

SWHS

Cookery Book

for KS3



Year 7

Cookery Book

2020



## Vegetable Couscous Salad

### Ingredients

- 175ml Water, boiling
- 1 Veg Stock Cube
- 100g Couscous
- 1 Medium Tomato
- 1 Spring Onion
- $\frac{1}{2}$  Cucumber
- $\frac{1}{2}$  Yellow Pepper
- 4 Dried Apricots
- 1 small bunch of Parsley
- 1 tablespoon of low fat dressing

### Lesson Focus

(serves 2)

To investigate types of dressings, demonstrate the safe use of knives and apply the principles of Food Safety and Hygiene when cooking.



### Equipment

- Kettle
- Measuring Jug
- Measuring Spoons
- Weighing Scales
- Large Bowl
- Fork
- Chopping Board
- Knife
- Kitchen Scissors
- Spoon
- Container

### Method:

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff up the couscous with a fork and then add the vegetables and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

## Homemade Italian Pizza with a Homemade Sauce

### Ingredients

- $\frac{1}{2}$  Onion
- 1 Clove of Garlic
- 1 teaspoon of Oil
- $\frac{1}{2}$  can of Chopped Tomatoes
- Handful of Fresh Basil
- Black Pepper
- Pizza Base
- 3 Vegetable toppings of your choice
- 30g grated cheese

### Lesson Focus

(Serves 2)

Seasonal Fresh vegetable Dish,  
Sharp Knives, Using the Hob,  
The Effect of Cooking on  
Vegetables and Health and  
Safety in the Classroom.



### Equipment

- Small Saucepan
- Sharp Knife
- Chopping Board
- 1 teaspoon
- Pot stand
- Baking Tray
- Wire Cooling Tray

### Method:

1. Preheat the oven to 180 degrees or Gas Mark 6.
2. Dice the onion and garlic.
3. Put 1 teaspoon of oil into the small saucepan.
4. Sauté for 10 minutes, on a low heat or until soft.
5. Add the chopped tomatoes and simmer for 5-10 minutes.
6. Chop basil and stir into sauce.
7. Add black pepper to season.
8. Spoon the Ragu sauce onto the pizza base.
9. Chop the toppings.
10. Sprinkle a small amount of cheese onto the base of the pizza.
11. Add the toppings.
12. Place in a pre heated oven for 15-20 minutes or until the cheese has melted and turned golden brown.
13. Once cooked place on a wire-cooling tray to cool down.

## Fruit Crumble

### Ingredients

- 2 large (200g) cooking apples
- 50g sultanas
- a large pinch cinnamon or mixed spice
- 50g brown or white sugar
- 100g plain flour
- 50g margarine
- 75g rolled oats

### Lesson Focus

(Serves 2)

Toppings made with a starchy food, weighing, measuring, rubbing in, peeling, slicing, layering, using the oven and health and safety.



### Equipment

- Weighing scales,
- Peeler,
- Sharp knife,
- Chopping board,
- Mixing bowl,
- Measuring spoons,
- Ovenproof pie dish

### Method:

1. Preheat the oven to 180c or Gas Mark 6.
2. In the mixing bowl weigh the flour, margarine, cinnamon and mixed spice.
3. Begin to rub the margarine into the flour.
4. Add the sugar and rolled oats.
5. Prepare the apples by washing, coring and slicing (use the bridge and claw grip).
6. Place the chopped apples into the base of the ovenproof dish.
7. Sprinkle the sultanas over the apples.
8. Spoon the crumble mixture over the apples.
9. Bake in a preheated oven at 180C or Gas Mark 6 for 20-25 minutes. The topping should have turned a golden brown colour.

\* Experiment with different fillings and toppings e.g. rhubarb and cherry with a walnut crumble \*

## Quesadillas

### Ingredients

2 slices of Ham  
1tsp flat-leaf parsley  
4 flour tortillas  
1 spring onion  
30g cheddar cheese  
 $\frac{1}{4}$  red and green pepper  
1 tbsp BBQ Sauce

### Lesson Focus

(Serves 2)

Safe use of the grill/oven, using a grater, food safety and hygiene and calculating the cost of the dish.

### Equipment

Weighing scales, non-stick frying pan, measuring spoons, mixing spoon, knife, chopping board, fish slice, 2x non-stick baking trays, oven gloves, small bowl and 4x serving plates.



### Method:

1. Preheat the grill to gas mark 4 or a medium flame.
2. Chop the peppers into thick julienne strips.
3. Slice the spring onion.
4. Roughly chop the parsley
5. Grate the cheese onto a chopping board.
6. Spread the BBQ sauce over the base of two of the tortilla wraps.
7. Begin by sprinkling the grated cheese over the base of the wraps.
8. Place the peppers, onions, ham and parsley evenly over the cheese.
9. Sandwich the remaining tortillas on top and transfer the tortillas to a non-stick baking trays.
10. Place under the grill until golden on one side (3-4 minutes). Remove from the grill and turn over using a fish slice.
11. Slice each quesadilla into quarters and serve immediately with a sprinkle of parsley.

## Chicken Goujons and Salad Flatbread

### Ingredients

Chicken x 1 fillet  
2 slices of Wholemeal Bread  
1 egg  
Salt and Pepper  
25g Plain Flour  
1tbsp Rocket (lettuce)  
4 Cherry Tomatoes  
1 Wholemeal Flatbread  
**For the Tzatziki Dip:**  
25g fat free greek yogurt  
1 tbsp grated cucumber  
 $\frac{1}{2}$  garlic clove  
Couple of mint leaves

### Lesson Focus

(Serves 2)

Protein Foods, Shaping,  
Coating, Using the Oven  
(Baking), Food Safety and  
Hygiene - focus on Chicken.

### Equipment

Chopping board, knife, food  
processor, measuring jug,  
fork, baking tray, small  
bowl, grater, wire cooling  
tray, measuring spoons,  
silicone spoon.



### Method:

1. Pre-heat the oven 180c or Gas Mark 6.
2. Prepare the breadcrumbs in the food processor.
3. Place the plain flour onto a plate, season with salt and pepper.
4. Beat the egg in the measuring jug.
5. Chop the chicken into long thin strips.
6. Place the chicken into the flour, then the egg and finally the breadcrumbs.
7. Place the breaded chicken onto the baking tray.
8. Place in the oven for 20-25 minutes. (Chicken should be white all the way through)
9. Prepare the dip by grating the cucumber, chopping the garlic and mint and mixing them into the Greek yogurt.
10. Chop the cherry tomatoes into quarters.
11. Place the rocket, tomatoes and a small drizzle of the tzatziki dip onto the flatbread.
12. Put the chicken on top and gently fold the flatbread.
13. Garnish with a sprig of mint.

## Raspberry and Apple Mini Muffins

### Ingredients

125g Plain Flour  
1 tsp Baking Powder  
50g Caster Sugar  
35g Butter  
1 Egg  
90ml Milk  
75g Fresh Raspberries  
 $\frac{1}{2}$  Apple

### Lesson Focus

(Serves 2)

Batch Production, Mixing,  
Folding, dividing the mixture,  
using the oven and evaluating.

### Equipment

Muffin Tin  
Sieve  
Silicone Spoon  
Measuring Jug  
Bowl  
Fork  
Spoon  
Weighing Scales



### Method:

**Step 1:** Preheat the oven to 200C/Gas 6. Line a muffin tin with paper cases.

**Step 2:** Sift the flour and baking powder into a large bowl and stir in the sugar.

**Step 3:** Rub the butter into the flour and sugar using your fingertips.

**Step 4:** Beat the egg and milk in a jug and add this to the flour mixture. Use the spoon to mix. Finely chop the apple using the bridge and claw technique.

**Step 5:** Gently fold in the raspberries and chopped apple.

**Step 6:** Spoon the mixture into the paper cases and bake for 15-20 minutes.

### Tips:

- Try using a variety of berries that are in season, such as raspberries, blackberries or blueberries.
- You could add extra toppings to the muffins, such as chopped nuts, desiccated coconut or pumpkin seeds.

Try adding extra flavour by sieving ground spice, such as ginger, cinnamon or mixed spice with the flour.



## Quorn Stir-Fry with Noodles

### Ingredients

- 100g Quorn
- 1/2 pack straight to wok noodles
- 3 veg of your choice (a handful of each)
- 1 clove of garlic
- Tablespoon of soya sauce
- Dash of sesame oil
- 1tsp sweet chilli sauce
- 1 tsp honey

### Lesson Focus

(Serves 2) Savoury main meal, skill of vegetable preparation, controlling heat, using the hob and sensory evaluation.



### Equipment

- Chopping Board
- Chef's Knife
- Fork
- Wok
- Mixing Bowl
- Silicone Spoon
- Colander
- Small saucepan
- Pot stand
- Peeler

### Method:

1. Peel and chop all vegetables. Keep waste to one side. Put all vegetables into a metal mixing bowl.
2. Cut quorn into bite sized pieces.
3. Stir fry quorn on a medium heat with a bit of cooking oil (50p sized drop- you can always add more if you need it later.)
4. Boil the noodles on a medium heat for 5 minutes.
5. When the quorn is lightly browned (5 mins) add all veg for 3-5 mins until veg is to your liking (soft or slight crunch)
6. Add sauce and herbs etc...
7. Drain the noodles and add to the quorn and vegetables.
8. Serve with a garnish of parsley.
9. Wash and dry ALL equipment used.

Wash and dry tables, sinks and cookers (make sure cooker is cool first).

## Vegetable Pasta Bake

### Ingredients

100g rigatoni (pasta)  
40g cheese  
100g broccoli  
100g canned tuna (in water)  
drained  
25g soft margarine  
25g plain flour  
250ml semi-skimmed milk  
1 x 5ml spoon dried oregano  
50g sweetcorn (canned or  
frozen)  
Black pepper

### Lesson Focus

#### (Serves 2)

Savoury main meal, using herbs to flavour, vegetable preparation, simmer, sauce making and food safety and hygiene.

### Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.



### Method:

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 - 12 minutes, until *al dente*.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:
  - place the butter or margarine, flour and milk into a small saucepan;
  - bring the sauce to a simmer, whisking all the time until it has thickened;
  - reduce the heat, stir in the oregano, and allow to simmer for 2 minutes;
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Preheat the grill.
6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
7. Pour the drained pasta and vegetables into the sauce.
8. Stir in the canned tuna.
9. Sprinkle the cheese over the top, and add a few twists of black pepper.
10. Place under a hot grill until the cheese is bubbling and golden brown.

## Mini Meatballs in a Salad Pitta

### Ingredients

100g Lean Minced Beef  
15ml Tomato Ketchup  
 $\frac{1}{2}$  small onion  
 $\frac{1}{2}$  tsp dried oregano  
2 x Pitta Bread  
1tbsp Rocket  
1 Spring Onion

### Lesson Focus

(Serves 2)

Savoury Main Meal,  
Combining, Forming and  
Shaping, Food Safety and  
Hygiene and Design Criteria.

### Equipment

Baking Tray, chopping  
board, knife, small bowl,  
measuring spoons, silicone  
spoons.



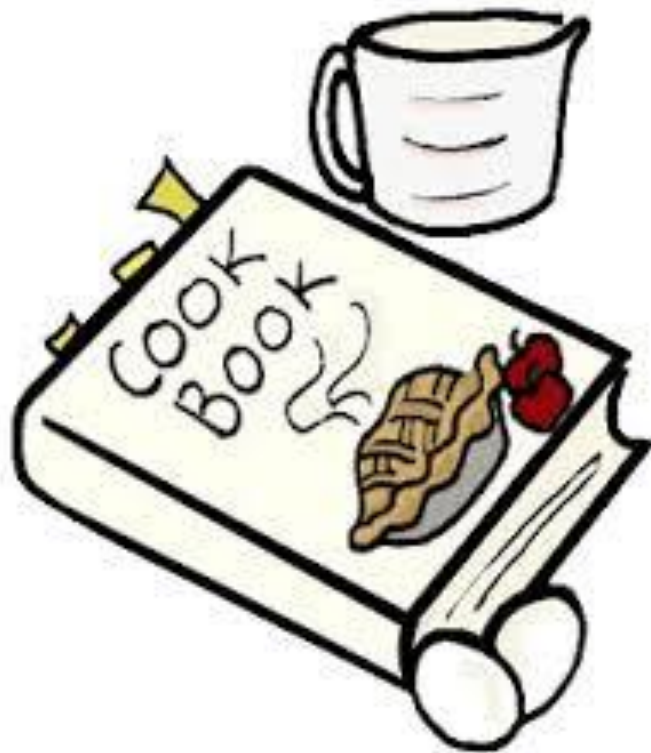
### Method:

1. Pre heat the oven to 180°C or Gas Mark 6.
2. Finely dice the onion and place into the small bowl.
3. Add the oregano and tomato ketchup.
4. Add the lean minced beef and mix well with the silicone spoon.
3. Shape the mixture into 12 small meatballs.
4. Place the meatballs on a baking tray.
5. Cook in the oven for 10 minutes, until the juices run clear.
6. Cut the tomatoes into quarters, place with the rocket in a pitta, add the meatballs and serve.

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## Chicken Stir-Fry with Rice

### Ingredients

75g chicken  
Carrots  
Peppers  
1 garlic clove  
Onions  
Mushrooms  
50g Rice  
1 tablespoon of soy sauce  
 $\frac{1}{2}$  tablespoon of Olive Oil

### Lesson Focus

Demonstrate the use of starchy foods. Safe use of the hob and sharp knives. Demonstrate and apply the principles of food safety and hygiene when using a high risk food.



### Equipment

- Chopping Board
- Knife
- Saucepan
- Silicone Spoon
- Weighing Scales
- Measuring Jug
- Measuring Spoons
- Kettle
- Pot stand x 2
- Frying pan/Wok

### Method:

1. Put rice into a small saucepan; add cold water until it is 1 inch above the rice line. Put on a high heat until it begins to boil then turn down to simmer.
2. Cut vegetables into thin batons.
3. Slice chicken thinly to facilitate quick cooking.
4. Put frying pan on a number 4 heat.
5. Add the chicken and the marinade to the frying pan. Cook until chicken is white all the way through.
6. Add vegetables in the following order (carrots, onions, peppers, mushrooms, sweet corn) stirring gently so as not to break them up. Cook for 3-4 minutes. You want the vegetables to be served al dente (bit of crunch).
7. Serve together with rice.

## Carrot Cake

### Ingredients

90g brown sugar  
100g self-raising flour  
1/2 tsp bicarbonate of soda  
1 tsp mixed spice  
zest 1 orange  
1 egg  
75ml sunflower oil  
100g carrots,

### Low fat Icing

150g Icing Sugar  
40g reduced fat spread  
1 tsp vanilla extract

### Lesson Focus

**Demonstrate the role of carbohydrate in the diet.  
Demonstrate safe use of the oven, weighing, mixing and dividing. Cake making methods.**

**Makes (6)**



### Equipment

- Chopping Board
- Grater
- Whisk
- Palette Knife
- Sieve
- Measuring Jug
- 1 Large Bowl, 1 medium bowl
- Weighing Scales
- Tablespoon and teaspoon
- Muffin Tin and Wire Cooling Tray

### Method:

1. Heat oven to 180C /gas 6 and line a 6-hole muffin tin with cases.
2. In a large mixing bowl, mix the sugar, flours, bicarbonate of soda, mixed spice and orange zest.
3. Whisk together the eggs and oil, then stir into the dry ingredients with the grated carrot.
4. Divide the mixture between cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool on a wire rack before icing.
5. Mix the icing sugar, butter, water and vanilla extract together and spoon into a piping bag to put onto of your cakes.

*To add colour and decoration to the cake add some grated carrot and chopped nuts on top of the icing.*

## Hawaiian Pizza Wheels

### Ingredients

- Base: 150g self-raising flour
- 25g butter or margarine
- 1 egg
- 50ml milk
- Toppings 25g tomato pizza sauce
- 1 tomato
- $\frac{1}{4}$  onion
- 2 slices of ham
- 1 tbsp pineapple
- 50g Cheddar cheese
- 1 x 5ml spoon mixed dried herbs

### Lesson Focus

Prepare and cook a dish using yeast dough. Demonstrate the skill of preparing, kneading, shaping and finishing yeast dough.



### Equipment

- Baking tray,
- weighing scales,
- mixing bowl,
- sieve,
- small bowl,
- fork,
- measuring jug,
- wooden spoon,
- rolling pin,
- sharp knife,
- chopping board,
- measuring spoons,
- grater,
- oven gloves and cooling rack.

### Method:

Preheat the oven to 200°C or gas mark 6. Grease a baking tray.

2. Sift the flour into a bowl.
3. Rub the butter or margarine into the flour until it resembles fine breadcrumbs.
4. Whisk the egg and milk together in a small bowl with a fork.
5. Add the egg mixture to the flour. Mix to form a soft dough ball.
6. Roll out the dough on a floured surface to form a rectangle.
7. Slice the tomato.
8. Peel and slice the onion.
9. Slice the ham and pineapple.
10. Spread the tomato pizza sauce over the dough and scatter on the onion, tomatoes, ham and pineapple. Leave a 2cm gap around the edges.
11. Grate the cheese.
12. Sprinkle the grated cheese and herbs on top.
13. Roll up from the long end sealing the filling inside.
14. Cut into 4cm slices.
15. Place flat on the baking tray and bake for 10 minutes, until golden brown.
16. After baking, place on a cooling rack.

## Lemon and Orange Poppy Seed Muffin

### Ingredients

- 150g Self-raising flour
- 75g Sugar
- 1 tbsp Poppy Seeds
- 1 tsp baking powder
- Pinch of Salt
- 60g Butter
- 1 Lemon
- 1 Orange
- 1 Egg
- 60g Greek Yogurt
- 1 tsp vanilla

### Lesson Focus

Prepare and cook a dish that provides a source of protein. To demonstrate the skill of preparing filling ingredients. To describe the functions of eggs in cooking.



### Equipment

- Chopping board
- Vegetable knife
- Grater
- 2 white trays
- Bowl
- muffin tin
- Spoon
- Oven gloves
- Weighing Scales
- Measuring Spoons

### Method:

1. Pre-heat your oven to 180°C or gas mark 6.
2. Measure the flour and baking powder into a small then sieve into the large bowl.
3. Add the sugar, salt and poppy seeds and mix well.
4. In the small bowl whisk the butter, lemon juice, lemon zest, orange juice and orange zest together until well combined.
5. Add the egg to the wet mixture and whisk well.
6. Whisk in the yogurt and vanilla.
7. Combine wet and dry ingredients.
8. Spoon into muffin cases and bake for 20-25 minutes until golden brown.
9. Place on a cooling try and serve.



## Pasta Arrabiata

### Ingredients

- 120g pasta
- 25g Cheddar cheese
- 1 tomato
- 150g chopped tomatoes
- 1 onion
- Bunch of Basil
- 1 tsp Sugar
- 1tsp Olive Oil
- 1 Garlic Clove
- Black pepper

### Lesson Focus

To prepare and cook a main meal dish which demonstrates the role of starch and calcium in the diet.  
To demonstrate the preparation on an all-in-one sauce.



### Equipment

- Two saucepans,
- Grater,
- Chopping board,
- Knife,
- Colander,
- Measuring jug,
- Wooden spoon,
- Teaspoon

### Method:

1. . Bring a saucepan of water to the boil, and then add the pasta. Cook for about 10 - 12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.

While the pasta is cooking, make the sauce:

1. Finely dice the onion and garlic
2. Tear the basil
3. In a small saucepan sauté the onion and garlic in the olive oil.
4. Add the chopped tomatoes, sugar and basil.
5. Allow to simmer for 10 minutes.
6. Taste for seasoning.
7. Drain the pasta and add to the sauce
8. Mix the sauce and pasta together and sprinkle on the cheese.

## Chicken Korma with Coconut Rice

### Ingredients

#### 1 tsp Korma Spice Mix

#### Sauce:

1 Onion  
1 Garlic Clove  
Thumb sized piece of Ginger  
25g Ground Almonds  
200ml Chicken Stock  
 $\frac{1}{2}$  tsp golden caster sugar  
100g 0% fat Greek Yogurt  
Small Bunch of Coriander  
Salt & Pepper  
1 tbsps Sultanas  
1 Chicken Breast  
  
100g Basmati Rice  
1 tsp Dried Coconut

### Lesson Focus

To prepare and cook a main meal dish suitable for a hot school lunch. To demonstrate the use of herbs and spices, preparation of vegetables and the use of the hob.



### Equipment

2 White Trays  
2 Chopping Boards  
2 Sharp Knives  
Weighing scales  
Small Bowl  
Measuring Spoons  
1 Small Saucepan  
1 Medium Saucepan  
2 Pot Stands  
1 Measuring Jug  
1 Fork  
1 Timer  
Food Processor  
1 Presentation Plate

### Method:

1. Make the spice mix by placing all ingredients into a pestle and mortar and grind until it creates a paste or purchase an already made korma spice mix.
2. Put the onion, garlic and ginger in a food processor and whizz to a paste. Tip the paste into a medium saucepan with 3 tbsps water and cook for 5 mins. Add the korma spice mix and cook for a further 2 mins until aromatic.
3. Stir the chicken into the sauce, and then add the ground almonds, sultanas, stock and sugar. Give everything a good mix, then cover and simmer for 10 mins or until the chicken is cooked through.
4. Prepare the rice by putting the spices into the small saucepan and the rice with twice the amount of water. Place the lid on and bring to the boil. When boiling turn down and leave to simmer for 10 minutes.

Remove the curry from the heat, stir in the yogurt and some seasoning, then scatter over the coriander and flaked almonds. (optional).

## Italian Meatballs and Pasta

### Ingredients

- 100g of lean minced beef
- ½ Onion
- ¼ red, green, yellow pepper
- 2 cloves of garlic
- ½ tin of chopped tomatoes
- 1 tsp mixed herbs
- 100g spaghetti pasta
- 1 tsp sugar
- 1 tbls chopped basil
- Salt and Pepper to season

### Lesson Focus

To prepare and cook a main meal dish suitable for a hot school lunch. To demonstrate the and apply the principles of food safety and hygiene when cooking with meat.



### Equipment

- Vegetable knife
- Chopping Board
- Chef's Knife
- Large saucepan
- Medium saucepan
- Wooden spoon
- Colander

### Method:

10. Peel and dice all vegetables. Keep waste to one side. Crush and finely dice the garlic.
11. In a mixing bowl mix the raw mince, half of the diced onion, mixed herbs and garlic together. Roll out into table tennis sized balls.
12. Put a 50p size amount of oil in the frying pan and brown the meatballs. (5 minutes)
13. When meatballs are browned (5 mins) add the rest of the vegetables for 3-5 mins until soft.
14. Add basil, sugar and the tinned tomatoes.
15. Simmer for 10 mins- then take off the heat.
16. Boil a pan half full with water.
17. When water begins to boiled add spaghetti.
18. When spaghetti is soft- 10-12 mins- take off the heat.
19. Drain carefully with a colander
20. Serve – Think of presentation techniques.
21. Wash and dry ALL equipment used.
22. Wash and dry tables, sinks and cookers (make sure cooker is cool first).

## Chocolate Marble Cake

### Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 5ml spoon baking powder
- 1 tbsp Cocoa Powder
- 1 tsp Vanilla Essence

### Lesson Focus

To demonstrate the creaming method when cake making and use of the oven. Create a nutritional profile to accompany the dish.



### Equipment

- Weighing scales,
- Two white trays
- Mixing bowl,
- Electric hand whisk,
- Small bowl,
- Fork,
- Sieve,
- Spoon,
- Measuring spoons,
- Cake tin
- Medium Bowl
- Large Bowl

### Method:

1. Preheat the oven to 180°C or gas mark 6.
2. Grease and line the cake tin.
3. Cream the sugar and margarine together, ideally using a electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Divide half of the cake batter into a separate mixing bowl. Add the cocoa powder and fold in to create a chocolate cake batter.
9. Put a spoon of the plain cake batter into the cake tin, then a spoon of the chocolate batter and continue until all of the batters have been used.
10. Place in the oven and bake for around 20-25 minutes, until golden brown and springy to the touch.
11. Remove from the oven and allow to cool.

## Turkey Burgers

### Ingredients

- $\frac{1}{2}$  small onion
- 200g lean turkey mince
- 1tsp dried mixed herbs
- 2tsp spoon Worcestershire sauce
- Ground black pepper
- Vegetable oil

### To serve:

- 2 wholemeal rolls
- 1 tomato
- 2 lettuces leaves

### Lesson Focus

To prepare and cook a healthier option main meal. To demonstrate the skills of meat handling, portioning, shaping and finishing, use of the oven.



### Equipment

- Chopping board,
- vegetable knife,
- colander,
- mixing bowl,
- mixing spoon,
- grill pan,
- pastry brush,
- bread knife.

### Method:

Peel and finely chop the onion.

2. Wash and slice the tomato. Wash and shred the lettuce.
3. Place the turkey mince in a bowl and mix together with the onion, herbs and Worcestershire sauce. Season with black pepper.
4. Preheat the grill at medium.
5. Shape the turkey mixture into 4 equal size burgers.
6. Brush the burgers lightly with oil. Place on a grill rack and cook for about 5-6 minutes each side. Check that the burgers are thoroughly cooked and there are no pink juices.
7. Cut the rolls in half and toast the cut side lightly under the grill.
8. Place the burgers in the roll and top with sliced tomato, lettuce and gherkin if used.

### Tips:

- Experiment using different herbs and spices to flavour the burgers.
- Use extra salad ingredients - they all count towards your 5 A Day.

## Mexican Fajitas

### Ingredients

- 1/2 lime
- 1 clove garlic
- 1/2 green chilli
- Small bunch coriander
- 1 x 10ml spoon oil
- 1 small chicken breast (or 3-4 thighs)
- 1/2 onion
- 1/2 green & yellow pepper
- 1 tomato
- 25g Cheddar cheese
- 2 tortillas
- 1 x 15ml spoon guacamole (or salsa), optional

### Lesson Focus

To prepare and cook a main meal dish to demonstrate cuisine from other countries. To demonstrate the use of herbs and spices to enhance the flavour of the dish. To calculate the cost of the dish.



### Equipment

- Juice squeezer,
- Garlic press,
- 2 chopping boards,
- 2 knives,
- Small bowl,
- 2 spoons,
- Weighing scales,
- Grater,
- Measuring spoons,
- Frying pan.

### Method:

1. Prepare the marinade: squeeze the lime; peel and crush the garlic; de-seed and slice the chilli; chop the coriander; stir everything together with the oil.
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board: slice the onion and green pepper; chop the tomato; grate the cheese.
4. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, and then roll up.

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## Bacon, Pea and Saffron Risotto

### Ingredients

- 1 onion
- 2 rashers of bacon
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 175g risotto rice
- 1 x 5ml spoon vegetable stock powder or cube
- 1 litre water, boiling
- 1-2 strands of Saffron
- 25g frozen peas
- 1 x 10ml spoon thyme, chopped

### Lesson Focus

To prepare and cook a main meal dish to demonstrate the skills of preparing a range of vegetables, using the hob, controlling temperature and cooking with rice. To investigate what happens when rice is cooked.



### Equipment

- Chopping board
- Knife
- Garlic press,
- Weighing scales,
- Measuring spoons,
- Frying pan,
- Wooden spoon,
- Kettle,
- Measuring jug.

### Method:

1. Prepare the vegetables:
  - Peel and chop the onion;
  - Peel and crush the garlic.
2. Chop up bacon and fry in a small amount of oil.
3. Add the onion and garlic and cook until softened.
4. Stir in the rice and peas.
5. Mix the stock cube with the water and saffron (1 litre).
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks - this will take 20 - 25 minutes. The rice should be soft, but still remain a nutty bite.
8. Stir in the thyme into the rice.
9. Serve immediately with a sprinkling of parmesan.



## Penne Bolognese

### Ingredients

- 100g of lean minced beef
- 1 Onion
- ¼ red, green, yellow pepper
- 4 Mushrooms
- 2 cloves of garlic
- ½ tin of chopped tomatoes
- 2 tbsp tomato puree
- 1 tsp mixed herbs
- 100g Penne pasta (homemade if possible)
- 1 tsp sugar
- 1 tbs chopped basil
- Salt and Pepper to season

### Lesson Focus

To prepare and cook a main meal dish focused on pasta. To demonstrate the skill of preparing a range of vegetables, making a meat sauce and use a hob safely. To calculate and compare the cost of the dish.



### Equipment

- Vegetable knife
- Chopping Board
- Chef's Knife
- Large saucepan
- Medium saucepan
- Wooden spoon
- Colander

### Method:

23. Peel and dice all vegetables. Keep waste to one side. Crush and finely dice the garlic.
24. Fry mince in pan on a medium heat with no cooking oil (
25. When mince is lightly browned (5 mins) add all veg for 5 mins until soft.
26. Add herbs and garlic.
27. Add tomato puree and cook for 4 minutes. This will cook out the bitter taste from the puree. Then add the tinned tomatoes.
28. Simmer for 5 mins- then take off the heat.
29. Boil a pan half full with water.
30. When waters boiled add the penne.
31. When the penne is soft- 10-12 mins- take off the heat.
32. Drain carefully with a colander
33. Serve – Think of presentation techniques.
34. Wash and dry ALL equipment used.
35. Wash and dry tables, sinks and cookers (make sure cooker is cool first).

## Lamb Koftas with Homemade Mini Flatbreads

### Ingredients

- 200g Minced Lamb
- 1 tsp fresh thyme
- $\frac{1}{2}$  lemon zest
- Salt
- Pepper
- Ground coriander
- Ground cumin
- $\frac{1}{2}$  fresh chilli
- Rocket
- Cherry Tomatoes
- 1 tbsp natural yogurt

Flat Bread = 1 wrap

### Lesson Focus

To prepare and cook a main meal dish for a person with a specific dietary requirements. To demonstrate the skill of meat preparation, making a meat base, combining/forming ingredients, finishing and using the grill.



### Equipment

- Chopping board,
- Knife,
- 2 white trays,
- Weighing scales,
- Measuring spoons,
- Frying Pan,
- Baking tray,
- Wooden spoon,
- Measuring jug,
- Tongs.

### Method:

1. For the koftas mix the minced lamb, diced chilli, diced thyme, zest of the lemon, salt, coriander and cumin together in a bowl. Use the wooden kebab sticks to form the meat around.
2. Grill the koftas under a medium grill for 10 minutes on each side.
3. Test the koftas with a temperature probe to ensure they reach 75 degrees.
4. Meanwhile roll out the flatbread into 4 small circles.
5. Heat the frying pan with NO oil.
6. Place one flatbread at a time on the frying pan. Cook for 2-3 minutes on each side until they brown slightly. Use the tongs to help you turn them.
7. Assemble the flatbread with the cooked koftas, rocket and cherry tomatoes. Drizzle the cooling yogurt over the top.

## Cheese and Onion Pasty

### Ingredients

- 1 onion
- 25g grated cheese
- 1 medium potato, boiled, peeled and diced
- Black pepper
- 2 x 10ml spoon water
- 200g plain flour
- 100g margarine
- 1 tbsp water
- 1 egg, beaten.

### Lesson Focus

To prepare and cook a main meal dish using ingredients that are farmed assured/responsibly sourced. To demonstrate skills in vegetable preparation, dividing, shaping, finishing and baking. Create a recipe card promoting it.



### Equipment

- Chopping board,
- Vegetable knife,
- Peeler,
- Measuring spoons,
- Large bowl,
- Spoon,
- Flour dredger,
- Rolling pin,
- Small side plate
- Small bowl,
- Fork,
- Fish slice,
- Pastry brush,
- Oven gloves,
- Baking tray.

### Method:

1. Preheat the oven to 180C or gas mark 6.
2. Prepare the filling ingredients:  
Peel and chop the onion, boil, peel and chop the potato.
3. Put the cheese, potato and onion into a small bowl.
4. Season with a few twists of black pepper.
5. Divide the pastry into four.
6. Take one piece of the pastry and, on a lightly floured surface, roll it out. Place the small plate on top and cut around the plate to make a circle.
7. Place 2 to 3 spoons of filling in the middle of the circle.
8. Brush the edges of the pastry with beaten egg.
9. Pull up the two opposite sides of pastry and pinch them together all the way along.
10. Brush the pasty with a little beaten egg, then transfer it on to a baking tray.
11. Repeat this with the remaining pastry and filling.
12. Carefully, place the baking tray into the hot oven wearing oven gloves.
13. Bake the pasties for one hour.
14. Wearing oven gloves, remove the pasties from the oven. Place onto a cooling rack.

## Mini Savoury Tart

### Ingredients

- 150g plain flour
- 75g butter or margarine
- 2-3 x 15ml spoons cold water
- 4 tomatoes
- 50g cheese, e.g. Mozzarella, Gruyere or Cheddar
- Handful of basil leaves
- 2 eggs
- 125ml semi-skimmed milk
- Black pepper

### Lesson Focus

To prepare and cook a dish that demonstrates shortening. To explain the science of shortening. To demonstrate the skills of rubbing in, rolling out, shaping, filling and the use of the oven.



### Equipment

- Weighing scales,
- Sieve,
- Mixing bowl,
- Measuring spoons,
- Palette knife,
- Flour dredger,
- Rolling pin,
- Bun tin
- Fork,
- Chopping board,
- Knife,
- Grater,
- Measuring jug,
- Baking tray.

### Method:

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry: sift the flour into the bowl; rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs; add the cold water and start to mix together; mix to form a firm, smooth dough.
3. Roll out the pastry, on a lightly floured surface and use a medium round cutter to cut out the bases of the tarts.
4. Grease the bun tin using some margarine.
5. Trim the edges of the pastry using the palette knife.
6. Prick the bottom of the pastry with a fork.
7. Slice the tomatoes
8. Slice the cheese.
9. Whisk the eggs and milk together in the measuring jug using the fork. Tear the basil into the mixture, then add a few twists of black pepper.
10. Pour the egg mixture into the pastry shells.
11. Arrange the tomato slices and cheese, over the top.
12. Place on a baking tray and bake for 20 minutes, until golden and firm.

## Victoria Sponge Cake

### Ingredients

150g caster sugar  
150g soft margarine  
150g self raising flour  
3 eggs  
1 x 5ml spoon baking powder  
3 x 15ml spoon jam  
oil for greasing tins

### Lesson Focus

To prepare and cook a dish that demonstrates aeration. To explain the science of aeration.  
To demonstrate the skills of creaming/all-in-one cake making, preparing baking tins, baking.



### Equipment

- 2 sandwich cake tins,
- Greaseproof paper,
- Pencil,
- Scissors,
- Pastry brush,
- Electric hand whisk,
- Mixing bowl,
- Sieve,
- Metal spoon,
- Palette knife,
- Cooling rack
- Measuring spoons.

### Method:

1. Preheat the oven to 180C or Gas Mark 5.
2. Grease and line 2 sandwich cake tins.
3. Cream the sugar and margarine together using an electric hand whisk until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg a little at a time to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Divide the mixture equally between the cake tins.
9. Place in the oven and bake for 15-20 minutes, until golden brown and springy to the touch.
10. Remove from the tins immediately and allow to cool on a wire cooling rack.
11. Once completely cooled, spread the jam over the base of one cake.
12. Place the other sponge on top and dust with icing sugar, if desired.

## Homemade Italian Lasagna

### Ingredients

- 1 onion
- 1 garlic clove
- 1 carrot
- $\frac{1}{4}$  pepper
- 1 x 10ml spoon oil
- 150g lean minced beef
- 1 can chopped tomatoes (400g)
- 1 x 5ml spoon mixed herbs
- 1 x 15ml spoon tomato puree

### White Sauce (Roux)

- 25g Plain Flour
- 25g Butter
- 250ml Milk
- 75g Cheese
- Salt and Pepper

### Lesson Focus

To prepare and cook a dish that demonstrates thickening & explains gelatinisation. To demonstrate the skills of preparing a range of vegetables, making a meat base, all-in-one sauce, layering, use of the hob/oven.



### Equipment

- Chopping board,
- Knife,
- Garlic press,
- Peeler,
- Measuring spoons,
- Frying pan,
- Measuring jug,
- Small bowl,
- Spoon,
- Foil trays,
- Baking tray.

### Method:

1. Preheat the oven to 190°C or gas mark 6.
2. Prepare the vegetables: peel and chop the onion; peel and crush the garlic; peel and slice the carrot; dice the pepper.
3. Fry the minced beef in a small amount of oil until brown. Add the onion, garlic, carrot and pepper and cook until soft - about 4 minutes.
4. Add the tomatoes, herbs and tomato puree.
5. Bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. To make the roux put the milk, butter and flour into a saucepan and heat slowly until thick. Take off the heat and add the cheese.
7. Place an oven proof dish or foil tray on a baking tray spread some mince mixture in the bottom, cover with lasagne sheets and a little roux sauce. Repeat this, finishing with the sauce on top.
9. Sprinkle the remaining grated cheese on top and bake for 30-40 minutes.

## Jerk Turkey Sliders

### Ingredients

- 250g Strong Bread Flour
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp sugar
- 1 tbsp olive oil
- 100ml warm water
- 200g Minced Turkey
- Rocket
- 1 Tomato
- 1 tsp Jerk Seasoning
- Parsley
- Salt
- Sesame/poppy seeds

### Lesson Focus

To prepare and cook a main meal dish to be available through a quick service outlet at a festival.

To produce an information guide for the consumer to include a nutritional profile, allergen and environmental information.



### Equipment

- 2 White Trays
- Weighing Scales
- Bowl
- Measuring Spoon
- Baking Tray
- Measuring Jug
- Silicone Spoon
- Fork
- Frying Pan
- Grater
- Chopping Board
- Knife

### Method:

1. Preheat the oven to 180C or Gas Mark 6.
2. Make the bread first by combining the flour, yeast, sugar, salt, olive oil and water together in a bowl.
3. Bring to a dough and knead on a floured surface for 10 minutes.
4. Shape into 6 small buns, garnish with sesame/poppy seeds and place on a baking tray to bake for 15-20 minutes. The bread should sound hollow when tapped if cooked.
5. Make the jerk turkey burger by combining the minced chicken, chopped parsley, jerk seasoning and salt together. Form into 6 small burgers.
6. Place on a dry frying pan and cook for 10 minutes on each side. Use the temperature probe to ensure the burgers reach 75 degrees.
7. Assemble the sliders with the buns, lettuce, tomatoes and burgers. Use a cocktail stick to keep them assembled.

## Chilli Con Carne with Rice and Homemade Nachos

### Ingredients

1 onion  
1 clove garlic  
1/2 green Pepper  
1 x Tablespoon Oil  
150g minced beef  
400g canned chopped tomatoes  
200g canned kidney beans  
1 tbsp tomato puree  
1 x Teaspoon chilli powder  
1 tsp cocoa powder  
1 x Teaspoon ground cumin  
1 x small chilli (optional)  
1 wholemeal wrap  
100g long grain rice

### Lesson Focus

To prepare and cook a dish that could be sold as a 'cook it' kit in a supermarket. To create preparation, cooking and storage instruction, a product label and nutritional profile.



### Equipment

- Chopping board,
- Knife,
- Garlic press,
- Peeler,
- Measuring spoons,
- 2 saucepans,
- Weighing scales,
- Measuring jug,
- Wooden spoon,
- Colander.

### Method:

1. Prepare the vegetables:
  - ◆ Peel and chop the onion;
  - ◆ Peel and crush the garlic;
  - ◆ Deseed and dice the green pepper
2. Add the oil and fry the mince until it is lightly browned.
3. Add the onion, garlic and spices and fry together for 2-3 mins
4. Add the green pepper, chopped tomatoes, kidney beans and tomato puree and bring to the boil.
5. Reduce the heat and simmer for 15 - 20 mins
6. Simmer the rice for 10-12 minutes until tender. (Remember twice the amount of water to rice)
7. To make the Nachos spray with low calorie cooking spray, sprinkle on paprika and a pinch of salt. Divide the wrap into 8 triangles and place under the grill for  $\frac{1}{2}$  minutes on each side.  
(WATCH CAREFULLY)