



The Sutton Academy



The Food Department

RECIPE BOOK



Name:

Class:

Teacher:



IMPERIAL	METRIC	IMPERIAL	METRIC
1/2 oz	15g	7oz	200g
3/4 oz	20g	8oz (1/2lb)	230g
1oz	30g	9oz	255g
2oz	60g	10oz	285g
3oz	85g	11oz	310g
4oz (1/4lb)	115g	12oz (3/4lb)	340g
5oz	140g	13oz	370g
6oz	170g	14oz	400g

1kg = 35oz/2.2lbs

METRIC CONVERSION

LIQUIDS

PNT METRIC CUPS FL OZ.

100ml	3/4
125ml	1/2
150ml	5
200ml	7
250ml	1
275ml	9
300ml	11
400ml	14
500ml	2
570ml	20
750ml	3
1.0L	4
1.1L	40
1.3L	5
1.7L	60
2.0L	8
	70

OVEN TEMPS

Gas °F °C

1/2	250	120	VERY SLOW
1	275	140	
2	300	150	SLOW
3	325	170	
4	350	180	MODERATE
5	375	190	
6	400	200	MOD. HOT
7	425	220	
8	450	230	HOT
9	475	240	VERY HOT

°C x 1.8 + 32 = °F
°F - 32 ÷ 1.8 = °C

8 07

Weights

ONE CUP	IMP.	METRIC
Flour	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Salt/salt/Raisins	7oz	200g
Curraints	5oz	140g
Golden Syrup	12oz	340g
Uncooked Rice	7oz	200g
Grated Cheese	4oz	110g

CUPS

Water

Balls at: 100°C 212°F
Freezes at: 0°C 32°F

1 Litre = 1.76 Pints
1 Pint UK = 568 ml
1 Pint US = 16 fl oz

1fl oz = 28.41 ml
1 ml = 0.035 fl oz
1 Cup US = 250 ml

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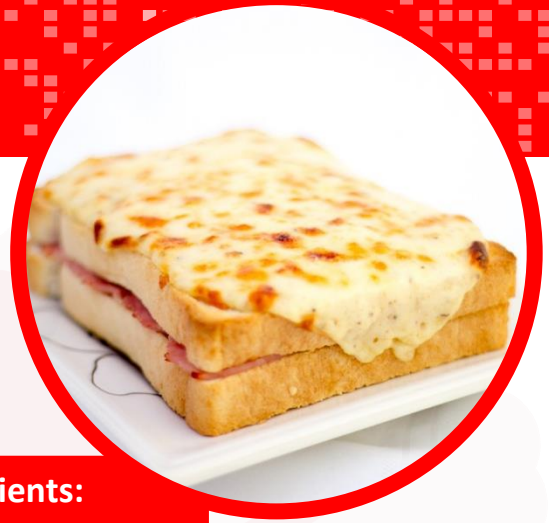
LIGHT BITES AND SALADS



Croque Monsieur

Ingredients

30g hard cheese e.g. Cheddar
1- 2 tbsp. of passata
2 slices bread



Optional Ingredients:

Ham
Variety of cheeses
Onion
Pepperoni

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the grill to 160°C.
3. Grate cheese on a chopping board – divide into 3.
4. Slice the tomato.
5. Lay the ham over one slice of bread.
6. Arrange the tomato over the other slice of bread.
7. Sprinkle a portion of cheese over both slices of bread.
8. Place the sandwich under the hot grill.
9. When the cheese is bubbling hot, remove from the grill.
10. Press the 2 slices of bread together, sprinkle the remaining cheese on top.
11. Place under the grill until the cheese is melted and golden. Serve.
12. Wash up.

Skills

Grating

Using the Grill

Slicing & Dicing

Combining
Ingredients

Chicken Goujons

Ingredients

1 chicken fillet
1 egg
2 tbsp. plain flour
2 slices of bread
1 tbsp. oil
Salt & pepper to taste

Optional Ingredients:
Herbs & spices (step 4)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 190°C.
3. Blend the slices of bread in the food processor to create breadcrumbs.
4. Place the breadcrumbs on a white tray- add any additional flavourings. e.g. ½ tsp chilli powder/ five spice.
5. Place the flour on another white tray.
6. Crack the egg into a pudding bowl- beat with a fork.
7. Cut the chicken breast into goujons (strips) on a red chopping board.
8. Dip the pieces of chicken into the plain flour.
9. Then dip in the beaten egg.
10. finally dip into the breadcrumbs.
11. Place on a baking tray.
12. Bake in the oven for 20-25 minutes. Serve.
13. Wash up.

Skills

Enrobing

Slicing & Dicing

Seasoning

Using the Oven

Deli Pasta Salad

Ingredients

125g Pasta
1 tomato
1 onion
¼ cucumber
½ pepper
1 tbsp. peas
1 tbsp. mayonnaise/salsa
/salad cream



Optional Ingredients:
1 tsp. Curry powder

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Bring a saucepan half full of water to the boil.
3. Add the pasta to the boiling water- time for 10 minutes.
4. Add the frozen peas to the pan.
5. Slice and dice the onion, cucumber and pepper.
6. Check pasta- it should be '**al dente**'.*
7. If cooked turn off heat and drain water in colander in sink. Wash with cold water.
8. Place pasta and all chopped vegetables in the glass bowl
9. Add the mayonnaise, salsa or salad cream.
10. Add spices if desired and mix. Serve.
11. Wash up.

***Al Dente**

An Italian term meaning to the tooth.

Skills

Using the Hob

Bridge & Claw
Methods

Boiling

Measuring

Honey & Balsamic Salad

Ingredients

For the salad:

1 lettuce, torn
Handful of spinach leaves
10 cherry tomatoes, sliced
¼ red onion, thinly sliced
175g cooked chicken breast, sliced

For the dressing:

1 tbsp. olive oil
3 tbsp. balsamic vinegar
1 tbsp. runny honey
1 tsp. wholegrain mustard
Salt and ground black pepper



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Simply put the salad ingredients you want in a large bowl.
3. Whisk together the olive oil, balsamic vinegar, honey and mustard in a small bowl; season with salt and pepper.
4. Gently toss the dressing with the salad; serve immediately.
5. Wash up.

Skills

Preparing a
Dressing

Slicing

Combining
Ingredients

Measuring

Caesar Salad

Ingredients

For the dressing:

2 cloves garlic
6 tbsp. sunflower oil
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. mustard powder
 $\frac{1}{4}$ tsp. ground black pepper
1 $\frac{1}{2}$ tsp. Worcestershire sauce
 $\frac{1}{8}$ tsp. cayenne pepper
2 tbsp. fresh lemon juice
50g anchovy fillets
1 egg

For the salad:

1 large lettuce
50g grated cheese



Homemade Croutons:

1 French baguette, cut into 1cm pieces
4 tbsp. melted butter
1 tsp. Italian herb seasoning
 $\frac{1}{2}$ tsp. Worcestershire sauce
15g grated cheese

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 150°C.
3. Prepare the dressing in a glass jar by combining the garlic, oil, salt, mustard, pepper, Worcestershire sauce, cayenne and lemon juice.
4. Rinse anchovy fillets under warm water, pat dry on kitchen roll and roughly chop them.
5. Place anchovies in jar with other ingredients. Cover with tight fitting lid and shake to mix.
6. To coddle the egg, bring 5cm of water to the boil in a small saucepan. Carefully lower egg into water; remove from heat and let stand for 1 minute.
7. Crack open the egg and with a spoon, scrape out all of the yolk and white into a small bowl.
8. Use a whisk to whip until very frothy. Pour egg mixture into the rest of the dressing and mix well.
9. Prepare the croutons by combining the bread cubes, melted butter, Italian seasoning, Worcestershire sauce and 1 tbsp. grated cheese. Toss well to coat bread, then place in a single layer on a baking tray and bake in preheated oven for 30 minutes.
10. Prepare salad in a large bowl by combining the lettuce, grated cheese, dressing and croutons to taste. Toss well to coat and serve.
11. Wash up.

Skills

Preparing a
Dressing

Combining
Ingredients

Grating

Seasoning

Z.

SIDE DISHES



Coleslaw

Ingredients

¼ Cabbage
1 small onion
½ carrot
1-2 tbsp. mayonnaise
Salt and ground black pepper

Optional Ingredients:
½ apple, grated (step 5)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Peel and grate the carrot. Put in your bowl.
3. Slice the onion using the bridge and claw methods. Put into bowl.
4. Finely slice the cabbage, into strips. Put into bowl.
5. Peel and grate the apple. Place into bowl.
6. Add the mayonnaise.
7. Mix to combine all ingredients.
8. Add a pinch of salt and pepper to flavour. Mix again.
9. Put mixture into serving dishes. Serve.
10. Wash up.

Skills

Peeling

Grating

Bridge & Claw
Methods

Slicing & Dicing

Savoury Rice

Ingredients

1 onion
½ pepper
1 tomato
2 tsp. oil
150g long grain rice
500ml water, boiling
1 vegetable stock cube
1 tsp. spoon curry powder

Optional Ingredients:

50g peas
3 Mushrooms



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Peel and chop the onion.
3. Slice the mushrooms.
4. Dice the pepper.
5. Chop the tomato.
6. Fry the onion in the oil until soft.
7. Add the mushrooms and pepper and cook for a further 2 minutes.
8. Stir in the rice.
9. Mix the stock cube with the boiling water.
10. Add the stock, peas and curry powder.
11. Then, **simmer*** for 15 minutes until the rice is tender.
12. Place the rice in a bowl and sprinkle the chopped tomato on top. Serve.
13. Wash up.

*Simmering

A temperature just below boiling point (bubbling gently).

Skills

Bridge & Claw
Methods

Slicing & Dicing

Seasoning

Boiling &
Simmering

Potato Wedges

Ingredients

2-3 medium potatoes
Chilli Powder or Paprika
Salt and pepper
Herbs
1 tbsp. oil



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 200°C.
3. Collect a vegetable knife and a white chopping board.
4. Slice the potato in half lengthways using the bridge technique.
5. Using the claw technique downwards at a 45 degree angle.
6. Move the potato around if not on a flat bottom until firm and continue to create 45 degree angle wedges (consistent sizing).
7. Spray a baking tray with oil.
8. Place the wedges onto the tray and move around.
9. Sprinkle over some spices if desired- make sure both sides have been covered and moved around the tray.
10. Place in the oven for 15-20 minutes until golden brown (remember to turn them over to ensure even baking). Serve.
11. Wash up.

Skills

Bridge & Claw
Methods

Seasoning

Using the Oven

Temperature
Control

Dauphinoise Potatoes

Ingredients

500g smooth potatoes, (e.g Desiree), thinly sliced,
200ml double cream,
100ml milk,
1 garlic clove, crushed,
50g Gruyère cheese, grated



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 180°C.
3. Place the potatoes in a bowl of cold water to prevent them from browning. Rinse, then pat dry with kitchen paper.
4. Place the cream, milk and garlic in a large saucepan and bring to a gentle simmer.
5. Add the potatoes, cover and simmer for 10 minutes until just tender. Season well.
6. Transfer to a buttered ovenproof dish and sprinkle over the cheese. Bake for 25 minutes until golden, and there you have it - the perfect dauphinoise potatoes. Serve.
7. Wash up.

Skills

Making a Sauce

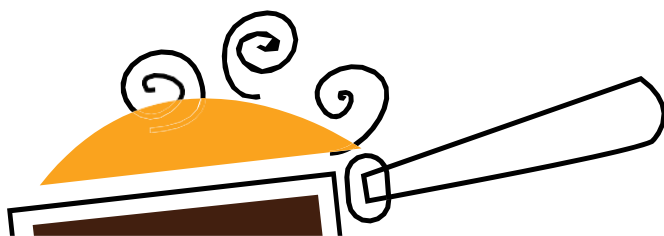
Slicing

Grating

Measuring

3.

PASTA DISHES



Macaroni Cheese

Ingredients

250ml milk (semi skimmed or full fat)
25g margarine or butter
25g plain flour
100g grated cheese
100g macaroni pasta
Salt and ground black pepper



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 180°C.
3. Put the plain Flour, butter and milk into a measuring jug.
4. Add all the mixture from the jug into your pan. Keep stirring using a balloon whisk until smooth. **Gelatinisation*** has occurred once the sauce has thickened.
5. Take off the heat.
6. Add the grated cheese until sauce is smooth and the cheese has melted- keep stirring.
7. Pour the cheese sauce over the macaroni pasta.
8. Grate extra cheese over the top & bake for 10 minutes until golden brown. Serve.
9. Wash up.

***Gelatinisation**

The process where starch and water are subjected to heat causing the starch granules to swell. As a result, the water is gradually absorbed in an irreversible manner – resulting in a thickened mixture.

Skills

Using the Hob

Making a Sauce
(Roux)

Weighing &
Measuring

Whisking

Chicken Pasta Bake

Ingredients

1 tbsp. butter
200g penne pasta
1 onion
2 chicken breasts
2 tomatoes
1 tbsp. paprika
2 tbsp. olive oil
Salt and black pepper

For the sauce:

25g butter
25g plain flour
250ml milk
1 tsp. dijon mustard
100g parmesan



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 220°C. Butter a shallow ovenproof dish.
3. Dice the onion.
4. Cook the penne with the onion in boiling, salted water until soft.
5. Drain the onion and pasta using a colander.
6. Cut the chicken into strips.
7. Put the chicken strips in a resealable freezer bag with the paprika and a little salt and pepper, seal the bag and shake to coat.
8. Heat the oil in a large frying pan and quickly fry the chicken over a high heat for about 2 minutes until golden-brown and just cooked through.
9. Using a slotted spoon, transfer the fried chicken to a plate and set aside.
10. To make the sauce, add the remaining ingredients to a large saucepan and whisk together to form a roux. Cook for 1 minute until the sauce is smooth and thickened. Once thickened, turn off the heat. Stir in the mustard and half the cheese and season with salt and pepper.
11. Add the pasta and onion to the sauce in the pan and stir together. Spoon half this mixture into the dish, arrange the chicken strips over the top and spoon the remaining pasta and sauce on top of the chicken.
12. Scatter over the tomatoes and then top with the remaining cheese.
13. Bake in the oven for about 20 minutes until piping hot and golden-brown on top. Serve.
14. Wash up.

Skills

Making a Sauce

Slicing & Dicing

Seasoning

Using the Hob

4.

FISH DISHES



Fish Pie

Ingredients

350g potatoes peeled, boiled and mashed
250g fish e.g haddock, salmon, cod, hake, Pollock
50g peas or sweetcorn
Dill (or other herb)

Mornay Sauce

25g unsalted butter
25g plain flour
250ml milk
50g mature cheddar cheese

To make the Mornay sauce:

1. Melting the margarine in a small pan
2. Add the flour and stir with a wooden spoon, cook for 1 minute, stirring all the time. This is called a roux.
3. Gently, add the milk, continually whisking at all times. Do this until all the milk is added. Then add in the grated cheese and dill.

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 180°C.
3. Peel, boil and mash potatoes. Mash with a little milk or butter to make creamy. Set aside.
4. Next, make the Mornay Sauce.
5. Prepare the fish, using a blue board. Dice into chunks. Add the fish to the mornay sauce and allow to poach in the liquid. Turn the pan right down. Do not over stir or the fish will break up.
6. Pour the fish mixture into an ovenproof dish and top with the creamy mashed potato.
7. Bake in the oven for 20-25 minutes until the potato has turned golden. Serve.
8. Wash up.



Skills

Prepare & Cook
High Risk Foods

Slicing & Dicing

Making a Sauce
(Roux)

Using the Hob &
Oven

Fish Goujons

Ingredients

225g white fish
1 egg
50g flour
3 slices of bread **or** 75g cornflakes
(makes a very crispy coating)
Flavourings e.g. lemon zest/herbs/chilli
flakes



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 200°C.
3. Grease or line a baking tray.
4. Cut the fish into little finger-sized pieces.
5. **For the Cornflake coating:** Place the corn flakes, lemon zest and herbs into the small plastic bag. Press everything together to crush the flakes into crumbs. Pour onto a plate.
6. **For the breadcrumb coating:** Make the bread into breadcrumbs by using a food processor.
7. Beat the egg in a shallow bowl. Spread the flour on a paper towel.
8. Toss each piece of fish in the flour. Then dunk in the egg and roll in the crumbs. Sit on a baking sheet and continue with remaining fish.
9. Cook the for 10-15 minutes, until golden. Serve.
10. Wash up.

Skills

Enrobing

Using the Oven

Prepare & Cook
High Risk Foods

Flavouring

Fish Cakes

Ingredients

350g potatoes peeled
200g canned tuna/salmon or cooked fish
e.g. haddock
25g butter
Bunch of parsley (from the garden)
200g dried breadcrumbs or stale bread
1 egg
50g flour (plus extra for shaping)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water
2. Preheat the oven to 200°C.
3. Peel, boil and mash potatoes. Mash with a little milk or butter to make creamy and season. Set aside.
4. Add the drained tuna or salmon to the potato. Season and add chopped parsley.
5. Set up the pane station - place the flour on a paper towel, beat the egg in a small bowl and place the breadcrumbs on a plate (keep them in this order!).
6. Place the fish/potato mixture and shape into a fat sausage on a chopping board. Cut into 8 even sized pieces and shape into rounds.
7. Dip each round, firstly in the flour, then egg and finally breadcrumbs. This is called **Enrobing***.
8. Bake for 15-20 minutes in a hot oven until golden and crisp.
9. You could shallow fry these fish cakes in a little hot oil, but this increases the fat content. Serve.
10. Wash up.

***Enrobing**

To process of coating an item of food.

Skills

Enrobing

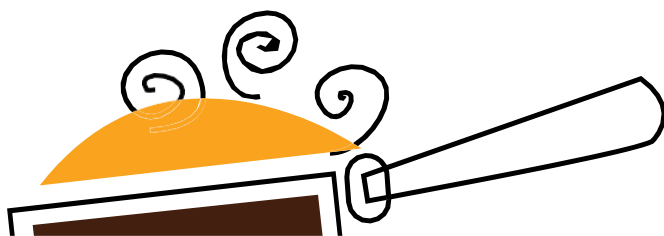
Using the Oven

Prepare & Cook
High Risk Foods

Flavouring

5.

MEAT DISHES



Spaghetti Bolognese

Ingredients

Spaghetti (see pasta section)
1 onion
1 clove garlic/ ½ tsp. paste
½ Pepper (any colour)
100g lean minced beef
1 beef stock cube
Dash Worcestershire sauce
½ can chopped tomatoes
50ml water
1 tbsp. tomato purée
1 tsp. mixed herbs



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Add oil to a Saucepan.
3. Half fill another saucepan and bring to the boil (for pasta).
4. Peel and chop the onion.
5. Dice the pepper.
6. Peel and crush the clove of garlic.
7. Fry the mince (in the saucepan with oil), onion, garlic and pepper until the mince is brown in colour.
8. Crumble in the stock cube.
9. Add a dash of Worcestershire sauce
10. Add in chopped tomatoes, tomato purée and mixed herbs.
11. Now add water. Stir & Simmer for 15-20 minutes. Serve.
12. Wash up.

Skills

Manipulating
Sensory Properties

Making a Sauce

Bridge & Claw
Methods

Slicing & Dicing

Chilli Con Carne

Ingredients

1 onion
1 pepper
½ tsp. garlic paste
1 heaped tsp. chilli powder
1 tsp. paprika
1 tsp. ground cumin
100g lean minced beef
1 beef stock cube
½ can of chopped tomatoes
½ tsp. sugar
1 tbsp. tomato purée

For the sauce:

¼ can red kidney beans (step 10)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Add oil to the Saucepan.
3. Dice the pepper.
4. Peel and chop the onion.
5. Fry the mince, until it is brown in colour.
6. Now add the diced onion and garlic paste before frying for a further 5 minutes.
7. Add chilli powder, paprika and ground cumin.
8. Crumble in the stock cube.
9. Add chopped tomatoes, tomato puree and sugar.
10. Add the kidney beans (optional)
11. Simmer for 15-20 minutes until the mixture is glossy. Serve.
12. Wash up.

Skills

Using the Hob

Seasoning

Slicing & Dicing

Making a Sauce
(Meat)

Sweet & Sour Chicken

Ingredients

1 chicken fillet
½ pepper
1 onion
1-2 tbsp. pineapple chunks



For the sauce:

2 tbsp. soy sauce
2 tbsp. passata
1 tbsp. lemon juice
1 tbsp. vinegar
1 tbsp. sugar
1 tbsp. cornflour
1-2 tbsp. Pineapple juice
Water

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Add oil to the saucepan.
3. Dice the chicken. Remember to do this on a red chopping board.
4. Peel and chop the onion and de-seed and dice the pepper;
5. Heat up the oil, then fry the chicken. Add onion and pepper and continue to fry, gently until chicken is cooked through.
6. Make up the sauce. Add soy sauce and passata to a jug.
7. Add lemon juice, vinegar, tomato puree and sugar to the jug. Add cornflour and stir well. Add pineapple juice and then make the sauce up to 300ml with water. Stir for a final time.
8. Add sauce mix to saucepan and cook until sauce has thickened. Remove heat.
9. Add pineapple chunks and stir in well. Serve.
10. Wash up.

Skills

Making a Sauce

Slicing & Dicing

Prepare & Cook
High Risk Foods

Using the Hob

Fajitas

Ingredients

½ lime
1 clove garlic
½ green chilli
Small bunch coriander
2 tsp. oil
1 small chicken breast
½ onion
½ green pepper
1 tomato
25g Cheddar cheese
2 tortillas



Optional Ingredients:

1 tbsp. guacamole or salsa (step 10)

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Prepare the marinade. Squeeze the lime, peel and crush the garlic.
3. De-seed and slice the chilli, chop the coriander stir everything together with the oil.
4. Dice the chicken. Remember to do this on a red chopping board.
5. Mix with the marinade and place in the fridge, covered until needed.
6. Slice the pepper and onion and chop the tomato.
7. Grate the cheese.
8. Add the marinated chicken to the wok or saucepan and stir-fry.
9. Add the onion and pepper and continue to cook.
10. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole/salsa. Serve.
11. Wash up.

Skills

Marinating

Slicing & Dicing

Combining
Ingredients

Using the Hob

Homemade Burgers

Ingredients

Bread buns (see dough section)
150g Mince beef
½ onion
1 tsp. mixed herbs
1 egg
1 tbsp. Breadcrumbs



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Make the bread (recipe in the dough section).
3. Preheat oven to 200°C.
4. Dice the onion.
5. In a bowl add mince, breadcrumbs and onion.
6. Break an egg into the bowl with the mince. The egg is the **binding agent***.
7. Combine all the ingredients until they come together.
8. Season and mix well.
9. Using wet hands shape the mince into burger shapes.
10. Place on a baking tray and bake in the oven for 20-25 minutes. Serve.
11. Wash up.

**Binding Agent*

An ingredient that can help a mixture hold its shape or remain bound together.

Skills

Bridge & Claw
Methods

Combining
Ingredients

Seasoning

Using the Oven

Lasagne

Ingredients

For the meat sauce:

Lasagne sheets (see pasta recipe)
1 onion
1 clove garlic or ½ tsp. garlic paste
½ Pepper (any colour)
100g lean minced beef
1 beef stock cube
½ can chopped tomatoes
50ml water
1 tbsp. tomato purée
1 tsp. mixed herbs

For the roux sauce:

250ml milk
25g flour
25g butter
Salt and pepper
75g cheese



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 180°C.
3. Add oil to the Saucepan.
4. Peel and chop the onion.
5. Dice the pepper.
6. Peel and crush the clove of garlic.
7. Fry the mince, onion, garlic and pepper until the mince is brown in colour.
8. Crumble in the stock cube.
9. Add chopped tomatoes, tomato purée and mixed herbs.
10. Now add 50ml of water. Stir & Simmer for 15-20 minutes.
11. Make the roux sauce: add all the ingredients to a sauce pan, turn on the heat and stir continuously. When the sauce has thickened, turn off the heat.
12. Layer the 3 elements (meat sauce, roux and pasta) in an oven proof dish. Add a sprinkling of cheese to the top.
13. Bake for 45 minutes until golden brown. Serve.
14. Wash up.

Skills

Using the Oven

Making a Sauce
(Roux)

Using the Hob

Seasoning

Cottage Pie



Ingredients

1 tbsp. olive oil
1 large onion, chopped
1 clove garlic, crushed
2 medium carrots,
350g beef mince
1 can of chopped tomatoes
2 tbsp. tomato purée
200ml beef stock
1 tsp. dried mixed herbs
Dash Worcestershire sauce
Salt and freshly ground black pepper to taste

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat the oven to 190°C.
3. Dice the onion and carrot.
4. Heat the oil in a large frying pan over medium high heat.
5. Add the onion, garlic and carrot and cook over a medium heat until soft.
6. Add the mince and cook to brown.
7. Add the tinned tomatoes, purée, beef stock, mixed herbs and Worcestershire sauce. Season to taste with salt and pepper. Cover and simmer for 30 minutes.
8. Peel the potatoes and cut into 2cm chunks.
9. Cook in boiling salted water for 12 minutes, or until tender.
10. Drain and mash with the mustard, butter and milk. Season with salt and pepper to taste.
11. Spoon the mince mixture into a casserole dish.
12. Top with the mash – consider different presentation techniques.
13. Bake for 30 minutes until golden brown. Serve.
14. Wash up.

Skills

Making a Sauce
(Meat)

Presentation
Techniques

Seasoning

Using the Oven

6.

CURRY DISHES



Chicken Curry

Ingredients

- 1 chicken breast
- 1 onion
- 1 pepper
- ½ tsp. garlic paste
- 1 tbsp. oil
- ½ tbsp. of curry paste
- ½ tin of chopped tomatoes
- 1 tbsp. tomato purée



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Peel and dice vegetables.
3. Chop chicken breast into chunks on a red chopping board.
4. Add oil to a pan then add the chicken and fry.
5. Now add the prepared vegetables and gently fry until softened.
6. Then add garlic paste and curry paste. Gently cook until paste is well incorporated.
7. Add the chopped tomatoes and tomato puree.
8. Simmer on low for 5-10 minutes. Serve.
9. Wash up.

Skills

Prepare & Cook
High Risk Foods

Slicing & Dicing

Bridge & Claw
Methods

Making a Sauce

Spinach, Potato and Chickpea Curry



Ingredients

- 1 onion
- 1 clove garlic
- 1 large potato
- 1 tsp. oil
- 2 tbsp. curry paste
- 300ml water
- 1 can of chopped tomatoes
- 1 can of chickpeas, drained
- 3 handfuls of fresh spinach

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Add oil to the saucepan.
3. Peel and chop the onion.
4. Peel and crush the garlic.
5. Peel and cut the potatoes into 1cm cubes.
6. Fry the onion and garlic for 2 minutes in the oil.
7. Stir in the curry paste.
8. Add the cubed potatoes and 300ml water.
9. Add the chopped tomatoes and drained chickpeas.
10. Simmer for 20 minutes, until the potato is tender. Serve.
11. Wash up.

Skills

Measurement

Making a Sauce

Combining
Ingredients

Slicing & Dicing

Thai Green Curry

Ingredients

1 tbsp. oil
1 onion
1 pepper
1 small chicken breast
½ tsp. Thai green curry paste
½ tsp. garlic paste
½ a can of coconut milk



Optional Ingredients:
1 tsp. mixed herbs (step 9)

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Chop the chicken into equal chunks on a red chopping board.
3. Slice 1 pepper into thin strips.
4. Dice 1 onion into small pieces.
5. Add the chunks of chicken to the pan with oil and fry.
6. Add diced onions, sliced pepper, garlic paste and curry paste.
7. Stir in coconut milk.
8. Leave to simmer for 5 minutes.
9. Add salt, pepper and herbs to taste. Serve.
10. Wash up.

Skills

Seasoning

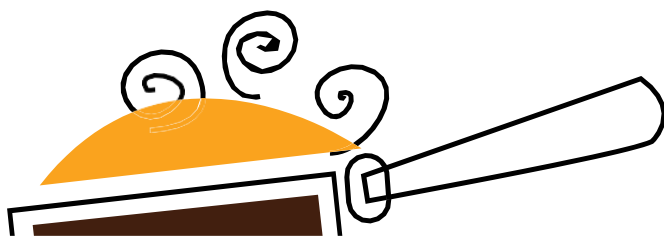
Making a Sauce

Slicing & Dicing

Using the Hob

7.

PASTRY AND DOUGH



Homemade Pasta

Ingredients

200g/7oz plain flour or Italian '00' flour
2 medium free-range eggs



Method

1. Place the flour in a food processor. Add the eggs and keep 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. (Alternatively, you can do this by hand. Put the flour on the work surface and form a well in the centre. Crack in the eggs and use your hand to draw in flour from the edges, mixing in the centre until all the flour is incorporated and you have a solid dough.)
2. Tip out the dough and knead to form into a ball shape. Knead it for 1 minute, it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in the refrigerator for 30 minutes before using. (The pasta dough can be kept in the fridge up to 24 hours.)
3. Now cut the dough into 2 pieces. For each piece, flatten with a rolling pin to about 5mm/ $\frac{1}{4}$ in) thickness. Dust the pasta with flour and pass it through the pasta machine at its widest setting, folding and rolling 7 times (not changing the setting) until you have a rectangular shape 7.5x18cm/3x7 in. It is important to work the dough until it is nice and shiny, as this gives it the bouncy texture. Repeat with the second piece of dough.
4. Use a pasta machine/rolling pin to roll out the dough as thinly as possible.
5. Cut into desired shapes.

Skills

Rolling out

Measuring

Combining
Ingredients

Shaping

Rough Puff Pastry

Ingredients

200g Strong Plain Flour
Pinch of salt
75g Lard
75g Margarine
125ml cold water



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Pre heat oven 180°C.
3. Sift the strong plain flour into a glass bowl and add a pinch of salt.
4. Weigh out the margarine and lard (cut into 1cm squares when measuring out).
5. Add to flour and loosely rub in. Remember you need to see small chunks of butter!
6. Measure out the water using the measuring jug.
7. Add water a little at a time to flour mixture and stir with a knife until the mixture forms a dough. Allow to rest for 20 minutes in the fridge.
8. Sprinkle flour onto work surface using the flour dredger.
9. Place the dough on the work surface and roll into a rectangular shape.
10. Fold the pastry in 3 (bottom third to the middle and then the top third up and over both).
11. Press edges together gently.
12. Turn pastry a quarter turn and re-roll into a rectangular shape again.
13. Roll and fold pastry twice more, remembering the quarter turn each time.
14. Allow to rest in the fridge for 30 minutes before rolling to use.
15. Wash up.

Skills

Combining
Ingredients

Refrigeration

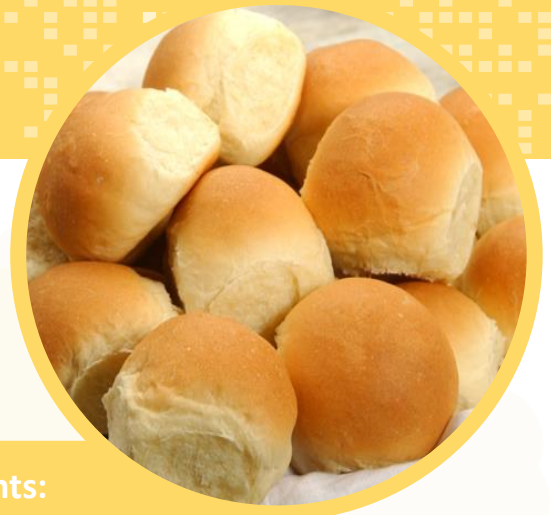
Weighing

Measuring

Bread Rolls

Ingredients

150g strong white flour
½ tsp. salt
10g margarine
1 tsp. quick acting yeast
or 1 sachet of yeast
100ml warm water
Egg/milk for glazing



Optional Ingredients:

A few poppy/sesame seeds
or mixed herbs (step 12)

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Weigh out the strong white flour.
3. Weigh out the margarine
4. Sift the flour into the mixing bowl.
5. Rub in the margarine.
6. Stir in yeast and salt (opposite sides of the bowl).
7. Make a well in the centre of the flour and gradually add the warm water
8. Work into a soft dough.
9. Turn onto a lightly floured surface and knead for 5-10 minutes until smooth.
10. Place the dough in an oiled bowl and cover. Set aside to prove (until it has doubled in size).
11. Turn dough onto a lightly floured surface and knead. Divide the dough into 4 equal pieces.
12. Brush bread rolls with a little milk/egg and sprinkle with poppy/ sesame seeds or mixed herbs.
13. Once your rolls are ready for the oven, turn it right up to 220°C. Bake for 10 minutes. Serve.
14. Wash up.

Skills

Rubbing in
Method

Making a Dough

Kneading

Weighing &
Measuring

Sausage Rolls

Ingredients

Pastry (see pastry recipe)
3-4 sausages or sausage meat
1 egg
1 tsp. Mixed herbs
Salt and pepper to taste



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water
2. Heat oven to 200°C.
3. Using a small sharp knife, cut a slit in each of the sausages.
4. Rip off and discard the sausage skins.
5. Put the sausage meat into a bowl.
6. Mash sausage meat with a fork – add mixed herbs.
7. Lightly flour a clean work surface and a rolling pin with flour.
8. Roll out your pastry until it's about 30cm by 15cm.
9. Lay each sausage shape down the centre of the pastry strip.
10. Use a pastry brush to egg-wash the pastry on the right side of the sausage meat.
11. Fold it over so the edges join up.
12. Cut sausage rolls into equal sized portions.
13. Egg wash each sausage roll before baking for 15-20 minutes. Serve.
14. Wash up.

Skills

Pastry Making

Glazing

Seasoning

Using the Oven

Pizza Pin Wheels

Ingredients

150g strong white flour
½ TSP salt
10g margarine
1 tsp. quick acting yeast
100ml warm water
2-3 tbsp. passata (or tomato purée)
Cheese
Toppings



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Weigh out the strong white flour, add a pinch of salt.
3. Weigh out the margarine.
4. Sift the flour and salt into the mixing bowl.
5. Rub in the margarine.
6. Stir in the yeast.
7. Make a well in the centre of the flour and add the warm water.
8. Work into a soft dough with your hand.
9. Turn onto a lightly floured surface and knead for 5-10 minutes until smooth.
10. Place the dough in an oiled bowl and cover. Set aside to prove (until it has doubled in size).
11. Roll out dough into a rectangular shape - approx. 30cm x 25cm. Evenly spread the passata and cheese out over the dough.
12. Roll dough into a neat sausage shape. Brush edges with water.
13. Using a sharp knife cut into 2-3cm pieces and place flat side down on a baking tray.
14. Cook pizza whirls for 15-20 minutes until golden brown. Serve.
15. Wash up.

Skills

Using the Oven

Rubbing in
Method

Making a Dough

Proving

8.

DESSERT DISHES



Dutch Apple Cake

Ingredients

- 1 apple
- 100g caster sugar (plus 1 tsp. for the top)
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 tsp. baking powder
- 1 tsp. cinnamon



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Pre heat oven 180°C.
3. Grease and line the cake tin or foil trays.
4. Cream the sugar and margarine together (using a electric hand whisk) until light and fluffy.
5. In a small bowl, beat the eggs with a fork.
6. Add the beaten egg, a little at a time, to the margarine and sugar.
7. Sieve the flour and baking powder into the bowl.
8. Fold the flour and baking powder into the mixture using a metal spoon.
9. Spread the mixture in the cake tin.
10. Core the apple and slice thinly.
11. Arrange the apple slices over the cake mix.
12. Sprinkle the cinnamon and 1 tsp. sugar on the top.
13. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
14. Remove from the oven and allow to cool. Serve.
15. Wash up.

Skills

Using the Oven

Slicing

Mixing & Folding

Creaming
Method

Flapjacks

Ingredients

150g oats
50g caster sugar
50g butter
2 tbsp. golden syrup



Optional Ingredients:

50g dried fruit (step 7)
Chocolate, chopped

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 180°C.
3. Weigh out the butter and place into saucepan.
4. Weigh caster sugar and add to the saucepan.
5. Now add golden syrup.
6. Heat on low (hob control) and stir gently, until the butter has melted and sugar has dissolved.
7. Remove from the heat. Weigh out oats (and dried fruit) and add to pan.
8. Stir until all combined. Pour mixture into a (lined) baking tin.
9. Flatten the mixture to ensure all it is all an equal level.
10. Bake for 15-20 minutes, until lightly golden brown.
11. Remove from the oven and cut into equal sized pieces while hot. Serve.
12. Wash up.

Skills

Temperature
Control

Using the Hob

Combining
Ingredients

Weighing &
Measuring

Apple Crumble

Ingredients

100g plain flour
50g butter or margarine
50g oats
25g sugar
2 eating apples

Optional Ingredients:
50g sultanas and 1 tsp.
cinnamon (step 6)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 200°C.
3. Weigh out ingredients.
4. Rub the flour, butter and sugar together in mixing bowl with your fingertips until it looks like bread crumbs.
5. Peel and slice the apples. 1cm thick.
6. Layer into the bottom of the oven proof dish.
7. Add raisins or cinnamon if desired.
8. Sprinkle the crumble mixture over the layers of apples. Do not flatten.
9. Sprinkle some brown sugar over the top.
10. Place in oven for approx. 20 minutes. Serve.
11. Wash up.

Skills

Enrobing

Slicing & Dicing

Seasoning

Using the Oven

Fruit Cakes

Ingredients

100g self raising flour
100g caster sugar
100g soft margarine
2 eggs
50g dried fruit, e.g. sultanas



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 200°C.
3. Weigh out the self-Raising flour, caster sugar and butter. Add to a mixing bowl.
4. Add 2 eggs to the mixture and beat until mixture is light and fluffy.
5. Stir in the dried fruit.
6. Divide the mixture equally between the cake cases using 2 spoons.
7. Bake for 15-20 minutes until golden brown. Serve.
8. Wash up.

Skills

Creaming
Method

Weighing &
Measuring

Temperature
Control

Using the Oven

Shortbread

Ingredients

150g Plain flour
100g Butter
50g Caster sugar
2 drops vanilla essence
Caster sugar (for sprinkling on top)



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 170°C.
3. Weigh out the plain flour, caster sugar and butter.
4. Put flour and sugar into a mixing bowl and mix together.
5. Cut the margarine into small pieces and add to the flour and sugar.
6. Rub in with fingertips until mixture comes together like a dough.
7. Add the 2 drops of vanilla flavouring.
8. Gently knead mixture until it forms a soft ball. Remove from bowl.
9. Shape the dough into a circle on a baking tray. Approx. 1cm thick.
10. Cut into 8 equal sized triangular pieces.
11. Pierce all over with a fork and mark the edges with a fork.
12. Bake for 15-20 minutes until it is pale golden.
13. Remove from the oven, allow to cool and then sprinkle with caster sugar. Serve.
14. Wash up.

Skills

Rubbing in
Method

Temperature
Control

Weighing &
Measuring

Flavouring

Jammy Biscuits

Ingredients

200g self-raising flour
100g caster sugar
100g butter
1 egg, lightly beaten
3 tbsp. strawberry jam



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 190°C.
3. Weigh self-Raising flour and butter.
4. Rub the flour and butter together in a mixing bowl until the mixture resembles breadcrumbs.
5. Weigh out the caster sugar. Add to the bowl and mix in.
6. Crack egg into measuring jug and beat. Only add enough egg to bring the mixture together to form a stiff dough.
7. Flour your hands and shape the dough into a long tube shape (about 5cm in diameter).
8. Cut into 2cm thick slices and place on a large baking sheet.
9. Space them out as the mixture will spread when baking.
10. Make a small indentation in the middle of each slice with the end of a plastic spoon.
11. Add a small amount of jam in the centre of each.
12. Bake for 10-15 minutes until slightly risen and just golden. Serve.
13. Wash up.

Skills

Rubbing in
Method

Measuring

Temperature
Control

Combining
Ingredients

Chocolate Chip Cookies

Ingredients

150g plain Flour
75g butter
75g Brown sugar
50g chocolate chips
1 drop vanilla essence
1 egg



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 180°C.
3. Weigh out brown sugar and butter. Add to a mixing bowl.
4. Cream together in a mixing bowl until light and fluffy.
5. Beat the egg and vanilla essence together in a jug.
6. Add to creamed fat and sugar mixture a little at a time.
7. Weigh out flour.
8. Add flour to creamed mixture and add the chocolate chips.
9. Place on a baking tray 1cm apart from each other.
10. Bake for 15 minutes until golden brown. Serve.
11. Wash up.

Skills

Creaming
Method

Combining
Ingredients

Using the Oven

Weighing

Fruit Salad

Ingredients

- 1 tbsp. lemon juice/orange juice
- 1 apple
- Handful of grapes
- 3 other fruits of your choice



Optional Ingredients:

Kiwi, strawberries, melon, orange, mango and pineapple.

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Wash all fruit under cold tap in colander. Use paper towels to dry items to prevent spilt water drip hazards.
3. Cut fruit into small chunks using bridge and claw cutting techniques. Add acidic liquid (juice).
4. Mix all fruit together using a spoon. Serve.
5. Wash up.

Skills

Peeling

Combining
Ingredients

Bridge & Claw
Methods

Slicing & Dicing

Lemon Drizzle Cake

Ingredients

225g unsalted butter
225g caster sugar
4 eggs
1 lemon
225g self-raising flour

For the drizzle:

1 ½ lemons
85g caster sugar

Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 180°C.
3. Beat together butter and caster sugar until light and fluffy.
4. Add eggs – one at a time, slowly mixing through.
5. Add the flour and zest of 1 lemon and mix well.
6. Line a loaf tin with greaseproof paper.
7. Spoon the mixture into the tin.
8. Bake for 45-50 minutes.
9. When the cake is cooked remove it and but it to the side.
10. Mix together the juice of the lemons and caster sugar to make the drizzle.
11. Poke small holes into the warm cake all over with a fork.
12. Pour over the drizzle.
13. Leave in the tin till completely cook. Serve.
14. Wash up.



Skills

Creaming
Method

Weighing &
Measuring

Using the Oven
(Baking)

Combining
Ingredients

Chocolate Brownie Cake

Ingredients

100g Butter, chopped
200g Dark chocolate, chopped
4 Eggs
250g Caster sugar
100g Plain flour
1 tsp. Baking powder
30g Cocoa



Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Preheat oven to 180°C.
3. Line a 22cm square brownie tin with baking parchment. Melt the butter and chocolate together in a bowl by placing it over a pan of simmering water. Cool to room temperature.
4. Whisk the eggs and sugar together until the mixture is light and fluffy.
5. Fold the chocolate mixture into the egg mixture and sift on the flour, baking powder and cocoa.
6. Fold this in to give a fudgy batter.
7. Bake for 20-25 minutes or until the top is cracked but the middle just set. Cool completely, then lift out of the tin and cut. Serve.
8. Wash up.

Skills

Using the Oven

Melting
Method

Combining
Ingredients

Whisking



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