk until stiff but not dry. They are ready when you can turn the bowl upside down without the eggs sliding out.
7. Gradually whisk in the sugar, a tablespoonful at a time, whisking for a few seconds between each addition. Adding the sugar slowly helps to build up volume in the meringue and make it stiff and shiny. Finally, whisk in the vanilla extract and cornflour until well combined.
8. Dab a small amount of the meringue in the corners of a large, sturdy baking tray or sheet. Position the baking parchment, drawn side down, on the baking sheet, using the meringue dabs to secure it to the tray. You should be able to see the circle through the paper.
9. Spoon the meringue into the circle and shape with the back of a serving spoon or rubber spatula to create a large meringue nest, with soft peaks rising on all sides.
10. Place in the centre of the oven and bake for 1 hour until very lightly coloured and crisp on the outside. (If the meringue seems to be becoming too brown, reduce the temperature of the oven).
11. Wash & dry up.
12. Put all equipment away.
13. Turn the oven off and leave the meringue for a further hour.
14. Remove from the oven and leave to cool completely.
15. Up to 2 hours before serving, carefully release the meringue from the baking parchment, using a spatula if necessary, and place onto a large serving plate. Whip the cream until soft peaks form and spoon into the centre of the meringue.
16. Top with the fresh fruits.
17. Decorate with sprigs of mint and dust with sifted icing sugar to serve.

Serving suggestions Eton Mess



Meringue nests



Profiteroles

For the choux pastry

200ml/7fl oz cold water
4 tsp caster sugar
85g/3oz unsalted butter, plus extra for greasing
115g/4oz plain flour
pinch salt
3 medium free-range eggs, beaten

For the cream filling

600ml/1 pint double cream
1 orange, zest only

For the chocolate sauce

100ml/3½fl oz water
80g/3oz caster sugar
200g/7oz good-quality dark chocolate, broken into pieces



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 200C/400F/Gas 6. Place a small roasting tin in the bottom of the oven to heat.
6. For the choux pastry, place the water, sugar and butter into a large saucepan. Heat gently until the butter has melted.
7. Turn up the heat, then quickly pour in the flour and salt all in one go.
8. Remove from the heat and beat the mixture vigorously until a smooth paste is formed. Once the mixture comes away from the side of the pan, transfer to a large bowl and leave to cool for 10-15 minutes.
9. Beat in the eggs, a little at a time, until the mixture is smooth and glossy and has a soft dropping consistency - you may not need it all.
10. Lightly grease a large baking sheet. Using a piping bag and plain 1cm/½in nozzle, pipe the mixture into small balls in lines across the baking sheet. Gently rub the top of each ball with a wet finger - this helps to make a crisper top.
11. Place the baking sheet into the oven. Before closing the oven door, pour half a cup of water into the roasting tin at the bottom of the oven, then quickly shut the door. This helps to create more steam in the oven and make the pastry rise better. Bake for 25-30 minutes, or until golden-brown - if the profiteroles are too pale they will become soggy when cool.
12. Wash & dry up.
13. Put all equipment away.
14. Remove from the oven and turn the oven off. Prick the base of each profiterole with a skewer. Place back onto the baking sheet with the hole in the base facing upwards and return to the oven for five minutes. The warm air from the oven helps to dry out the middle of the profiteroles.
15. For the filling, lightly whip the cream with the orange zest until soft peaks form. When the profiteroles are cold, use a piping bag to pipe the cream into the profiteroles.

16. For the chocolate sauce, place the water and sugar into a small saucepan and bring to the boil to make a syrup. Reduce the heat to a simmer and place the chocolate into a heatproof bowl set over the pan. Heat, stirring occasionally, until melted. Take the pan off the heat, pour the syrup mixture into the chocolate and stir until smooth and well combined.
17. To serve, place the stuffed profiteroles into a large serving dish and pour over the chocolate sauce. Serve hot or cold.

Serving suggestion

Eclairs



Choux pastry swans



Croquembouche



Chocolate Mousse

150g dark chocolate, 70% cocoa solids, roughly chopped
100ml extra virgin olive oil
4 large free-range eggs, at room temperature, separated
¼ tsp sea salt flakes, plus a pinch
50g caster sugar



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Melt the chocolate either in the microwave or in a large heatproof bowl suspended over a pan of simmering water (but not touching the water), making sure – either way – you remove it from the heat before it is completely melted, then stir it gently so that the last little pieces of chocolate dissolve. Leave to cool for 10 minutes. Stir in the oil and set aside.
6. Whisk the egg whites with a pinch of sea salt flakes in a grease-free bowl until you have firm peaks. Set aside.
7. Whisk the yolks, sugar and ¼ teaspoon of sea salt flakes in a separate large bowl until pale, thick and about doubled in volume.
8. Gradually pour the chocolate-oil mixture into the beaten yolks and fold to mix completely. Add a third of the beaten egg whites and fold in vigorously to lighten the mixture; no need to be delicate at this stage. Now gently fold in another third of the egg whites and, when that second lot is incorporated, fold in the final third leaving behind any liquid at the bottom of the bowl of whites. No white streaks should be visible.
9. Gently spoon the mousse into your ramekins or cups. Refrigerate for 20 minutes then eat straight away, or for an hour and then take out to come to room temperature for 40 minutes before eating.
10. Wash & dry up.
11. Put all equipment away.

Serving suggestions



Chocolate Log

For the chocolate sponge

4 large free-range eggs
100g/3½oz caster sugar
65g/2½oz self-raising flour
40g/1½oz cocoa powder

For the chocolate ganache topping

300ml/½ pint double cream
300g/10½oz dark chocolate

For the cream filling

300ml/½ pint double cream, whipped

To decorate

icing sugar, for dusting
a toy robin or sprig of holly



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Preheat the oven to 200C/400F/Gas 6. Lightly grease a 33x23cm/13x9in Swiss roll tin, and line with non-stick paper or baking parchment, pushing it into the corners.
6. For the sponge, in a large bowl whisk the eggs and sugar using an electric hand whisk until the mixture is pale in colour, light and frothy. Sift the flour and cocoa powder into the bowl and carefully cut and fold together, using a spatula, until all the cocoa and flour are incorporated into the egg mixture. (Be careful not to beat any of the air out of the mixture).
7. Pour the mixture into the lined tin and spread evenly out into the corners. Bake in the middle of the preheated oven for 8–10 minutes, or until well risen and firm to the touch and the sides are shrinking away from the edge of the tin.
8. Place a piece of baking parchment bigger than the Swiss roll tin on the work surface. Dust with icing sugar generously. Carefully invert the cake onto the paper and remove the bottom lining piece of paper.
9. Cut a score mark 2.5cm/1in in along one of the longer edges. Starting with this edge, begin to tightly roll up the sponge using the paper. Roll with the paper inside and sit the roll on top of its outside edge to cool completely.
10. While the cake is cooling, make the ganache topping. Heat the cream in a pan, just so as you can keep your finger in it. Remove from the heat and add the chocolate, stirring until it is melted. Cool to room temperature, then put into the fridge to firm up (this icing needs to be very thick for piping).
11. Uncurl the cold Swiss roll and remove the paper. Spread the whipped cream on top, and re-roll tightly. Cut a quarter of the cake off from the end on the diagonal. Transfer the large piece of cake to a serving plate and angle the cut end in to the middle of the large cake to make a branch.
12. Put the chocolate icing into a piping bag fitted with a star nozzle. Pipe long thick lines along the cake, covering the cake completely so it looks like the bark of a tree. Cover each end with icing or, if you wish to see the cream, leave un-iced. Alternatively, just use a palette knife to spread on the icing and create rough bark texture with a fork.
13. Dust with icing sugar and garnish with fresh holly or a little robin to serve.

Pancakes

150g plain flour
pinch salt
150ml milk
150ml water
2 large free-range eggs, lightly whisked
1 tbsp melted butter, plus extra for frying



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Put the flour and salt into a large bowl, make a well in the centre and pour in the milk and eggs. Give the liquid mixture a quick whisk before incorporating the flour. Continue to whisk until you have a smooth batter.
6. Now add the melted butter and whisk thoroughly. Ideally, let the batter rest for 15–30 minutes. This will help the gluten to relax, which will make the pancakes more tender and thinner, as the batter will spread more easily.
7. Take a crêpe pan, or large frying pan, dip some kitchen paper in the oil and carefully wipe the inside of the pan. Heat the pan over a medium heat for 1 minute.
8. Add just under a ladleful of batter to the pan and immediately start swirling it round the pan to get a nice even layer.
9. Cook the pancake for 30–40 seconds. Use a palette knife to lift the pancake carefully to look at the underside to check it is golden brown before turning over.
10. Cook the other side for approximately 30–40 seconds and transfer to a serving plate.
11. Serve.
12. Wash & dry up.
13. Put all equipment away.

You can use this traditional pancake recipe to make sweet or savoury pancakes. For sweet pancakes, you can add a dessert spoon of caster sugar and the zest of an orange for a great flavour. For savoury pancakes, you can add some finely chopped herbs such as dill and parsley, or perhaps some grated Parmesan.



Welsh Cakes

225g self-raising flour
110g salted butter, diced
85g caster sugar, plus extra for dusting
handful of sultanas
1 free-range egg, beaten
milk, if needed
extra butter, for greasing



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Sift the flour into a bowl and add the diced butter.
6. Rub with your fingertips, until the mixture resembles breadcrumbs.
7. Add the sugar, sultanas and beaten egg and mix well to form a ball of dough, using a splash of milk if needed.
8. Roll the dough out on a floured board to a thickness of about 5mm/1/2in.
9. Cut into rounds with a 7.5–10cm/3-4in plain cutter.
10. Rub a bakestone or heavy iron griddle with butter, wipe away the excess and place on the hob until it is heated through.
11. Cook the Welsh cakes a few at a time for 2–3 minutes on each side, or until golden-brown.
12. Remove from the griddle and dust with caster sugar while still warm.
13. Wash & dry up.
14. Put all equipment away.



Custard

600ml milk

1 vanilla pod, slit lengthways and seeds scraped out

3 free-range eggs, yolks only

25g caster sugar

2 tsp cornflour



Order of work

1. Tie hair back.
2. Put apron on.
3. Wash hands and wipe down work surface.
4. Collect equipment and take out ingredients.
5. Heat the milk and the vanilla pod and seeds in a pan over a medium heat, stirring frequently, until just coming up to boiling. Set aside for 15 minutes to infuse and cool slightly.
6. Mix together the egg yolks, sugar and cornflour in a heatproof bowl stirring to get a smooth paste.
7. Slowly pour the hot milk into the paste, stirring constantly until completely combined.
8. Strain the mixture into a clean saucepan and, stirring constantly, cook gently over a low heat until the custard thickens. If you don't, coat the back of the spoon with custard and draw a line through with your finger. If the line holds, the custard is ready.
9. Wash & dry up.
10. Put all equipment away.

Serving suggestion



Raspberry coulis

350g frozen or fresh raspberries
2 tbsp icing sugar, sifted



Place the raspberries, icing sugar and 2 tablespoons water in a saucepan. Warm over a gentle heat and stir frequently until the raspberries have collapsed. Remove from the heat and use a fork or hand blender to further break up the raspberries. Push through a fine sieve into a jug and loosen with a splash of water, if necessary to reach desired consistency. Place in the fridge to cool.

Barbecue sauce

1 tbsp olive oil
1 onion, finely chopped
1 can chopped tomatoes
3 garlic cloves, finely chopped
85g brown sugar
3 tbsp malt vinegar
2 tbsp Worcestershire sauce
1 tbsp tomato purée



Heat oil in a saucepan and add the onion. Cook over a gentle heat 4-5 mins, until softened. Add the remaining ingredients, season and mix. Bring to the boil, then reduce heat and simmer for 20-30 mins, until thickened. For a smooth sauce, simply whizz the mixture in a food processor or with a hand blender for a few seconds

Pasta

200g '00' flour, plus extra for dusting

2 free-range eggs

1 tbsp salt



1. Put the flour in a mound on a large clean work surface. Make a well in the centre and add the eggs. Gradually draw the flour into the eggs with your hands to create a dough. The dough will become less sticky as it comes together.
2. Form into a ball and knead for around 8 minutes until smooth, elastic and when you drag your thumb across the dough it doesn't tear. Place in an airtight box and chill in the fridge for 30 minutes.
3. Alternatively, put the flour in a food processor. Add the eggs and pulse until the mixture resembles fine breadcrumbs (it shouldn't be dusty, nor should it be a big, gooey ball). This only takes a minute. Tip out the dough and knead to form into a ball shape. Knead and set aside to rest as above.
4. Divide the dough into four equal pieces and place one piece on a work surface dusted with semolina. Make sure the other dough pieces are covered with a damp tea towel to prevent them from drying out. Roll the dough into a rectangle that is about 5mm/ $\frac{1}{4}$ in thick.
5. Feed the pasta through a pasta machine on the widest setting. Fold and feed through again. Repeat the process four or five times.
6. Pass the dough through the pasta machine rollers, decreasing the setting grade by grade to the desired setting (either the penultimate or final setting, depending on your preference). If the sheet of pasta becomes too long to handle easily, cut it in half. Ideally, by the end you should be able to see your fingers through the pasta. (You can roll pasta by hand with a rolling pin, but it will certainly give you a workout!)
7. Cut the pasta dough into your desired shape using a pizza wheel or pasta roller and a ruler. Alternatively, dust each sheet with semolina and fold in both ends to the centre of the sheet, repeating until you have a small paperback-sized parcel.
8. Use a sharp chef's knife to cut it into strips. Immediately unfold and untangle the sheets and swish in more semolina while you cut the rest. Or simply feed the pasta sheets through one of the cutting attachments on the machine.
9. To cook, fill a large pot with boiling water (it will take a couple of kettle's worth), add the salt and bring to the boil.
10. Add the pasta and cook for around 2 minutes, or until it floats to the surface. Drain thoroughly (reserving a mug of pasta water in case your sauce needs a little loosening) and serve with your sauce of choice.

Naan Bread

For the dough

250g plain flour

2 tsp sugar

½ tsp salt

½ tsp baking powder

120ml milk

2 tbsp vegetable oil, plus extra for greasing

For the topping

nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander

1 tbsp butter, melted, to serve



1. For the dough, sift the flour, sugar, salt and baking powder into a bowl. In another bowl, mix together the milk and oil.
2. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough. Knead well for 8–10 minutes, adding a little flour if the dough is too sticky.
3. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10–15 minutes. Form the dough into five balls.
4. Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.
5. Roll the dough balls out quite thinly, ideally in a teardrop shape, but really this is just aesthetic. Sprinkle over your chosen topping and press into the surface of the dough. Place the naans onto the hot baking sheet and grill for 1–2 minutes, or until lightly browned. Brush with butter and serve hot.





Vanilla ice cream

300ml milk
325ml whipping cream
1 ½ tsp vanilla extract
3 egg yolks
150g caster sugar






1. Place the freezer bowl in the freezer 24 hours in advance
2. Add whole milk, whipping cream and vanilla extract to a clean saucepan
3. Heat until just boiling - medium heat
4. Strain mixture into jug and let cool
5. Attach Whisk
6. Add egg yolk and caster sugar to the Kenwood Bowl
7. Mix with splashguard fitted until mixture comes together then scrape bowl - 2 min, Speed 4
8. Mix with splashguard fitted until thick - 2 min, Speed 4
9. Pour milk mixture into Kenwood Bowl carefully
10. Mix with splashguard fitted - 3 min, Speed Min
11. Pour mixture into saucepan
12. Heat until thick - medium heat
13. Chill in fridge until cold - 1 hr
14. Attach the Frozen Dessert Maker to the machine
15. Pour custard into Frozen Dessert Maker attachment
16. Mix - 30 minutes, speed Min
17. Transfer ice cream to air tight container and cover
18. Chill overnight in freezer
19. Serve


WORD BANK

AROMA	TASTE	TEXTURE	APPEARANCE
<p>The nose detects aromas released from food. An odour may be described in association with a particular food; cheesy or fishy.</p> <p>Other words; Acrid Aromatic Bland Burnt Citrus Floral Fragrant Fruity Mild Musty Perfumed Pungent Rotten Scented Smoky Sour Spicy Strong Sweet Yeasty</p> 	<p>The tongue can detect four basic tastes; sweet, sour, salt & bitter. Taste may be described in association with a particular food; meaty, minty or fruity.</p> <p>Acidic Bitter Bland Cool Creamy Hot Mild Rancid Rich Salty Sharp Sour Strong Sweet Tangy Tart Warm Zesty</p> 	<p>Texture may be assessed through touch. When food is placed in the mouth, the surface of the tongue reacts to the feel of the surface of the food. Different sensations are felt as the food is chewed.</p>  <p>Brittle Bubbly Chewy Creamy Crisp Crumbly Crunchy Dry Fluffy Gooey Gritty Moist Rubbery Runny Short Soft Smooth Sticky Stodgy Tender</p>	 <p>Appetising Attractive Burnt Clear Clody Colourful Cracked Curved Decorated Firm Flaky Fresh Glossy Golden Healthy Lumpy Moist Pale Soft Soggy Tasty Uneven</p>



PREPARATION & COOKING TECHNIQUES

Basic	Medium	Complex
<p>Blending Beating Grating Hydrating Juicing Marinating Mashing Melting Proving Shredding Sieving Tenderising Zesting</p> 	<p>Creaming Dehydrating Folding Kneading Measuring Mixing Pureeing Rubbing-in Rolling Skinning Toasting (nuts/seeds) Weighing</p> 	<p>Crimping Laminating (pastry) Melting using a bain marie Piping Shaping Unmoulding Whisking (aeration)</p> 

KNIFE TECHNIQUES

Basic	Medium	Complex
<p>Chopping Peeling Trimming</p>	<p>Baton Chiffonade Dicing Slicing Deseeding Spatchcock</p> 	<p>Brunoise Julienne Mincing Deboning Filleting Segmenting</p>

COOKING TECHNIQUES

Basic	Medium	Complex
<p> Basting Boiling Chilling Cooling Dehydrating Freezing Grilling Skimming Toasting </p> 	<p> Baking Blanching Braising Deglazing Frying Griddling Pickling Reduction Roasting Sauteing Setting Steaming Stir frying Water bath (sous-vide) </p> 	<p> Baking blind Caramelising Deep fat frying Emulsifying Poaching Tempering </p> 