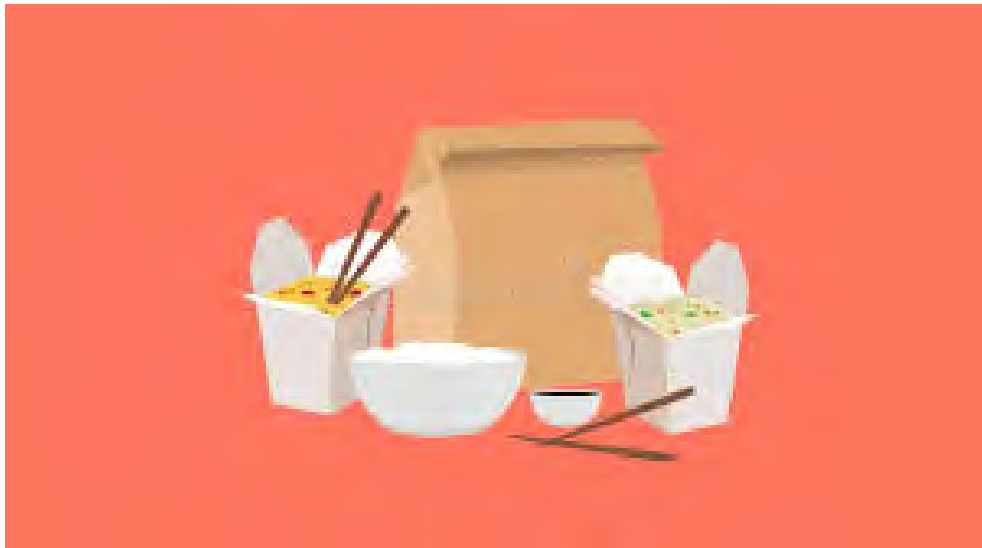


ST JOHN BAPTIST HIGH SCHOOL

FOOD

YEAR 9 FAKEAWAYS



NAME/ENW: _____

GROUP/GRWP: _____

Evaluation

Date/Dyddiad: _____

	😊	😐	😞
I chose the correct equipment for each task			
I worked in a tidy & organised way			
I followed instructions and listened carefully			
I worked to the best of my ability			
The teacher had to help me			
My finished dish was ...			

I ensured that I worked safely by....

I ensured that I worked hygienically by ...

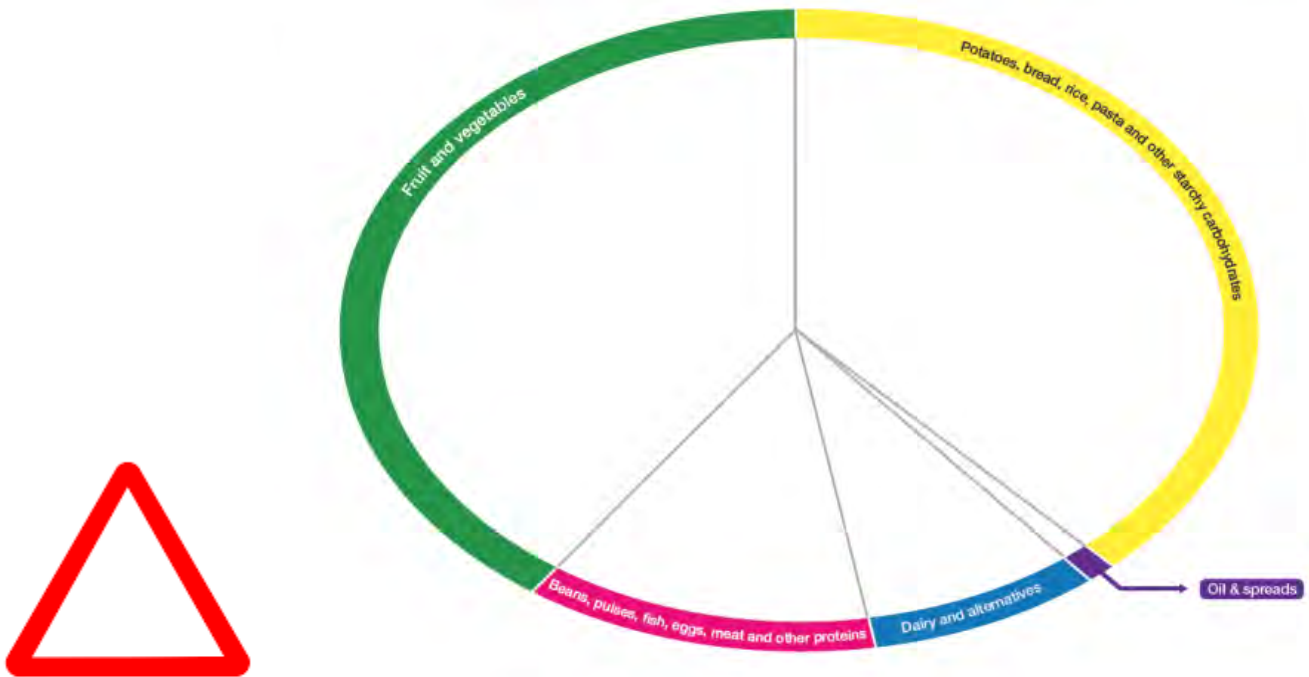
Describe your finished product

Appearance	Taste	Texture

Suggestions for improvement

Skills demonstrated

Identify where the ingredients you have used fit into the Eat Well Guide.



Nutritional Analysis

	Energy kcal	Fat g	Carbohydrate g	Protein g	Vitamin B12	Vitamin C	Vitamin A	Vitamin D	Calcium	Iron
My needs										
In this dish										

What ingredients could you change to make this dish healthier?

Replace	With

Lasagne

200g minced beef
1 clove garlic
½ onion
25g mushrooms, sliced
½ can chopped tomatoes
1 tbsp tomato purée
1 oxo cube
1 tsp dried herbs



2 lasagne sheets

25g butter/margarine
25g plain flour
200ml milk
25g cheese, grated

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. Fry off mince, stir in garlic and chopped onion
6. Add slice mushrooms
7. Stir in tomato purée, chopped tomatoes, oxo cube and herbs.
8. Simmer
9. In a separate pan, melt butter and stir in flour to make a roux.
10. Gradually stir in milk to form a thickened sauce.
11. Stir in most of the grated cheese.
12. In dish, layer meat sauce and lasagne sheets, pour over cheese sauce and sprinkle with grated cheese. Cook 30 minutes in the oven.
13. Wash & dry up

Sweet & Sour Chicken and Rice

1 chicken breast
1 clove garlic
1/2 onion
1/2 green pepper
2tbsp sugar
2tbsp vinegar
1/2 can pineapple pieces
1 tbsp cornflour
1 tbsp soy sauce
1 tbsp 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.

Chicken Curry & Rice

1 tbsp oil
1 chicken breast
½ onion, diced
½ pepper, diced
1 clove garlic, crushed
1 piece ginger
1 tbsp madras curry paste
½ can chopped tomatoes
200 ml water



A portion of boiled rice

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 oil in a pan over a high heat. Cook the chicken for 5-7 mins until golden and just cooked through, then remove and set aside.
6. Add the onion to the pan, cook for 3 mins until soft, then add the red pepper and cook for 2 mins.
7. Stir in the garlic and ginger and cook for 30 seconds.
8. Stir in the curry paste until everything is well coated.
9. Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little.
10. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.
11. Meanwhile, cook the rice following pack instructions.
12. Serve with the curry and sprinkle over the coriander to finish.
13. Wash & dry up.

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.



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.

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.

Pea & Ham Risotto

1 tbsp sunflower oil
½ onion
1 garlic cloves
50g risotto rice
1 litre chicken stock cube, made with 1 stock cube
25g ham
25g frozen peas
25g Italian-style cheese, finely grated



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 oil in a large, non-stick saucepan over a medium heat. Add the onion and garlic and fry for 2-3 minutes, stirring occasionally, until softened and just beginning to colour.
6. Add the risotto rice to the pan and stir well for 30-40 seconds, until the oil has coated the grains of rice.
7. Pour all of the stock and bring to the boil, stirring well. Reduce the heat and simmer, uncovered, for 8-10 minutes, stirring frequently, until the rice is almost tender and the risotto is creamy in appearance.
8. Stir in the ham and the frozen peas, then continue to cook, stirring constantly, for a further 4-5 minutes, or until the ham and peas are heated through and the rice is tender with a slight bite.
9. Remove the pan from the heat, then stir in the cheese. Season with black pepper.

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.

Garlic Dough Balls

200 g strong plain flour
Sachet of fast action dried yeast
½ tsp sea salt
½ tsp caster sugar
1 tbsp olive oil
150 ml lukewarm water

For the garlic butter

50 g unsalted butter softened
1 tsp sea salt
1 tbsp fresh parsley chopped
1 garlic clove

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. Add the flour, yeast, salt and sugar together in the mixing bowl.
6. Make a well in the middle and pour in the oil and water.
7. Mix to form a dough.
8. Knead for 10 minutes until the dough is soft and smooth.
9. Put the dough in a bowl to prove for 30 minutes, until it has doubled in size.
10. While the dough balls are rising, mix together the butter, chopped parsley, garlic and salt.
11. Knock the air out of the dough, tip it out onto a lightly floured surface and knead a couple of times.
12. Divide the dough into balls by cutting off sections of dough and rolling them into balls. Line these within 1cm of each other in a foil dish.
13. Cook for 8 minutes. Wash & dry up.
14. After 8 minutes in the oven, take the dough balls out and add a small dab of the parsley butter on top of each ball. Put back in the oven to bake for a further 8-10 minutes until golden brown.



Dirty Fries





1 large potatoes
bacon, diced
50 g cheese
¼ red pepper
¼ green pepper
1 spring onion
1 tsp Cajun seasoning
1 tbsp Worcestershire sauce
low calorie cooking spray



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. Cut the potatoes into chips. There's no need to peel them.
6. Coat the potatoes in oil cooking spray and sprinkle them with a little salt and half of the spices/.
7. Place in the oven for 20-30 minutes until they are soft and starting to colour.
8. Meanwhile, add the chopped peppers, bacon, onions, Worcestershire sauce and remaining Cajun seasoning.
9. Cook for a few minutes until they start to soften. When the chips are cooked and browned, add them to the frying pan and stir well.
10. Place the contents into an ovenproof dish and cook in the oven for 5-10 minutes, or until the cheese has melted.
11. Wash & dry up

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





KNIFE TECHNIQUES

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



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> 