



The Sutton Academy
Food Department

PROGRESSING FROM KS3

KS4 Food Preparation & Nutrition Recipe Book

Years 10 and 11

Technical skills, food science and practical recipes

Y10

Y11

NEA

"Better Never Stops!"

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PRE-PRACTICAL CHECK - Tie long hair back; wash and dry hands; put on an apron. - Check the full ingredient list and bring-from-home item. - Read the complete method before starting and identify the critical stages. - Collect equipment and organise mise en place before using heat.	FOOD SAFETY & ALLERGENS - Check every label and follow the department allergen procedure. - Keep raw meat and poultry away from ready-to-eat food. - Use the correct colour-coded board and wash hands after raw food. - Follow the department core-temperature procedure for high-risk foods. - Hot sugar, fryers, sharp knives and electrical equipment require direct teacher supervision.
WORK LIKE A KS4 CHEF - Work in a logical sequence and use timers at key stages. - Choose the correct tool and use bridge hold or claw grip for cutting. - Control heat rather than simply using the highest setting. - Clean as you go and keep one clear, safe work area. - Check consistency, colour, shape and presentation before serving.	FINISH, STORE & CLEAN DOWN - Cool, chill or transport the product exactly as directed. - Photograph practical evidence before food is packed, where required. - Wash and dry all equipment and put it away. - Wipe surfaces and the hob; dry the bowl, sink and draining board. - Leave the workstation ready for the next class.
TECH	KS4 Technical Standards

KNIFE PRECISION - Jardinière - even batons - Julienne - thin matchsticks - Macédoine - medium dice - Brunoise - very small dice - Cuts should be even so they cook at the same rate.	HEAT CONTROL - Sauté and stir-fry with controlled high heat - Simmer without aggressive boiling - Bake and grill at the stated temperature - Use a sugar thermometer for confectionery - Adjust heat in response to the food.	DOUGH & PASTRY - Knead to develop gluten - Prove yeast dough where directed - Keep laminated pastry cool - Rest dough to relax gluten - Shape and portion with accuracy.
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FOOD SCIENCE LANGUAGE TO USE ACCURATELY

Aeration Introducing and trapping gas to increase volume.	Coagulation Protein sets when heated, changing from fluid to firm.	Gelatinisation Starch absorbs liquid, swells and thickens when heated.
Emulsification Two liquids that normally separate are held together.	Dextrinisation Dry heat breaks starch into dextrins, adding colour and flavour.	Caramelisation Sugar browns under heat, creating colour and characteristic flavour.

WHAT EXCELLENT PRACTICAL WORK LOOKS LIKE

Accurate preparation + controlled processes + food safety + efficient timing + a precise final finish

MEASUREMENTS USED THROUGHOUT THE BOOK

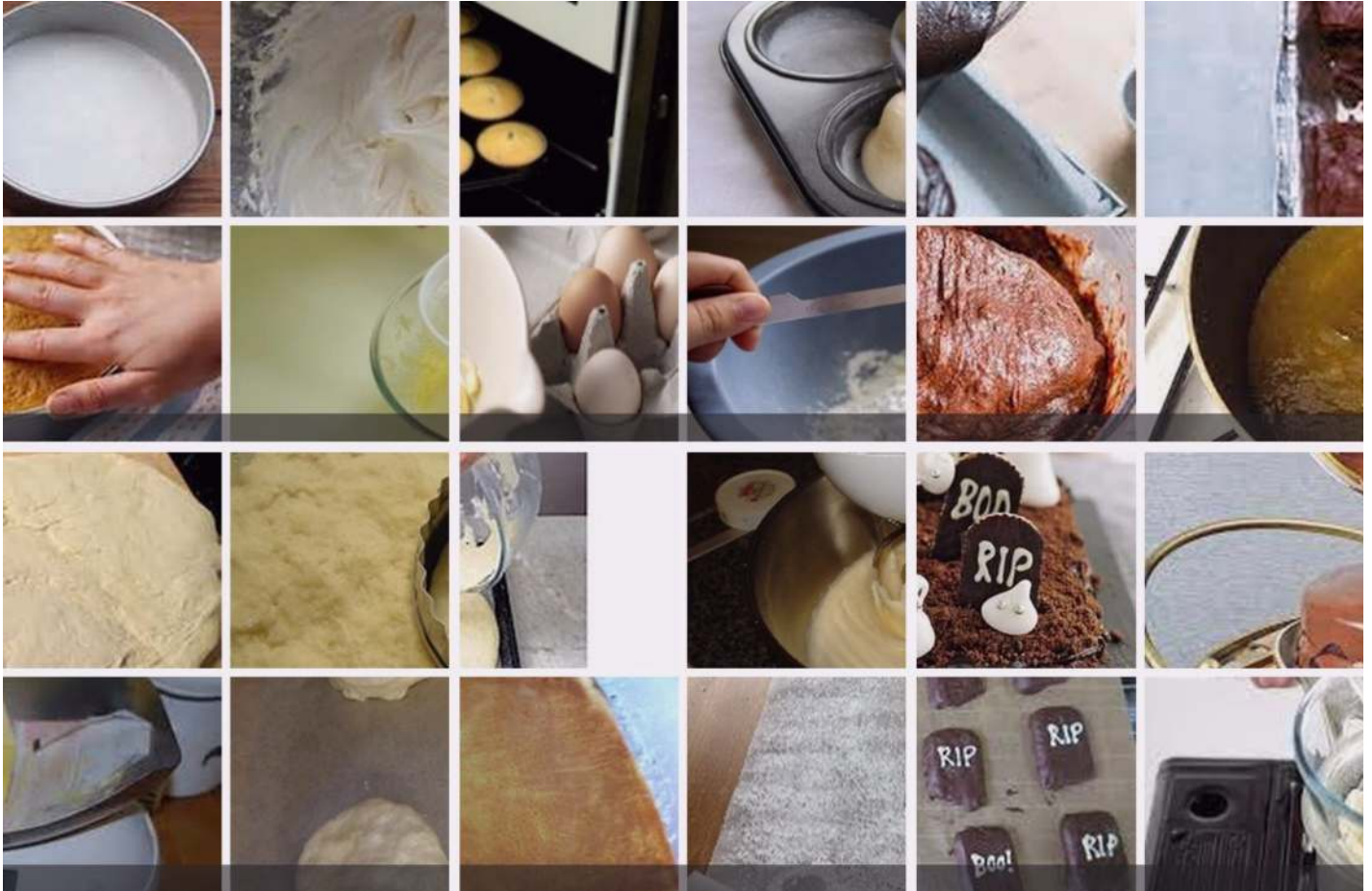
1 tablespoon (tbsp) = 15ml | 1 teaspoon (tsp) = 5ml | Oven temperatures are shown in °C

PROGRESSION FOCUS

- Select and execute appropriate cake-making methods.
- Explain aeration and the role of raising agents.
- Control portioning, timing and professional finishing.
- Evaluate texture, rise, colour and symmetry.

RECIPES IN THIS SECTION

- Victoria Sandwich** 5
- Doughnut Muffins** 6
- Chocolate Brownies** 7
- Fruit Scones** 8
- Swiss Roll** 9
- Halloween Celebration Cake** 10
- Chocolate Chip Cookies** 12



"Better Never Stops!"

TECHNICAL FOCUS: Creaming, aeration and even cake assembly**SECURE****INGREDIENTS****Cake**

- 150g caster sugar
- 150g soft margarine
- 3 eggs
- 150g self raising flour

Filling and Decoration

- 2-3 tbsp Jam
- 100g Butter
- 70g condensed milk

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Creaming method of cake making
- Safe use of the oven
- Cutting equal sized pieces
- Neat finished appearance - shape and filling

KEY SAFETY

Use oven gloves with the hot tins and tray. Keep the electric whisk switched off while scraping the bowl.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 180°C.
2. Line 2 cake tins with greaseproof paper.
3. Weigh 150g Caster sugar.
4. Weigh 150g butter or margarine.
5. Cream the sugar and margarine together, using a electric hand whisk, until light and fluffy.
6. Weigh 150g self-raising flour.
7. Add 3 eggs a little at a time, adding 1 tbsp sieved flour if the mixture curdles.
8. Sieve the remaining flour into the bowl. Whisk until there are no lumps.
9. Divide mixture equally between tins.
10. Bake at 180 for 20-25 minutes, or until well risen, golden brown and firm.
11. For the buttercream; Beat 100g butter for 5-10 minutes until pale and fluffy.
12. Add 70g condensed milk and continue beating.
13. Sandwich the cake together with buttercream and jam.

FOOD SCIENCE

Creaming traps air in the fat-and-sugar mixture. During baking, the air expands and the egg proteins and flour starch set the sponge structure.

QUALITY INDICATORS

Even layers; light, well-risen sponge; no curdling; level filling; neat finish.


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TECHNICAL FOCUS: All-in-one mixing, chemical raising and centred filling

SECURE
INGREDIENTS

- 70g golden caster sugar, plus extra for dusting
- 100g plain flour
- 1/2 tsp bicarbonate of soda
- 50ml natural yogurt
- 1 egg
- 1/2 tsp vanilla extract
- 70g butter
- 6 tsp seedless raspberry jam

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Combining ingredients
- Shaping
- All-In-One method of cake making
- Adapt a recipe
- Portioning quantities

KEY SAFETY

Melt the butter over a low heat and take care with the hot saucepan and oven tray.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 190°C.
2. Line a muffin tray with 6 paper cases.
3. Measure 70g Butter, melt in a saucepan over a low heat.
4. Weigh 100g plain flour, add ½ tsp Bicarbonate of soda. Weigh 70g Sugar.
5. Put the sugar, flour and bicarbonate of soda into a glass bowl and mix to combine.
6. In a jug, measure 50ml natural yoghurt, add the Egg and ½ tsp Vanilla Extract- whisk together.
7. Tip the jug contents and Melted Butter into the dry ingredients and quickly fold with a spatula to combine.
8. Divide two-thirds of the mixture between the muffin holes.
9. Carefully add 1 tsp Jam into the centre of each, then cover with the remaining mixture.
10. Bake for 16-18 minutes until risen, golden and springy to touch.
11. Sprinkle with extra caster sugar.

FOOD SCIENCE

Bicarbonate of soda reacts with the acidity in the yoghurt to release carbon dioxide. Quick, gentle folding helps retain the gas and limits gluten development.

QUALITY INDICATORS

Equal portions; jam enclosed in the centre; golden, springy tops.


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TECHNICAL FOCUS: Melting method and controlled soft-set baking**SECURE****INGREDIENTS**

- 50g butter
- 50g light Brown Sugar
- 1 tbsp Golden Syrup
- 3 tbsp plain flour
- 2 tbsp Cocoa
- 1 egg
- 1 tsp vanilla extract
- 50g Chocolate

BRING FROM HOME

- A suitable lidded container.

TECHNICAL SKILLS

- Understand the term binding
- Prepare a range of ingredients
- Use the oven safely
- Understand the functions of ingredients
- Understand the term 'aeration'

KEY SAFETY

Use low heat when melting and handle the hot pan, tin and oven safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 170°C.
2. Place the 50g butter, 50g brown sugar, and 1 tbsp golden syrup in the pan.
3. Melt gently on a low heat until the butter's melted and the sugar has dissolved.
4. Remove the pan from the heat.
5. Fork together the 3 tbsp Flour and 2 tbsp Cocoa to mix. Then beat into the pan with a plastic spoon.
6. Whisk the egg with the 1 tsp vanilla then stir into the pan to make sure everything's mixed together.
7. Fold in 50g chopped chocolate.
8. Pour and scrape the brownie mixture into the foil.
9. Bake on the middle shelf of the oven for 12 Minutes until it is beginning to come away at the sides and the top has dried a little just around the edges.

FOOD SCIENCE

The melting method dissolves sugar and combines fat evenly. Egg proteins set the mixture, while the low flour ratio helps retain a soft centre.

QUALITY INDICATORS

Glossy mixture; even chocolate distribution; set edges with a soft centre.



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TECHNICAL FOCUS: Rubbing-in, minimal dough handling and glazing**DEVELOPING****INGREDIENTS**

- 225g SR flour
- Pinch of salt
- 50g margarine/butter
- 150ml milk
- 25g Sugar
- 50g dried fruit

BRING FROM HOME

- Box to take scones home

TECHNICAL SKILLS

- Prepare a range of ingredients, e. g. sifting flour,
- Effective and sensible use of raising agents
- Demonstrate making a scone dough confidently;
- Use the oven safely to bake yeast and flour based products

KEY SAFETY

Avoid overworking the dough and use oven gloves with the hot tray.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

1. Weigh 225g self-raising flour, add a pinch of salt.
2. Weigh 50g margarine into a glass bowl.
3. Sift the flour and salt into the glass bowl.
4. Rub in the margarine.
5. Stir in 25g sugar and 50g dried fruit.
6. Make a well in the centre of the flour and add 150ml milk.
7. Work into a soft dough with your hand.
8. On a floured surface, pat the dough down to a depth of 2cm/20mm.
9. Using a pastry cutter, cut out scones.
10. Place the scones on baking paper on a baking tray. Glaze with milk and bake until golden brown (10 minutes).

FOOD SCIENCE

Rubbing-in coats some flour particles with fat, shortening the dough. Self-raising flour produces carbon dioxide, so minimal handling helps the scones stay light.

QUALITY INDICATORS

Even size; straight sides; good rise; light texture; golden glaze.

SOURCE CHECK: The uploaded source slides do not state an oven temperature for the fruit scones.


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TECHNICAL FOCUS: Whisked sponge, careful folding and hot rolling**SECURE****INGREDIENTS**

- 3 eggs
- 75g caster sugar
- 75g self-raising Flour
- 2 tbsp Jam
- 25g caster sugar for decoration

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Whisking method of cake making
- Safe use of the oven
- Folding in technique
- Neat finished appearance - shape and filling

KEY SAFETY

Work quickly with the hot sponge and take care when turning it onto the sugared paper.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 200°C.
2. Grease and line a Swiss-Roll tin.
3. Weigh 75g Caster sugar.
4. Weigh 75g self-raising flour.
5. Break the 3 eggs into a mixing bowl and whisk lightly.
6. Add 75g caster sugar and whisk until thick, creamy and very pale in colour (about 10 minutes).
7. Lightly fold in the 75g self-raising flour. Be careful not to knock any air out. Use a metal Tablespoon.
8. Pour the mixture into Swiss Roll tin Spread evenly with the back of the metal spoon.
9. Place in the oven and bake for around 7-8 minutes, until golden brown and springy to the touch.
10. Whilst Swiss roll is in the oven, sprinkle 25g caster sugar onto a piece of greaseproof paper.
11. Put 2 tbsp jam into a pudding bowl. Beat with a fork until soft and runny.
12. Remove Swiss roll from the tin and turn out onto sugared greaseproof paper.
13. Spread quickly with softened jam. Carefully roll sponge, drawing the paper away from you over the sponge.

FOOD SCIENCE

Whisking eggs and sugar creates mechanical aeration. Gentle folding protects the bubbles until heat coagulates the egg proteins and gelatinises the starch.

QUALITY INDICATORS

Pale, aerated sponge; flour folded without losing air; tight roll with minimal cracking.


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TECHNICAL FOCUS: Part 1 - Meringue Ghosts & Shortbread

ADVANCED

INGREDIENTS

Meringue Ghosts

- 1 egg white
- 65g caster sugar
- 1/4 tsp white wine vinegar
- 1/4 tsp cornflour
- 1/4 tsp vanilla extract

Seasonal Shortbread

- 75g Plain flour
- 50g Butter
- 25g Caster sugar
- 1 drop vanilla essence

Caster sugar for sprinkling

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the conditions needed to make meringue
- Weigh ingredients precisely;
- Use the oven safely;
- Make a decorated dessert
- The Rubbing-in method of cake making

KEY SAFETY

Keep bowls and whisks grease-free for meringue. Take care with hot chocolate, the bain-marie and the oven.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

Meringue Ghosts

1. Preheat the oven to 150°C and line a baking tray.
2. Separate the egg and place the white in a clean, grease-free bowl.
3. Whisk the egg white to stiff peaks.
4. Add the caster sugar one tablespoon at a time, whisking until the meringue is glossy.
5. Whisk in the vinegar, cornflour and vanilla.
6. Transfer to a piping bag and pipe 10-15 ghost shapes.
7. Bake for 30 minutes until crisp, then cool before decorating.

Seasonal Shortbread

8. Preheat the oven to 170°C and line a baking tray.
9. Mix the flour and caster sugar in a bowl.
10. Rub in the butter or margarine until the mixture begins to bind.
11. Add the vanilla and knead gently to form a soft dough.
12. Roll or press the dough to about 1cm thick.
13. Cut equal seasonal shapes and place them on the lined tray.
14. Bake for 15-20 minutes until pale golden, then cool.

FOOD SCIENCE

This multi-component bake combines protein foams, mechanical aeration, shortening and a chocolate-cream ganache. Each component needs a different form of heat and texture control.

QUALITY INDICATORS

Crisp ghosts, even shortbread, level cake layers and precise themed decoration.


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TECHNICAL FOCUS: Part 2 - Chocolate Cake & Decoration

ADVANCED

INGREDIENTS

Chocolate Cake

Cake

- 150g caster sugar
- 150g soft margarine
- 3 eggs
- 150g self-raising flour
- 2 tbsp cocoa powder

Chocolate Ganache & Decoration

- 100g dark chocolate
- 100g double cream
- 50g chocolate cookies
- 25g white chocolate

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Creaming method of cake making
- Safe use of the oven
- Cutting equal sized pieces
- Neat finished appearance - shape and filling
- The All-In-One method of cake making

KEY SAFETY

Keep bowls and whisks grease-free for meringue.
Take care with hot chocolate, the bain-marie and the oven.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

Chocolate Cake

1. Preheat the oven to 180°C and line two cake tins.
2. Cream the caster sugar and soft margarine until light and fluffy.
3. Sieve the self-raising flour and cocoa powder together.
4. Add the eggs gradually, using a spoonful of flour if the mixture begins to curdle.
5. Fold or whisk in the remaining flour and cocoa until smooth.
6. Divide the mixture evenly between the tins.
7. Bake for 20-25 minutes until well risen and firm, then cool completely.

Chocolate Ganache & Decoration

8. Make a bain-marie and melt the dark chocolate with the double cream.
9. Brush some of the chocolate mixture over the shortbread gravestones and leave them to set.
10. Spread the remaining ganache evenly over the cooled cake.
11. Crush the chocolate cookies and scatter the crumbs over the cake.
12. Melt the white chocolate over a bain-marie.
13. Cool slightly, transfer to a piping bag and pipe words or details onto the gravestones.
14. Insert the gravestones into the cake and arrange the meringue ghosts around them.
15. Check the finish from all sides and make any final presentation adjustments.

FOOD SCIENCE

This multi-component bake combines protein foams, mechanical aeration, shortening and a chocolate-cream ganache. Each component needs a different form of heat and texture control.

QUALITY INDICATORS

Crisp ghosts, even shortbread, level cake layers and precise themed decoration.



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TECHNICAL FOCUS: Creaming, equal portioning and controlled spreading

DEVELOPING

INGREDIENTS

- 150g self-raising flour
- 75g Butter
- 75g Brown sugar
- 50g chocolate chips
- ¼ tsp vanilla essence
- 1 Egg

BRING FROM HOME

- Box to take your cookies home

TECHNICAL SKILLS

- The Creaming method of cake making
- Safe use of the oven
- Measuring equal sized pieces
- Neat finished appearance - shape

KEY SAFETY

Use the oven safely and leave the cookies to firm before moving them from the tray.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 180°C.
2. Weigh 75g brown sugar.
3. Weigh 75g butter or margarine.
4. Cream margarine and sugar in a mixing bowl until light and fluffy.
5. Beat the egg and ¼ tsp vanilla essence together in a jug.
6. Add to creamed fat and sugar mixture a little at a time.
7. Weigh 150g self-raising Flour.
8. Stir in the 150g self-raising flour and the 50g chocolate chips.
9. Place in small spoonful's on a baking tray 1cm apart.
10. Bake for 15 minutes until golden brown.

FOOD SCIENCE

Creaming incorporates air and disperses sugar through the fat. Heat sets the egg and flour structure while sugar contributes browning and crisp edges.

QUALITY INDICATORS

Equal size; golden edges; even chocolate distribution; consistent shape.


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PROGRESSION FOCUS

- Use precision cuts for rapid, even cooking.
- Control raw-meat hygiene and high heat.
- Shape and seal filled products accurately.
- Balance flavour, texture and presentation.

RECIPES IN THIS SECTION

Spring Rolls 14

Sizzling Stir-Fry 15

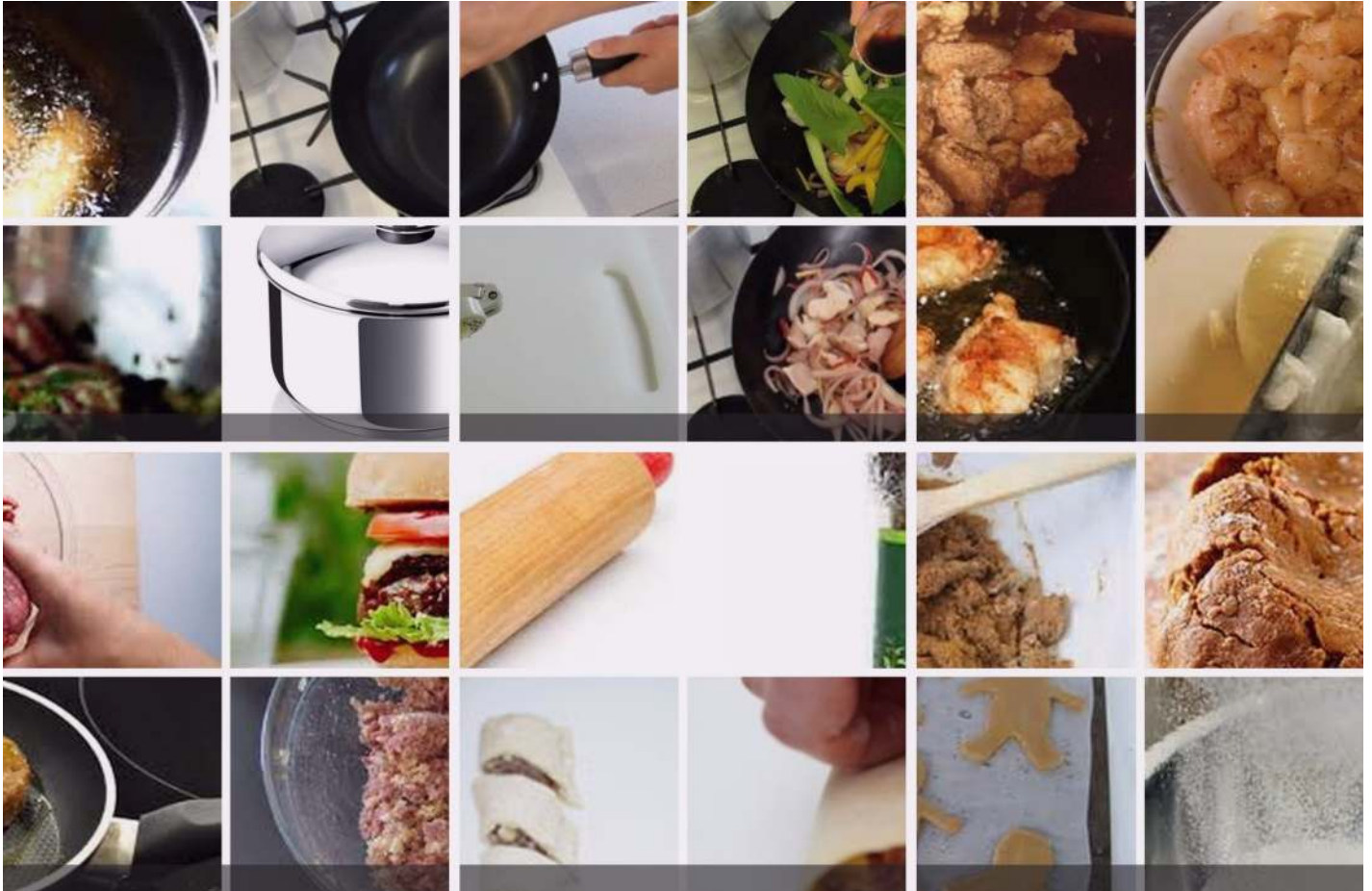
Salt & Pepper Chicken 16

Homemade Beefburgers & Buns 17

Sausage Rolls 19

Gingerbread Biscuits 20

Chocolate Puff Pastry Christmas Tree 21



"Better Never Stops!"

TECHNICAL FOCUS: Julienne cuts, shaping, sealing and high-heat cooking**SECURE****INGREDIENTS**

- 4 pieces of filo pastry
- 50g minced pork
- 1 teaspoon soy sauce
- 100g finely chopped vegetables e. g. onion, beansprouts, carrots or mushrooms
- 1 tbsp oil
- A little beaten egg, for sealing

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the bridge hold and claw grip
- Cut julienne cuts
- Use knife skills confidently
- use a deep fat fryer safely
- Prepare a range of ingredients

KEY SAFETY

Cook the pork thoroughly, prevent cross-contamination and use the fryer only under teacher supervision.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg, Soya. Always check every label and the department allergen procedure.

METHOD

1. Chop dice and/or slice vegetables into small/fine pieces. (100g).
2. Put 50g minced pork into a mixing bowl, add 1tsp soy sauce and mix.
3. Put a tbsp oil in a pan, add minced pork and fry for 5-10 minutes.
4. Add vegetables and cook for a further 5 minutes.
5. Take mixture off heat and allow to cool.
6. Cut filo pastry into 4 equal pieces.
7. Spoon ½ tbsp of filling onto filo pastry in a rectangular shape.
8. Fold 1 end of the pastry over the filling.
9. Fold in both sides of the filo pastry and roll up gently.
10. Brush some egg on the edge of the sheet to seal it.
11. Carefully fry the rolls in hot oil for 3-4 minutes.
12. Alternatively bake rolls for 15-20 minutes 200°C.
13. Place the cooked spring rolls on blue paper towels.

FOOD SCIENCE

Small, even pieces cook quickly. During frying or baking, surface moisture evaporates and the thin filo layers dehydrate, creating a crisp shell.

QUALITY INDICATORS

Fine, even filling; tightly sealed rolls; crisp, golden pastry.


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TECHNICAL FOCUS: Precision knife work and rapid high-heat cookery**SECURE****INGREDIENTS**

- 100g noodles
- 1 x chicken breast
- 1 clove garlic
- ½ red chilli
- 1cm fresh ginger
- ¼ red onion
- 3 mushrooms
- 1/2 yellow pepper
- 1 x 10ml spoon oil
- 1 x 10ml spoon soy sauce

BRING FROM HOME

- Container to take Sizzling Stir Fry home

TECHNICAL SKILLS

- Demonstrate the bridge-hold and claw-grip knife skills confidently;
- Use a hob safely to stir-fry ingredients;
- Make a stir-fried dish, e. g. sizzling stir fry
- Prepare a range of ingredients, e. g. de-seeding chillies, grating fresh ginger

KEY SAFETY

Use a red board for chicken, wash hands after handling it and check the chicken is fully cooked.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Soya. Always check every label and the department allergen procedure.

METHOD

1. Cook the noodles in boiling water for 3-4 minutes.
2. Chop the chicken on a red chopping board.
3. Peel and crush the garlic;.
4. De-seed and slice the chilli;.
5. Peel and slice the ginger;.
6. Slice the onion, pepper and mushrooms.
7. Heat the tbsp oil in the frying pan.
8. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
9. Add the chicken and stir-fry for 3 - 4 minutes. Check that the chicken is cooked.
10. Add the remaining vegetables and soy sauce and cook for 2 minutes.
11. Drain the boiling hot water away from the noodles into a colander in the sink.
12. Stir in the cooked noodles and cook for 2 minutes until hot.
13. Put in your container.

FOOD SCIENCE

High heat and small, even pieces transfer energy quickly, helping vegetables retain colour and bite while the chicken proteins denature and coagulate.

QUALITY INDICATORS

Even strips; vegetables retain colour and bite; chicken fully cooked; noodles hot and coated.


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TECHNICAL FOCUS: Dry seasoning, raw-meat control and pan frying**SECURE****INGREDIENTS**

- ½ teaspoons five spice
- ½ teaspoon chilli powder
- 1 Pinch of Salt
- Ground Pepper
- 1 diced chicken breast
- 1 tablespoon oil
- 1 small onion- chopped
- ¼ pepper - chopped
- ½ tsp garlic paste OR 1 clove garlic

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Understand the term dry "Marinade"
- Prepare a range of ingredients,
- Use the hob safely;
- Accurately use the bridge and claw technique of chopping,

KEY SAFETY

Keep raw chicken equipment separate and cook the chicken thoroughly before serving.

LIKELY ALLERGENS - CHECK LABELS

None identified from the listed ingredients; always check every label.

METHOD

1. Dice the chicken and add a pinch salt, pepper, ½ tsp five spice and ½ tsp chilli powder to a glass bowl.
2. Chop the onion and pepper.
3. Add 1 tbsp of oil to a saucepan and add the chicken.
4. Keep moving the chicken in the pan so that it doesn't stick to the bottom.
5. Add the onion and pepper.
6. Add ½ tsp of garlic paste to the saucepan with the chicken.
7. Once the onions and peppers have softened, turn the heat off.
8. Safety requirement: continue cooking until the chicken is fully cooked with no pink meat; follow the department core-temperature procedure.

FOOD SCIENCE

A dry seasoning coats the surface before cooking. Heat denatures the chicken proteins and promotes browning, while constant movement reduces sticking.

QUALITY INDICATORS

Even dice; balanced seasoning; softened vegetables; chicken cooked and lightly coloured.

SOURCE CHECK: The source gives no cooking time. The book retains a clear core-temperature safety endpoint.



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TECHNICAL FOCUS: Part 1 - Homemade Buns

ADVANCED

INGREDIENTS

- 150g strong white flour
- ½ tsp salt
- 10g margarine
- 1 tsp quick acting yeast
- 100ml warm water

Egg/Milk for glazing

- A few poppy/sesame seeds or mixed herbs, optional

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Prepare a range of ingredients, e. g. sifting flour, preparing a yeast culture, proving a dough
- Demonstrate making a dough confidently;
- Use the oven safely to bake yeast and flour based products

KEY SAFETY

Handle mince hygienically, cook burgers thoroughly and use the oven or frying pan safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg, Sesame. Always check every label and the department allergen procedure.

METHOD

Homemade Buns

1. Sift the strong white flour into a bowl and rub in the margarine.
2. Add the salt and quick-action yeast on opposite sides of the bowl.
3. Add the warm water gradually and mix to a soft dough.
4. Knead for 5-10 minutes until smooth and elastic.
5. Place the dough in a labelled bag and prove as directed by your teacher.
6. Knock back the dough and divide it into four equal pieces.
7. Shape the buns, glaze with milk or egg and add seeds or herbs if using.
8. Place in a cold oven, turn it to 220°C and bake for 10 minutes.

FOOD SCIENCE

Yeast fermentation produces carbon dioxide and kneading develops gluten in the buns. In the burgers, protein coagulation sets the shape during cooking.

QUALITY INDICATORS

Even buns and burgers; well-developed dough; burgers hold their shape; neat assembly.

SOURCE CHECK: The bun practical is shown across two lessons; the uploaded slides do not state a proving time.



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TECHNICAL FOCUS: Part 2 - Beefburgers & Assembly

ADVANCED

INGREDIENTS

- 100g Mince Beef
- ½ Onion
- 1tsp Mixed Herbs
- 2 tbsp Breadcrumbs
- 2 Slices Cheese
- 1-2 tbsp Ketchup

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Understand the term binding
- Prepare a range of ingredients,
- Use the oven safely;
- Accurately use the bridge and claw technique of chopping,

KEY SAFETY

Handle mince hygienically, cook burgers thoroughly and use the oven or frying pan safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Beefburgers

1. With wet hands, divide and shape the mixture into even burgers.
2. Bake on a tray for 20-25 minutes, or pan-fry over a medium heat until thoroughly cooked.
3. Serve in the homemade buns with cheese, ketchup and other suitable accompaniments.

FOOD SCIENCE

Yeast fermentation produces carbon dioxide and kneading develops gluten in the buns. In the burgers, protein coagulation sets the shape during cooking.

QUALITY INDICATORS

Even buns and burgers; well-developed dough; burgers hold their shape; neat assembly.



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TECHNICAL FOCUS: Puff pastry handling, sealing and egg wash

SECURE

INGREDIENTS**Pastry (1/4 block)**

- 3 sausages
- 1 egg (between 4)
- Pinch Mixed herbs
- Salt + pepper to taste

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Measuring ingredients;
- Prepare a range of ingredients for fillings
- Combine filling ingredients uniformly;
- Roll out pastry, ready for use;
- Make and seal products;

KEY SAFETY

Handle sausage meat as raw meat and check the filling is thoroughly cooked.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 200°C.
2. Using a small sharp knife, cut a slit in each of the sausages.
3. Rip off and discard the skins.
4. Put the sausage meat into a bowl.
5. Mash sausage meat with a fork - add 1tsp mixed herbs (optional).
6. Lightly flour a clean work surface and a rolling pin with flour.
7. Roll out your pastry until it's about 30cm by 15cm.
8. Lay each sausage shape down the centre of the pastry strip.
9. Use a pastry brush to egg-wash the pastry on the right side of the sausage meat.
10. Fold it over so the edges join up.
11. Cut sausage rolls into equal sized portions.
12. egg wash each Sausage Roll. Bake for 15-20 minutes.

FOOD SCIENCE

Puff pastry rises as water turns to steam between layers of dough and fat. Egg wash helps seal the join and creates a glossy, browned finish.

QUALITY INDICATORS

Even portions; secure seam; glossy egg wash; crisp, golden pastry.


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TECHNICAL FOCUS: Rubbing-in, binding and accurate shaping**DEVELOPING****INGREDIENTS**

- 150g Plain flour
- 1 tsp Ground Ginger
- ¼ tsp Mixed Spice
- 50g margarine
- 40g Caster sugar
- 1 tbsp Milk
- 1 tbsp golden syrup

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Rubbing-in method of cake making
- Safe use of the oven
- Cutting equal sized pieces
- Neat finished appearance - shape

KEY SAFETY

Take care with the hot tray and allow the biscuits to cool before moving.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 180°C.
2. Sieve 150g plain flour, 1tsp ground ginger and ¼ tsp cinnamon into a mixing bowl.
3. Add 50g margarine and rub in with fingertips until mixture looks like fine breadcrumbs.
4. Add 40g sugar and mix to a stiff paste with 1 tbsp milk and 1tbsp golden syrup.
5. Draw dough together until it forms a ball.
6. Roll out thinly (½ 1cm/5mm) onto a lightly floured surface and cut into shapes.
7. Place on a baking tray lined with greaseproof paper.
8. Bake for 10-12 minutes until golden brown.
9. Let gingerbread biscuits cool for 5 minutes on the baking tray.

FOOD SCIENCE

Rubbing-in shortens the dough by coating flour with fat. Sugar and syrup contribute colour, flavour and a crisp texture during baking.

QUALITY INDICATORS

Even thickness and shape; clean edges; crisp texture; golden colour.


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TECHNICAL FOCUS: Lamination, precision cuts and decorative shaping**SECURE****INGREDIENTS**

- 320g Puff Pastry
- 4 tablespoons chocolate-hazelnut spread
- 1 egg, beaten

Icing sugar, for dusting**BRING FROM HOME**

- A suitable lidded container

TECHNICAL SKILLS

- Preparing a range of ingredients, e. g. sifting flour, preparing a yeast culture, proving a dough, preparing fillings etc
- Kneading a dough;
- Demonstrate making a dough and a filling confidently;
- Safe use of the oven to bake yeast and flour based products
- Presentation skills

KEY SAFETY

Use controlled knife cuts and keep hands clear of the blade; handle the hot tray safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg, Nuts. Always check every label and the department allergen procedure.

METHOD

1. Preheat the oven to 200°C.
2. Line a baking tray with baking paper.
3. Roll one of the puff pastry blocks and place on the baking tray.
4. Spread the chocolate-hazelnut spread over the puff pastry sheet.
5. Roll the second puff pastry block and place on top of the first one.
6. Use a star-shaped cookie cutter to cut out a star from one corner of the layered pastry and set aside.
7. Cut the remaining layered pastry into the shape of a Christmas tree (triangle) with a wide base and trunk.
8. Pull away the excess pastry.
9. Lightly score 2 lines down the middle of the triangle to form a tree trunk approximately 3cm wide.
10. Using the trunk as a guide, cut branches into the sides of the triangle, approximately 2cm wide.
11. Leave the top 5cm as this will be covered with the pastry star.
12. Starting at the top, twist each branch away from you, giving two turns to each branch.
13. Place the pastry star on top of the tree, securing with a little beaten egg. Brush the star and tree with beaten egg.
14. Bake for 12-15 minutes, or until risen and golden brown.

FOOD SCIENCE

Lamination keeps thin layers of fat between dough. In the oven, steam separates the layers, producing lift and a flaky texture.

QUALITY INDICATORS

Symmetrical shape; even branch cuts and twists; visible lift and flaky layers.

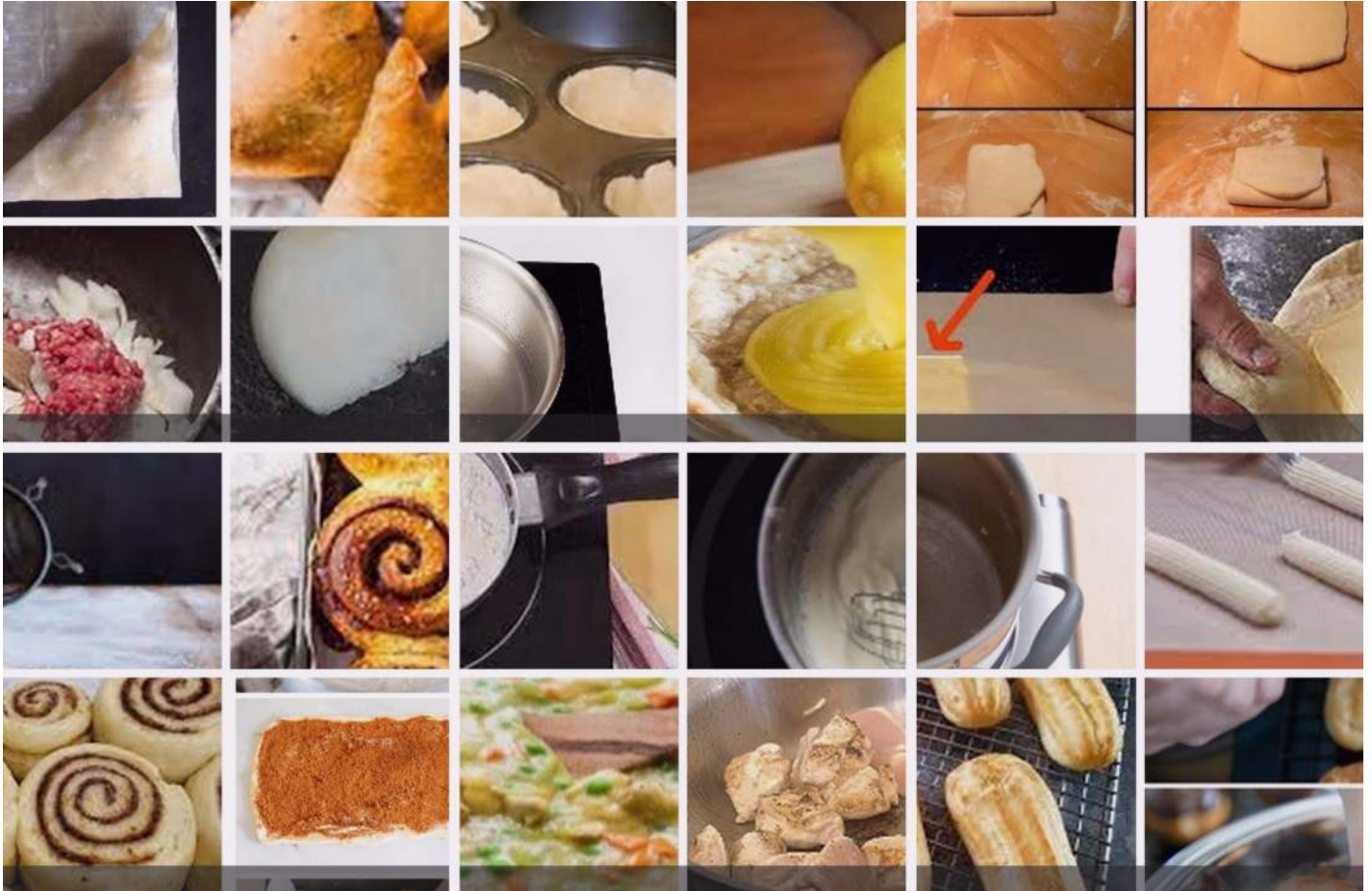

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PROGRESSION FOCUS

- Select the correct pastry process for the product.
- Protect fat layers and control gluten development.
- Pipe, fold, seal and shape with precision.
- Use steam, fat and starch science accurately.

RECIPES IN THIS SECTION

- Meat Samosas** 23
Mini Lemon Meringue Tartlets 24
Rough Puff Pastry 26
Cinnamon Rolls 27
Chicken Pie 28
Chocolate Eclairs 29



"Better Never Stops!"

TECHNICAL FOCUS: Filo handling, triangular folding and fine filling**SECURE****INGREDIENTS**

- 100g minced beef or lamb
- 25g onion
- 50g potatoes
- 30g frozen peas
- ½ tsp chilli powder
- 2 sheets Samosa Pastry
- 1 tbsp oil
- Melted margarine, for brushing

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the bridge-hold and claw-grip knife skills confidently;
- Use a deep fryer safely;
- Make a deep-fried dish
- Prepare a range of ingredients

KEY SAFETY

Cook minced meat thoroughly. Use filo carefully and follow teacher instructions for frying or baking.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

1. Preheat the oven to 200°C and line a baking tray.
2. Peel the potato and cut it into 1cm dice. Finely chop the onion.
3. Heat 1 tbsp oil in a saucepan. Add 100g minced beef or lamb, the onion and potato.
4. Add the frozen peas and ½ tsp chilli powder, then cook over a low heat for about 20 minutes until the filling is cooked and tender.
5. Transfer the filling to a bowl and cool it before shaping the pastry.
6. Lay the filo pastry sheets together and cut lengthways to make four strips.
7. Brush the pastry lightly with melted margarine.
8. Place a heaped teaspoon of filling in one corner.
9. Fold the pastry over repeatedly to form a sealed triangular parcel.
10. Place on the tray and bake for 10-12 minutes until golden and crisp.

FOOD SCIENCE

Fine knife cuts give an even filling. The thin pastry loses moisture during baking or frying, becoming crisp while the meat proteins coagulate.

QUALITY INDICATORS

Finely cut filling; sealed triangular parcels; crisp pastry; even colour.


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TECHNICAL FOCUS: Part 1 - Pastry & Lemon Filling

ADVANCED

INGREDIENTS

Pastry

- 90g Plain flour
- 55g margarine
- 25g Caster sugar

Filling:

- Grated rind and juice of 1 large lemon
- 60ml water
- 25g cornflour
- 25g caster sugar
- 1 egg yolk
- 20g margarine

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Rubbing-in method of cake making
- Safe use of the oven
- Preparation of a sweet filling
- Cutting equal sized pieces
- Neat finished appearance - shape and filling

KEY SAFETY

Take care with boiling lemon filling, the hot oven and any grill finish.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

Pastry Cases & Lemon Filling

1. Preheat the oven to 180°C.
2. Rub 55g margarine into 90g plain flour until the mixture resembles breadcrumbs.
3. Add 25g caster sugar and a pinch of salt. Bring the pastry together without adding liquid.
4. Knead briefly, then divide into 6 equal pieces.
5. Press each piece into a section of a bun tin, using small squares of greaseproof paper as directed.
6. Blind bake the pastry cases for 15 minutes.
7. Grate the lemon rind and squeeze the juice.
8. Measure 60ml of the water. Mix the cornflour and 25g caster sugar with enough of the water to form a smooth paste.
9. Put the remaining water and lemon rind in a saucepan and bring to the boil.
10. Pour the hot liquid into the cornflour paste and mix.
11. Return the mixture to the saucepan and bring to the boil, stirring constantly.
12. Simmer for 1 minute until thick and smooth.
13. Remove from the heat. Cool slightly, then beat in the egg yolk, lemon juice and 20g margarine.
14. Spoon the lemon filling into the pastry cases.

FOOD SCIENCE

Cornflour thickens through gelatinisation. Egg proteins coagulate in the lemon filling and meringue, while whisking creates a foam stabilised by sugar.

QUALITY INDICATORS

Crisp pastry cases; smooth sharp lemon filling; glossy meringue with even colour.



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TECHNICAL FOCUS: Part 2 - Meringue & Assembly

ADVANCED

INGREDIENTS

Meringue

- 1 egg white
- 50g caster sugar

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- The Rubbing-in method of cake making
- Safe use of the oven
- Preparation of a sweet filling
- Cutting equal sized pieces
- Neat finished appearance - shape and filling

KEY SAFETY

Take care with boiling lemon filling, the hot oven and any grill finish.

LIKELY ALLERGENS - CHECK LABELS

Egg. Always check every label and the department allergen procedure.

METHOD

Meringue & Final Assembly

1. Whisk the egg white to soft peaks.
2. Add the 50g caster sugar one tablespoon at a time, whisking until glossy.
3. Spread or pipe the meringue over the filling, sealing the edges.
4. Bake until the meringue is pale beige. The source also gives a 5-minute grill finish as a time-saving option.
5. Allow the tartlets to cool before placing them in the container.

FOOD SCIENCE

Cornflour thickens through gelatinisation. Egg proteins coagulate in the lemon filling and meringue, while whisking creates a foam stabilised by sugar.

QUALITY INDICATORS

Crisp pastry cases; smooth sharp lemon filling; glossy meringue with even colour.



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TECHNICAL FOCUS: Encasing fat, rolling, folding and chilling**TECHNICAL****INGREDIENTS**

- 225g Strong plain flour
- Pinch of salt
- 125g Butter/margarine
- 9 tbsp cold water

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Measuring ingredients;
- Make Rough Puff pastry, using the rubbing in technique;
- Prepare a range of ingredients for fillings
- Kneading a dough;
- Laminating a dough;

KEY SAFETY

Keep the fat cool and use the knife and rolling pin with control.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

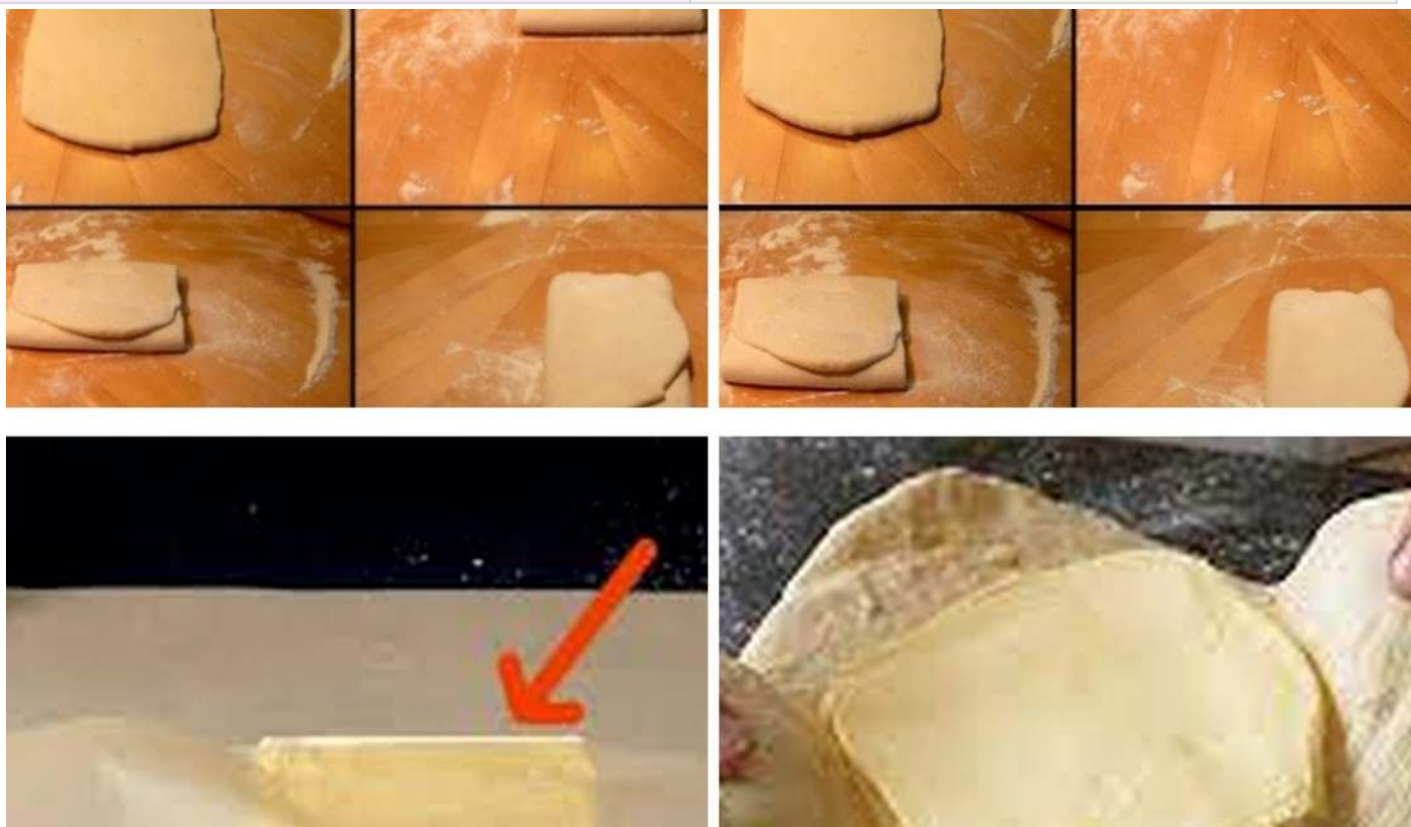
1. Sift 225g strong plain flour and a pinch of salt into a bowl.
2. Cut the 125g block of butter or margarine into two portions. Rub 40g into the flour and keep the remaining 85g chilled.
3. Add the cold water and mix to a soft, stretchy dough.
4. Knead lightly until smooth, then chill for 10 minutes to allow the gluten to relax.
5. Place the reserved 85g fat between two sheets of greaseproof paper and roll it into a square.
6. Roll the rested dough into a larger square and place the square of fat in the centre.
7. Fold the corners of the dough over the fat so it is completely enclosed.
8. Roll the dough into a rectangle, then fold it into thirds.
9. Press the edges gently, turn the pastry 45 degrees and roll into a rectangle again.
10. Repeat the rolling, folding and turning twice more, then chill until required.

FOOD SCIENCE

Repeated rolling and folding creates alternating dough and fat layers. Steam formed during baking pushes the layers apart to create lift.

QUALITY INDICATORS

Visible layers; even folds; cool, firm dough; no exposed fat.



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TECHNICAL FOCUS: Puff-pastry shaping, spirals and icing control**SECURE****INGREDIENTS**

- ½ of a block of puff pastry
- 1 tbsp Cinnamon
- 2 tbsp Sugar
- 25g Icing Sugar
- 1 tsp Water
- 1 egg, beaten, for sealing and glazing

BRING FROM HOME

- Box to take dinner rolls home

TECHNICAL SKILLS

- Measure ingredients;
- Make Rough Puff pastry, using the rubbing in technique;
- Prepare a range of ingredients for fillings
- Combine filling ingredients uniformly;
- Roll out pastry, ready for use;

KEY SAFETY

Use a sharp knife carefully when portioning and handle the hot tray safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg. Always check every label and the department allergen procedure.

METHOD

1. Preheat your oven to 200°C.
2. Stir 1tbsp cinnamon and 2 tbsp sugar together in a pudding bowl.
3. Roll the pastry into a rectangle shape.
4. Sprinkle the cinnamon sugar all over the top leaving a 1cm border.
5. Brush egg wash on the exposed pastry border.
6. Roll the pastry up in a tight log from the short side.
7. Press along the egg-washed border to seal, then slice into 6 rounds.
8. Arrange the cinnamon rolls on a baking tray, placing against each other so they're just touching.
9. Brush the remaining beaten egg all over the tops and sides of the pastry.
10. Bake for 15-18 minutes.
11. Combine 25g icing sugar with 1 tsp water in a pudding bowl until you have a thick icing.
12. Drizzle over the warm rolls. Wash up!

FOOD SCIENCE

The puff pastry layers lift through steam. Sugar dissolves and browns during baking, while a controlled spiral gives even portions.

QUALITY INDICATORS

Even rounds; secure spiral; golden pastry; controlled icing drizzle.


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TECHNICAL FOCUS: Chicken preparation, sauce-making and pastry assembly**ADVANCED****INGREDIENTS****Pastry:**

- ½ block made from previous lesson

Sauce:

- 25g butter
- 25g flour
- 225mls milk

Filling:

- 1 onion
- ¼ Leek
- ½ Carrot
- 25g Peas
- 1 Chicken Breast
- 1 Stock Cube
- 100ml Boiling water
- 1 tbsp oil - used in the source method only
- Beaten egg for egg wash - amount not stated in source slides

BRING FROM HOME

- Box OR small pie dish

TECHNICAL SKILLS

- Prepare a range of vegetables, e. g. peeling, slicing, dicing;
- Making a roux sauce;
- Use the hob and oven safely;
- Handling of raw meat;
- Making shortcrust pastry/decorative techniques

KEY SAFETY

Prevent cross-contamination from raw chicken and check the filling and pastry are fully cooked.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Peel/chop 1 onion & ½ carrot. Cut ¼ leek and wash.
2. Cut chicken breast into small bite size pieces.
3. Prepare stock ready: Fill & boil kettle. Crumble stock cube into a measuring jug and add 100ml of boiling water.
4. Add 1tbsp oil to a pan. Cook chicken on a medium heat until white all over. Then add vegetables and sauté for another 3-4 minutes.
5. Now add stock to the pan. Weigh 25g peas and add in and leave to simmer for 8-10minutes on a low heat. Stir occasionally.
6. For the white sauce; Weigh 25g butter and place into pan, add 25g Flour and 225ml milk.
7. Pour white sauce into chicken and veg filling. Mix together and remove from heat.
8. Roll out puff pastry to the thickness of a £1 coin.
9. Put filling into the foil container.
10. Add pastry lid and egg-wash.
11. Bake: 25minutes/until pastry is golden brown and crisp.

FOOD SCIENCE

The white sauce thickens as starch granules absorb liquid, swell and release starch. The pastry lid rises through lamination and steam.

QUALITY INDICATORS

Even filling; smooth lump-free sauce; sealed lid; crisp, golden pastry.



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TECHNICAL FOCUS: Choux paste, piping, steam raising and finishing**TECHNICAL****INGREDIENTS**

- 60g Strong flour
- 50g Butter
- 150g water
- 1 egg

Filling

- 125ml whipping cream
- ½ tsp vanilla essence
- 1 tbsp Icing Sugar
- 100g Chocolate

BRING FROM HOME

- Box and 100g Chocolate

TECHNICAL SKILLS

- Measuring/weighing ingredients;
- Safe use of the hob. This includes heat control- to create a paste- choux pastry;
- Safe use of the oven;
- Whisking cream for filling;
- Presentation skills- quality control- portion sizes- chocolate topping

KEY SAFETY

Take care with boiling water and fat, hot steam, the oven and the bain-marie.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Preheat oven 200°C.
2. Weigh 50g Butter.
3. Weigh 150g Water.
4. Weigh 60g Strong flour. Sieve twice onto a sheet of greaseproof paper.
5. Melt water and butter to a rolling boil.
6. Shoot flour into water, beat till mixture comes away from the sides of the pan.
7. Beat the egg with a fork.
8. Beat in the egg using a white plastic spoon. Spoon into a piping bag.
9. Pipe 10cm lengths onto a baking tray.
10. Sprinkle tray with water and bake for 20 minutes. When cooked pierce bottoms to let steam out.
11. Whisk 125ml cream, add ½ tsp vanilla essence and 1 tbsp icing sugar.
12. Melt 100g chocolate over a bain-marie.
13. Fill Eclairs with cream and dip in melted chocolate.

FOOD SCIENCE

Choux pastry is raised mainly by steam. Egg proteins and flour starch set the hollow shell so it remains crisp enough to fill.

QUALITY INDICATORS

Even piped lengths; hollow, crisp shells; stable cream; neat chocolate finish.



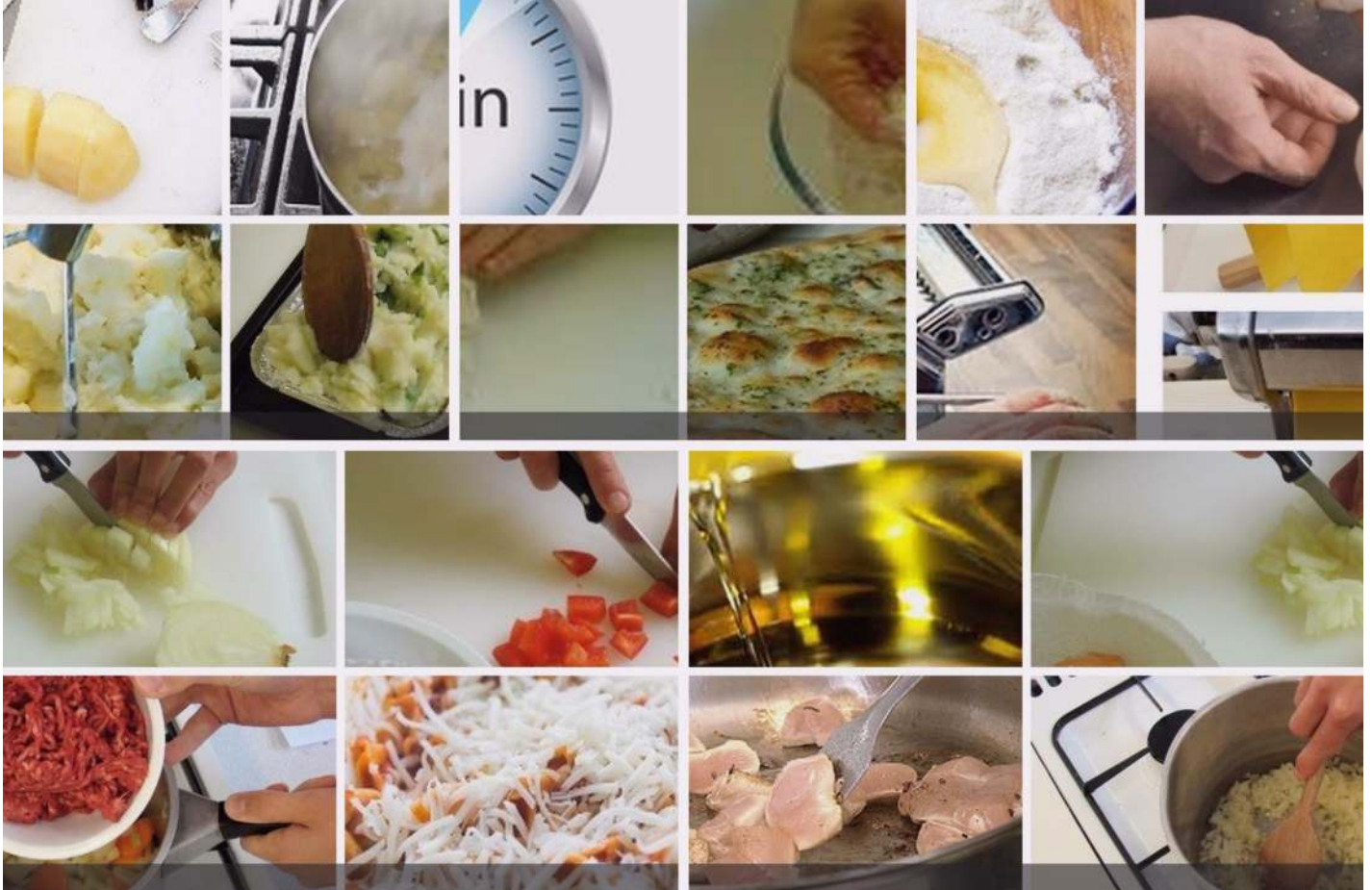
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PROGRESSION FOCUS

- Control starch cookery in potatoes, pasta, rice and sauces.
- Develop gluten in bread and fresh pasta.
- Coordinate components and gratinated finishes.
- Judge consistency rather than relying only on time.

RECIPES IN THIS SECTION

- Cheesy & Layered Potato Bakes** 31
Homemade Garlic Butter & Garlic Bread 33
Fresh Pasta 35
Macaroni Cheese & Pasta Bake 36
Chicken Risotto 38



"Better Never Stops!"

TECHNICAL FOCUS: Part 1 - Cheesy Potato Bake**DEVELOPING****INGREDIENTS**

- 250g Potatoes
- 50g Cheddar Cheese
- 50ml Milk
- 10g margarine
- Salt and pepper to season

BRING FROM HOME

- Box/Casserole dish

TECHNICAL SKILLS

- Prepare a range of vegetables, e. g. peeling, slicing, dicing;
- Make a carbohydrate accompaniment
- Use the hob and oven safely;
- Use decoration techniques when producing savoury dishes

KEY SAFETY

Drain hot water carefully and use the hob and oven safely.

LIKELY ALLERGENS - CHECK LABELS

Milk. Always check every label and the department allergen procedure.

METHOD**Cheesy Potato Bake**

1. Preheat Oven 200°C.
2. Peel 250g potatoes- cut into even sized pieces.
3. Put in saucepan, cover with water, add pinch salt. Bring to the boil, lower heat and cook for 20minutes.
4. Drain in colander and put back into saucepan.
5. Mash the potato until smooth.
6. Grate 50g cheese.
7. Weigh 10g margarine, measure 50ml milk.
8. Add margarine, milk $\frac{3}{4}$ cheese, salt and pepper to the mashed potatoes.
9. Put saucepan back on a low heat and warm potato mixture gently.
10. Beat continually with a plastic spoon until potatoes are creamy and warm.
11. Spoon potato mixture into a foil container and spread evenly.
12. Use a fork to create a wavy pattern for decoration.
13. Sprinkle top with remaining cheese. Bake for 25 minutes until golden brown on top.

FOOD SCIENCE

Potato starch gelatinises during boiling. In the layered version, the flour-based sauce also thickens through gelatinisation before the top browns.

QUALITY INDICATORS

Even potato pieces or slices; smooth sauce/mash; golden gratineed top.



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TECHNICAL FOCUS: Part 2 - Layered Potato Bake

DEVELOPING

INGREDIENTS

- 250g Potatoes
- ½ Onion
- 1 Clove garlic
- 1 tbsp Oil
- 75g Cheddar cheese
- 250ml milk
- 25g margarine
- 25g plain flour
- Salt and pepper to season

BRING FROM HOME

- Box/Casserole dish

TECHNICAL SKILLS

- Prepare a range of vegetables, e. g. peeling, slicing, dicing;
- Make a carbohydrate accompaniment
- Use the hob and oven safely;
- Make a béchamel sauce using the all-in-one method

KEY SAFETY

Drain hot water carefully and use the hob and oven safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Layered Potato Bake

1. Preheat Oven 200°C.
2. Peel 250g potatoes- cut into halves. Put in saucepan, cover with water and add pinch salt.
3. Put on heat, bring to the boil and simmer for approx. 10 minutes until they are beginning to soften.
4. Drain in colander and allow to cool.
5. Peel and slice ½ onion. Peel and crush garlic.
6. Put 1 tbsp oil in a saucepan, cook onion and garlic for 2 minutes.
7. Grate cheese.
8. Place 25g flour, 25g margarine and 250ml milk in a saucepan.
9. Put on heat and bring to the boil, stirring continuously until sauce begins to thicken.
10. Remove from heat and add 25g cheese.
11. Slice potatoes.
12. Arrange potato slices in the foil container, sprinkling onion and garlic in between.
13. Pour over cheese sauce. Sprinkle top with remaining 50g cheese. Bake for 25 minutes.

FOOD SCIENCE

Potato starch gelatinises during boiling. In the layered version, the flour-based sauce also thickens through gelatinisation before the top browns.

QUALITY INDICATORS

Even potato pieces or slices; smooth sauce/mash; golden gratineed top.



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TECHNICAL FOCUS: Part 1 - Garlic Butter & Baguette

ADVANCED

INGREDIENTS

Homemade Garlic Butter

- 120ml double cream
- Pinch of salt
- Fresh Parsley
- 2 garlic cloves, crushed

Garlic Baguette

- 60g butter, softened
- 2 garlic cloves, crushed
- 1 tsp finely chopped parsley
- 1 part-baked white baguette (about 150g)

BRING FROM HOME

- A suitable lidded container; Garlic Baguette: Box and choice of toppings

TECHNICAL SKILLS

- Combining Ingredients
- Ratio,
- Separation of fats and liquids
- Knife skills;
- Make a dairy based dish,

KEY SAFETY

Keep the electric whisk stable and use the oven safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Homemade Garlic Butter

1. Measure the double cream into a jug or deep bowl.
2. Whisk slowly at first, then increase the speed.
3. Continue whisking beyond the whipped-cream stage until the butterfat separates from the buttermilk.
4. Pour off the buttermilk.
5. Rinse and press the butter repeatedly in cold water until the water runs clear.
6. Mix in the 2 crushed garlic cloves, salt and chopped parsley.
7. Shape the butter on greaseproof paper and roll it into a neat cylinder.
8. Wrap, label and chill or freeze as directed.

Garlic Baguette

9. Preheat the oven to 200°C.
10. Soften the butter and mix in the crushed garlic and chopped parsley.
11. Slice the baguette into about 12 sections without cutting all the way through.
12. Spread the garlic butter evenly between the slices.
13. Wrap the baguette in foil and place it on a baking tray.
14. Bake for 5-6 minutes.
15. Open the foil and bake for a further 4-5 minutes until crisp.

FOOD SCIENCE

Whisking cream breaks the original emulsion so butterfat separates from buttermilk. In the dough version, yeast fermentation and gluten development create the bread structure.

QUALITY INDICATORS

Butter free from excess buttermilk; even flavouring; bread crisp outside and soft inside.



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TECHNICAL FOCUS: Part 2 - Garlic Bread from Scratch

ADVANCED

INGREDIENTS

Garlic bread dough:

- 150g strong white flour
- ½ tsp salt
- 10g margarine
- 1 tsp quick acting yeast
- 100ml warm water

Toppings:

- Garlic butter made from previous lesson
- 50g cheese (optional)

BRING FROM HOME

- Box and choice of toppings

TECHNICAL SKILLS

- Preparing a range of ingredients, e. g. sifting flour, preparing a yeast culture, proving a dough, preparing pizza toppings i. e. cheese, onion, peppers;
- Kneading a dough;
- Demonstrate making a dough confidently;
- Safe use of the oven to bake yeast and flour based products
- Presentation skills- pizza toppings

KEY SAFETY

Keep the electric whisk stable and use the oven safely.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Dough-Based Garlic Bread

1. Preheat the oven to 200°C.
2. Sift the flour and salt into a bowl and rub in the margarine.
3. Stir in the quick-action yeast.
4. Add the warm water gradually and mix to a soft dough.
5. Knead for 5-10 minutes until smooth.
6. Flatten the dough into a large circle on a lightly floured surface.
7. Dot or spread the homemade garlic butter over the dough.
8. Add the cheese if using.
9. Bake for 10-15 minutes until golden.

FOOD SCIENCE

Whisking cream breaks the original emulsion so butterfat separates from buttermilk. In the dough version, yeast fermentation and gluten development create the bread structure.

QUALITY INDICATORS

Butter free from excess buttermilk; even flavouring; bread crisp outside and soft inside.



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TECHNICAL FOCUS: Firm dough, gluten development and machine rolling**ADVANCED****INGREDIENTS****Pasta**

- 100g Strong Flour
- 1 Egg
- 1tbsp water & 1 tbsp Oil

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- •To demonstrate the skills of making a pasta dough
- •To make a pasta dough which is a firm kneadable dough and not sticky
- Using a pasta maker to develop the elasticity of the gluten in the pasta
- To develop higher level practical skills

KEY SAFETY

Keep fingers clear of the pasta rollers and do not force dough through the machine.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg. Always check every label and the department allergen procedure.

METHOD

1. Weigh 100g Strong Flour.
2. Place in a bowl.
3. Crack the egg into a jug add 1 tbsp water and 1tbsp oil.
4. Make a well in the centre of the flour- add the egg mixture.
5. Add 1/2 tsp flavourings/colourings. (optional).
6. Mix the dough together.
7. Transfer to a floured table and knead for 2-3 minutes.
8. Divide the dough in half. Knead for 5-10 minutes until the pasta dough is smooth, elastic, and just slightly tacky.
9. Push the dough through the widest setting of the rollers of the pasta machine, turning the handle.
10. Repeat again and again, each time adjusting the machine to make the rollers closer together.
11. Cut into the required shape.
12. Leave to dry overnight.

FOOD SCIENCE

Water and egg hydrate flour proteins so kneading develops gluten. Rolling aligns and stretches the network to make thin, elastic sheets.

QUALITY INDICATORS

Smooth, elastic dough; progressively thinner sheets; even final shape.


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TECHNICAL FOCUS: Part 1 - Macaroni Cheese

SECURE

INGREDIENTS

- 100g macaroni
- 50g Cheddar cheese
- 1 tomato
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper

BRING FROM HOME

- Casserole Dish

TECHNICAL SKILLS

- Measure ingredients;
- Cook and drain pasta safely;
- Make an all-in-one savoury white sauce
- Prepare cheese and vegetables, e. g. grating, slicing;
- Combine the savoury sauce, pasta and other ingredients;

KEY SAFETY

Drain boiling water carefully; handle raw mince hygienically for the pasta-bake option.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Macaroni Cheese

1. Bring a saucepan 1/2 full of water to the boil.
2. Add the 100g macaroni. Cook for about 10 - 12 minutes, until al dente.
3. Finely grate the cheese.
4. Drain the boiling hot water away from the macaroni into a colander in the sink.
5. Make the sauce: •Place the 25g butter or margarine, 25g flour and 250ml milk into the saucepan;
6. Bring the sauce to a simmer, whisking all the time until it has thickened;
7. Stir 25g (half) of the grated cheese into the thickened sauce; reserve the other 25g for the topping.
8. Preheat the grill.
9. Stir the drained macaroni into the cheese sauce and add a few twists of pepper.
10. Pour the macaroni into an oven-proof dish (or foil tray).
11. Arrange the remaining 25g cheese on top.
12. Place under a hot grill until the cheese is bubbling and golden brown.

FOOD SCIENCE

The white sauce thickens by starch gelatinisation. Grilling removes surface moisture and browns the cheese to form a gratineed finish.

QUALITY INDICATORS

Pasta al dente; sauce smooth and coating; evenly browned cheese topping.


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TECHNICAL FOCUS: Part 2 - Pasta Bake

SECURE

INGREDIENTS

- 1 onion
- 1 clove garlic/½ teaspoon paste
- ½ Pepper (any colour)
- 100g lean minced beef
- 1 beef stock cube
- Dash Worcestershire sauce
- 1/3 can chopped tomatoes (or 120ml)
- 50ml Hot tap water
- 1 x 15ml spoon tomato purée
- 1 x 5ml spoon mixed herbs
- 100 g pasta shapes
- 50g cheese
- 1 tbsp oil - used in the source method only

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Prepare a range of vegetables, e. g. peeling, slicing, dicing;
- Make a meat or alternative base;
- Use the hob and oven safely;
- Make a main meal dish,
- Good time management & hygienic practice

KEY SAFETY

Drain boiling water carefully; handle raw mince hygienically for the pasta-bake option.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

Pasta Bake

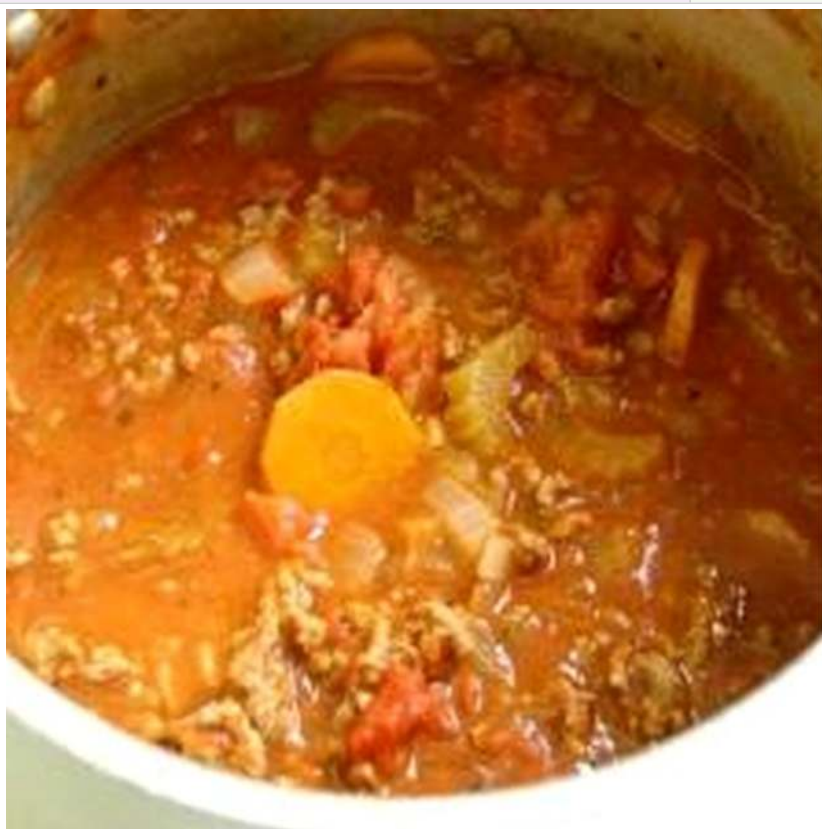
1. Bring a saucepan 1/2 full of water to the boil.
2. Add the 100g pasta. Cook for about 10 - 12 minutes, until al dente.
3. Add 1 tbsp oil to the Saucepan.
4. Peel and chop the onion;.
5. Dice the pepper;.
6. Peel and crush the clove of garlic;.
7. Fry the mince, onion, garlic and pepper until the mince is brown.
8. Crumble in the stock cube. Add a dash of Worcestershire sauce.
9. Add 1/3 of can tomatoes, 1 tbsp tomato purée and a tsp mixed herbs.
10. Now add 50ml of water. Stir & Simmer for 15-20 minutes.
11. Drain pasta in a colander. Mix pasta & Bolognese sauce.
12. Place in casserole dish and sprinkle with 50g cheese.
13. Put under a hot grill until the cheese is bubbling & golden brown.

FOOD SCIENCE

The white sauce thickens by starch gelatinisation. Grilling removes surface moisture and browns the cheese to form a gratineed finish.

QUALITY INDICATORS

Pasta al dente; sauce smooth and coating; evenly browned cheese topping.


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TECHNICAL FOCUS: Rice starch control and gradual stock absorption**SECURE****INGREDIENTS**

- 1 small onion
- 1 clove garlic
- ½ red pepper
- 50g frozen peas
- 1 x 10ml spoon oil
- 1 chicken fillet
- 150g white rice
- 300ml water, boiling
- 1 vegetable stock cube
- 1 tsp spices/curry powder (optional)

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Knife skills- preparing vegetables
- Use the kettle safely
- Use the hob safely;
- Make a rice based (risotto) of a good consistency

KEY SAFETY

Handle raw chicken safely and make sure it is cooked before the rice dish is served.

LIKELY ALLERGENS - CHECK LABELS

None identified from the listed ingredients; always check every label.

METHOD

1. Peel and chop the onion; chop the garlic;.
2. Heat the ½ tbsp oil in a saucepan, add the onion and garlic and cook until softened.
3. Chop the chicken fillet on a red chopping board.
4. Add the chicken to the pan- cook for 10 minutes.
5. Chop the ½ red/green/yellow pepper;.
6. Add the pepper/s to the pan. Stir in 150g rice. And any spices (if using).
7. Make up 300ml chicken/vegetable stock.
8. Pour over 200ml of the stock and cook until almost all the water has been absorbed by the rice.
9. Add the 50g frozen peas.
10. Gradually add the 100ml remaining stock until the rice is soft and the risotto is creamy.
11. Put in your box.

FOOD SCIENCE

Gradual liquid addition hydrates the rice and releases surface starch, producing a creamy texture without using a separate sauce.

QUALITY INDICATORS

Rice tender and creamy; liquid absorbed gradually; chicken cooked; vegetables retain colour.


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PROGRESSION FOCUS

- Prepare poultry with advanced knife skills.
- Prevent cross-contamination at every stage.
- Coordinate accompaniments and cooking times.
- Check doneness and presentation independently.

RECIPES IN THIS SECTION

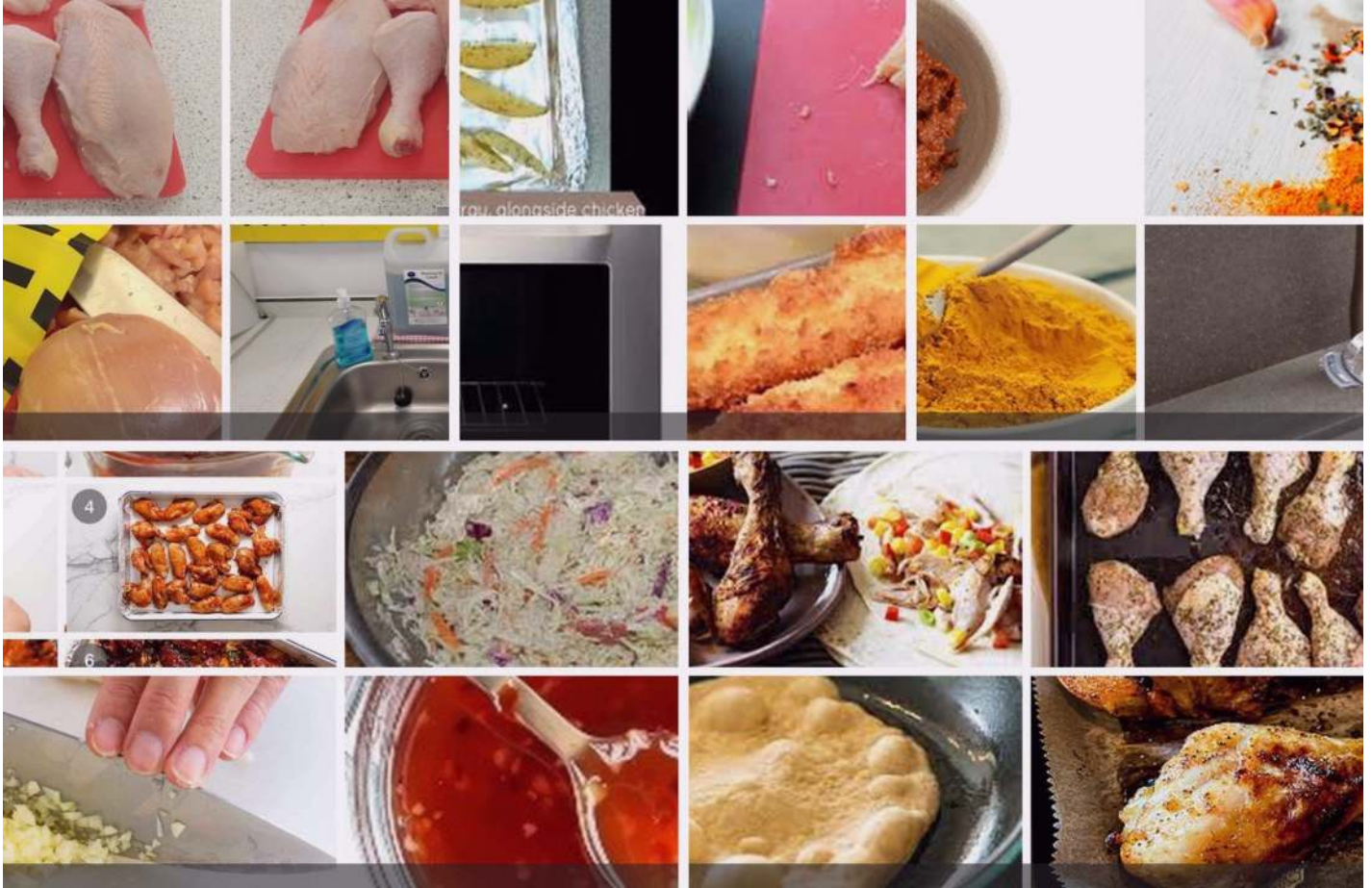
Jointing a Chicken 40

Chicken Goujons & Wedges 42

Chicken Biryani 43

Sweet & Sticky Wings with Classic Slaw 44

Chicken Fajita Drumsticks & Flatbread 45



"Better Never Stops!"

TECHNICAL FOCUS: Part 1 - Legs, Wings & Carcass**TECHNICAL****INGREDIENTS**

- 1 Medium chicken
- 4 food Bags
- 4 labels

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Jointing a chicken into:
- 2 x Breasts
- 2 x Legs
- 2 x Wings
- Handle raw meat safely and hygienically

KEY SAFETY

This advanced raw-poultry task must be closely supervised. Use a red board, a sharp knife and thorough handwashing.

LIKELY ALLERGENS - CHECK LABELS

None identified from the listed ingredients; always check every label.

METHOD**Legs, Wings & Carcass**

1. Remove the string from around the legs and stretch out the wings and legs.
2. Hold one leg and score the skin with the tip of the knife.
3. Use your fingers to open the skin and locate the natural joint.
4. Bend the leg backwards until the joint pops out.
5. Cut behind the exposed joint to remove the leg. Repeat for the second leg.
6. Find the natural wing joint with your fingers and thumb, then cut through the joint. Repeat for the other wing without cutting through bone.
7. Stand the chicken on its end with the neck at the base.
8. Cut through the body to separate the back from the front, cutting carefully through the rib cage.

FOOD SCIENCE

Locating natural joints allows clean cuts through connective tissue rather than bone, improving yield and reducing the risk of bone splinters.

QUALITY INDICATORS

Clean cuts through natural joints; maximum meat yield; accurately labelled portions.



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TECHNICAL FOCUS: Part 2 - Removing the Breasts**TECHNICAL****INGREDIENTS**

- 1 Medium chicken
- 4 food Bags
- 4 labels

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Jointing a chicken into:
 - 2 x Breasts
 - 2 x Legs
 - 2 x Wings
- Handle raw meat safely and hygienically

KEY SAFETY

This advanced raw-poultry task must be closely supervised. Use a red board, a sharp knife and thorough handwashing.

LIKELY ALLERGENS - CHECK LABELS

None identified from the listed ingredients; always check every label.

METHOD**Breasts, Yield & Labelling**

1. Avoid cutting through the bone at the bottom of the carcass.
2. Separate the front from the back and loosen the skin from the breasts with your hands.
3. Cut away the loosened skin.
4. Score along one side of the breastbone with the tip of the knife.
5. Use the full blade to release the breast meat from the carcass.
6. Repeat for the second breast, removing as much meat as possible.
7. Bag and label the two breasts, two legs and two wings as directed by your teacher.

FOOD SCIENCE

Locating natural joints allows clean cuts through connective tissue rather than bone, improving yield and reducing the risk of bone splinters.

QUALITY INDICATORS

Clean cuts through natural joints; maximum meat yield; accurately labelled portions.



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TECHNICAL FOCUS: Pane coating, even cutting and coordinated timing**SECURE****INGREDIENTS**

- 1 chicken fillet
- 2 slices bread (breadcrumbs)
- 1 tbsp flour
- 1 Egg
- 1 Potato
- 1 tbsp oil

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Understand the term pane
- Use an oven safely;
- Make a baked dish
- Prepare a range of ingredients,

KEY SAFETY

Use a red board for raw chicken and clean hands/equipment before touching cooked food.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg. Always check every label and the department allergen procedure.

METHOD

1. Preheat the oven to 220°C.
2. Chop the potatoes into 2cm wide wedges.
3. Place onto on a baking tray.
4. Drizzle with oil and season with salt.
5. Spread the wedges in a single layer and begin baking. The source does not state the initial baking time.
6. Cut 1 chicken breast into goujons (strips) on a red chopping board.
7. Dip the pieces of chicken into the plain flour.
8. Then dip in the beaten egg.
9. and finally dip into the breadcrumbs.
10. Place on the baking tray with the wedges.
11. Bake the wedges and chicken for a further 15 minutes.

FOOD SCIENCE

The pane coating forms a protective crust as starch and breadcrumbs dry and brown. The chicken proteins coagulate as the centre cooks.

QUALITY INDICATORS

Even wedges and strips; complete pane coating; crisp finish; chicken fully cooked.

SOURCE CHECK: The source does not state how long the wedges cook before the chicken is added.



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TECHNICAL FOCUS: Aromatic rice cookery and high-risk food control**ADVANCED****INGREDIENTS**

- 150g basmati rice
- 25g butter
- 1 large Onion
- 2 skinless Chicken fillets
- 2 tbsp curry paste (e. g. Patak's Balti paste)
- **1 chicken stock cube**
- 1 bay leaf
- 2 cardamom pods
- 1/2 tsp cinnamon
- 1/2 tsp turmeric
- 25g raisins (optional)
- 400ml boiling water

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Measuring accurately,
- Knife skills,
- Preparation of ingredients,
- Preparation of meat,
- Use of the hob (simmering and frying)

KEY SAFETY

Keep raw chicken separate, cook it thoroughly and cool/reheat rice safely as directed by your teacher.

LIKELY ALLERGENS - CHECK LABELS

Milk. Always check every label and the department allergen procedure.

METHOD

1. Weigh 25g butter- put in a frying pan;.
2. Dice the chicken- on a red chopping board. Wash Hands.
3. Peel and chop the onion;.
4. Soak 150g rice in warm water.
5. Heat the 25g butter, then add the onion and 1 bay leaf.
6. Add 2 cardamom pods and ½ tsp cinnamon.
7. Sprinkle in ½ tsp turmeric,.
8. Add diced chicken & 2 tbsp curry paste. Cook until aromatic.
9. Wash rice in cold water until the water runs clear.
10. Make up 400ml chicken stock using the stock cube and boiling water, then add it to the pan.
11. Bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5-10 minutes.
12. Turn off the heat and leave for 10 minutes. Stir well.
13. Put into your container.

FOOD SCIENCE

Rice absorbs seasoned stock as starch granules hydrate. Resting after cooking allows moisture and heat to redistribute through the grains.

QUALITY INDICATORS

Separate aromatic grains; evenly cooked chicken; balanced spice; no excess liquid.



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TECHNICAL FOCUS: Marinade, roasting and ready-to-eat accompaniment

SECURE

INGREDIENTS

- 4 chicken wings

For the marinade:

- 1 tbsp ketchup
- 1 garlic clove, crushed
- 1 tbsp soft brown sugar
- 1 tbsp sweet chilli sauce
- 1 tbsp dark soy sauce

For the Coleslaw

- ¼ Cabbage
- 1 small onion
- ½ apple
- ½ carrot
- 1-2 tablespoon mayonnaise

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Measuring accurately,
- Knife skills,
- Preparation of ingredients,
- Preparation of meat,
- Understand the term "Marinade"

KEY SAFETY

Keep raw wings away from the ready-to-eat slaw and use separate clean equipment.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Egg, Soya. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 200°C.
2. Chop the garlic clove. Put in a glass bowl.
3. Add 1 tbsp ketchup and 1 tbsp soft brown sugar.
4. Add 1 tbsp sweet chilli sauce, 1 tbsp dark soy sauce and some salt and pepper.
5. Tip in the 4 chicken wings and toss to combine so that they are all coated.
6. Transfer to a baking tray. Roast for 35-40 minutes until cooked through and golden. Wash up.
7. Peel and grate the carrot. Put in your bowl.
8. Slice the onion using the bridge and claw methods. Put into bowl.
9. Finely slice the cabbage, into 'julienne'. Put into bowl.
10. Peel and grate the apple. Put into bowl.
11. Add 1-2 tbsp of mayonnaise.
12. Mix to combine all ingredients.
13. Add a pinch of salt and pepper to flavour (optional). Mix again.

FOOD SCIENCE

Sugar in the marinade supports surface browning and a sticky glaze. The uncooked slaw relies on fine, even cuts and strict separation from raw poultry.

QUALITY INDICATORS

Glossy, cooked wings; fine julienne vegetables; crisp, evenly dressed slaw.


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TECHNICAL FOCUS: Seasoning, roasting, flatbread dough and pan cookery**SECURE****INGREDIENTS****For the chicken:**

- 2 chicken drumsticks
- 1 tsp paprika
- 1 tsp ground cumin
- 1 garlic cloves
- 1 tsp vegetable oil

For the flatbread:

- 100g plain flour
- 1/8 tsp salt
- 50ml warm water
- 1 tbsp oil

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Handle raw meat safely and hygienically
- Learn advanced food preparation techniques
- Accurately use the bridge and claw technique of chopping
- Make a filling for a meat product i. e. a stuffing

KEY SAFETY

Cook drumsticks thoroughly before shredding the meat; use clean equipment for the flatbreads.

LIKELY ALLERGENS - CHECK LABELS

Gluten. Always check every label and the department allergen procedure.

METHOD

1. Preheat the oven to 200°C.
2. Tip the chicken into a glass bowl. Add 1 tsp paprika 1 tsp ground cumin, 1 tsp oil and salt/pepper.
3. Massage the oil/spices into the chicken.
4. Tip the chicken onto a large baking tray.
5. Roast for 30 minutes, turning halfway through cooking, until the chicken is lightly charred and perfectly cooked inside.
6. For the flatbreads: place 100g flour and 1/8 tsp salt in a glass bowl. Trickle on 50ml water bit by bit.
7. Mix the water and flour mixture together. Add the tbsp oil and then knead the dough for 5 minutes.
8. Divide the dough into three balls. Roll each ball of dough one at a time using a rolling pin.
9. Heat a frying pan on a medium heat.
10. Cook each flatbread for about 2 minutes on one side - it should puff up a little.
11. Shred the chicken from the bone and then wrap in the flatbreads.

FOOD SCIENCE

Heat coagulates the chicken proteins and develops colour at the surface. Kneading forms gluten in the flatbread and steam helps it puff in the pan.

QUALITY INDICATORS

Charred, cooked chicken; soft elastic dough; evenly rolled and puffed flatbreads.

SOURCE CHECK: A garlic clove is listed in the ingredients but is not used in the source method.



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PROGRESSION FOCUS

- Create stable foams and cold-set structures.
- Use sugar stages and thermometers safely.
- Control texture, setting and decorative finish.
- Apply food science to diagnose faults.

RECIPES IN THIS SECTION

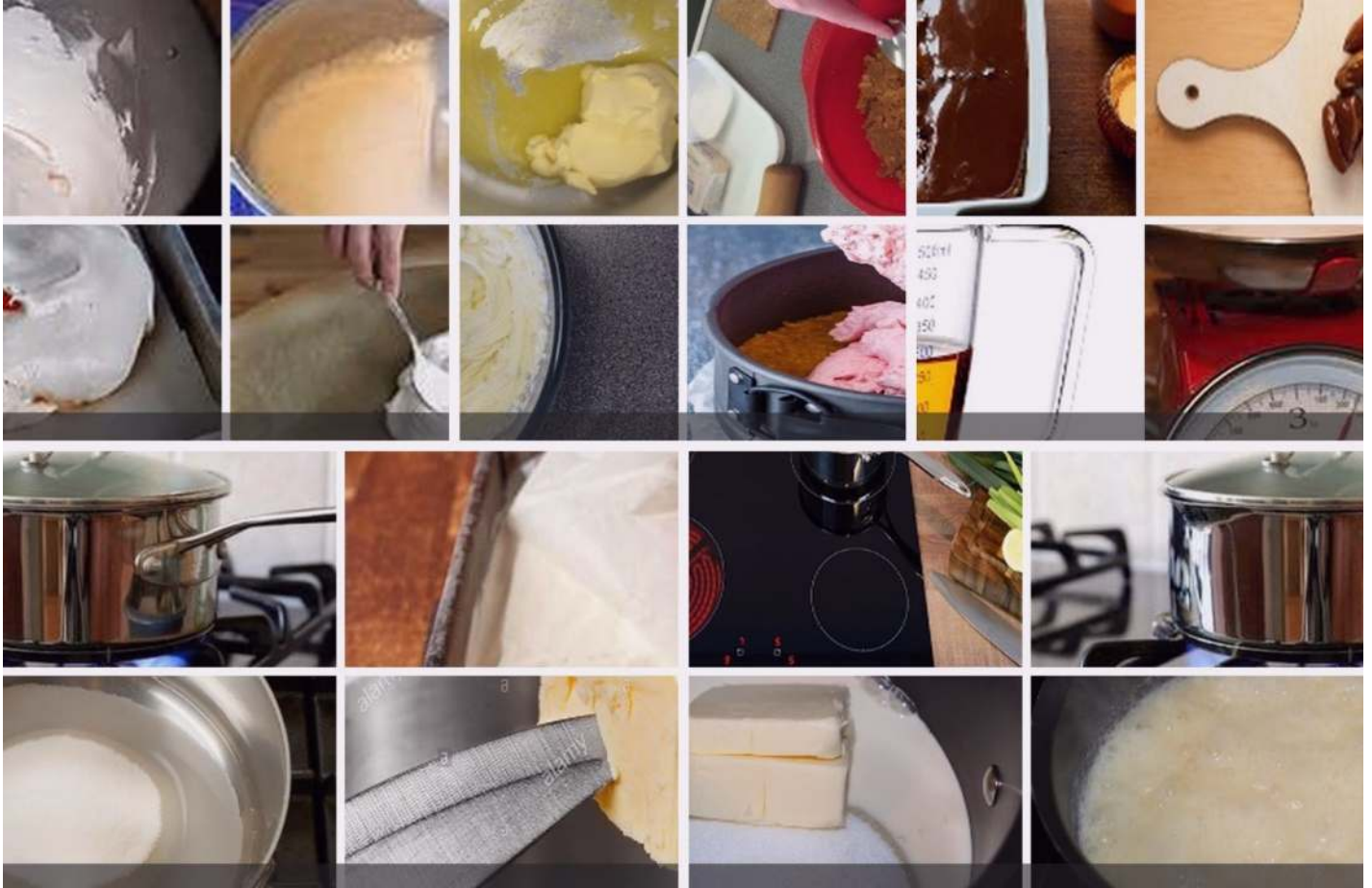
Pavlova 47

Milk Chocolate & Raspberry Cheesecake 48

Sticky Toffee Pudding 49

Honeycomb & No-Churn Ice Cream 50

Fudge 51



"Better Never Stops!"

TECHNICAL FOCUS: Egg-white foam, meringue stability and presentation**ADVANCED****INGREDIENTS**

- 2 egg whites
- 125g caster sugar
- 1/2 tsp white wine vinegar
- 1/2 tsp cornflour
- 1/2 tsp vanilla extract
- 2 tbsp icing sugar

BRING FROM HOME

- 1 Tub double cream Fresh Fruit to decorate

TECHNICAL SKILLS

- Demonstrate the conditions needed to make meringue
- Weigh ingredients precisely;
- Use the oven safely;
- Make a decorated dessert

KEY SAFETY

Use a clean, grease-free bowl and take care when separating eggs and using the oven.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 150°C.
2. Separate the eggs carefully. Set the yolks aside as directed by your teacher.
3. Whisk the egg whites with a hand mixer until they form stiff peaks.
4. Weigh 125g caster sugar.
5. Whisk in the sugar, 1 tbsp at a time, until the meringue looks glossy.
6. Whisk in the 1/2 tsp vinegar, 1/2 tsp cornflour and 1/2 tsp vanilla.
7. Draw a circle on greaseproof paper. Spread the meringue inside the circle.
8. Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.
9. Whip the cream with 2 tbsp icing sugar.
10. Spread the cream over the meringue.
11. Decorate with fruit.
12. Place pavlova in the fridge.

FOOD SCIENCE

Whisking denatures egg-white proteins so they surround air bubbles. Sugar stabilises the foam, and low heat coagulates the proteins into a crisp shell.

QUALITY INDICATORS

Glossy meringue; defined shape; crisp shell; stable cream; controlled fruit decoration.



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TECHNICAL FOCUS: Cold cookery, bain-marie and controlled setting**SECURE****INGREDIENTS**

- 10 Digestive Biscuits
- 75g margarine
- 50g milk chocolate
- 100g cream cheese
- 150ml double cream
- 40g sugar
- 50g raspberries

BRING FROM HOME

- Cake tin 8"

TECHNICAL SKILLS

- Combining Ingredients
- Ratio,
- Weighing and measuring
- Use the hob safely;
- Make a dairy based dish,

KEY SAFETY

Use low heat for the butter and a safe bain-marie for the chocolate. Keep the finished cheesecake chilled.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk. Always check every label and the department allergen procedure.

METHOD

1. Collect all ingredients and equipment.
2. Melt 75g butter on a low to medium heat.
3. Crush 10 biscuits in a food bag using a rolling pin.
4. Add the biscuits to the melted butter and stir well.
5. Press the biscuit mixture into the tray using the back of a spoon.
6. Melt 50g milk chocolate over a bain-marie.
7. In a jug, mix the 100g cream cheese, 150ml double cream and 40g sugar together until smooth.
8. Add $\frac{3}{4}$ of the 50g raspberries and whisk in, then add the melted chocolate and quickly swirl through.
9. Spoon into your dish and smooth the top. Drizzle with a little chocolate and decorate with reserved raspberries.

FOOD SCIENCE

Whisking incorporates air into the cream-based filling. Cooling allows the fat and melted chocolate to firm, helping the cheesecake hold its shape.

QUALITY INDICATORS

Firm, level base; smooth filling; clear raspberry and chocolate swirl; neat finish.


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TECHNICAL FOCUS: All-in-one sponge, date preparation and sauce**ADVANCED****INGREDIENTS****Pudding:**

- 100g dried dates, stoned and chopped
- 100ml black tea
- ½ tsp bicarbonate of soda
- 50g butter, softened
- 100g self-raising flour
- ½ tsp mixed spice
- 100g golden caster sugar
- 1 egg, beaten

Toffee Sauce

- 50g light muscovado sugar
- 50g unsalted butter
- ½ (142ml) carton double cream

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the use of the all-in-one method;
- Weigh ingredients precisely;
- Adapt a basic cake mixture;
- Use the oven safely;
- Make an all-in-one cake

KEY SAFETY

Take care with hot tea, dates, sauce and the oven.

LIKELY ALLERGENS - CHECK LABELS

Gluten, Milk, Egg. Always check every label and the department allergen procedure.

METHOD

1. Heat oven to 180°C.
2. Chop 100g dates on a white chopping board- place in a saucepan.
3. Make up 100ml tea in a measuring jug. Add tea to dates.
4. Cook tea/date mixture for 3-4minutes to soften the dates. Stir in the ½ tsp bicarbonate of soda.
5. Weigh 100g self-raising flour. Add to a glass bowl.
6. Weigh 100g golden caster sugar. Add to flour.
7. Weigh 50g butter or margarine. Add to flour/sugar.
8. Add 1 egg to the mixture and beat until mixture is light and fluffy. Add ½ tsp mixed spice.
9. Add softened dates to the cake mixture.
10. Pour into the prepared cake tin.
11. Bake for 30-35minutes or until the top is just firm to touch.
12. Weigh 50g muscovado sugar and 50g butter- place in a saucepan.
13. Add ½ tub (142ml) cream- simmer until the sugar has dissolved.
14. Pour sauce over the cooked cake mixture.

FOOD SCIENCE

Bicarbonate of soda supports aeration, while heat sets the egg-and-flour structure. In the sauce, sugar dissolves into the melted fat and cream.

QUALITY INDICATORS

Moist, evenly risen sponge; softened dates; smooth sauce with dissolved sugar.



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TECHNICAL FOCUS: Sugar stages, chemical aeration and freezing**TECHNICAL****INGREDIENTS****Honeycomb**

- 25g clear honey
- 125g caster sugar
- 2 tbsp water
- 15g butter
- 1/2 tsp vinegar
- 1 tsp bicarbonate of soda

No-Churn Ice Cream

- 50g condensed milk
- 150g double cream
- 1/2 tsp vanilla essence

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the conditions needed to make honeycomb
- Weigh ingredients precisely;
- Use the hob safely;
- Use a sugar thermometer
- Make confectionary items

KEY SAFETY

Hot sugar can cause serious burns. Use the sugar thermometer and saucepan only under teacher supervision.

LIKELY ALLERGENS - CHECK LABELS

Milk. Always check every label and the department allergen procedure.

METHOD**Honeycomb**

1. Put 25g clear honey into a saucepan.
2. Add 125g caster sugar and 2 tbsp water.
3. Add the butter and vinegar.
4. Heat slowly, stirring, until the sugar dissolves and the butter melts.
5. Bring to the boil, cover and boil gently for 2 minutes.
6. Uncover and continue to boil without stirring for about 5 minutes.
7. Use a sugar thermometer to check that the mixture reaches 140°C.
8. Remove the pan from the heat.
9. Stir in 1 tsp bicarbonate of soda. The mixture will foam and rise rapidly.
10. Pour immediately into a small greased tin.
11. Leave to set, then break into pieces.

No-Churn Ice Cream

12. Put 50g condensed milk in a glass bowl.
13. Add 150g double cream.
14. Add ½ tsp Vanilla Essence.
15. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
16. Scrape into a freezer container.
17. Cover with cling film and freeze until solid.

FOOD SCIENCE

In honeycomb, bicarbonate of soda releases carbon dioxide into concentrated hot syrup. In the ice cream, whisking traps air and fat helps stabilise the frozen structure.

QUALITY INDICATORS

Honeycomb reaches 140°C and sets with an open crisp structure; ice cream is thick and smooth before freezing.



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TECHNICAL FOCUS: Sugar concentration, soft-ball stage and crystallisation**TECHNICAL****INGREDIENTS**

- 75ml Fresh Milk
- 110g Granulated Sugar
- 25g Butter
- ½ tsp vanilla essence

BRING FROM HOME

- A suitable lidded container

TECHNICAL SKILLS

- Demonstrate the conditions needed to make fudge
- Weigh ingredients precisely;
- Use the hob safely;
- Use a sugar thermometer
- Make confectionary items

KEY SAFETY

Hot sugar can cause serious burns. Do not touch or taste the mixture until it has cooled and set.

LIKELY ALLERGENS - CHECK LABELS

Milk. Always check every label and the department allergen procedure.

METHOD

1. Pour 75ml milk into a saucepan and bring it slowly to the boil.
2. Pour the milk into a saucepan and bring it slowly to the boil.
3. Add the granulated sugar and butter.
4. Heat slowly, stirring continuously, until the sugar dissolves and the butter melts.
5. Bring to the boil, cover and boil for 2 minutes.
6. Uncover and continue to boil, stirring occasionally, for about 10-15 minutes.
7. Check for the soft-ball stage in cold water or use a sugar thermometer to reach 116°C.
8. Remove from the heat, stir in the vanilla essence and cool for 5 minutes.
9. Beat until the fudge begins to lose its gloss and becomes thick and creamy.
10. Transfer to a greased Victoria sandwich tin.
11. Mark into squares when cool, then cut when firm and set.

FOOD SCIENCE

Boiling concentrates the sugar solution to the soft-ball stage. Controlled cooling and beating encourage many small crystals, producing a fine, creamy texture.

QUALITY INDICATORS

Mixture reaches 116°C; loses gloss as it is beaten; sets firm with a fine, creamy texture.


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Recipe Confirmation Record

Agreed departmental decisions applied in this edition

Ingredient-panel differences have been aligned with the selected method, together with the department decisions below. Confirmed changes are applied throughout the book; the few remaining source gaps are clearly identified.

Fruit Scones

50g dried fruit has been added. The uploaded source slides still do not state an oven temperature.

Gingerbread Biscuits

Golden syrup revised to 1 tbsp to match the method.

Meat Samosas

Aligned to the selected method: 100g minced beef or lamb, 1/2 tsp chilli powder and four pastry strips.

Cinnamon Rolls

1 egg has been added for sealing and glazing.

Mini Lemon Meringue Tartlets

Aligned to the method: 60ml water.

Homemade Garlic Butter

2 garlic cloves have been added to the homemade garlic butter.

Sticky Toffee Pudding

Aligned to the method: 100ml tea and 1/2 tsp bicarbonate of soda.

Salt & Pepper Chicken

The source gives no cooking time. The book retains a clear core-temperature safety endpoint.

Honeycomb

Aligned to the method: 25g honey, 2 tbsp water and 1 tsp bicarbonate of soda.

Chicken Goujons & Wedges

The source does not state how long the wedges cook before the chicken is added.

Layered Potato Bake

Aligned to the method: 25g flour, 25g margarine and 250ml milk.

Sweet & Sticky Wings

4 chicken wings have been added to the ingredient list.

Macaroni Cheese

Total cheddar revised to 50g: 25g in the sauce and 25g for the topping.

Chicken Fajita Drumsticks

A garlic clove is listed in the ingredients but is not used in the source method.

Chocolate Eclairs

Whipping cream revised to 125ml.

Chicken Biryani

400ml boiling water has been added to make the chicken stock.

Pavlova

2 tbsp icing sugar has been added to the ingredient list.

Dough-Based Garlic Bread

The dough-based garlic bread oven temperature has been confirmed as 200°C.

Spring Rolls

1 tbsp oil and beaten egg have been added to the ingredient list.

Confirmed changes have been applied throughout the editable Word and PDF editions.

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