



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

1oz = 28.35g 1g = 0.035oz

## 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
Saltans/Raisins	7oz	200g
Curraits	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

## METRIC CONVERSION

### LIQUIDS

PNT	METRIC	CUPS	FL OZ.
	100ml		3 1/2
	125ml	1/2	4 1/2
1/4	150ml		5
	200ml		7
	250ml	1	9
1/2	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1 1/4	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70

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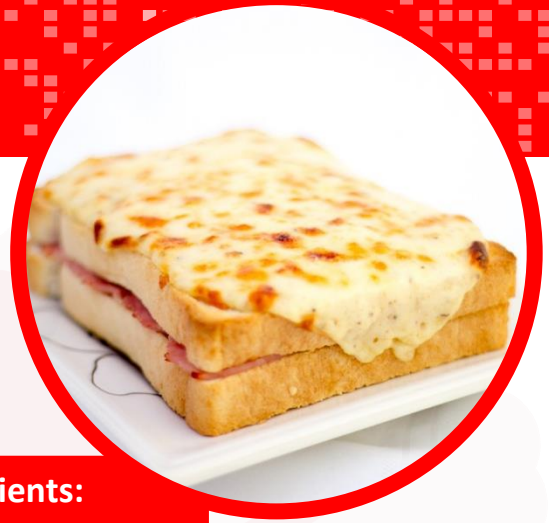
# LIGHT BITES AND SALADS



# 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

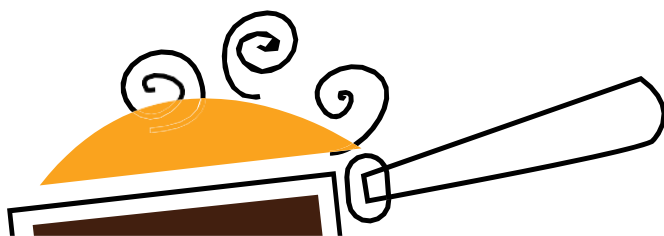
Slicing

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

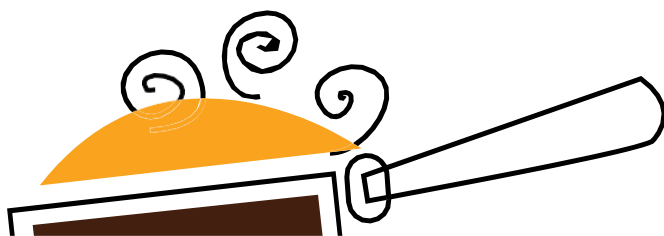
Using the Oven

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

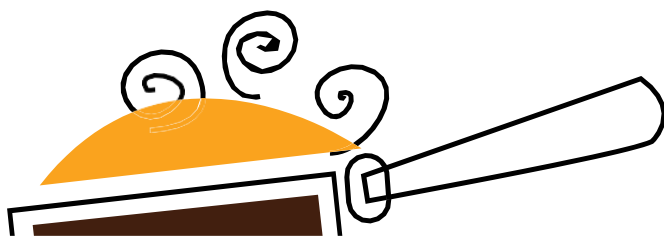
Slicing & Dicing

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

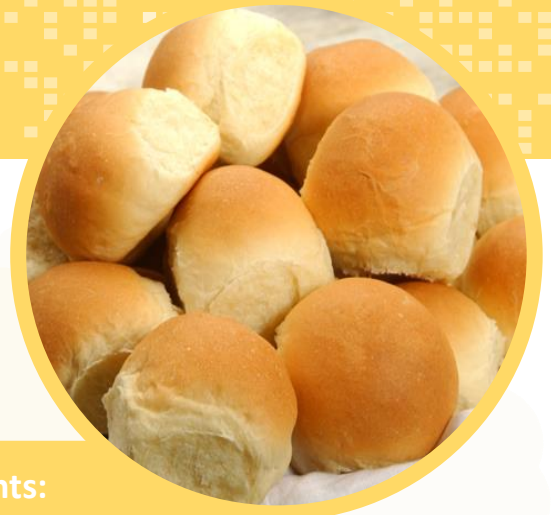
Combining  
Ingredients

Shaping

# 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

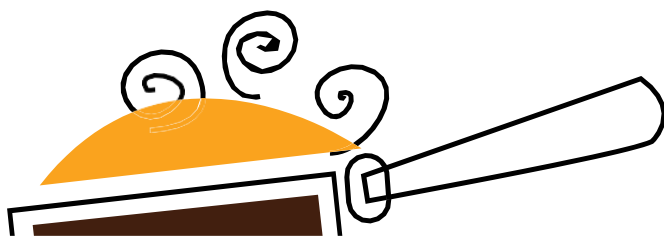
Making a Dough

Proving



8.

# DESSERT DISHES



# Dutch Apple Cake

## Ingredients

1 apple  
100g caster sugar  
100g soft margarine  
2 eggs  
100g self raising flour  
1 tbs. baking powder



## Method

1. Tie your hair up, put an apron on, wash hands and run hot soapy water.
2. Pre heat oven 180°C.
3. Add the sugar and butter to a bowl - cream together until light and fluffy.
4. Add the eggs to the creamed mixture a little at a time and whisk with an electric whisk.
5. Sift the flour and the baking into the mixture.
6. Fold the flour and baking powder into the mixture.
7. Peel and slice your apple.
8. Grease and line a cake tin.
9. Scatter the apple pieces onto the bottom of the cake tin.
10. Spoon the cake mixture into the cake tin.
11. Place in the oven for 20 minutes until golden brown. Serve.
12. Wash up.

## Skills

Using the Oven

Peeling & 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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