

FOOD TECHNOLOGY

**NATIONAL 5
HOSPITALITY
RECIPE BOOK**



KNOX ACADEMY

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Creamy Carrot and Orange Soup



Ingredients

$\frac{1}{2}$ onion
3 carrots (150g)
400ml vegetable stock (5ml stock powder and 400ml water)
 $\frac{1}{2}$ orange
3 x 15ml orange juice
3 x 15ml crème fraiche
seasoning
parsley

Method

1. Collect ingredients and equipment.
2. Peel onion and carrot, coarsely **chop** onion, thinly slice carrot.
3. Grate the zest from orange taking care not to grate the white pith.
4. Squeeze juice from orange and **strain** into small bowl, mix with fresh orange juice and zest.
5. Heat oil in pot, add onion and saute gently for 2mins till soft but not brown. Add carrots, stir, cover with lid and **stew** on a low heat for 5minutes.
6. Pour in stock, bring to **boil**, lower heat and cook with lid on till carrots are soft (20 mins approx).
7. **Puree** soup until smooth, return to pot, add zest and juice.
8. Taste and adjust seasoning, stir in crème fraiche, reheat carefully
9. Serve garnished with chopped parsley.

Preparation techniques	Chop, puree, strain, puree
Cookery processes	Shallow frying, boil, stew,
Garnish/decoration	Chopped parsley

Curried Parsnip Soup



Ingredients

250g parsnips
1 onion
5ml curry powder
500ml stock (10ml veg. stock powder and 500ml hot water)
10ml oil
30ml milk
Salt/pepper

Method

1. Collect ingredients and equipment.
2. Wash, peel and rewash the parsnip. **Chop** the onion.
3. Heat the oil in a medium pot and gently **fry** the onions with curry powder.
4. Add parsnips and cook for 2-3 minutes.
5. Add stock and bring to the **boil**, simmer for 25 - 30 minutes.
6. Add milk and heat through.
7. **Puree** using hand blender or food processor.
8. Taste soup and adjust seasoning.
9. Garnish with a sprig of parsley or chopped parsley.

Preparation techniques	Chop
Cookery processes	Shallow fry, boil
Garnish/decoration	Sprig or chopped parsley

Minestrone Soup



Ingredients

1 small onion
1 stick celery
piece green pepper
piece carrot
1 rasher bacon
4 x 15ml spoons tomato
500ml stock (5ml veg stock paste & 500ml water)
pinch oregano
pinch basil
1 x 15ml puree
1 x 15ml pasta shapes
salt and pepper

Method

1. Collect vegetables on a plate and stock in a jug.
2. Peel and chop onion finely.
3. Peel and slice carrot into thin rings.
4. Wash celery and pepper. Remove any seeds from pepper.
5. Slice pepper and celery thinly.
6. Using scissors, cut bacon into small pieces.
7. Collect tomatoes in a jug. Heat bacon and onion and fry until onion is soft.
8. Add remaining ingredients except pasta. Bring to **boil** and simmer gently for 10 minutes.
9. Add pasta and simmer for a further 10 minutes.
10. Taste soup & adjust seasoning.

Preparation techniques	Chop
Cookery processes	Shallow fry, boil
Garnish/decoration	Sprig or chopped parsley

Mulligatawny Soup



Ingredients

- 1 small carrot - macedoine
- 1 small potato - macedoine
- 1 small onion - chop
- $\frac{1}{2}$ cooking apple - chop
- 1 x 15ml veg oil
- 1 clove garlic - crushed
- 2.5ml curry powder
- 1 tomato
- 5ml tomato puree
- 400ml vegetable stock (5ml stock + 400ml water)
- 1 x 15ml chopped coriander

Method

1. Collect ingredients and equipment.
2. Wash, peel, rewash and prepare vegetables and apple.
3. **Skin** and finely chop tomato.
4. Heat oil in pot and gently fry onion and apple (do not brown). Add carrot and potato, stir with wooden spoon, put lid on pot and cook on a low heat for 2-3 mins.
5. Add crushed garlic, curry powder, chopped tomato, tomato puree, stir well. Slowly pour in the stock and bring to **boil**.
6. Reduce heat and simmer 30mins approx.
7. Allow to cool slightly then **blend** till smooth, **pass** soup through sieve to get a very smooth consistency.
8. Garnish with coriander leaf.

Preparation techniques	Skin, blend, chop, dice puree, pass
Cookery processes	Shallow fry, boil
Garnish/decoration	Coriander

Red Lentil and Vegetable Soup



Ingredients

Onion (peeled)	50g
Garlic (peeled)	2.5ml (prepared volume)
Red chilli (de-seeded)	7.5ml (prepared volume)
Fresh root ginger (peeled)	7.5ml (prepared volume)
Sweet potatoes (peeled)	50g (prepared weight)
Carrots (peeled)	40g (prepared weight)
Parsnips (peeled)	25g (prepared weight)
Olive oil	7.5ml
Turmeric	1.25ml
Chicken stock	500ml
Red lentils	60g
Fresh coriander	2.5ml (prepared volume)
Salt and black pepper	to taste

Method

1. Chop the onion, crush the garlic, finely chop the red chilli and grate the ginger.
2. Chop the sweet potatoes and carrots and grate the parsnips.
3. Heat the olive oil in a pan, add the onions, ginger and garlic and sweat until softened.
4. Add the turmeric and the chilli and cook for 2 minutes.
5. Add the sweet potatoes, carrots, parsnips, stock and lentils. Stir well and bring to the boil.
6. Reduce the heat and simmer for 30 minutes or until vegetables and lentils are softened.
7. Liquidise until smooth.
8. Taste and adjust the seasoning if required.
9. Finely chop the coriander.
10. Serve hot in a clean, hot bowl garnished with the chopped coriander.

Roasted Tomato Soup



Ingredients

$\frac{1}{2}$ onion
15ml oil
225g fresh tomatoes
1 clove garlic
 $\frac{1}{4}$ red pepper
1 carrot
5ml vegetable stock
175ml water

Method

1. Set the oven to 200°C/Gas 6.
2. Collect onion, tomatoes, garlic, pepper and carrot on a plate.
 - Put vegetable paste and water in a jug.
 - Peel and **chop** onions and carrots.
 - **Chop** pepper and tomatoes.
 - Leave garlic whole.
3. Place the prepared vegetables on a baking tray, season with plenty salt and pepper, add oil and mix well to coat the vegetables. Roast the vegetables in the oven for 40 minutes.
4. Remove roasted vegetables from oven. Remove the skin from the garlic.
5. Place the vegetables in a soup carton along with the vegetable stock and water.
6. **Blend** the soup with a hand blender until smooth and reheat in microwave.
7. Serve the soup garnished with a basil leaf.

Preparation techniques	Chop, blend
Cookery processes	Bake
Garnish/decoration	Basil leaf

Spiced Leek and Potato Soup



Ingredients

$\frac{1}{2}$ leek

$\frac{1}{2}$ onion

1 medium potato

10ml oil

5ml curry powder

400ml vegetable stock (5ml stock powder + 400ml water)

Seasoning

Sprig of parsley

Method

1. Collect ingredients and equipment.
2. Wash, peel, rewash and prepare vegetables in macedoine style.
3. Make up stock
4. Heat oil in a pot and sauté vegetables until soft, do not brown.
5. Add stock and bring to the **boil**, reduce heat and then cover with a lid and simmer - 20 minutes approx - until vegetables are soft.
6. Allow to cool slightly then **puree** until smooth. Taste and adjust seasoning.
7. Serve garnished with a sprig of parsley.

Preparation techniques	Chop, dice, blend, pass, puree
Cookery processes	Shallow fry, boil
Garnish/decoration	Sprig of parsley

Sweet Potato & Lentil Soup



Ingredients

25g lentils
1 small onion
15ml oil
1 clove garlic
7.5ml hot curry paste
100g sweet potato
100g potato
300ml veg stock (5ml stock powder & 300ml water)
30ml natural yogurt
salt & pepper

Method

1. Collect ingredients and equipment.
2. Put the lentils in a small pot, cover with water, bring to the boil and simmer for 15minutes (make sure it doesn't boil dry). Drain in a sieve when cooked.
3. Prepare vegetables -
 - Chop onion & garlic finely.
 - Wash, peel and rewash the 2 types of potato & cut into chunks.
4. Make stock.
5. Heat oil in large pot. Cook onion for 4 minutes until soft, stir in the garlic, curry paste and both potatoes. Cook for 5 minutes.
6. Add the cooked lentils and stock to the large pot, bring to the **boil** and cook for 15 minutes.
7. Using a hand blender, **puree** the soup until smooth. Taste soup & season if needed.
8. Stir in the natural yogurt and transfer to soup carton.

Preparation techniques	Chop, puree
Cookery processes	Shallow fry, boil
Garnish/decoration	Natural yoghurt swirl

Tomato Soup



Ingredients

50g onion - roughly chopped
50g carrot - macedoine
50g potato - macedoine
1 x 15ml oil
200ml tinned tomatoes
300ml vegetable stock (5ml stock + 300ml water)
Seasoning
Few basil leaves (approx. 5g)

Method

1. Collect ingredients and equipment.
2. Wash, peel, rewash and prepare vegetables.
3. Heat oil in pot, cook the onion for 2mins - until soft, stirring all the time (do not brown).
4. Add all the other ingredients and bring to the **boil**, turn down heat and simmer with lid on for 20mins approx.
5. **Blend** soup till smooth then **pass** through a sieve to get a really smooth consistency.
6. Taste and adjust seasoning if necessary.
7. Garnish with chopped basil.

Preparation techniques	Chop, dice, blend, pass
Cookery processes	Shallow fry, boil
Garnish/decoration	Sprig of parsley

Citrus Cocktail



Ingredients

- 1 orange
- $\frac{1}{2}$ grapefruit
- 1 glace cherry
- 2 x 15mls orange juice (if required)

Method

1. Collect ingredients and equipment.
2. Remove some of the zest from both the orange and the grapefruit by peeling thinly.
Blanch in boiling water for 2mins, **strain** and set aside.
3. Carefully remove the remaining skin and white pith from the fruit.
4. Over a bowl **segment** the orange and grapefruit and squeeze any remaining juice out of the residue.
5. Add the orange juice.
6. **Assemble** the fruit in a serving dish-neatly.
7. Julienne the blanched zest and sprinkle over the fruit.
8. Finish the decoration using the glace cherry.

Preparation technique	Blanch, segment, chop, strain, assemble
Cookery processes	Boil
Garnish/ decoration	Citrus fruit julienne, cherry

Chicken Tikka Skewers



Ingredients

- 2.5ml fresh ginger
- 1 garlic clove
- 30ml natural yoghurt
- 1.25ml ground cumin
- Pinch cayenne pepper
- Pinch garam masala
- 100g chicken breast
- 15ml lemon juice
- 1 tomato (100g approx)

Method

1. Soak the wooden skewers.
2. Peel and crush the garlic. Peel and finely chop the ginger.
3. Beat the yoghurt till smooth and creamy. Stir in ginger, garlic, cumin, cayenne pepper and garam masala to make a marinade. Refrigerate until required.
4. Cut the chicken into 6 even sized pieces, place in small bowl with lemon juice (coat completely). Cover and chill.
5. Strain marinade over chicken, stir gently, cover and chill. Preheat grill.
6. Thread chicken onto skewers. Place under grill for 10-15 minutes turning frequently until cooked through.
7. Dice the tomato, chop the coriander and mix together. Season and spoon into foil container.
8. Lay skewers on the tomato and garnish appropriately.

Preparation technique	Chop, marinade
Cookery processes	Grill
Garnish/ decoration	Chopped coriander

Coleslaw

Ingredients

1 carrot
 $\frac{1}{2}$ onion
Piece of cabbage
30ml mayonnaise
Parsley



Method

1. Collect ingredients and equipment.
2. Wash and peel carrot and **chop** into julienne
3. Peel and slice onion
4. Wash and **chop** cabbage
5. Place all ingredients in a large bowl and coat with mayonnaise

Preparation technique	Chop
Cookery processes	N/A
Garnish/ decoration	Parsley

Crispy Potato Wedges with Tuna Dip



Ingredients

$\frac{1}{2}$ large potato
 $\frac{1}{2}$ sweet potato
10ml olive oil
pinch salt
pinch pepper
pinch paprika **or** mixed herbs
3 x 15ml tuna
 $\frac{1}{2}$ spring onion
 $\frac{1}{2}$ tomato
15ml low fat mayonnaise
5ml lemon juice
Sprig of parsley

Method

1. Heat oven to 220°C or Gas Mark 7.
2. Collect equipment and oil, salt, pepper, paprika/herbs in large bowl.
3. Wash potatoes and cut each $\frac{1}{2}$ into 4 wedges - place in large bowl and stir.
4. Transfer wedges to baking tray (stand them up like boats), pour over excess oils and put in oven to **bake** for 20 minutes.
5. Collect other ingredients
 - Onion and tomato on plate
 - Tuna, lemon juice, mayonnaise, salt and pepper in small bowl
6. Wash and **dice** the spring onion and tomato - mix into small bowl.
7. Place dip in side of foil dish
8. Check if potatoes ready- they should be golden brown and crispy.
9. Drain potatoes on a paper towel and place in foil container.

Preparation techniques	Chop
Cookery processes	Bake
Garnish/decoration	Sprig of parsley

Garlic Bread



Ingredients

$\frac{1}{2}$ baguette
25g butter
1 clove garlic
5ml mixed herbs

Method

1. Set oven to 180C/No 5
2. Collect ingredients. Cut bread into slices (do not slice right through).
3. Crush garlic. Mix with butter and mixed herbs.
4. Spread each side of bread with garlic butter, wrap in foil place on baking tray and bake in oven for 10 mins or until butter is melted.

Bruschetta



Ingredients

1 tomato
French bread
1 clove garlic
15ml olive oil
basil leaves
salt and pepper

Method

1. Prepare tomato - Put the tomato on the end of a fork and hold over a gas flame until the skin begins to blister. Peel the skin off very gently and chop tomato finely.
2. Pre-heat grill. Slice bread, place under grill and grill for 1 min each side.
3. Rub each piece of bread with garlic clove and drizzle with olive oil.
4. Top with chopped tomato, basil leaves, salt and pepper.

Flatbreads



Ingredients

Strong white bread flour	65g
Salt	1.25ml
Paprika	1.25ml
Ground cumin	1.25ml
Olive oil	15ml
Warm water	25ml

Method

1. Sieve the flour, salt, coriander and paprika into a bowl and mix. Make a well in the centre and add the olive oil and the warm water.
2. Incorporate the flour with the water and olive oil to form a soft ball of dough.
3. Knead the dough for 5 minutes, or until smooth and elastic. Return the dough back to the bowl, cover with cling film and set aside to rest in a warm place for 15 minutes.
4. Portion the dough into 4 equal pieces. Roll and shape into ovals 2mm in thickness.
5. Heat a frying pan till hot and dry fry the flatbreads for 2-3 minutes on each side until slightly charred.
6. Serve warm on a clean, warm dish.

Pitta Bread



Ingredients

200g wholemeal flour
5ml baking powder
pinch salt
 $\frac{1}{2}$ beaten egg
15ml oil
100ml natural yoghurt
5 x 15ml milk (75ml approx)

Method

1. Collect ingredients and equipment.
2. Sieve dry ingredients into bowl.
3. Stir in egg, oil, yoghurt and enough milk to make a soft dough.
4. **Knead** well until smooth on a lightly floured work surface.
5. Divide into 2 - 3 pieces and form into oval shapes.
6. Pre-heat grill to a high heat. Place pittas on a baking tray and brush them with a little water
7. **Grill** each side for 2 - 3 mins till golden brown.
8. Garnish each with a sprig of parsley.

Preparation techniques	Knead
Cookery processes	Grill
Garnish/decoration	Sprig of parsley

Spicy Chicken Wings



Ingredients

Marinade

15ml oil
2.5ml lemon juice
2.5ml garlic granules
2.5ml ground cumin
pinch dried oregano
pinch chilli powder
pinch paprika
pinch cayenne pepper

2 chicken wings
 $\frac{1}{4}$ red pepper
 $\frac{1}{2}$ celery stalk
parsley

Method

1. Collect ingredients and equipment.
2. Heat oven Gas Mark No6/200 °C. Wipe chicken wings with damp paper towel.
3. In a large bowl combine all the ingredients for the **marinade**.
4. Add chicken wings to bowl, stir well to coat, leave in the fridge for 15 minutes.
5. Prepare garnish - wash the pepper and celery, cut into jardinière and mix together.
6. Line a baking tray with foil, place a cooling rack on top.
7. Arrange the chicken in a single layer on the rack and cook for 20mins in oven till brown, sizzling hot and crispy.
8. Serve with jardiniere veg and parsley en branche (sprig)

Preparation techniques	Marinate, chop
Cookery processes	Bake
Garnish/decoration	Jardiniere of red pepper and celery, parsley en branche

BLT Club Sandwich

Ingredients

2 slices thick wholemeal bread
15ml low fat mayonnaise
1 Cos lettuce leaf
50g bacon
1 medium tomato
Piece of cucumber



Method

1. Collect ingredients and equipment.
2. Wash vegetables - shred lettuce, thinly slice cucumber and tomato.
3. **Grill** bacon and bread and trim fat from the bacon.
4. **Assemble** sandwich - spread mayonnaise on toast, place lettuce, tomato, cucumber and bacon on and slice diagonally.

Preparation techniques	Chop, assemble
Cookery processes	Grill
Garnish/decoration	N/A

Calzone Pizza



Ingredients

Filling

$\frac{1}{2}$ onion
clove garlic
 $\frac{1}{4}$ pepper
1 tomato
100g mince
1 x 15ml tomato puree
4 x 15ml water

Pizza dough

150g strong bread flour
2.5ml yeast
2.5ml salt
7.5ml oil
100ml warm water
25g cheese
Milk or egg for glazing

Method

1. Collect ingredients and equipment.
2. Prepare filling - chop onion, crush garlic, **dice** pepper, **skin** and **chop** (concasse) tomato.
3. Brown mince in pot over medium heat, add all prepared vegetables.
4. Stir in tomato puree and water, put lid on and cook on low heat for 15mins then leave to cool. Heat oven 200 °C/Gas Mark 6.
5. Make pizza dough - Sieve flour into mixing bowl. Add yeast, salt, oil and warm water.
6. Using a round bladed knife mix together to make a soft dough.
7. **Knead** on a floured surface then roll out to the size of a dinner plate.
8. Lift dough onto a greased baking tray.
9. Spoon filling onto one side of circle of dough.
10. **Assemble** - wet $\frac{1}{2}$ way round edge with water and fold the other $\frac{1}{2}$ over to make semi-circle. Press to seal then brush with beaten egg or milk to glaze.
11. Grate cheese and sprinkle over the top of the dough.
12. Make a slit in the dough to let the steam escape.
13. **Bake** for 30mins till golden brown.

Preparation techniques	Chop, dice, skin, rub in, knead, assemble
Cookery processes	Shallow fry, stew, bake
Garnish/decoration	Milk/egg glaze

Cheese - stuffed Mushrooms



Ingredients

- 2 large flat mushrooms (approx 150g)
- 20ml olive oil
- 150g large floury potato
- 2 rashers of rindless smoked streaky bacon
- 50g soft cheese with garlic and herbs

Method

1. Collect ingredients and equipment.
2. Preheat oven to Gas Mark 6 / 180 °C.
3. Wipe the mushrooms clean, put them in a foil dish and drizzle with the oil and **bake** for 15-20 minutes.
4. Bring pot of water to the **boil**.
5. Wash, peel and rewash the potatoes and cut into macedoine, then cook in boiling water for 8-10 minutes - until just tender.
6. Chop bacon into small pieces. Heat a frying pan and dry fry the bacon until crisp.
7. **Strain** the potatoes, return to the pot and mix in the cheese. Taste and season.
8. Pile the mixture on top of the mushrooms and top with crispy bacon.

Preparation techniques	Dice, strain
Cookery processes	Bake, boil
Garnish/decoration	Crispy bacon

Chicken Ruby



Ingredients

100g chicken breast
10ml oil
1 medium onion
1 clove garlic
2cm piece root ginger
25g red pepper
 $\frac{1}{2}$ red chilli
100ml condensed tomato soup
100g canned green lentils
124ml cold water
2.5ml each of- ground coriander, chilli, cumin, turmeric and paprika
Fresh coriander (chopped)
75g rice

Method

1. Collect ALL ingredients
2. Prepare ingredients
 - Cut chicken into bite sized pieces
 - Peel and finely **chop** onion
 - Peel and crush garlic
 - Peel and grate root ginger
 - **Chop** red pepper
 - Finely chop coriander
3. Heat the oil in a pan and gently fry onion until golden brown.
4. Add garlic, ginger and spices and simmer the mixture on a low heat for 8-10 minutes.
5. Add the red pepper and chicken pieces, stir well.
6. Add the tomato soup, lentils and cold water. Simmer for 15-20 minutes until chicken is tender.
7. Half fill a second pot with water and bring to the boil. Once boiling add rice and boil for 12-15 minutes. Drain and place neatly in foil dish.
8. Serve sprinkled with chopped coriander.

Preparation techniques	Chop
Cookery processes	Shallow fry, boil
Garnish/decoration	Chopped coriander

Chinese Stir Fry



Ingredients

75g rice
100g chicken
15ml oil
clove garlic, crushed
1.25ml fresh ginger
2 spring onions
125g broccoli
25g bamboo shoots (optional)
 $\frac{1}{2}$ carrot - julienne
 $\frac{1}{4}$ pepper - macedoine
2.5ml cornflour
15ml soy sauce
2x15ml water
salt and pepper

Method

1. Half fill a medium pan with water and bring to the boil, once boiling add rice and **boil** for 12minutes. **Strain** through a sieve.
2. Wash trim and slice spring onions, prepare carrot and pepper.
3. Finely **chop** ginger and garlic.
4. Cut chicken into thin strips.
5. Heat oil in a wok or frying pan, then add garlic and ginger and stir fry for 1 minute.
6. Add chicken and stir fry for 2-3 minutes until no pink flesh can be seen.
7. Add rest of vegetables and cook for a further 2 minutes.
8. **Blend** cornflour with soy sauce then add water and seasoning, pour over chicken and vegetables.
9. Cook for 2-3 minutes.
10. Place cooked rice in a serving dish, place chicken mixture on top.

Preparation techniques	Strain, chop, blend
Cookery processes	Shallow fry, boil
Garnish/decoration	N/A

Crispy Chicken Tikka Triangles



Ingredients

50g cooked chicken breast
 1 clove garlic
 1cm piece root ginger
 1.25ml each - chilli powder, turmeric and garam masala
 50g long-grain brown rice
 25g frozen mixed vegetables
 25g - 50g fresh breadcrumbs
 5ml lemon juice
 5ml tomato puree
 30ml natural yoghurt
 Salad leaves, cucumber & tomato for garnish

Coating

1 egg (beaten)
 75g wholemeal breadcrumbs

Method

1. Set the oven to **200°C/Gas 6**.
2. Half fill a pot with water and bring to the boil. Once boiling add rice and boil for 12-15 minutes. Drain and allow to cool.
3. Prepare ingredients
 - Peel and crush garlic
 - Peel and grate ginger
 - Finely **dice** chicken
4. Place chicken in large bowl with garlic, ginger, spices, lemon juice, tomato puree and yoghurt.
5. Add cooked rice, mixed vegetables and fresh breadcrumbs the bowl. Gradually add beaten egg and mix until mixture binds together.
6. Place the mixture on a chopping board. With damp hands mould the mixture into a square. Cut the mixture diagonally to form 2 triangles. Place the wholemeal breadcrumbs on a plate.
7. Carefully brush each of the triangles with beaten egg then dip in breadcrumbs making sure to coat each side evenly.
8. Lift coated triangles onto a lightly oiled baking tray and **bake** for 12-15 minutes until they are golden brown and crisp.
9. Serve with salad.

Preparation techniques	coat
Cookery processes	boil, bake
Garnish/dcoration	

Croque Monsieur

Ingredients

2 slices thick crusty bread
Butter - for spreading
2 slices wafer thin ham
25g gruyere or cheddar
30ml grated parmesan



Method

1. Collect ingredients and equipment.
2. Preheat grill.
3. Grate gruyere/cheddar
4. Butter the bread and make a sandwich with the ham and gruyere or cheddar. Press down firmly.
5. Spread the butter over the top of the sandwich and sprinkle with half the parmesan, then toast under a moderate **grill** until the bread is crisp and cheese browned.
6. Repeat on the other side.
7. Cut in half diagonally and present.

Preparation techniques	N/A
Cookery processes	Grill
Garnish/decoration	N/A

Curry in a Hurry

Ingredients

75g Basmati rice
100g chicken breast
 $\frac{1}{2}$ onion
2.5ml curry powder
150ml coconut milk
50ml chicken stock (1.25ml stock powder + 50ml water)
100g potatoes
50g mushroom
25g green beans
Piece of red pepper
2.5ml olive oil
Coriander leaves



Method

1. Collect ingredients and equipment.
2. Wash, peel and rewash the vegetable for preparation:
 - potatoes- macedoine
 - mushrooms quartered
 - green beans halved
 - pepper julienne
 - onion - sliced.
3. Heat oil in a frying pot and cook the chicken until lightly browned
4. Add the onion and curry powder over a medium heat for 2 minutes.
5. Bring water to the **boil** for the rice and cook according to the instructions.
6. Stir in the coconut milk and stock - bring up to simmering.
7. Add potatoes and mushrooms and cook, uncovered, for 10 minutes.
8. Add the beans and pepper and simmer for a further 5 minutes - until tender but crisp.
9. Serve garnished with coriander.

Preparation techniques	Chop, dice, strain
Cookery processes	Shallow fry, boil
Garnish/decoration	Coriander leaves

Enchiladas



Ingredients

Meat sauce

50g onion
1 clove garlic
25g green pepper
100g tomato
100g mince
30ml kidney beans
2.5ml chilli powder
15ml oil
15ml tomato puree
45ml water

Cheese Sauce

25g margarine
25g flour
150ml milk
50g cheese

1 flour tortilla

Method

1. Collect ingredients and equipment.
2. Prepare vegetables; peel and finely chop onion, crush garlic, brunoise pepper, skin and concasse tomato.
3. Prepare filling - gently sauté the onion and garlic in the oil, add the chilli powder and stir before adding the meat and stir fry to brown.
4. Add the pepper, tomato, kidney beans and tomato puree. Stir the mixture and then leave to cook on a low heat (lid on) for 15-20 minutes - if the sauce becomes dry add water
5. Make the cheese sauce for the topping. Melt the margarine in a pot and **blend** in the flour to give a smooth paste. Add the milk a little at a time to avoid lumps. When all milk added bring the sauce to the boil for 1 minute.
6. Remove the sauce from heat and stir in $\frac{1}{2}$ the cheese. Heat grill.
7. **Assemble** the enchiladas - pour the meat mixture into the centre of the tortilla and roll up. Arrange the tortilla seam side down in a foil dish and pour the cheese sauce over, cover with the remaining cheese and **grill**.

Preparation techniques	Chop, dice, blend, assemble
Cookery processes	Shallow fry, grill
Garnish/decoration	N/A

Fish Burgers with Tomato Salsa



Ingredients

Burgers

2 medium potatoes
1 fillet white fish
25g cheese
 $\frac{1}{2}$ chilli pepper
few basil leaves
1 egg
1 x 1.25ml chilli powder
30ml breadcrumbs
30ml plain flour
salt & pepper

Salsa

1 tomato
small piece cucumber

Method

1. Collect ingredients and equipment.
2. Wash, peel and rewash potatoes, cut into quarters, cover with water and a little salt, bring to the **boil** - cook for 20 minutes.
3. Place fish on a plate then put over the pot of potatoes, cover with a piece of foil and the pot lid. **Steam** for 15mins approx till cooked.
4. Grate cheese, beat egg in a jug.
5. Wash tomato, cucumber and chilli pepper (take care with chilli seeds!)
6. Brunoise tomato, cucumber and chilli pepper, finely chop basil, mix together in small bowl.
7. Flake fish in large bowl, drain and mash potatoes with butter and add to bowl with cheese, chilli powder and salt & pepper.
8. Mix well together and **assemble** into 2 'burgers'. Heat grill on high.
9. Carefully **coat** each burger with flour, then egg and lastly breadcrumbs.
10. Line grill tray with foil, lightly oil, place burgers on grill tray brush each one with a little oil and **grill** for 4 - 5 mins on each side till golden brown.
11. Serve garnished with salsa mixture on the side.

Preparation technique	Chop, dice, coat, assemble
Cookery processes	Boil, steam, grill
Garnish/decoration	Tomato salsa

Florentine Egg Grill



Ingredients

100g frozen leaf spinach - thawed
Fresh nutmeg
10g butter
1 slice ham
1 egg
15ml single cream
40g cheddar
Seasoning

Method

1. Collect ingredients and equipment.
2. Cut the ham into thin strips.
3. Drain the thawed spinach well. Grate a small quantity of nutmeg into large bowl with the spinach. Add in butter and ham. Season.
4. Form into a mound in the bottom of a foil dish.
5. Preheat the grill to high. **Poach** the egg using an egg poacher in a pot of boiling lightly salted water until just set.
6. Lift out with a slotted spoon, drain well and put on the spinach cake. Drizzle with the cream and sprinkle with cheese. **Grill** until golden brown.

Preparation techniques	Chop
Cookery processes	Grill, poach
Garnish/decoration	N/A

Healthy Fish & Chips



Ingredients

Chips

- $\frac{1}{2}$ large potato
- $\frac{1}{2}$ sweet potato
- 10ml olive oil
- Pinch salt & pepper
- Pinch paprika or mixed herbs

Garnish

- 1 tomato (between 2), or
- Slice/wedge of lemon

Fish

- 60ml breadcrumbs
- 1. 25ml cumin
- 1.25ml chilli powder
- 1.25ml coriander
- Pinch turmeric
- 30ml plain flour
- 1 egg (between 2)

Method

1. Heat oven to **220 degrees** or **gas mark 7**.
2. Collect ingredients and equipment for chips;
 - Potato and sweet potato on a plate
 - Oil, salt, pepper, paprika or herbs in large bowl.
3. Wash potatoes and cut each $\frac{1}{2}$ into 4 wedges - place in large bowl and stir.
4. Transfer wedges to baking tray (stand them up like boats) beside the fish. Pour over excess oils and put in oven to bake for 20 minutes.
5. Collect equipment and ingredients for fish;
 - Fish on a paper towel.
 - Breadcrumbs, cumin, chilli powder, coriander & turmeric in a large bowl. Mix.
 - Egg in a jug.
 - Flour on plate.
6. Cut the fish into thin diagonal strips (approx 2cm thick).
7. Roll the pieces of fish in the flour. Break the egg into a jug and mix with a fork.
8. Mix fish gently in the jug, one piece at a time until all the fish pieces are coated with egg.
9. Drop **one** piece of fish into the large bowl and pat gently to ensure the fish is **coated** with breadcrumbs. Repeat this with all the pieces of fish.
10. When the wedges have cooked for 20 minutes, add the fish to the baking tray and place the fish and wedges in the oven for 10 minutes. (Wedges may be cooked before the wedges - test with a knife)
11. Collect a tomato or lemon and make tomato van dyke or a lemon wedge or twist to garnish.

Kashmir Lamb



Ingredients

- 100g lamb
- 45 ml natural yogurt
- 1.25ml ground cumin
- 1.25ml turmeric
- 1.25ml chilli powder
- $\frac{1}{2}$ onion
- 1 clove garlic
- 10ml vegetable oil
- 15ml flaked almonds
- 15ml sultanas
- 3 dried apricots
- 5ml lemon juice
- 5ml stock powder + 150ml water
- a few slices of banana
- 75g rice

Method

1. Collect all ingredients;
 - Yoghurt, cumin, turmeric, chilli powder in small bowl
 - Onion, garlic, apricots, sultanas on plate
 - Oil in pot
 - Make stock in measuring jug
2. Chop lamb into bite sized pieces
3. Peel and finely **chop** onion and garlic
4. Place **garlic** and **lamb** in small bowl with the spices and **marinate** in the fridge for 10 minutes.
5. Heat oil and fry onion, apricots and sultanas for 3-4 minutes. Remove and place on a paper towel on top of a plate to drain.
6. Add lamb and marinade to the pot and fry until well browned.
7. Add onion mixture and stock to the pot and cover - simmer on a low heat for 30-40 minutes until meat is well cooked.
8. Half fill a second pot with water and bring to the boil. Once boiling add rice and boil for 10 minutes. Drain and place neatly in foil dish.
9. Stir lemon juice into curry and place curry on rice in foil dish
10. Garnish with sliced banana

Preparation techniques	Chop, marinate
Cookery processes	Boil
Garnish/decoration	Sliced banana

Macaroni Cheese

Ingredients

75g macaroni
25g margarine
25g plain flour
250ml milk
50g cheese
Salt
Pepper
Parsley



Method

1. Collect all ingredients and equipment
 - Macaroni in small bowl
 - Margarine, flour and cheese on plate
 - Milk in measuring jug
2. Half fill a pot with water add a little salt and bring to the **boil**
3. Grate cheese onto chopping board
4. Put macaroni into pot of boiling water. Stir once and cook for 12 minutes until soft
5. Collect a second pot melt margarine, add flour and beat well with a wooden spoon until the 'roux' forms a sheen.
6. Add milk, a little at a time, beating well after each addition and bring mixture to the boil slowly until it thickens. Remove from heat onto a pot stand and stir in half the cheese to sauce do not put back on the heat
7. When macaroni is cooked drain the water off through a sieve, add macaroni to the cheese sauce
9. **Assemble** - Pour macaroni cheese into heatproof serving dish (foil dish)
10. Sprinkle remaining cheese on top and put under the grill until cheese is melted and golden brown
12. Serve garnished with sprig of parsley

Preparation techniques	Assemble
Cookery processes	Boil, grill
Garnish/decoration	Sprig parsley

Mediterranean Couscous Salad



Ingredients

100g couscous
100ml vegetable stock (2.5ml stock powder + 100ml water)
3 sun dried tomatoes
 $\frac{1}{2}$ avocado
25g black olives
Some nuts (pine nuts, cashews or almonds)
50g feta
30g green salad
30ml olive oil
5ml lemon juice
Seasoning

Method

1. Collect ingredients and equipment.
2. Prepare the vegetables: Sun dried tomatoes - quartered, avocado - chunks, black olives - halved.
3. Crumble the cheese.
4. Tip the couscous into a large bowl, stir in the stock, cover with cling film and leave to soak for 5 minutes.
5. Make the dressing by beating together the olive oil, lemon juice.
6. Stir the dressing into the couscous, then gently mix in the tomatoes, olives, avocado, nuts and feta. Taste for seasoning.
7. **Assemble** - salad leaves on plate with couscous salad spooned over the top.

Preparation techniques	Chop, assemble
Cookery processes	N/A
Garnish/decoration	N/A

Mushroom Risotto



Ingredients

15ml olive oil
25g mushrooms
5ml chicken stock powder
15ml cornflour
5ml chopped chives
 $\frac{1}{2}$ leek
75g Arborio rice
200ml warm water
30ml double cream
salt & pepper

Method

1. Collect ingredients and equipment.
2. Wash and slice the leek, wipe and slice the mushrooms.
3. Heat the oil in a large pot and gently **fry** the leek for 1-2 minutes. Stir in the mushroom and heat for a further 2 minutes.
4. Add the rice to the pot, and stir so that the grains are coated in the oil. Make the stock (warm water and stock powder).
5. Add a ladleful of stock to the pot and allow to simmer until the rice has absorbed the stock.
6. Continue adding the stock, a ladleful at a time, for 12-15 minutes, or until the rice is tender (soft).
7. Mix cornflour with a small amount of water and stir into risotto to thicken, pour in cream and heat for a further 1 minute. Taste & adjust seasoning.
8. Arrange risotto into foil dish and garnish with chopped chives.

Preparation techniques	Chop
Cookery processes	Shallow fry
Garnish/decoration	Chopped chives

Onion Tart

Ingredients

Base - 100g plain flour
50g margarine
Pinch salt
Cold water
25g margarine

Filling - 1 small onion
1 egg
100ml milk
seasoning



Method

1. Collect ingredients and equipment.
2. Heat oven to 200 C/Gas Mark 6
3. Make pastry - sieve flour and salt into mixing bowl. **Rub in** margarine until mixture looks like fine breadcrumbs. Add enough cold water to form a stiff dough.
4. **Knead** dough on a lightly floured surface. Roll out to fit a flan ring.
5. Place a flan ring on a baking tray and bake blind for 10 minutes. Remove from oven and turn heat down to 180 C/Gas Mark 4
6. Prepare filling - peel and **chop** onion, **shallow fry** in melted margarine until soft and lightly coloured. Beat egg, milk and seasoning together in a jug.
7. **Assemble** tart - place onion in the pastry and pour over egg mixture
8. **Bake** until golden and set.
9. Serve hot or cold

Preparation techniques	Rub in, knead, assemble, chop
Cookery processes	Shallow fry, bake
Garnish/decoration	Chopped chives

Paella



Ingredients

- 1 chicken drumstick
- 25g cooked prawns
- $\frac{1}{2}$ onion
- small piece red and green pepper
- 2 x 15ml oil
- 50g rice
- Pinch turmeric
- 150ml chicken stock (5ml stock powder + 150ml water)
- 2 x 15ml frozen peas
- 2 x 15ml tinned tomatoes
- Sprig of parsley

Method

1. Collect ALL equipment and ingredients
2. Drumstick on plate
3. Onion, peppers, peas on plate
4. Prawns in small bowl
5. Oil in pot
6. Stock and turmeric and jug
7. Cook the chicken in the microwave - approx 5 minutes on high
8. Finely chop onion and fry in the oil until begins to brown
9. Wash and dice the peppers and add to the onion with the rice - stir with a wooden spoon and cook for 1 minute
10. Add the turmeric and stock - cover with a lid and reduce the heat to simmer
11. Remove the chicken meat from the bone
12. Add the chicken, prawns, peas and tomatoes to the pot and cook until ALL the liquid has been absorbed
13. Serve in foil dish garnished with parsley

Preparation techniques	Chop
Cookery processes	Shallow fry, simmer, microwave
Garnish/decoration	Sprig of parsley

Pasta with Bacon and Peas



Ingredients

50g pasta shapes

50g frozen peas

10ml olive oil

1 onion

1 back bacon rashers of bacon

25ml crème fraiche

Seasoning

Sprig of parsley

Method

1. Collect ingredients and equipment.
2. Bring a pot of salted water to the boil.
3. Cut bacon into fine strips.
4. **Chop** onion.
5. Cook the pasta for 12 minutes, adding the frozen peas for the last 3 minutes of cooking time.
6. Heat the oil in a frying pot, then cook the onion for 2-3 minutes until it starts to brown. Add the bacon and cook over a high heat, stirring until both the bacon and onion are golden and crisp.
7. **Strain** the pasta and mix in the onion and bacon. Stir in the crème fraiche. Taste and season.
8. Serve piping hot garnished with a sprig of parsley.

Preparation techniques	Chop, strain
Cookery processes	Boil, shallow fry
Garnish/decoration	Sprig of parsley

Pastitsio

Ingredients

100g macaroni
15ml oil
 $\frac{1}{2}$ onion
1 clove garlic
100g minced beef
100ml beef stock
(2.5ml stock powder & 100ml water)
5ml tomato puree
1.25ml ground cinnamon
2.5ml mint
Parsley for garnishing

Sauce

25g butter
25g plain flour
200ml milk
50ml natural yoghurt
75g cheddar cheese



Method

1. Set the oven to 190°C/Gas 5
2. Half fill a pot with water and bring to the boil. Once boiling, add macaroni and boil for 12-15 minutes until tender. Drain macaroni and rinse under cold water. Put to the side.
3. Prepare ingredients
 - Peel and crush garlic
 - Peel and **chop** onion
4. Heat oil in frying pan and add the onion and garlic. Fry gently for 2-3 minutes until soft. Add mince to onion and fry gently until browns.
5. Stir in the stock, tomato puree, cinnamon, mint and pepper to the mince and simmer gently for 10-15 minutes until the meat sauce thickens.
6. Melt butter in a pan. Stir in flour and cook for 1 minute then gradually add the milk and yoghurt. Bring sauce to the boil then turn down heat and simmer gently for 2-3 minutes. Take off the heat and add **half** the cheese.
7. Carefully add the macaroni to the cheese sauce and mix to combine.
8. Spread half the macaroni mix evenly over the base of a foil container, then spoon over the meat sauce. Top with remaining macaroni and sprinkle over remaining cheese.
9. Place the dish in the oven and bake for 45 minutes or until golden brown.
10. Serve garnished with a sprig of parsley.

Preparation techniques	Chop, assemble
Cookery processes	bake, boil, shallow fry
Garnish/decoration	Sprig parsley

Pesto, Chicken and Potato Salad

Ingredients

150g new potatoes
80g chicken
25g spinach leaves
10ml pesto
2.5ml lemon juice
15ml olive oil
Seasoning



Method

1. Collect ingredients and equipment.
2. Bring pot of water with pinch of salt to the **boil** for the potatoes.
3. Cut chicken into chunks and cook by **shallow frying** for about 10 minutes.
4. Wash potatoes, do not peel and add to boiling water. **Boil** for 15 minutes. **Strain** and then return to pot and roughly crush with a fork.
5. Wash spinach leaves.
6. Tip the chunks of chicken into the pot and scatter in the spinach leaves. Mix gently using a large spoon.
7. Mix the pesto, lemon juice and olive oil together - season to taste and then add to the potatoes to coat everything.

Preparation techniques	Chop, strain
Cookery processes	Shallow fry, boil
Garnish/decoration	N/A

Potato Croquettes



Ingredients

3 potatoes
5ml butter
 $\frac{1}{2}$ onion
Salt
Pepper
1 egg
Breadcrumbs
Flour

Method

1. Collect equipment and ingredients
2. Bringing pot of salted water to the boil - when boiling add potatoes and cook for 20minutes then **strain**
3. Finely **dice** the onion.
4. Add onion, salt, pepper and butter to the potatoes and mash together
5. Fill a piping bag with a plain or no nozzle and pipe into strips, divide into desired size
6. **Assemble** - Roll in with flour then eggs and lastly breadcrumb
7. Fry the croquettes with cooking oil. They should be browned and crispy on the outside, soft on the inside.

Preparation techniques	Strain, dice, assemble
Cookery processes	Shallow fry
Garnish/decoration	N/A

Savoury quiche



Ingredients

Pastry

- 100g plain flour
- 50g margarine
- 1 x 5ml oil
- 2 x 15ml cold water (approx)
- 1 tomato

Filling

- $\frac{1}{2}$ onion
- 1 rasher streaky bacon
- 1 egg + 3 x 15ml milk
- 50g cheese

Method

1. Collect ingredients and equipment.
2. Heat oven gas Mark No5/190 °C.
3. Sieve flour into mixing bowl.
4. Cut margarine into small pieces with knife then **rub in** with fingertips till it resembles fine breadcrumbs. Using a round bladed knife add enough water to mix to a stiff dough.
5. Turn dough onto a lightly floured surface and **knead** gently.
6. Roll out pastry and mould into a flan ring on a baking tray. Set aside.
7. Peel and finely dice onion, cut bacon into small pieces, grate cheese
7. Heat oil in pot and stir fry the onion and bacon till onion is transparent (see through).
8. Spread onion/bacon on base of pastry, sprinkle with $\frac{1}{2}$ the cheese.
9. Beat egg and milk together in a jug then **strain** over filling.
10. Cover with remaining cheese, **bake** till golden brown and set.
11. Serve hot/cold garnished with tomato concasse piled in centre.

Preparation technique	Chop, dice, rub in, knead, skin, strain
Cookery processes	Shallow fry, bake
Garnish/decoration	Tomato concasse

Spaghetti Bolognese



Ingredients

100g mince
1 rasher streaky bacon
1 small onion
piece carrot
clove garlic
100ml chopped tomatoes
10ml tomato puree
50ml stock (1.25ml beef stock & 50ml water)
pinch of thyme and oregano
salt and pepper
75g spaghetti

Method

1. Collect equipment and ingredients.
2. Snip bacon into small pieces. Peel and finely **chop** garlic and onion. Peel and grate carrot.
3. Place mince and bacon in a medium pot and brown, making sure there are no lumps of mince.
4. Add garlic, onion and carrot, mix well and cook for 5 minutes until onion is soft.
5. Add tomatoes, puree, herbs, stock and seasoning, mix well, bring to the boil and simmer for 15-20 minutes. Stir occasionally to prevent sticking. Add more liquid if and when required.
6. Half fill a medium pan with water and bring to the boil, add spaghetti. **Boil** for 10 minutes.
7. **Strain** pasta and place in a serving dish. Taste sauce for seasoning, **assemble** on top of spaghetti.

Preparation techniques	Chop, strain, assemble
Cookery processes	Boil
Garnish/decoration	Sprig of parsley

Spaghetti Carbonara



Ingredients

75g spaghetti
2.5ml crushed garlic
1 rasher bacon
3 x 15ml single cream
1 egg
25g grated parmesan
5ml oil
Black pepper

Method

1. Half fill a pot with water, bring to the boil.
2. Add spaghetti to water and boil gently for 12 minutes.
3. While spaghetti is cooking cut bacon into small pieces.
4. Heat the oil in a pot and fry the bacon and garlic gently till the bacon is golden and crispy.
5. Mix together the cream and egg in a small bowl. Grate the parmesan cheese.
6. Test spaghetti and drain through sieve.
7. Add spaghetti to bacon mixture.
8. Add cheese to pot, then stir in the stir in cream & egg mixture.
9. Stir well, taste and season, then serve garnished with fresh parsley.

Preparation techniques	Chop, strain
Cookery processes	Shallow fry, boil
Garnish/decoration	parsley

Spaghetti with Cherry Tomatoes



Ingredients

125g cherry tomatoes
15ml olive oil
75g spaghetti
50g Greek feta
Generous portion flat leaf parsley
6 black olives
15g fresh parmesan
Seasoning

Method

1. Collect ingredients and equipment.
2. Preheat the oven to Gas mark 6 / 180 °C. Bring a pot of salted water to the boil.
3. Tip the tomatoes into a foil dish, drizzle with the olive oil and season. Roast for 20 minutes until slightly scorched.
4. Cook the spaghetti for 10-12 minutes until slightly tender.
5. Cut the feta into cubes and roughly **chop** the parsley.
6. **Strain** the pasta, then return to the pot. Add the roasted tomatoes, along with the juices, the feta, olives and parsley. Mix well together and season.
7. Serve garnished with grated parmesan.

Preparation techniques	Chop, strain
Cookery processes	Bake, boil
Garnish/decoration	Grated parmesan

Spiced Turkey



Ingredients

Garlic cloves (peeled)	2.5ml (prepared volume)
Ground ginger	2.5ml
Ground cumin	2.5ml
Ground paprika	2.5ml
Turkey breast	100g
Onion (peeled)	50g (prepared weight)
Carrot (peeled)	40g (prepared weight)
Ready to eat dried apricots	25g
Sunflower oil	15ml
Tinned chopped tomatoes	75ml (including juice)
Chicken stock	75ml
Tinned chickpeas	25g (drained weight)
Salt and black pepper	to taste

Method

1. Crush the garlic and mix with the ginger, cumin and paprika.
2. Cut the turkey into even, bite-sized pieces.
3. Coat the turkey pieces with the garlic and spices.
4. Cover and marinate for at least 15 minutes, stored appropriately.
5. Finely dice the onion.
6. Dice the carrot evenly and chop the apricots.
7. Heat 15ml of the oil in a pan and seal the turkey pieces. Remove and reserve appropriately.
8. Add the remaining oil to the pan then add the onion. Coat the onion with the residual spices in the pan and sauté until soft.
9. Add the carrot, apricots, tomatoes, chicken stock and chickpeas.
10. Bring to the boil, reduce the heat, cover and simmer for 20 minutes.
11. Add the reserved turkey and simmer for a further 10 minutes until cooked.
12. Adjust the consistency if necessary. Taste and season if required.
13. Serve hot in a clean, hot dish, garnished appropriately.

Spicy Chicken Burrito



Ingredients

25g cheese
50g chicken
50g onion
1 clove garlic
5 x 15ml tinned tomatoes
25g green pepper
1 drop tabasco sauce
15ml water
15ml oil
1 flour tortilla

Salsa

15ml coriander leaves
3 x 15ml tinned tomatoes
5ml tomato puree
15ml finely chopped onion
25g green pepper
1 drop tabasco sauce

Method

1. Collect equipment and ingredients
 - Onion, garlic and pepper on plate
 - Tinned tomatoes, Tabasco and water in jug
 - Oil in pot
2. **Chop** onion, garlic and pepper finely
3. **Chop** chicken into bite sized pieces
4. Heat oil for 30 seconds on a medium heat and add chicken, onion and garlic - **fry** gently until the chicken is thoroughly cooked
5. Add pepper and tomato mixture - simmer for 15 minutes stirring occasionally
6. Prepare salsa - place tinned tomatoes and puree in small bowl
 - **Chop** onion and pepper finely
 - Shred coriander leaves
7. Mix ALL salsa ingredients together and add a pinch of salt and pepper
8. Grate cheese
9. Place tortilla on chopping board and roll with chicken mixture in the middle - place in foil dish
10. Place salsa on the top and sprinkle with cheese - brown with care under the **grill**

Preparation techniques	Chop
Cookery processes	Shallow fry, grill
Garnish/decoration	Melted cheese

Spicy Sausage Rice

Ingredients

15ml olive oil

1 $\frac{1}{2}$ spicy sausages

1 onion

75g risotto rice

15ml sun dried tomato paste

250ml vegetable stock (5ml stock powder + 250ml water)



Method

1. Collect ingredients and equipment.
2. Slice the sausages and onion.
3. Heat the oil in a pot and fry the sausages for 10 minutes until cooked through - remove from the pot.
4. Add the onion and cook for 7 minutes, stirring often until softened.
5. Stir in the rice and cook for 2 minutes, until the grains glisten.
6. Add the tomato paste and stock and bring to the **boil**. Reduce the heat and simmer covered, for 12-15 minutes, stirring occasionally, until the rice has a creamy texture.
7. Stir the sausages into the rice. Remove from heat and season - stir and serve.

Preparation techniques	Chop
Cookery processes	Shallow fry, boil
Garnish/decoration	N/A

Mexican Stir fry



Ingredients

100g lean beef (rump) steak
5ml oil
15ml tomato ketchup
7.5ml chilli sauce
5ml lime juice
25g courgette
25g cherry tomatoes
 $\frac{1}{2}$ red chilli
10ml fresh mint (chopped)
Pitta bread

Method

1. Collect ALL ingredients for stir fry
2. Prepare ingredients
 - Cut beef into thin strips
 - Cut courgette into thin strips
 - Cut cherry tomatoes in half
 - Finely **slice** red chilli
 - Finely **chop** mint
3. Heat the oil in a frying pan or wok and **shallow fry** the meat for 3-4 minutes until browned.
4. Add all the remaining ingredients and cook for 1-2 minutes.
5. Place pitta bread under pre-heated **grill** for 1 minute on each side.
6. Slice pitta bread and fill with beef mixture.
7. Garnish with fresh mint leaves.

Preparation techniques	Chop
Cookery processes	Shallow fry, grill
Garnish/decoration	Mint leaves

Sweet and Sour Pork



Ingredients

50g Basmati rice
75g pork fillet
50g onion
50g carrot
25g red pepper
25g green pepper
60g pineapple chunks
25ml pineapple juice - reserved from tinned pineapple
35ml tomato juice
5ml sweet chilli and garlic sauce
5ml white wine vinegar
2.5ml cornflour
1 Spring onion
10ml olive oil

Method

1. Collect ingredients and equipment.
2. Wash, peel and rewash the vegetable for preparation:
 - onion and spring onion - sliced,
 - carrot - matchsticks
 - red pepper - batons
 - green pepper - dice
3. Heat oil in a frying pan and cook the pork until lightly browned.
4. In the same pan stir fry the onion until golden.
5. Add peppers and carrot and stir fry for a further 2-3 minutes, until tender.
6. **Blend** the pineapple juice, tomato juice, chilli and garlic sauce, vinegar and cornflour in a jug.
7. Bring water to the **boil** for the rice and cook according to the instructions.
8. Add the blended sauce and pineapple stirring all the time over a medium heat until the sauce thickens
9. Serve garnished with sliced spring onions.

Preparation techniques	Chop, dice, strain, blend
Cookery processes	Shallow fry, boil
Garnish/decoration	Sliced spring onions

Tandoori style Chicken with Pilaff Rice



Ingredients

Chicken - 1 chicken breast

15ml Greek style yoghurt

3 cardamom pods

2.5ml ground ginger

2.5ml ground cinnamon

2.5ml curry powder

20ml vegetable oil

Rice - 15ml butter

75g rice

$\frac{1}{2}$ onion

5ml chicken stock

250ml boiling water

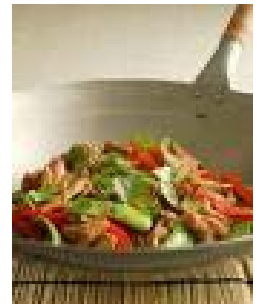
15ml fresh coriander

Method

1. Collect ingredients and equipment.
2. Preheat oven to Gas Mark 6 / 200 °C.
3. Cube the chicken and place in small bowl with the Greek yoghurt - stir to combine.
4. Lightly crush the cardamom pods and add to chicken with the ginger, **marinate** in the fridge for 10 minutes.
5. Heat the vegetable oil in a frying pot then add chicken and mix, sauté for 1 minute to seal then place in a foil dish and in the oven for 10-12 minutes - until the chicken is cooked through.
6. To make the rice - dice the onion and melt the butter in a pot over a moderate heat then add the rice and diced onion.
7. Cook for 2-3 minutes until the onion is softened.
8. Make up the stock in a jug and gradually add the stock to the rice allowing it to absorb each time.
9. Serve the chicken and rice on a plate garnished with coriander leaves.

Preparation techniques	Chop, dice, marinate
Cookery processes	Shallow fry, bake
Garnish/decoration	Corriander leaves

Teriyaki Stir-Fry



Ingredients

- 1 x 15ml soy sauce
- 1 x 5ml hoisin sauce
- 1 x 2.5ml crushed garlic
- 1 x 2.5ml crushed ginger
- 75g chicken/turkey stir-fry
- 1 x 5ml vegetable oil
- piece courgette
- 1 small onion
- piece red pepper
- 75g egg noodles

Method

1. Collect ALL ingredients and equipment.
2. Measure soy sauce, hoisin sauce, garlic and ginger into a small bowl - mix to combine.
3. Add chicken pieces to sauce mixture and stir until chicken is coated - allow to **marinate** for 10-15 minutes.
4. Bring a pan of salted water to the **boil**.
5. Prepare vegetables:
 - wash, trim and slice courgette diagonally
 - peel and **chop** onion into wedges
 - cut pepper into julienne.
6. Add noodles to boiling water - simmer for 4 minutes.
7. Heat oil in a frying pan.
8. Add courgette, onion and pepper to pan - stir-fry for 2 minutes.
9. Check if noodles are cooked - **strain** through a sieve.
10. Add chicken and remaining sauce to the pan - stir-fry over a high heat for 6 minutes or until cooked through.
11. **Assemble** - Arrange noodles in a foil dish - top with chicken and vegetables.

Preparation techniques	Chop, marinate, strain, assemble
Cookery processes	Boil, shallow fry
Garnish/decoration	N/A

Thai Stir fry



Ingredients

75g lean beef (rump) steak
5ml oil
2.5ml lemongrass puree
(or 2,5cm)
2.5ml Thai red curry paste
2 spring onions sliced
25g baby sweetcorn
25g monge tout
50ml coconut milk
5ml lime juice
10ml fresh coriander
25g frozen peas
75g rice

Method

1. Collect ALL ingredients for stirfry
2. Prepare ingredients
 - Cut beef into thin strips
 - Finely **chop** lemongrass
 - **Slice** spring onions, baby corn and mange tout
 - **Chop** coriander
3. Half fill a pot with water and bring to the boil. Once boiling add rice and boil for 12-15 minutes. Drain and place neatly in foil dish.
4. Heat the oil in a frying pan or wok and fry the meat for 3-4 minutes until browned.
5. Add the lemongrass, thai curry paste and vegetables (except peas) to the beef and cook for 2 minutes. Add the coconut and lime juice and bring to the boil.
6. Add coriander and peas.
7. Serve with lime wedges.

Preparation techniques	Chop
Cookery processes	Shallow fry, boil
Garnish/decoration	Lime wedges

Tuna Pasta Bake

Ingredients

$\frac{1}{2}$ onion
Small piece celery
1 clove garlic
1 x 15ml oil
150g tinned tomatoes
1 x 5ml tomato puree
1 x 5ml Worcester sauce
pinch mixed herbs
100ml veg stock
75g tuna
75g pasta shapes
50g cheese
4 x 15ml breadcrumbs



Method

1. Collect ingredients and equipment.
2. Make sauce - peel and **dice** onion, chop celery, crush garlic.
3. Heat oil in pot then lightly fry onion, celery and garlic (do not brown).
4. Add tinned tomatoes, puree, Worcester sauce, mixed herbs and stock.
5. Cook on a low heat for 15mins with lid on. Take off heat.
6. Heat pot of water for pasta.
7. Grate cheese and mix in a small bowl with the breadcrumbs.
8. Add pasta to boiling water, cook till 'al dente' 12mins approx.
9. **Blend** pasta sauce till smooth, add tuna and stir.
10. **Strain** pasta through a colander. Heat grill.
11. **Assemble** the pasta bake - mix the pasta with the sauce then finish with the layer of cheese/breadcrumbs.
12. Brown under **grill** till golden and bubbling.
13. Garnish with a sprig of parsley.

Preparation technique	Chop, dice, puree, strain, blend, assemble.
Cookery process	Shallow fry, stew, boil, grill
Garnish/decoration	Sprig parsley

Tuna quiche



Pastry

70g plain flour

35g margarine

1 x 15ml COLD water (approx.)

Tuna

$\frac{1}{2}$ onion

1 piece pepper

50g tuna

1 egg & milk up to

100ml

25g cheese

Salt/pepper

Method

1. Set oven to 190 C / Gas mark 6.
2. Make pastry.
 - Sieve flour into large bowl and cut margarine into pieces and rub into flour.
 - Add water and mix with round bladed knife into a stiff dough.
 - Turn out dough onto a floured surface and knead gently.
 - Roll out pastry gently and fill foil quiche dish or use a flan ring.
3. Prepare filling - dice onion and pepper, grate the cheese, flake tuna.
4. Place vegetables, tuna and $\frac{1}{2}$ the cheese in quiche.
5. In a jug and beat egg, milk and cream together. Add herbs and seasoning to jug.
6. Pour mixture into quiche and sprinkle cheese on top.
7. Bake until golden brown and set (until mixture inside quiche is firm) 25-30 mins.

Preparation technique	Chop, dice, rub in, knead
Cookery processes	Shallow fry, bake
Garnish/decoration	Sprig parsley

Vegetable Lasagne



Ingredients

$\frac{1}{2}$ onion
1 clove garlic
3 mushrooms
Piece courgette
 $\frac{1}{2}$ stick celery
1 small carrot
100ml tinned tomatoes
10ml tomato puree
15ml oil
1.25ml oregano
3 sheets lasagne
Sprig of parsley

Sauce

30ml flour
25g margarine
150ml milk
50g cheese

Method

1. Collect ingredients and equipment.
2. Prepare vegetables; peel and finely **chop** onion and garlic, wash and peel carrot and **chop** into brunoise, slice mushroom, brunoise courgette and **chop** celery into small pieces.
3. Heat oil in a pot and sauté onion and garlic for 2 minutes, add all prepared vegetables, stir put on the lid and sweat for 2-3 minutes on a low heat.
4. Pour chopped tomatoes, puree and oregano into pot. Bring to the **boil** then stew gently for 10 minutes.
5. Set oven to 190 C/Gas mark 5. Grate the cheese.
6. Make sauce using all in one method - place flour, margarine and milk into another pot and slowly bring to the **boil** stirring all the time until it boils and thickens.
7. Take sauce off the heat and add $\frac{2}{3}$ of the cheese.
8. **Assemble** lasagne - place one piece of lasagne in the bottom of the dish, cover with $\frac{1}{2}$ the vegetable mix, repeat this and then cover with last piece of lasagne, finish with a layer of cheese sauce and sprinkle with extra cheese.
9. **Bake** in oven for 20 minutes until golden brown. Garnish with a sprig of parsley.

Apple Bakewell

Ingredients

Pastry

3 x 15ml cold water
70g plain flour
35g margarine

Filling

3 x 15ml apple puree



Topping

50g margarine
50g caster sugar
50g Self raising flour
1 egg

Method

1. Set oven 190 °C/Gas Mark 5.
2. Collect ingredients and equipment.
3. Use food processor to make pastry - Sieve flour into bowl, add margarine and process for a few seconds using the knife blade until the mixture looks like breadcrumbs. Add water a little at a time to form a stiff dough.
4. Lightly flour work surface and roll pastry out to fit foil dish. Line dish and trim any excess.
5. Place pastry into fridge.
6. Collect ingredients for topping - margarine and sugar in large bowl, Self raising flour sieved onto plate and egg beaten into jug.
7. Using the knife blade for the food processor cream margarine and sugar until light and fluffy.
8. Beat the egg and flour in alternatively in the food processor.
9. **Assemble** - Collect pastry base from fridge and spread apple over the surface. Top with cake mixture.
10. **Bake** till golden brown for 20-25 minutes.
11. Dust with a little icing sugar to finish if desired.

Preparation techniques	Assemble
Cookery processes	Bake
Garnish/decoration	Dusted with icing sugar

Apple Crumble

Ingredients

100g self raising flour
50g margarine
25g castor sugar
200g tinned apples



Method

1. Collect ingredients and equipment.
2. Pre-heat oven to 200°C or Gas Mark 6.
3. Sieve flour into a bowl.
4. Cut margarine into small cubes.
5. Add margarine to flour - **rub-in** until the mixture resembles breadcrumbs.
6. Add 25g castor sugar - stir to combine.
7. Arrange apples in foil dish.
8. Spread crumble mixture on top of apples.
9. **Bake** for 20 minutes or until golden brown.

Preparation techniques	Rub in
Cookery processes	Bake
Garnish/decoration	N/A

Basic Cake

Ingredients

Cake

100g soft margarine
100g caster sugar
100g self raising flour
2 eggs
15ml jam

Decoration

Icing sugar



Method

1. Set oven to 190 C/Gas Mark 5. Grease and line cake tins
2. Collect ALL ingredients for cake;
 - Sieve flour onto plate
 - Beat eggs in small bowl
 - Margarine and sugar in large bowl
3. Whisk marg and sugar together with electric whisk until thick and creamy
4. Add eggs to large bowl a little at a time - beating well after each addition
5. Using a metal spoon **fold** the flour into the mixture
6. Divide the cake mixture into tins
7. **Bake** for 15 minutes until well risen and springy to the touch
8. Remove cakes from tins and allow to cool on cooling rack
9. Sandwich cakes together with jam and dust the top with icing sugar

Preparation techniques	Fold
Cookery processes	Bake
Garnish/decoration	Dusted with icing sugar

Berry Cream Towers



Ingredients

Flour	75g
Butter	50g
Caster sugar	25g
Vanilla essence	1.25ml
Clear honey	10ml
Boiling water	2.5ml
Fresh whipping cream	75ml
Icing sugar, sieved	15g
Frozen berries (thawed)	40g

Oven 160c/Gas 4 - temperature may vary if using a fan-assisted oven

Method

1. Preheat the oven and grease a baking tray.
2. Sieve the flour.
3. Cream the butter and the sugar together.
4. Gradually add in the flour.
5. Cover the dough and chill for at least 10 minutes.
6. Roll out to 3mm thickness.
7. Using a 6cm fluted pastry cutter cut 6 rounds.
8. Prick the biscuits with a fork and bake for 10-15 minutes or until golden brown.
9. Mix together the vanilla essence and the honey with 5ml boiling water.
10. While warm, brush the top of each biscuit with the liquid.
11. Remove and place on a cooling rack and allow to cool completely.
12. Whisk the cream until a soft peak consistency, fold in the icing sugar and berries.
13. Using all the cream filling, assemble 2 towers of 3 biscuits each.
14. Decorate appropriately and serve on 2 individual clean plates at room temperature.

Carrot Cake



Ingredients

Cake

2 eggs
40g castor sugar
25g wholemeal flour
25g self raising flour
2.5ml baking powder
1.25ml mixed spice
50g carrot
15ml chopped nuts
15ml sultanas

Icing (Between 2)

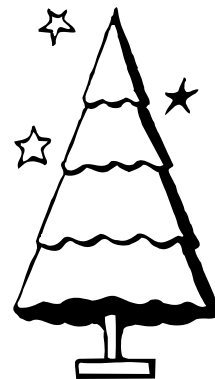
125g icing sugar
juice of $\frac{1}{2}$ orange
rind of $\frac{1}{2}$ orange

Method

1. Set oven to 190 C/Gas Mark 5. Grease and line the foil tray
2. Collect ALL ingredients for cake;
3. Sieve flours, mixed spice and baking powder onto plate (tip in the bran)
4. Eggs and sugar in large bowl
5. Nuts, sultanas and carrot in small bowl
6. Whisk eggs and sugar together with electric whisk until thick and creamy
7. Peel and grate the carrot
8. Fold ALL the ingredients into the egg mixture - gently
9. Pour mixture into foil tray put onto baking tray and bake for 20-25 minutes (until golden brown and springy to the touch)
10. Between two collect ingredients for icing
11. Sieve icing sugar into large bowl
12. Grate orange rind into large bowl
13. Juice orange and add to large bowl and mix
14. Remove cake from oven and when cool drizzle with icing

Preparation techniques	Fold
Cookery processes	Bake
Garnish/decoration	Drizzled icing

7" Christmas Cake



Ingredients

100g currants
200g sultanas
50g raisins
50g glace cherries
50g mixed chopped nuts
125g plain flour
5ml mixed spice
100g soft brown sugar
100g margarine softened
3 eggs
25g ground almonds
15ml treacle (optional)
25g mixed peel (optional)

Method

1. Prepare appropriate baking tin
2. Set oven to 140 °C/Gas Mark 1
3. Collect all ingredients
 - Collect currants, sultanas, raisins, mixed nuts, ground almonds and mixed peel in a large bowl
 - Collect cherries on a plate
 - In a separate large bowl sieve in flour and mixed spice and then add brown sugar, softened margarine, eggs and treacle
4. Half the cherries and add to large bowl with the dried fruit
5. Whisk the wet ingredients with an electric whisk until the mixture becomes smooth and glossy (2-3minutes)
6. Add the dried fruit to the whisked mixture and mix in thoroughly
7. Pour into prepared baking tin and make a slight well in the centre
8. Place tins in the oven for approximately 2 hours

9" Christmas Cake



Ingredients

200g currants
375g sultanas
100g raisins
100g glace cherries
100g mixed chopped nuts
250g plain flour
7.5ml mixed spice
225g soft brown sugar
225g margarine softened
5 eggs
40g ground almonds
22.5ml treacle (optional)
50g mixed peel (optional)

Method

1. Prepare appropriate baking tin
2. Set oven to 140 °C/Gas Mark 1
3. Collect all ingredients
 - Collect currants, sultanas, raisins, mixed nuts, ground almonds and mixed peel in a large bowl
 - Collect cherries on a plate
 - In a separate large bowl sieve in flour and mixed spice and then add brown sugar, softened margarine, eggs and treacle
4. Half the cherries and add to large bowl with the dried fruit
5. Whisk the wet ingredients with an electric whisk until the mixture becomes smooth and glossy (2-3minutes)
6. Add the dried fruit to the whisked mixture and mix in thoroughly
7. Pour into prepared baking tin and make a slight well in the centre
8. Place tins in the oven for approximately 2 hours.

Flapjacks



Ingredients

100g margarine
25g brown sugar
2 x 15ml syrup
200g rolled oats
25g sultanas
pinch salt

Method

1. Melt margarine, sugar and syrup together in a pan over a gentle heat.
2. Add oats and sultanas and mix well.
3. Press into a lightly oiled tin and bake for 20-25mins until golden.
4. While still warm cut into portions.

Preparation technique	
Cookery Process	
Garnish/decoration	

Fruit Brulee

Ingredients

Small orange
 $\frac{1}{2}$ red skinned apple
few red and green grapes
2 strawberries
small banana
2.5ml cornflour
3 x 15ml orange juice
3 x 15ml crème fraiche
3 x 15ml natural yoghurt
demerara sugar



Method

1. Collect ingredients and equipment.
2. Remove the zest from the orange by peeling thinly, **blanch** in boiling water for 2 mins, **strain** and set aside.
3. Remove the white pith from the orange. **Segment** the orange over a small bowl to catch any juice. Put orange pieces in large bowl.
4. Make up the orange juice to a total 75ml (5 x 15ml). **Blend** a little juice with cornflour to make a paste, add remaining juice.
5. Bring juice to the boil, stirring all the time till mixture thickens, set aside to cool.
6. 5 Prepare remaining fruit - slice apple, cut grapes in half (remove seeds), chop banana, slice one strawberry (keep other for decoration).
7. Place fruit in serving dish and pour over thickened juice. Julienne the orange rind.
8. In a small bowl **fold** the yoghurt into the crème fraiche, stir in the orange zest then spread on top of fruit. Cover with a thick layer of demerara sugar.
9. Place under a very hot **grill** till caramelised.
10. Serve decorated with a strawberry fan.

Preparation technique	Blanch, fold, blend, strain, chop, segment
Cookery Process	Boil, grill
Garnish/decoration	Strawberry fan

Gingerbread

Ingredients

65g margarine
90g treacle
25g syrup
25g brown sugar
75ml milk
1 egg
110g plain flour
2.5ml mixed spice
2.5ml bicarbonate of soda
5ml ground ginger
25g sultanas



Method

1. Collect ingredients and equipment.
2. Set oven to 160 C/Gas 2
3. Grease and line a foil tray
4. Using a large pot, warm together margarine, treacle, syrup and sugar. Add milk and allow to cool.
5. Beat eggs and blend with cooled mixture.
6. Sieve the dry ingredients together in a large bowl, add the cooled mixture and sultana folding in gently.
7. Pour into greased foil tray and bake for approx. 1 hour

Preparation technique	Fold, blend,
Cookery Process	Bake
Garnish/decoration	N/A

Lemon Meringue Pie



Ingredients

- pastry - 80g plain flour
Pinch salt
40g margarine
3 x 5ml cold water
- filling - $\frac{1}{2}$ packet lemon pie filling
1 large egg yolk
- meringue - 35g caster sugar
1 large egg white

Method

1. Set oven to 200C/gas 6
2. Sieve flour and salt into bowl.
3. Cut margarine into small pieces and add to flour. Coat margarine in flour.
4. Rub margarine into flour using fingertips until mixture resembles fine breadcrumbs.
5. Sprinkle 3 x 5ml cold water over mixture and mix together with a round bladed knife.
6. Roll out pastry and line flan ring/dish with pastry. Trim edges.
7. Place a piece of greaseproof paper on top of the pastry and fill with baking beans.
8. Bake blind for 20 minutes on a baking tray. When cooked reduce oven temperature to 160°/ gas mark 4.
9. Separate egg and place white in a large bowl and yolk on a plate. Make up pie filling between 2, using instructions on the packet.
10. Pour filling into pastry case.
11. Whisk egg white until stiff (DO NOT OVER BEAT) beat in half of the sugar then fold in remaining caster sugar.
12. Pile meringue on top of filling/pipe and bake until golden brown (approx 10 minutes)

Mandarin Cheesecake



Ingredients

Base:

40g butter

80g digestive biscuits (crushed)

Filling:

75g soft cheese

25g caster sugar

60g mandarin yoghurt

150ml whipping cream

Decoration: Mandarin segments

Method

1. Collect all ingredients and equipment.
2. Melt the butter in a pan, then mix in the crushed biscuits.
3. Press the biscuit mixture into a 15cm foil container or flan ring and press down firmly with a metal spoon.
4. Place in the fridge to chill.
5. Place the cream cheese and sugar into a small bowl and mix until smooth.
6. Add the yoghurt to the cream cheese and sugar mixture and mix well to combine.
7. In a separate bowl, whisk the cream until it reaches the soft peak stage.
8. Fold the cream into the yoghurt mixture using a metal spoon
9. Pour the mixture over the biscuit base, smooth and return to the fridge to set.
10. When set. Decorate the cheesecake with mandarin segments and serve.

Preparation techniques	Mix, fold, whisk
Cookery processes	Melt
Garnish/decoration	Mandarin segments

Orchard Sponge



Ingredients

1 cooking apple
1 x 15ml caster sugar
1 x 15ml water
100g caster sugar
2 eggs
100g Self Raising flour
1 x 5ml cinnamon

Decoration - 4 x 15ml cream topping
3 x 15ml water

Method

1. Grease and line 2 sandwich tins. Heat oven 220 °C/Gas Mark No7
2. Collect ingredients and equipment.
3. Sieve the flour and cinnamon onto a plate then add a little at a time to
4. Wash, peel, quarter and core the apple. Cut in slices.
5. Gently **stew** the apples with 15ml sugar and water, lid on, till soft.
6. Whisk the eggs and sugar together in large bowl till very thick.
7. **Fold** in the flour with a metal spoon/spatula - do not beat or the cake will not rise.
8. Divide mixture between the tins and bake 12 - 15mins till well risen.
9. Beat the apples to pulp then **pass** through a sieve to get a smooth result.
10. Turn cakes out and allow to cool. Make up cream topping by whisking cream topping and water together till thick and creamy.
11. **Assemble** cake - sandwich the sponges together with the apple puree, spread some of the 'cream' over top of sponge and use the rest to pipe rosettes.

Preparation technique	Fold, pass, assemble
Cookery process	Bake, stew
Garnish/decoration	Piped cream rosettes

Peach cap pudding with fruit sauce



Ingredients

1 fresh peach
100mls cranberry juice
50g margarine
50g caster sugar
50g SR flour
1 egg
1 x 15ml water
2.5ml cornflour

Method

1. Collect ingredients and equipment.
2. Half the peach and remove the stone, cut into 4 pieces. Place in pot with juice and gently **poach** with lid on for 10minutes.
3. Put margarine and sugar in large mixing bowl, sieve flour onto plate, beat egg and water together in jug.
4. Put a pot of water on to boil - lid on.
5. Using a hand mixer or wooden spoon beat the margarine and sugar together until creamy. Beat in 1 x 15ml flour then gradually beat in egg a little at a time. Gently **fold** in the flour - do not beat.
6. Grease a small heatproof(glass) bowl. **Strain** the juice from the peaches.
7. Arrange the peaches in the bottom of bowl, cover with cake mix.
8. Cover bowl tightly with foil to prevent water entering. Carefully lower bowl into pot of boiling water and **steam** for 30-40minutes.
9. **Blend** a little of the sauce with the cornflour, bring to the **boil** in pot, stirring constantly, till thickened.
10. To serve - turn pudding onto a plate and gently 'flood' the plate with the fruit sauce.

Preparation technique	Fold, strain, blend
Cookery process	Poach, steam
Garnish/decoration	'flood' fruit sauce

Poached Peach Crunch



Ingredients

1 peach
125 mls water
15 ml sugar
Lemon juice
50g porridge oats
50g wholemeal flour
50g caster sugar
Pinch salt
40g margarine

Method

1. Collect ingredients and equipment.
2. In a small pot place the water and 15ml of sugar and gently bring to simmering.
3. Wash and half the peach, remove the stone then place it in the pot and add the lemon juice, gently **poach** for 10 minutes.
4. Set oven to Gas mark 5 / 190 °C.
5. Remove peach from pot and allow to cool for a few minutes.
6. In large bowl mix together oats, flour, salt and sugar.
7. Melt the margarine and mix into the large bowl.
8. **Assemble** by slicing the peach and placing it in the bottom of a foil dish and sprinkle the oat mixture over the top.
9. **Bake** in oven for 20 minutes.

Preparation techniques	Chop, assemble
Cookery processes	Poach, bake
Garnish/decoration	N/A

Poached Pear and Chocolate Upside down pudding



Ingredients

1 pear
125 mls water
15 ml sugar
15ml Lemon juice
50g self raising flour
50g margarine
50g caster sugar
1 egg
15ml cocoa powder
Mint leaves

Method

1. Collect ingredients and equipment.
2. In a small pot place the water and 15ml of sugar.
3. Wash, peel, core and quarter the pear. Place in the pot and add lemon juice **poach** for 10 minutes.
4. Set oven to Gas mark 5 / 190 C.
5. Grease and line a sandwich tin.
6. Cream margarine and sugar together until light and fluffy.
7. Alternatively add in flour, cocoa and beaten egg until all used up.
8. Drain pear, slice and arrange in the bottom of the sandwich tin.
9. **Assemble** by carefully spreading the cake mixture over the pear.
10. **Bake** in oven until well risen and brown - approx 20 minutes.
11. Turn out into a cake box and decorate with a few mint leaves.

Preparation techniques	Assemble, fold
Cookery processes	Poach, bake
Garnish/decoration	Mint leaves

Poached pears and Raspberry Coulis



Ingredients

- 1 eating pear (100g approx.)
- 1 x 15ml caster sugar
- 75g raspberries
- 1 x 15ml caster sugar

Method

1. Collect ingredients and equipment.
2. Half fill pot of water and put on to boil, wash and dry pear.
3. Keeping pear whole, peel and core from the base upwards (keep stem on).
Dissolve 1 x 15ml of sugar in pot of boiling water.
3. Carefully lower pear into boiling water/syrup, reduce heat and **poach** pear till soft (10mins approx) Test with a knife.
4. **Strain** pears - reserve (keep) the 50ml of liquid (syrup).
5. Keep back 2 raspberries for decoration and put rest in pot with remaining sugar and 3 x 15ml syrup. **Stew** for 10 minutes.
6. **Strain** raspberries, place pear on serving dish and pour coulis over.
Decorate with reserved raspberries.

Preparation techniques	Puree, strain
Cookery processes	Poach, stew
Garnish/decoration	Fruit coulis, raspberries

Profiteroles (2 Portions)



Ingredients

Pastry

Water 62 ml
Pinch of sugar
Pinch of salt
Butter 25 g
Strong white flour 30 g
Large Eggs 1 approximately

Filling

Fresh whipping cream 100 ml

Oven

200°C/Gas No 6 Where fan assisted ovens are used the temperature should be adjusted accordingly.

Method

1. Bring the water, sugar, salt and butter to the boil.
2. Remove from the heat.
3. Add the sieved flour and beat in with a wooden spoon.
4. Return to a moderate heat and stir continuously until the mixture leaves the side of the pot.
5. Remove from the heat and allow to cool slightly.
6. Gradually add the beaten eggs, beating well between each addition. (Paste should be of dropping consistency)
7. Pipe the paste on parchment paper to give at least 10 small profiteroles about the size of an unshelled hazelnut.
8. Bake for 10-15 minutes until pastry is cooked.
9. Turn oven off and allow pastry to dry.
10. Remove from the oven and allow to cool.
11. Whip cream until it holds its shape.
12. Fill all the profiteroles with the cream and dip into chocolate.
13. Arrange 4 filled profiteroles on each plate and place a 5th profiterole on top.
14. Decorate with a mint leaf.



Scones



Ingredients

200g plain flour
2 x 5ml baking powder
Pinch of salt
50g margarine
25g sugar
125ml milk

Fruit

2 x 15ml currants

Alternatives

Spicy apple

$\frac{1}{2}$ cooking apple
Pinch mixed spice
10a demerara sugar

Savoury picnic scones

$\frac{1}{2}$ onion
50g cheese
omit sugar

Method

1. Set oven to 220°C / Gas mark 7
2. Prepare chosen scone flavour -
 - **FRUIT** - measure currants into small bowl.
 - **SPICY APPLE** - Peel, core and chop apple into small pieces and place in small bowl with mixed spice.
 - **SAVOURY PICNIC SCONES** - Finely chop the onion and grate the cheese. Mix $\frac{1}{2}$ the cheese and all of the onion in a small bowl put the other $\frac{1}{2}$ cheese aside to sprinkle before going into the oven.
3. Make scone dough - Sieve flour and salt into large bowl, cut margarine into pieces and **rub into** flour.
4. Add sugar and chosen ingredients. Mix well (Not for savoury picnic scones).
5. Make a well in the centre and add milk a little at a time - stir in with a round bladed knife.
6. Turn out dough onto a floured surface and knead gently.
7. Roll out to 2cm thickness.
8. Cut with cutter and place on a baking tray.
9. Glaze the tops with a little beaten egg or some milk.
10. **Bake** for 15-20 minutes until golden brown.

Sundried Tomato and Basil Scones



Ingredients

150g SR flour

25g margarine

15ml sundried tomatoes

5ml dried basil

4 x 15ml milk (60ml approx)

Method

1. Heat oven 200 °C/Gas Mark 6.
2. Collect ingredients and equipment.
3. Sieve flour into mixing bowl add margarine. **Rub in** with fingertips till mixture resembles fine bread crumbs.
4. Finely chop sundried tomatoes and add to bowl with dried basil.
5. Using around bladed knife add enough milk to make a soft dough. **Knead** gently on a lightly floured surface.
6. Roll out until about 1½cm thick and cut into individual scones.
7. Put on baking tray, brush with milk and **bake** for 15-20mins till golden.

Preparation techniques	Rub in
Cookery processes	Bake
Garnish/decoration	N/A

Steam Puddings



Ingredients

Peach Cap

5 sliced peaches
50g soft margarine
50g castor sugar
1 egg
2 x 15ml milk
50g SR Flour
25g cocoa

Jam

2x15ml jam
50g soft margarine
50g caster sugar
1 egg
2 x 15ml milk
75g SR flour

Chocolate

(Sauce)
10ml custard powder
5ml cocoa powder
125ml milk
10ml sugar
(Sponge)
50g SR flour
25g cocoa
50g margarine
50g castor sugar
1 egg
2 x 15ml milk

Method

1. Lightly grease a small pudding bowl.
2. Place peaches in a star/ jam at the bottom of the bowl.
3. Sieve flour (and cocoa) onto a plate.
4. Beat egg and milk together in a jug.
5. Cream margarine and sugar together in a large bowl.
6. Gradually add egg and milk to creamed mixture.
7. Fold in flour (and cocoa). The mixture should be very soft.
8. Spoon into greased bowl.

Pot method

1. Cover bowl securely with tin foil and place in a large pot filled with 5cm of boiling water. Steam for 40 minutes and firm to the touch.

Microwave method

1. Cover bowl with a plate and microwave for about 3 minutes on high. Leave to stand for 5 minutes then turn onto a serving dish.

Chocolate Sauce

1. Place dry ingredients in a bowl and milk in a jug.
2. Add a little of the milk to the bowl and blend in.
3. Bring the rest of the milk to the boil in a pot then pour into the bowl stirring all the time.
4. Pour mixture back into the pan and bring to the boil, stirring until thick. Pour over cooked chocolate pudding.

Viennese Biscuits



Ingredients

Biscuits

125g butter - warmed

25g icing sugar

150g plain flour

Buttercream (between 2)

60g butter

60g icing sugar

15g cooking chocolate

Method

1. Collect ingredients and equipment.
2. Set oven to 190 °C/Gas Mark 5.
3. Cream biscuit butter with sieved icing sugar until it is soft.
4. Stir in sieved flour and mix well. If the mixture seems stiff, a few drops of milk may be added.
5. Fill piping bag fitted with a star nozzle with mixture and pipe onto a greased baking sheet in small circles, rosettes or fingers (make sure that there is an even number of each shape)
6. Leave in the fridge or a cool place for at least 15 minutes to chill.
7. **Bake** in oven for 10 - 15 minutes until they are just beginning to turn golden brown. Cool on a cooling rack.
8. Cream together the butter and sieved icing sugar for the buttercream.
9. Melt the chocolate in the microwave - 30 seconds and add to mixture, mix well.
10. **Assemble** - when biscuits are cold sandwich together with buttercream and dust tops with icing sugar.

Preparation techniques	Assemble
Cookery processes	Bake
Garnish/decoration	Dusted with icing sugar