

Churros

A churro is a type of fried dough from Spanish and Portuguese cuisine, made with choux pastry dough piped into hot oil with a piping bag and large closed star tip or similar shape. This version is baked instead of deep fried, reducing the fat content of the dish.

Ambient	Dairy and Eggs
250ml water 125g plain flour 1 teaspoon vanilla extract 60g caster sugar, 1-2 teaspoons cinnamon	3 eggs 110g unsalted butter

Mise-en-place:

1. Preheat the oven to 180 C / Gas 4.
2. Fold the greaseproof paper down the middle, lay flat and sieve the flour onto it.

Method:

1. In a medium saucepan, combine the butter and water. Bring to the boil over a medium to high heat.
2. Remove from heat and add the flour quickly. Immediately stir with a spoon to combine. The mixture will thicken and start to resemble the texture of mashed potatoes.
3. Leave the mixture in the saucepan to cool for a while, then beat with a wooden spoon, adding one egg at a time, mixing well before adding the next.
4. After adding each egg, the mixture will become wet and glossy, but with some perseverance it will thicken again.
5. When all the eggs are combined, add the vanilla. The mixture will be thick and starchy (still with a similar texture to mashed potato).
6. Divide the mixture in two and spoon into two piping bags fitted with large star tips. Lightly grease some grease proof paper and put on a baking tray.
7. Pipe 10cm rows of the mixture with at least 2cms between each churro.
8. Bake in the oven until a deep golden brown (20 to 25 minutes). Wash up. Place on a cooling rack to cool. Remember to turn your oven off!
9. If time permits make a chocolate sauce by heating cream in a saucepan until it just starts to boil, remove from heat and place on a trivet, then stir in chocolate drops/ pieces until melted.
10. When cool, take the churros and one at a time, transfer them to your container and sprinkle them with cinnamon sugar.

Croissants

Croissants are French pastries that are from Austria (Vienna). They are made with a yeast leavened dough that has been laminated with butter, in multiple layers.

Shopping list:

Ambient	Dairy and Eggs
225g strong white flour ½ teaspoon salt 1 sachet of quick acting yeast	15g soft fat (butter or margarine) 100ml milk 125g butter

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up
2. Don apron. Tuck a clean tea towel into your apron string
3. Tie long hair up, remove jewellery
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Mise-en-place:

3. Line a baking sheet.
4. Pre-heat the oven to 200°C.

Method:

1. Place the flour and salt into a bowl.
2. Rub in 15g soft fat and then stir in the yeast.
3. Combine the milk and 50ml very hot water in your jug and pour it into the flour mixture.
4. Mix into a soft dough with a butter knife. Knead for 10 minutes until smooth and elastic.
5. Blast in the microwave on high for 15 seconds
6. Lightly dredge your work surface, then roll out the dough into a rectangle
7. Bat out the butter into a square, place in the centre of the dough and fold the edges in, so the butter is enclosed.
8. Re-dredge the worksurface, roll out again, then fold, cover and chill.
9. Repeat two more times. Then cover, set aside and leave to rise
10. Roll out one last time, cut into long triangle shapes, roll and shape, then place on your baking sheet and lightly glaze with milk.
11. Bake for 15-20 minutes
12. Remove from the oven when they are a deep golden brown. Place on a trivet, then transfer to a cooling rack

Wash up, dry, clean down and check cupboards.

Custard

Ingredients:

150ml **milk**
1 heaped tbsp sugar
3 **egg yolks**
1 heaped tsp cornflour

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up
2. Don apron. Tuck a clean tea towel into your apron string
3. Tie long hair up, remove jewellery
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Heat the milk with sugar, until almost boiling.
2. Whisk the egg yolks, and corn starch together until smooth. You can also add vanilla at this stage
3. Temper the egg with the hot milk mixture- slowly adding milk whilst whisking.
4. Return to the saucepan and cook the egg and milk mixture over a moderate heat, whisking very frequently as the custard thickens. If the mixture curdles, you could end up with a grainy custard.
5. Whisk until the custard has thickened, and check whether it has come to a boil (bubbles breaking the surface).
6. Let the custard boil for about 1 – 2 minutes on low heat while stirring continuously.
7. Use immediately or remove from the heat and place the custard in a bowl. Cover the custard with plastic wrap, making sure the entire surface is in direct contact with the plastic wrap.
8. Chill completely in the fridge.

Crème diplomat: Whisk the chilled custard, then whisk in stabilised whipped cream. Use this to fill eclairs and other desserts.

Chicken with tarragon velouté

A butterflied chicken breast served with seasonal vegetables and a velvety smooth herby sauce, served with a cauliflower pureé and seasonal vegetables

Skills in preparation	Skills in cooking	Skills in presentation
Butterflying chicken breasts Vegetable preparation (Pastry)*	Searing Roux Steaming Roasting (Baking)* Boiling and simmering Pan frying	Drizzling oil Plating Garnishing

Shopping list:

Greengrocer	Ambient	Dairy and Eggs	Butchery
½ onion 1 large carrot 80g cauliflower Handful of tarragon Approx. 1/8 savoy cabbage	1 stock cube 50ml vegetable oil 1 tbsp flour (80g flour)* Salt and pepper	25g butter (40g butter)* 50ml double cream	1 chicken breast

** if making the onion tart tatin*

Mise-en-place:

1. Wash, peel, top and tail and slice lengthways the carrot
2. Peel the onion, cut in half around the equator
3. Make up stock using the cube and 200ml water
4. Wash and slice up the cabbage
5. Butterfly the chicken breast

Method:

1. Pre-heat the oven 180°C
2. Steam the cauliflower.
3. Make the pastry (if using) by rubbing together flour and fat, then bringing to a dough with a small amount of cold water. Wrap and refrigerate.
4. Toss the carrots in a little oil, spread on a baking sheet, season, then bake.
5. Pan fry the onion, cut side down, in a little oil, until slightly softened and charred
6. Remove the onion and set aside. (If making the tart, roll out the pastry, wrap the pastry around the onion leaving the charred surface exposed. Sprinkle 1 tsp sugar on your metal plate, place the onion cut side down onto the plate and bake until the pastry has browned).
7. Pan fry the chicken in a little oil and butter- approximately 5 minutes each side. Remove from the heat and leave to rest.
8. Add 1 dsp flour to the pan and stir into the pan residue, keep stirring until the flour turns a light golden colour.

9. Add in the stock slowly, constantly stirring to prevent lumps forming.
10. Cook out for a minute or two, then add in chopped tarragon and the cream. Set aside.
11. Puree the cauliflower using the stick blender, warm through with a little butter and seasoning.
12. Quickly blanch the cabbage (plunge into water for a minute or two)
13. Plate up

** You could split the velouté with a tarragon oil if desired*

Easy Chicken Curry

Learning outcomes	Key skills demonstrated	Key point
To produce a well-balanced portion of chicken curry, appropriately spiced	Peeling of onion Bridge and claw knife techniques Sautéing Combining spices Handling raw meat	This is a quick and easy curry dish that is ready to serve in the time it takes to cook the rice. Other cuts of meats can be substituted; however, the cooking time may need to be extended. Serve with basmati rice.

Ingredients	2 portions
Onion, peeled and sliced	1/2
Tomato puree	1dsp
Coconut milk	2 tbsp
Chicken breast, cubed	1
Cardamom pod, split	1
Black peppercorns, ground	3
Garam masala, coriander seed, tandoori mix, chilli powder, turmeric, cumin	As req'd
vegetable oil	1 dsp

Method:

1. Heat the oil in a heavy based saucepan and add the onions.
2. Sautee over a moderate heat, stirring occasionally until the onions have softened.
3. Add the chicken and the spices to the pan, and cook out, stirring.
4. Add the tomato puree and around 70ml water.
5. Add the coconut milk and simmer.

Easy chicken liver pate with French toast and onion jam

For the pate:

- 1 tub chicken livers, cleaned
- 25 ml **cream**
- 75g **butter**
- 1 tbsp **balsamic vinegar**
- Pinch of salt and pepper
- Bay leaf and **dried cranberries** to garnish

For the French toast:

- 4 slices of **sliced white bread**, crusts removed.

For the onion jam:

- 1 onion, peeled and finely sliced
- 3 tsp sugar
- 3 tbsp **red wine vinegar**

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method

1. Place the sliced onion with the sugar and the vinegar in a heavy bottomed pan and slowly cook until it softens and starts to caramelize.
2. Sauté the chicken livers in the butter. Cook until brown on the outside and just cooked through inside.
3. Transfer to a jug, add in the cream, the vinegar and the seasoning and blend until smooth.
4. Transfer to ramekins, garnish, cover and chill in the refrigerator.
5. Preheat the oven.
6. Toast the bread on both sides.
7. Remove crusts, then carefully cut in between the toasted sides of the bread to create to very thin slices.
8. Place on a baking sheet and place in oven until the toast is golden and it has curled up.

Steps to make: Fishcakes (part 1)		
150g	White and smoked fish	
1 med	Potato	
1 tbsp	Fresh parsley	
½ tsp	Dijon mustard	
½ tsp	Paprika	
8g	Plain flour	
1	Bay leaf Salt and pepper	
Milk/Water	50mls each	
Equipment needed:		
Saucepan, lidded pan, metal plate, correct chopping board, potato masher, sharp knife, chef ring.		
Time	Steps to make –	Safety checks
1	Add the water, milk and bay-leaf to a small pan lay the fish in gently. Bring to the boil then lower heat and simmer for 4 minutes with the lid on. After 4 minutes take the pan off the heat, leave the lid on and let it stand for 10 minutes.	
2	Peel the potato and chop into even sized pieces, place in a saucepan and cover with water. Bring to the boil and then reduce the heat and simmer for 10 minutes.	
3	After the 10 mins standing time, carefully lift the fish out of the milk with a slotted spoon. Place on metal plate to cool.	
4	When cooked drain the potatoes into your colander and then return to the hot saucepan to dry out. Mash and stir with a fork so that you have a light, dry, fluffy mash. Stir in the Dijon, paprika, flour, chopped parsley and season to taste.	
5	Flake the cooked fish into the potato taking care to remove any skin and pin-bones.	
6	Roughly divide the potato mix into 3. Place the chef ring on your baking parchment and spoon one third of the mixture into the chef ring, pressing into the edges to form an even shape. Repeat with the other two portions of potato allowing enough space in-between so that they won't stick or be pushed out of shape.	
7	Carefully wrap the 3 fishcakes in the parchment and then foil and add your name sticker.	
Tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.		

Fishcakes -Pané and Hollandaise (part 2)			
For the Fishcakes:		For the hollandaise:	
50g	Breadcrumbs	1	Egg
1	Medium egg	Tbsp	Butter
2tbsp	Plain flour	tbsp	Lemon Juice
	Salt and pepper		
	Oil for frying		
Equipment needed:			
2 x metal plates, glass bowl, metal bowl saucepan, fork, fish-slice, hand whisk, metal baking tray, frying pan,			
Time	Steps to pané fishcakes	Safety checks	
Pre-heat the oven to 100°C			
1	Put the flour on a metal plate.		
2	Whisk the egg into your metal bowl.		
3	Put the breadcrumbs on a metal plate.		
4	Take a fishcake and carefully roll in the flour, dip in the egg and roll in the breadcrumbs, place on metal tray and repeat until all 3 fishcakes are prepared.		
5	Gently heat enough oil to cover the bottom of the frying pan. When the oil is hot carefully add the fishcakes. Sauté each side for 4 mins until golden brown. Remove from the oil using a fish-slice and place on the baking tray in the pre-heated oven to keep warm while you make the hollandaise.		
Steps to make hollandaise			
7	Gently heat the butter in a small saucepan.		
8	When the butter has melted remove from the heat and add the lemon juice to the butter to bring the temperature down a little.		
9	Create a double boiler by putting enough water in the bottom of a small saucepan so that it covers the bottom of small glass bowl when placed in the saucepan but doesn't touch the bottom of the bowl. Place the saucepan over a medium heat and keep the bowl separate.		
10	Separate the egg yolk from the white, gently whisk the egg yolk in the glass bowl. Slowly add the butter/lemon juice mix to the egg stirring all the time. Place the bowl over the saucepan of gently simmering water for 3-5 minutes and cook through stirring gently to ensure a smooth creamy consistency.		
Tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.			

Steps to make: Decorated Focaccia

225g	Strong white bread flour	For the decoration: A seasonal variety of herbs and vegetables.
7g	Easy blend dried yeast	
¼ tsp	Salt	
¼ tsp	Sugar	
2tbsp	Olive oil	
150mls	Warm water	
Equipment needed:		
Metal mixing bowl, measuring jug, pastry brush, tablespoon, disposable foil heatproof baking dish, baking tray, green chopping board, chefs knife, trivet and cooling rack.		
Time	Steps to make – Decorated Focaccia	Safety checks
1	Measure 150mls cold water into a small pan and add on low heat (3-4) to warm.	handle facing to the side - not over a lit hob.
2	Brush a little of the oil around the foil container.	
3	Place flour (containing salt and sugar) into mixing bowl and stir in yeast, add olive oil (keep a little oil back to brush over the finished focaccia.	
4	Gradually add the water to the ingredients in the mixing bowl using your hand to bring the mixture together. Continue to add water until the mixture binds together into a soft dough which leaves the bowl clean.	Care should be taken when checking water is not too hot: if the water is too hot the yeast will not activate.
5	Lightly flour the work surface, place the dough on the surface and knead for 10-15 minutes until stretchy and smooth.	
6	Shape the dough into the pre-greased foil container ensuring a level surface, brush with remaining olive oil, set aside while preparing the decoration.	
7	Wash and cut your chosen vegetables and herbs into the shapes and sizes you like to complete your decoration.	Use green board and either bridge or claw grip when cutting vegetables.
8	Place the foil container onto a baking tray, transfer to the oven. Turn the oven on to 200°C (Gas mark 6) Cook for 15-20 minutes until doubled in size and golden brown. Remove from the oven and place on the trivet.	Use oven gloves and take care when removing focaccia from the oven.
While the focaccia is cooking and cooling tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.		

French Apple Tart

- *A beautifully presented fruit tart, using a sweet, short pastry and glazed with jam.*
- *Healthier than a traditional pie as it doesn't have a pastry top.*
- *Uses two types of apples for increased sensory experience (textures)*
- *Apples are in season in autumn in the UK and can keep well through the winter.*

Greengrocer	Ambient	Dairy and Eggs
2 cooking apples 2 eating apples ½ lemon	60g plain flour 35g caster sugar (25g for the stewed apples, 10g for the pastry)	30g chilled butter 6 tbsp apricot jam 1 egg

Mise-en-place:

1. Pre-heat oven to 190°C
2. Prepare the apples; wash, peel and core the cooking apples, dice and place in a saucepan
5. Cube the butter
6. Juice the lemon
7. Separate the egg (you'll need the yolk)
8. Wash, quarter, core and thinly slice the eating apples (leave the skins on). Place in a small bowl full of cold water to prevent enzymic browning

Method:

1. Add 3 tbsp water and 25g sugar to the peeled and diced apples in the saucepan, cover with a cartouche and cook on a moderate heat until the apples are soft and have started to break down. Set aside to cool.
2. Make the pastry: In a bowl, rub the butter and flour together until the mixture resembles fine breadcrumbs. Stir in the egg yolk with a knife, then bring together to form a ball with your hands. Wrap in cling film and refrigerate.
3. Push the cooked apples through a sieve to puree.
4. Roll out the pastry on a lightly floured surface and use to line the flan tin.
5. On a baking sheet, bake the pastry case blind for 10–15 minutes. Remove the beans and foil and return to the oven for another 5 minutes.
6. Spoon the purée into the case. Arrange the apple slices on top, brush with lemon juice, and sprinkle with caster sugar. Bake for another 30–35 minutes until the apples are tender and their edges browned.
7. Glaze the tart with some warmed apricot jam.
8. Wash up and clean down.

French Onion Soup

Learning outcomes	Key skills demonstrated	Key point
To produce a well seasoned, bowl of French onion soup with evenly sliced onions and served with a cheese crouton.	Peeling of onion Bridge and claw knife techniques Caramelising Grilling Seasoning	Onions are a staple ingredient used frequently in the preparation of a range of dishes. It is important that you can prepare them safely and efficiently.

Ingredients:	2 portions
Onion, peeled and sliced	1kg
Beef stock cube , made up with 600 ml water	1
Baguette	2 cm thick slice
Gruyere , grated	20 g
Pepper	To taste
Olive oil	1 dsp

1. Heat the oil in a heavy based saucepan and add the onions.
2. Cook over a moderate to high heat, stirring occasionally until the onions have softened, reduced in volume, and have caramelised (become brown).
3. Add the stock to the pan, add seasoning to taste, then turn down the heat and simmer.
4. Grill one side of the crouton, turn it over and sprinkle with the cheese.
5. Return to the grill until the cheese is golden and bubbling.
6. Ladle the soup in a small bowl and serve piping hot with the cheese crouton on the top.
7. Wash up and clean down.

Giant Millie's (style) Cookie

This is a wonderful gift for a special occasion or to say, "thank you". You can pipe personalised messages in icing and decorate it as you like.

Ingredients:

- 85 grams **butter** unsalted
- 50 grams caster sugar
- 50 grams light brown sugar
- 1 **egg**
- 0.5 Vanilla pod (seeds only)
- 135 grams **self-raising flour**
- 100 grams **chocolate chips**



Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Pre-heat the oven to 180°C.
2. Beat together the butter and sugar until creamy and light.
3. Add the egg and vanilla and continue mixing until the eggs are fully incorporated.
4. Next, fold in the flour a little at a time until a stiff batter forms.
5. Finally stir in the chocolate chips before spreading into a lined 6-inch (17cm) cake tin
6. Bake in the centre of your oven for 25-35 minutes or until the cookie cake is golden brown and the cookie bounces back in the middle when touched. Wash up whilst it cooks.
7. Allow to cool. Dry up and complete cupboard checks.
8. Decorate with your favourite icing and sprinkles!

Gingerbread Men

Learning outcomes	Key skills demonstrated	Variations
To produce gingerbread men with a smooth texture and even depth, cooked to a deep ginger colour without charring	Weighing and measuring Rubbing in Combining Rolling out Cutting out Baking	<ul style="list-style-type: none"> • Change the shape to stars or hearts • Decorate with sweets, dried fruits chocolate and icing • Cinnamon, orange zest or mixed spices replace the ginger

Ingredients:	20 pieces
Plain flour	350g
Butter	100 g
Soft brown sugar	175g
Golden syrup	4tbsp
Egg	1
Ginger	1tsp
Bicarbonate of soda	1tsp

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Preheat the oven to 180°C/ gas mark 6.
2. Rub the flour, ginger, baking powder and butter together until it resembles fine breadcrumbs.
3. Stir in the golden syrup.
4. Mix the egg and the sugar together then pour in to the bowl and thoroughly combine.
5. Lightly knead to form a ball of cookie dough.
6. On a lightly floured surface, roll out using depth guides.
7. Using the gingerbread cutter, cut out and transfer to a baking sheet.
8. Place in oven for 10-15 minutes, then transfer to a cooling rack after 5 minutes, when they have started to firm.

Gyoza

Gyoza are Japanese dumplings. They are also known as **potsticker dumplings**. This is because they are fried on the base in a pan (in a little oil) to brown before water is added to the pan and the cooking process is completed by steaming. They can be made with a variety of fillings and flavours and are best accompanied by a dipping sauce.

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Bring 75ml water and a pinch of salt to the boil.
2. Stir into 120g **flour** with a knife.
3. Knead for 5-10 mins until dough is smooth and soft.
4. Leave to rest for 20 mins.
5. Mix pork sausage meat with garlic, ginger, chilli flakes (optional) and a splash of **soy sauce**.
6. Add finely diced vegetables to the pork mixture and a teaspoon of cornflour and bicarbonate of soda. Mix well.
7. Divide the dough into 12 pieces.
8. Roll out into thin disks.
9. Fill, fold, pinch to seal.
10. Fry in a little oil until the bottom of the dumplings has browned.
11. Add a few mm of water, place lid on/foil and steam until cooked through.
12. Wash up and clean down.
13. Garnish and serve with a dipping sauce and accompaniments.



Harissa spiced lamb, tabbouleh, whipped feta and flat bread

1. Zest a lemon, then halve it and juice. Set aside. Combine the marinade ingredients (2 tbsp harissa, 2 tbsp olive oil, 1 tbsp tomato paste, ½ tsp nutmeg, 1 tsp ground cumin, 1 tsp ground coriander, 1 tsp salt, ¼ of the lemon juice).
2. On a red board, remove sinew from lamb and discard, cover the lamb well in the marinade, cover the bowl with cling film and chill.
3. Make the flatbread dough by combining 170g **self-raising wholemeal flour**, ½ tsp baking powder and 170g **Greek yogurt**; stir with a butter knife to combine, tip out of the bowl and knead very lightly. Cover the bowl and set aside.
4. Pre-heat the oven to 180°C.
5. Wash and finely dice approx. 100g tomatoes, a good handful each of parsley, mint and coriander, one red onion and one bell pepper. Place in a bowl and add in quinoa, olive oil, the remaining lemon juice, pinch of salt and pepper to taste. Stir well, transfer into a container and refrigerate.
6. Heat a wok, add a little olive oil and sear the lamb on all sides. Moderate the heat if the fat starts to smoke. Remove from the heat when browned on all sides, place on a baking sheet and transfer to the oven.
7. Clean down equipment and worksurfaces after preparing the lamb. Sanitise the work surface and allow to dry.
8. Place a block of **feta**, 170g **Greek yogurt**, 1 tbsp olive oil, lemon zest, ½ tsp ground cumin and a few twists of black pepper into a jug and blitz using a hand blender. Transfer into a container and refrigerate.
9. Remove the lamb from the oven once the core temperature reaches 130°C and allow to rest.
10. Dust the clean worktop with **flour**. Tip the flatbread dough out. Divide into 6 equal sized pieces then pat and flatten the dough. Use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
11. Use a knife to cut a few lines into the centre of each round, leaving about 3cm at each end.
12. Place a frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until browned and puffed up, turning with tongs.
13. Thinly slice the lamb, arrange on a plate and sprinkle with chopped coriander and pomegranate seeds. Decant the other dishes into suitable dishes and reheat the flatbreads. Wash up and clean down.

Hot Cross Buns

A hot cross bun is a spiced sweet bun made with currants or raisins, marked with a cross on the top, and traditionally eaten on Good Friday in Great Britain, Ireland, Australia, Canada, New Zealand, South Africa and some parts of the Americas.

Ingredients (12)	Ingredients (6)
310 ml warm milk 60 g caster sugar 2 x 7g sachets dried active yeast 600g strong flour 1 tsp salt 3 tsp mixed spice 60g butter 250g raisins 2 eggs	155 ml warm milk 30 g caster sugar 7g sachets dried active yeast 300g strong flour ½ tsp salt 1 ½ tsp mixed spice 30g butter 125g raisins 1 egg
For the crosses: 60g plain flour 60ml water Glaze: warn honey or syrup or apricot jam and water	For the crosses: 30g plain flour 30ml water Glaze: warn honey or syrup or apricot jam and water

1. Tip the flour into a bowl and stir in the salt, mixed spice and sugar.
2. Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in.
3. In a jug, beat the warm milk and egg(s) together, then pour the mixture into the dried ingredients.
4. Using a knife, mix the ingredients to a dough, then microwave on full for 15 seconds.
5. Take out of the bowl and divide the dough in two, so you and your partner have half each. (If using the ingredients for a smaller batch there is no need to share at this stage).
6. Cut your dough into 8-12 or 4-6 equal sized pieces. Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place until they start to rise.
7. Add the crosses to your buns, then place in a cold oven and turn it on to 200°C/ gas mark 7. Bake for 12-15 mins until risen and golden. Wash up, wipe down your work surfaces well, get your cooling rack out and write your name on a sticker for a photo.
8. Transfer to a cooling rack. Time permitting, glaze them with honey or golden syrup. The buns will keep fresh for a day.

Lasagne

An Italian dish made of stacked layers of lasagne sheets alternating with fillings such as ragù, vegetables, cheese, seasonings and spices. The dish is topped with grated cheese, which becomes melted after baking.

Greengrocer	Ambient	Dairy and Eggs	Butchery
1 onion 100g mushrooms (optional) 1 clove garlic	Stock cube Large tin tomatoes 1 tbsp tomato purée Salt and pepper + ¼ tsp mixed herbs 50g plain flour Salt & pepper	50g butter 500 mls milk 100g-150g hard cheese	400g minced beef (lamb, pork or Quorn can be used)

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Mise-en-place:

1. Pre-heat oven to 180°C
2. Grate cheese
3. Peel and dice onion and garlic and slice mushrooms.

Bolognese sauce:

1. Dry fry mince in saucepan (no fat) over low heat for 3-5 mins.
2. Add onion and garlic to the mince and stir with a wooden spoon. Cook for 2-3 mins.
3. Add chopped tomatoes, sliced mushrooms, tomato purée, herbs and seasoning and mix well. Add stock and bring to the boil, stirring all the time. Simmer for 20-30 mins, stirring occasionally.

Cheese sauce:

1. Melt margarine in a small/medium saucepan, DO NOT BOIL, take off heat and place on a heat proof stand.
2. Add flour, stirring quickly, return to heat for about a minute, take off heat, place on heat proof stand.
3. Gradually add milk a little at a time, mixing until smooth each time and until all the milk is added.
4. Return to the heat and bring to the boil stirring with wooden spoon on the bottom of the pan all of the time. The sauce should now thicken.

5. Take off the heat and place on heat proof stand, add about 2/3 of cheese, salt and pepper.

To assemble, cook and present:

1. Put about half the meat sauce into the lasagne dish, cover with lasagne sheets then add a bit less than half the cheese sauce.
2. Next, put the rest of the meat sauce on, then the rest of the lasagne sheets, then the rest of the cheese sauce.
3. Sprinkle on the remaining grated cheese. Clean the edge of the dish of any spillages.
4. Put on a baking tray and place in the oven for 20-30 mins. Take out of the oven when golden brown, placing on a heat proof stand and garnish with 3 slices of tomato and a sprig of parsley and serve with a side salad.

Meringue Nests

Ingredients:	Egg whites should be at room temperature and free of any yolk. The cooked meringues can be stored in an airtight container for up to two weeks. To prevent the meringues from cracking, don't open the oven door during the first half of the baking time.
3 large egg whites	
175g caster sugar	
pinch of salt	

Equipment:

Metal mixing bowl, electric hand whisk, baking sheet, baking parchment, metal spoon

Method:

1. Heat the oven to 140 degrees C. Line a baking tray with baking parchment.
2. Place the egg whites and pinch of salt in a grease-free bowl and, using an electric mixer with a whisk attachment, whisk on a low speed for 1 minute.
3. Increase the speed to medium and whisk until the egg whites form stiff, white peaks (2-3 minutes approx.). If you lift the whisk attachment out of the bowl, the mixture should look fluffy and cling to it, while the peaks remain stiff.
4. Then, while continuing to whisk, gradually add the sugar a tablespoon at a time, until the mixture is stiff and glossy - this may take 5-10 minutes.
5. Using a large, metal spoon, place 10 free form shapes evenly around the prepared baking tray.
6. Bake for 30-40 minutes or until the meringues are pale and dry. Turn off the heat and allow the meringues to cool in the oven.

Millefeuille

Learning outcomes	Key skills demonstrated	Variations
To make 2 millefeuille	Rough puff pastry, rolling out, making crème pat, whisking cream, layering, piping, feathering	Replace the vanilla flavouring with 1 tbsp camp coffee essence or add a little cocoa to the crème pat. Citrus zest can be added, and juice added to the icing Feather the icing with different flavoured icings
For the rough puff pastry lard butter Lemon juice Plain flour For the crème pat Milk 180 ml Vanilla extract optional Egg yolks 2 Caster sugar 1 heaped tbsp Plain flour 1 level tbsp Cornflour 1 level tsp		For the crème diplomat Crème pat Icing sugar For the jam Frozen raspberries Lemon juice Chia seeds

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Put the milk in a pan (with the vanilla extract). Bring to a simmer, then remove from the heat and set aside.
2. Using a hand-held whisk, beat the egg yolks, corn flour and sugar in a bowl until creamy.
3. Sieve in the flour and whisk to combine.
4. Add the warm milk slowly, mixing continuously with a wooden spoon.
5. Return the mixture to the milk pan and bring it gently to the boil, stirring all of the time. Boil for two minutes, or until you have a thick custard.
6. Remove from the heat and transfer to a clean bowl. Place a sheet of cling film over the surface of the Crème Pâtissière to avoid a skin forming.

Mushroom Risotto

Ingredients:	Equipment:
½ onion 2-3 mushrooms 1 clove garlic drizzle of olive oil 125g risotto rice Chicken stock 200ml Water Sprinkle grated parmesan tsp chopped thyme	Chopping board Kitchen knife Saucepan Wooden spatula Measuring jug

Time	Step	Controls
	Heat the water ready for the stock.	
	Prepare the vegetables: <ul style="list-style-type: none"> • Peel and dice the onion. • Slice the mushroom. • Peel and crush the garlic. 	
	Sweat the onion and garlic in the oil until softened.	
	Add the mushrooms and fry for another 2 minutes. Then stir in the rice.	
	Place the stock in your jug and add water up to the 500ml level.	
	Add a little of the stock to the rice. Stir until the stock has absorbed.	
	Continue adding the stock until the rice cooks – this will take about 20-25 minutes. The rice should be soft, but still retain a nutty bite.	
	Make sure you stir right to the bottom of the saucepan, scraping the bottom with your wooden spatula as risotto can stick. Keep stirring through step 7.	
	Remove from the heat and place on a trivet. Stir in the parmesan and thyme into the rice. Transfer to your container.	

Naan Bread

Learning outcomes	Key skills demonstrated	Key fact
To demonstrate handling and preparation of rich yeast goods	Weighing and measuring Kneading Proving Portioning	This recipe comes from Punjab and goes well with tandoori meat dishes as well as vindaloos. Traditionally, naan is baked in clay ovens. They must be eaten fresh and hot.

Ingredients:	6 portions
Strong flour	350 g
Caster sugar	1 ½ tsp
Salt	1 tsp
Baking powder	½ tsp
Fresh Yeast	15 g
Warm milk (38°C)	150 ml
Unsweetened plain yogurt	150 ml
Butter	100g
Poppy seeds	2 tbsp

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Sift the flour into a suitable bowl and add the sugar, salt and baking powder.
2. Dissolve the yeast in the milk and stir in the yogurt. Mix thoroughly with the flour to form a dough.
3. Knead the dough until it is smooth. Cover with a clean cloth and leave to prove.
4. Divide the risen dough in to 12 equal portions and roll into balls, on a lightly floured surface.
5. Flatten the balls into oblong shapes, using both hands and slapping the naan from one hand to the other.
6. Cook the naan bread on a lightly greased griddle or heavy bottomed frying pan.
7. Cook the naan on one side only. Brush the other side with melted butter and poppy seeds, turn over, brown under a grill.
8. Wash up and clean down.

Neck of Lamb Fillet with Espagnole Sauce

The Espagnole sauce is considered an important ingredient in catering. It is a “mother sauce”, because using it as a base, you can prepare a vast variety of new ones.

Greengrocer	Ambient	Dairy and Eggs	Butchery
1 x Carrot 1 x Celery stick 1 x Onion 1 x bay leaf	40g flour 40ml oil Pinch of salt	40g butter	½ lamb neck fillet Meat bones

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Mise-en-place:

1. Wash the carrot, peel, wash again, top and tail it, then dice.
2. Wash, top and tail the celery and dice.
3. Peel the onion, halve and dice.
4. Measure 1 litre of water
5. Remove any sinew from the lamb.

Method:

1. Start by adding the oil to a saucepan and put it on medium-high heat. When the oil is hot, lightly fry the onion and the finely cut carrot and celery.
2. Add the cut bones and sauté them for a while until they turn brown.
3. Add 1litre of water, the bay leaf and the salt. Simmer for approximately 45 minutes. to get a concentrated and strong-flavored broth.
4. Once it's ready, remove from the stove and let it rest.
5. Meanwhile, in a frying pan, brown the lamb on all sides by sauteing in a little oil.
6. Add beef stock to the pan, cover with foil and cook very gently (low heat).
7. For the sauce, Place butter in a smaller pan and heat on a moderate heat on the hob. Once the butter has melted, add the flour and keep stirring until it has toasted. You'll want a dark colour.
8. Start then to add the broth and mix well. When you have mixed all of it, let it cook for a bit more on low heat so the flavors combine and the sauce thickens
9. Strain the sauce using a sieve and help it through with a spoon.
10. Remove the lamb from the heat, allow it to rest, then slice into 1cm slices, arrange on a warmed plate and serve with the sauce, mashed potato and seasonal vegetables.
11. Wash up and clean down.

Panna Cotta with a Seasonal Fruit Coulis

Learning outcomes	Key skills demonstrated	Hints and tips
To produce 6 individual vanilla panna cotta served with a seasonal fruit coulis	Use of leaf gelatine Measuring Puréeing Presentation Whisking Sieving Preparing a coulis	This dish will contribute to the recommended five portions of fruit and vegetables per day. This dish is suitable for Catering task one.

Ingredients:	6 portions
Milk	125ml
Double cream	375ml
Vanilla essence	1tsp
Leaf gelatine (soaked)	2 leaves
Caster sugar	50g
<i>Fruit coulis</i>	400g seasonal fruit (strawberries, raspberries, blackberries etc)
Caster sugar	200g

1. Boil the milk and cream, add the vanilla essence.
2. Add the soaked gelatine and caster sugar while warm. Strain through a fine strainer.
3. Fill individual dariole moulds.
4. Chill until set.
5. Purée the fruit.
6. Warm the purée.
7. Boil the sugar with a little water to soft-ball stage (121°C)*
8. Pour the soft-ball sugar into the warm fruit purée whilst whisking vigorously*
9. This will then be ready to store.
10. Wash up and clean down.

Note: The reason the soft-ball is achieved and mixed with the purée is that this stabilises the fruit and prevents separation once the coulis has been put on the plate.

* Risk Alert!! There is risk associated with boiling sugar. Direct supervision is required for stages 7 and 8. They should NEVER be attempted on your own.

Steps to make: Pavlova Roulade

Ingredients:

4	eggs	
170g	caster sugar	
1 tsp	ground cinnamon	

For the Filling:

300ml	double or whipping cream	
50g	canned or fresh fruit	

Equipment needed:

Metal mixing bowl, glass bowl, measuring jug, teaspoon, Swiss roll tin, baking parchment, green chopping board, trivet, electric mixer, hand whisk.

Time	Steps to make – Pavlova Roulade	Safety checks
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PRE-HEAT THE OVEN TO 180°C (Gas mark 4). Line the Swiss roll tin with baking parchment.

	Separate the egg yolks from the whites, placing the egg whites into metal bowl.	Break the eggs one at a time placing whites in the jug first and then into the metal bowl.
2	Using the electric whisk, whisk the egg whites until stiff.	
3	Whisk in one half of the sugar, then fold in the rest.	
4	Spoon the mixture into the lined Swiss roll tin and smooth over the top. Sprinkle with cinnamon.	
5	Bake for 25 minutes until a pale golden colour.	
6	While the pavlova is baking, hand whisk the cream and prepare the fruit for the filling.	
7	Allow the pavlova to cool in the tin, then turn out onto a sheet of baking parchment, then peel off the parchment from the bottom.	
8	Spread with the whipped cream and evenly scatter on the fruit.	
9	Use the paper to help roll up the meringue along the short edge.	If freezing, wrap well and label.

While the pavlova is cooking and cooling tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.

Poke Bowls (Po-KAY)

Poke means “to slice or cut” in Hawaiian and refers to chunks of raw, marinated fish — usually tuna — which is then tossed over rice and topped with vegetables and umami-packed sauces.

Umami is ‘savouriness’ and is a basic taste that our tongues detect, like sweet, salty, bitter and sour. It is particularly noticeable in ingredients such as parmesan cheese, tomatoes, anchovies and fish sauce.



Basic instructions:

Cook the rice:

Bring a medium sized pan of water to the boil. Add 100g dried rice. Simmer until tender (al dente). Drain over the sink, put the rice in your glass bowl. Stir in 10ml of **rice vinegar**. Leave to cool.

Sous vide the salmon:

Place a pan of water on a moderate heat. Place your thermometer into the water. You want it to be 60-65°C, no hotter

Remove skin and pin bones from salmon. Neatly slice thinly or cube the salmon, place in a single layer in a plastic bag, add a few drops of lemon juice and immerse into the hot water. Leave in the water bath.

Prepare your vegetables:

Wash and finely slice your red cabbage. Place in a bowl and stir in vinegar and an equal amount of water. Set aside.

Remove the root of the spring onion, remove the first inch or two of the tops, carefully make slices down towards the white base, but not through it. Place in ice cold water and set aside.

Wash, peel and julienne your carrots and wash, top and tail and slice your radishes.

Wash, halve, deseed and slice your pepper and wash, top and tail and slice your cucumber.

Plating up:

Start with a base of the rice, then top with neatly arranged vegetables and salmon. Add a few edamame beans and garnish with your spring onion and a sprinkling of chia seeds. If time permits, try carrot carving!

Pork Fillet Dish

A dish consisting of many components demonstrating a range of skills in the preparation, cooking and presentation of ingredients. Apples, sweet potato, warming flavours like nutmeg and paprika make this a light and delicious autumnal meal.

Skills in preparation	Skills in cooking	Skills in presentation
Juicing Butchery- removing sinew Rolling a cylinder Knife skills- dicing Weighing/ measuring Making a cartouche	Reverse searing Poaching Sauteing Baking Boiling and simmering Frying	Drizzling oil Use of chef's ring/ layering Garnishing

Greengrocer	Ambient	Dairy and Eggs	Butchery
1 onion 1 stick of celery 1 carrot 1/3 bag of spinach 1 sweet potato 1 apple 1 bay leaf	1 stock cube 50ml vegetable oil 1 tsp Ultratex 1 tsp flour Salt and pepper 1 tsp paprika	50g butter	1/3 pork fillet 3cm chorizo

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Mise-en-place:

1. Wash, peel, top and tail and dice the carrot, onion and celery.
2. Quarter and core the apple- and juice.
3. Make up stock using the cube and 200ml water.
4. De-sinew the pork fillet
5. Dice the chorizo.
6. Wash the spinach.
7. Bake the potato.

Method:

Espagnol style sauce

1. In a little butter and oil, sweat the diced onion, celery and carrot until soft and shiny
2. Turn up the heat until a little it starts to brown a little.

3. Add in 1 tsp flour, stir to incorporate the fat, then gradually add in the stock.
4. Add the bay leaf.
5. Bring to the boil, stirring all the time.
6. Simmer for 5- 10 mins, stirring occasionally.
7. Pass through a sieve. Return to the pan, add a cartouche and hot hold.

Pork fillet

1. On a red board, remove sinew from the pork, then wrap well in cling film to form a tight barrel.
2. Poach in a saucepan of water until the centre reaches 72°C minimum. Remove from heat, place on your metal plate and set aside.
3. Place 40g of butter in a frying pan on a moderate to high heat. When the butter starts to foam, add in the (unwrapped) pork fillet and sear, spooning over the butter, until the pork picks up some colour. *You could add a few sprigs of fresh thyme at this point.
4. Remove from the heat and leave to rest- covered on a yellow chopping board. Any juices can be added to the sauce.

Chorizo and oil

1. Heat the chorizo in a small saucepan with the oil and the paprika until it starts to crisp up.
2. Remove from the oil and set aside. Keep the flavoured oil to dress the dish with.

Apple gel

1. Juice the apple in a centrifugal juicer.
2. Whisk in enough Ultratex to form a gel. Pour into a squeezezy bottle and set aside.

Sweet potato mash

1. Scoop out the baked sweet potato.
2. Pass through a sieve, or mash well.
3. Reheat with some butter, salt and pepper and hot hold.

Spinach

1. Wilt the spinach in a pan, or by steaming.
2. Add a small pinch of nutmeg and hot hold.

To assemble and present

1. Using a chef's ring, place in the sweet potato mash and smooth down
2. Next, add a layer of the spinach.
3. Cut the pork into 3 or 5 equal sized slices and arrange over the top of the spinach
4. Remove the chef's ring and dress the plate with the chorizo, oil and apple gel.
5. Finish with a sprinkle of parsley.

Wash up, clean down and cupboard check.

Portuguese Tarts

Timings	Steps	Contingencies
10 mins	<p>Mise en place:</p> <p>In a jug, lightly beat together 1 large egg and 2 egg yolks. Reserve egg whites</p> <p>Weigh 115g golden caster sugar</p> <p>Measure 2 tbsp cornflour</p> <p>Measure 400ml full fat milk</p> <p>Measure 2 tsp vanilla extract</p> <p>Collect 1 sheet ready rolled puff pastry</p> <p>Lightly grease a muffin tin</p> <p>Pre-heat oven to 180C fan/Gas 6</p>	<p>Check freshness on eggs</p> <p>Cover reserved egg whites, label and place in fridge</p> <p>Ensure scales have been 'tared'</p> <p>Use measuring spoons for accuracy</p> <p>Keep pastry in fridge until ready to use.</p> <p>Only a very light layer of fat needed.</p>
3 mins	Put egg, yolks, sugar & cornflour in a pan and mix well together then gradually add the milk.	Mixture should be well mixed and smooth. Mix with roux whisk
5 mins	Place pan on medium heat and stir constantly until mixture thickens and comes to the boil. Remove pan from heat and stir in vanilla extract.	Place on a trivet after heating. Mixture will curdle if not stirred constantly. Stir with the whisk.
3 mins	Put custard in bowl to cool	Cover with cling film to prevent skin forming
3 mins	Roll the pastry tightly, from the short side, into a log and cut the log into 12 rounds.	12 rounds should be the same size and thickness
8 mins	On a lightly floured work surface, roll each round into a disc (approx. 10cm) and press the pastry discs into the muffin tin.	Ensure work surface is clean and sanitised
30 mins	Spoon in the cooled custard and bake for 20-25mins until golden on top. Leave to cool in the tin for 5mins then move to a cooling rack to finish	Use oven gloves. Caution when removing tarts from tin. Wash up whilst baking. Wash, rinse, dry, check cupboards, scrub then wipe worksurfaces and around sink
(add 10 minutes)	Optional: heat grill to high, sprinkle tarts with sugar and brulee. Wash up and clean down.	Caramelised sugar can cause severe burns so utmost caution. Wear oven gloves. Watch tarts when under the grill as they can quickly burn.

Time Plan- Risotto

A simple risotto to be used and adapted as part of a main meal, perhaps served with a pan-fried fish fillet, a cauliflower steak or a seared piece of meat or poultry

Time	Step	Special points/ contingencies
00:00	Prior to mise-en-place: Put bag away under desk, tie hair up, don apron, roll up sleeves, wash hands, collect tea towel, stand at workplace and await instructions.	
00:05	Prepare vegetables: wash if necessary, peel if necessary, prepare into 1cm dice	Green board, chef's knife, Bridge and claw techniques
00:10	Finely chop garlic	Use claw, then pivot
00:12	Place oil into small saucepan, add onions and sweat. If using mushrooms, beetroot or courgette, add now.	Do not allow vegetables to colour- control heat
00:15	Add garlic and herbs/ spices and also add the rice. Stir everything together for 1 minute	Low to medium heat.
00:17	Add stock, a little at a time, stirring constantly. As it absorbs, add more stock. Add remaining vegetables	If you don't stir to the bottom of the pan, the risotto mixture may stick
00:20	Continue adding stock until rice is creamy and al dente. Plate up and garnish	Keep stirring at all times. May need additional seasoning
00:35	Wash up, dry and check cupboard. Wipe down surfaces.	Hot water and detergent for washing up

Steps to make: Savoury Gougère

Ingredients:			Equipment:	
75g 50g 2 Pinch 150ml	CHOUX: plain flour butter eggs salt cold water	25g 25g 250ml 150g 100g 2 50g	FILLING: butter plain flour vegetable or chicken stock onion ham, tuna, or cold cuts mushrooms tomatoes hard cheese	Oven proof dish Saucepan, wooden spoon, correct chopping board, Chef's knife, grater, tablespoon, metal bowl, oven-proof dish
1	Pre-heat oven to 200°C			
2	FILLING: Peel and dice the onion, dice the ham or cold cuts or flake the tuna, grate the cheese and dice the tomatoes.		Use correct chopping board.	
3	Make up the stock by adding a stock cube to 250ml boiling water in a jug and stir.		Steam can scald	
4	Make the filling first by melting the butter and sweating the onions until soft. Add the flour and stir well.			
5	Gradually add the stock to the pan, stirring constantly. Continue stirring over a medium heat, bring to the boil and cook out for 2-3 minutes. Remove from the heat.		Place on trivet	
6	Add the remaining filling ingredients (apart from the cheese) to the pan and stir well to combine.			
7	CHOUX: Sift the flour and salt onto a piece of greaseproof paper.			
8	Place the water and butter in a saucepan and bring to the boil.			
9	Lower the heat and immediately 'shoot in' the flour by pouring it quickly from the greaseproof paper.			
10	Stir briskly until the mixture forms a ball and leaves the side of the pan clean. Cook out for a further minute.			
11	Remove from the heat and transfer into a bowl. Spread it out so it can cool a little.			
12	Beat the eggs together in a jug, then add, a little at a time, to the cooling mixture, heating hard with a wooden spoon making sure the egg is incorporated into the mixture before adding any more. NOTE: When all the egg has been added, the mixture should be smooth, shiny and firm enough to stand in soft peaks when lifted with a spoon.			
13	Spoon the mixture into your oven-proof dish making a border.			
14	Spoon the filling into the centre of the dish and sprinkle the cheese on top. Bake for 40-50 minutes until golden brown and the choux pastry has risen well above the filling. Place on a trivet to cool.			

School Beef Wellington

Learning outcomes	Key skills demonstrated	Key point
To produce individual beef wellingtons, with a glazed pastry case, consistent in size and shape and cooked through to 75 C at the core	Handling raw meat Making a batter Cutting out, shaping and moulding. Crimping Glazing Baking Pastry making	This is an impressive dish that demonstrates a wide range of skills. It is an excellent example of cooking 'en croute' and can be adapted with varying the fillings. Spinach and salmon work well together, as do chicken and mushrooms, or vegeburgers and olive tapanade

Ingredients:	2 portions
beefburger	2x 125g
mushroom pate	80g
rough puff pastry	As per recipe
eggs	2
plain flour	40g
milk	20ml
mixed herbs	pinch

1. Make a batch of rough puff pastry (see separate recipe card), wrap in cling film and refrigerate.
2. Using one egg, the milk, flour and herbs make two pancakes.
3. Seal beefburger off in a little oil on a moderate to high heat
4. Cut out two large round discs of pastry and roll one of them out so it is approx 2cm bigger than it was.
5. Cut out a smaller disc of pancake.
6. Place pancake disc onto the smaller pastry disc, then place burger onto pancake and spread the mushroom pate onto burger.
7. Brush egg wash around the edge of the pastry.
8. Cover the burger with the larger round of puff pastry and press it down.
9. Crimp the two rounds of pastry together and egg wash.
10. Place on a baking tray and cook for 25 mins at 200°C.

Spicy Thai Soup

Learning outcomes	Key skills	Key terms
To produce a glossy, spiced Thai style soup containing evenly sliced julienne of vegetables	Mise-en-place Knife skills Using the hob Frying Simmering Garnishing	Simmer: just boiling, gently bubbling Tender: neither crunchy nor overly chewy when bitten Reduce: boil a sauce or liquid to reduce the volume and concentrate the flavour

Ingredients:	2 portions
oil	15ml
Onion, chopped	1/4
Garlic clove	1
Fresh ginger, grated	1 cm cube
Red pepper, julienne	¼
Carrot, julienne	½
Mange tout	Small handful
Stock, made with hot water and cube	350 ml/ 1 cube
Red chilli	½
White wine vinegar	1 tbsp
Soy sauce	½ tbsp
Honey	½ tbsp
Red Thai paste	½ tsp

Method:

1. Heat the oil in a pan and gently fry the onion for 3-4 minutes, then add the garlic for 30 seconds/.
2. Add the ginger, chilli, carrot and red pepper and fry for a further 2-3 minutes.
3. Add the spices and stir well, then add the mange tout, stock, vinegar, honey and soy sauce.
4. Simmer for 5-7 minutes, until the liquid is slightly reduced and the vegetables are tender.
5. Spoon into a serving bowl. Garnish as required.
6. Wash up and clean down.

Sticky Toffee Pudding

Sticky toffee pudding is a British steamed dessert consisting of a very moist sponge cake, made with finely chopped dates or prunes, covered in a toffee sauce and often served with a vanilla custard or vanilla ice-cream.

Ingredients	8 servings	4 servings	2 servings
Pitted dates , roughly chopped	175g	90g	
Teabag	1	1	
Bicarbonate of soda	1 tsp	½ tsp	
Vanilla extract	1 tsp	½ tsp	
Butter , softened,	75g	40g	
Dark muscovado sugar	50g	25g	
Soft light brown sugar	50g	25g	
Eggs	2	1	
Milk	100 ml	50ml	
Self-raising flour , plus extra for dusting	175g	90g	
FOR THE TOFFEE SAUCE			
	150 ml	80ml	
Double cream	100g	50g	
Dark muscovado sugar	75g	40g	
Butter			

Mise-en-place:

1. Preheat the oven to 180°C.
2. Butter four pudding tins or ramekins to make individual puddings – butter and lightly flour them before lining the bases with circles of non-stick baking paper.
3. Collect ingredients/ weigh and measure.

Method:

1. Pour 150ml (for 8 portions) or 75ml (for 4 portions) boiling water over the dates, tea bag and bicarbonate of soda and set aside to soak for 10minutes.
2. Beat the butter with both the sugars until smooth. Beat in the eggs, followed by the milk.
3. Remove the teabag from the date mixture and discard. Add the vanilla extract and mash the mixture with a fork. Add to the butter, egg, and milk mixture, and beat together.
4. Sieve in the flour and fold. Pour into the dish or tin and smooth the top. Bake for 30 minutes, until golden, springy, and risen.
5. For the sauce, gently heat the cream, sugar and butter in a pan set over a low heat, stirring often until smooth. Spoon half the sauce over the cooked sponge as soon as it is removed from the oven, keeping the remaining sauce warm. Let the sponge sit for 10 minutes.

Strudel Dough

Ingredients	1 small strudel
<ul style="list-style-type: none">• plain flour• salt• oil• water	<ul style="list-style-type: none">• 150g• 1/8 tsp• 1 tbsp• 100 ml, lukewarm

Mise-en-place:

1. Preheat the oven to 180°C.
2. Prepare fruit filling, cover and refrigerate until needed.
3. Collect ingredients/ weigh and measure.

Method:

1. After mixing all ingredients together initially with a spoon you will want to knead the dough by hand for several minutes until it is tacky, not sticky.
2. Leave to rest, wrapped in cling film in the fridge whilst you prepare the fruit filling. After 1 hour, the dough should be firm and springy.
3. Sprinkle a little flour on the board, smooth it out and roll the dough into its first 22cm by 33cm rectangle. Flour your rolling pin only enough to keep it from sticking.
4. Switch to using your hands. Gently tug on all sides, to stretch the dough. Then, flour your clean cloth on one side, shake off excess, place it over the dough and, picking up the far edge of the dough with the cloth, flip both together and plop them down onto the board or table. Straighten out the wrinkles in both the cloth and the dough.
5. Continue to stretch the dough with your hands from the middle to the outside edge until it's thin enough for your liking. Don't make it as thin as you can, but as thin as you are comfortable with. You want to avoid tears because they are hard to mend.
6. Spread your filling. Sprinkle a layer of cinnamon and sugar followed by the diced and peeled apple.
7. The first roll: Using the towel, fold about 1/3 of the dough over the filling. Always hold the towel and the dough together with your hands. Fold in both ends by hand to form an envelope. Brush melted butter over all exposed layers of dough.
8. Fold over again, lifting the filling's weight with the towel. Brush melted butter where needed.
9. Transfer to a baking sheet, brush with melted butter and sugar and bake until golden brown.

Suet Crust Pie

Ingredients:			
	For the filling:		For the pastry:
150 g	chuck, skirt, braising or stewing beef, diced	100g	self-raising flour
1	small onion, finely diced	50g	suet
1	medium carrot, finely diced	1tsp	dried thyme or rosemary
1	bouquet garni made using 1 sprig thyme, 1 sprig rosemary, 1 sage leaf, 1 bay leaf	70ml	cold water
2 tsp	plain flour		
1 tbs	Salt and pepper		
100ml	vegetable oil		
150ml	stout		
1 dsp	water		
	tomato puree		

Option: you can make a vegetarian pie using Quorn pieces in place of the beef, and vegetable stock and ½ tsp mustard in place of the stout.

Method:

1. Sweat the onion and carrots in the oil, toss the beef in seasoned flour, add to the pan and brown.
2. **Deglaze** the pan with the stout. Add the water, tomato puree and the bouquet garni, bring to a boil and reduce to a simmer.
3. Clear work area and prepare suet pastry. Stir occasionally, checking the contents of the pan haven't settled onto the bottom of the saucepan and are not sticking. Add a lid or **cartouche** if the sauce is reducing too much. You can top up with water if necessary.
4. Cook until tender and rich.
5. Assemble the pie. Refrigerate, freeze or cook straight away. Glaze the pastry, bake until golden and filling is piping hot.

Swiss Roll

This method of making cakes is used for Swiss rolls, flan cases, bases for gateaux and sponge drops. It usually is light and fluffy but goes stale quickly.

Ingredients:	
eggs	2
caster sugar	250g
S.R. white flour	50g

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Method:

1. Preheat oven to 200°C / Gas Mark 6. Grease and line 2 baking trays with non-stick paper.
2. Put eggs and caster sugar into a mixing bowl. Using an electric hand mixer, whisk until very thick and the mixture leaves a trail for 3 seconds.
3. Sieve in flour. Fold in slowly and carefully using a metal spoon.
4. Pour into a lined and greased Swiss roll tin.
5. Bake 8-10 minutes until well risen and firm to touch.
6. When cooked carefully remove from the tray and turn upside down onto greaseproof paper that has been sprinkled with sugar.
7. Spread with jam, and using the paper to help, roll the cake up and leave to cool on a cooling rack.
8. Wash up and clean down.

Tandoori Chicken and Naan bread

Learning outcomes	Key skills demonstrated	Key fact
<p>To demonstrate handling and preparation of rich yeast goods</p> <p>To prepare, marinade and cook chicken as per recipe, following food safety rules for the handling of meat.</p> <p>To follow a 'dovetailed' recipe</p>	<p>Weighing and measuring</p> <p>Kneading</p> <p>Proving</p> <p>Portioning</p> <p>Handling high risk food (poultry)</p> <p>Use of food processor/ blender</p> <p>Knife skills</p> <p>Presentation</p>	<p>Keeping hygienically clean is key to success here.</p> <p>Follow the recipe to keep on time</p>

Methods (dovetailed):

1. **Cut slits bone-deep in the chicken pieces**
2. **Sprinkle the salt and lemon juice on both sides of the pieces, lightly rubbing into the slits; leave for 20 minutes**
3. Sift the flour in to a suitable bowl and add the sugar, salt and baking powder.
4. Dissolve the yeast in the milk and stir in the yogurt. Mix thoroughly with the flour to form a dough.
5. Knead the dough until it is smooth. Cover with a clean cloth and leave to prove.
6. **Combine the remaining ingredients in a blender or a food processor**
7. **Brush the chicken pieces on both sides, ensuring the marinade goes into the slits. Cover and refrigerate**
8. **Preheat the oven to the maximum temperature.**
9. Divide the risen dough in to 12 equal portions and roll in to balls, on a lightly floured surface.
10. Flatten the balls in to oblong shapes, using both hands and slapping the naan from one hand to the other.
11. **Shake off as much of the marinade as possible from the chicken pieces; bake for 15 -20 minutes or until core has reached 75°C**
12. Cook the naan bread on a lightly greased griddle or heavy bottomed frying pan.
13. Cook the naan on one side only. Brush the other side with melted butter and poppy seeds, turn over, brown under a grill.
14. Serve, wash up and clean down.

Tandoori Chicken

Learning outcomes	Key skills demonstrated	Key words
To prepare, marinade and cook chicken as per recipe, following food safety rules for the handling of meat.	Handling high risk food (poultry) Use of food processor/ blender Knife skills Presentation	Marinade

Ingredients:	4 portions
Chicken	1 ¼ - 1 ½ kg
Salt	1 tsp
Lemon, juice of	1
Small onion, chopped	1
Clove garlic, peeled	1
Plain yogurt	300ml
Ginger, piece of, peeled and quartered	5cm
Fresh hot green chilli, sliced	½
Garam masala	2 tsp
Ground cumin	1 tsp
Few drops each red and yellow colouring	

1. Cut slits bone-deep in the chicken pieces.
2. Sprinkle the salt and lemon juice on both sides of the pieces, lightly rubbing into the slits; leave for 20 minutes.
3. Combine the remaining ingredients in a blender or a food processor.
4. Brush the chicken pieces on both sides, ensuring the marinade goes into the slits. Cover and refrigerate.
5. Preheat the oven to the maximum temperature.
6. Shake off as much of the marinade as possible from the chicken pieces; bake for 15 - 20 minutes or until core has reached 75°C.
7. Serve, wash up and clean down.

Teriyaki Salmon

Learning outcomes	Key skills	Key terms
To produce a shallow fried fillet of salmon on a bed of evenly cut julienne of vegetables and noodles	Knife skills Using the hob Selecting and preparing fresh fish Frying Glazing Presentation Garnishing	Shallow frying: The cooking of food in a small quantity of preheated fat or oil in a shallow pan or on a flat surface (griddle plate) Purpose: To give variety to the menu and the diet by making food palatable, digestible and safe to eat.



Ingredients:	2 portions	1 portion
Vegetable oil (avoid groundnut in school)*	15ml	10ml
Fillet of salmon, pin bones removed and descaled	2 portions	1 portion
Carrot, julienne	1	½
Spring onion, julienne	3	1 large/ 2 small
Mange tout, julienne	Small handful	4-6
Dried noodles , softened in boiling water	1 layer	1 small layer
Nam Pla (fish sauce)	1 dsp	1 tsp
Soy sauce	1 dsp	1 tsp
Fish stock	400 ml	200ml
honey	1 tbsp	1 tsp
Fresh lime	1 whole	½
Ginger, thinly sliced	1 cm cube	½ cm cube
Chilli, fresh, thinly sliced	2 cm	1 cm
Coriander, roughly chopped	Small handful	5-7 stalks

1. Heat the stock, put noodles in, cover, bring back to the boil then take off the heat. Mix the honey, fish sauce, lime juice and soy in a small bowl and set aside.
2. Pat dry the salmon, then sprinkle the skin with some salt. Heat the oil in a pan and pan (skin side down first) for a few minutes, then brush the flesh side with the honey, fish sauce, lime juice and soy and continue to cook, flesh side down for approx. 2 minutes.
3. Remove the fish and hot hold, then put the vegetables into the pan. Stir fry for a minute or two. Add all the other ingredients into the frying pan, including the remaining marinade, the noodles and the stock.
4. Spoon neatly into a serving bowl, place the fish fillet on top skin side up and serve with a coriander and chilli garnish.
5. Wash up and clear down. Check cupboards.

Thai Style Meatballs

Ingredients:		
500g	Pork mince	
2 tbsp	Thai fish sauce	
1 or 2 small	Spring onions	
1 clove	Garlic	
1tsp	Fresh ginger	
½	Lime (for juice)	
1 tbsp	Fresh coriander	
½ small	Chilli (optional)	
Equipment needed:		
Small frying pan, metal bowl, lemon juicer, foil tray, baking tray, teaspoon, tablespoon.		
Time	Steps to make – Thai Style Meatballs	Safety checks
1	Pre-heat oven to 180°C/Gas 4 or 5	
2	Wash and finely chop the spring onions, garlic, ginger, chilli (if used) and fresh coriander.	
3	Juice the lime.	
4	In your metal bowl, add all the ingredients: Mix well together using your hand.	
5	Form ¾ of the mixture into small (walnut sized) balls. Place the remaining ¼ of the mixture into the plastic container provided and place in the box on the trolley. Inform technician who will transfer to the freezer ready for use in another recipe.	
6	Add a little oil to the frying pan and gently heat the meatballs to seal/brown the surface. Transfer to the foil tray and bake in the pre-heated oven for 15-20 minutes.	Ensure core cooking temperature has been reached.
While the meatballs are cooking and cooling tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.		

Tortellini (spinach and cheese)

Time	Steps to make:	Safety checks
	Tie hair back, don apron and chef jacket, roll up sleeves, remove jewellery, wash and dry hands.	
1 ½ tsp 140g 2 tbsp 25g 25g	Ingredients: 1 egg salt strong flour water cream cheese frozen spinach, thawed	
	Equipment needed: Glass bowl, metal bowl, saucepan, rolling pin or pasta machine, round cutter, slotted spoon.	
	In metal bowl combine flour and salt. Make a well in the flour, add the slightly beaten egg and mix.	
	On a lightly floured surface, knead dough for about 3 to 4 minutes. With a pasta machine or using a rolling pin, roll out to desired thickness.	
	Combine cream cheese and spinach, season to taste.	
	Cut the pasta into equal sized squares or circles and then add a small amount of filling and shape. Place on a tray with a sprinkling of flour to help prevent sticking. Ensure shapes are consistent in shape and size. Make sure they are all well sealed – use a little water if necessary.	
		
		
	Bring a pan of water to a rolling boil. Add in tortellini and cook for 2-3 minutes. Remove from the water and drain. Finish in a frying pan for 2-3 minutes with a little seasoned butter, serve immediately.	Tortellini should float when cooked.
	Wash up and clean down. Check cupboards.	

Vegetable Biryani

- Contains low amount of saturated fat, cholesterol and sodium, making it a healthy choice. It is also a good source of dietary fibre
- A simple vegetable curry of aromatic and spiced rice and tender braised vegetables, full of fresh Indian flavours. It is quick to make and cooks in a single pot
- Can be served as a main course, or as part of a larger family style meal
- Vegan-friendly

Greengrocer	Ambient
1 large red onion	2 tbsp vegetable oil
1 courgette	2 tbsp curry paste
1 red pepper	125g long grain or basmati rice
1 carrot	1 vegetable stock cube
2 tbsp fresh coriander	Salt and pepper

Personal preparation:

1. Remove jumper, don chef jacket, button up and roll sleeves up.
2. Don apron. Tuck a clean tea towel into your apron string.
3. Tie long hair up, remove jewellery.
4. Wash hands thoroughly with anti-bacterial soap. Dry hands with a paper towel and dispose.

Mise-en-place:

1. Pre-heat oven to 190°C
2. Prepare the vegetables; peel the onion and cut into wedges, wash the remaining vegetables, then thickly slice the courgette, deseed the pepper and cut into 6-8 pieces, peel and slice the carrot.
3. Make stock by heating in a saucepan 500ml cold water, the stock cube and the curry paste until the stock cube has dissolved.

Method:

1. In a bowl, toss the prepared vegetables in the oil and spread out into a single layer in a roasting tin.
2. Place in the oven and cook for 20 minutes until the vegetables start to turn golden.
3. Once golden, remove the vegetables from the oven and place on a trivet.
4. Mix the rice and vegetables together in the oven-proof dish and pour over the stock mixture.
5. Return, uncovered, to the oven for a further 20-30 minutes or until the liquid has been absorbed and the rice is tender.
6. Stir through the coriander, saving a sprig to garnish.
7. Wash up and clean down.

Vegetable Cobbler

Ingredients		Equipment
<p>For the vegetable base:</p> <p>Spinach - 1 block</p> <p>Carrots - 1</p> <p>Onion - 1/2</p> <p>Sweetcorn - 25g</p> <p>Vegetable oil for frying - 1 tbsp</p> <p>Vegetable Stock 100ml</p> <p>Dried sage - a pinch</p> <p>Double cream - 80mls</p> <p>Mustard - 1/2 tspn</p> <p>Salt and pepper to taste</p>	<p>For the cobbles:</p> <p>Self-raising flour - 90g</p> <p>Salt - pinch</p> <p>Cayenne pepper - pinch</p> <p>Butter 15g</p> <p>Cheese (grated) - 35g</p> <p>Egg - 1</p> <p>Milk - 3 tbsp</p>	<p>Apron</p> <p>Recipe book</p> <p>Chopping board</p> <p>Kitchen knife</p> <p>Frying pan</p> <p>Small saucepan</p> <p>Wooden spoon</p> <p>Grater</p> <p>Vegetable Peeler</p> <p>Metal Bowl</p> <p>Baking tray</p>

Time	Step	Controls
	Pre-heat oven to 180°	
	Wash and peel the carrot, cut into rounds.	
	Dice the onion.	
	Fry the onion and carrot over a low heat until soft but not golden.	
	Add the spinach and sweetcorn and fry for 5 minutes over a moderate heat.	
	Heat 100mls water in a pan and add the stock cube. Remove from the heat.	
	Place the flour and butter into the metal bowl rub in using the rubbing in method.	
	Stir in 3/4 of the grated cheese, the salt and cayenne pepper. Add the beaten egg and enough milk to form a smooth soft dough.	
	Mix together the stock, cream, mustard and pour over the vegetables. Place them in the foil container. Place the container on a baking tray because the foil trays move a little when hot and may be difficult to move from the oven.	
	With floured hands, roll the cobble mixture into 4 even sized balls and flatten a little with the heel of the hand. Carefully place the cobbles on top of the vegetables and sauce, scatter with the remaining cheese and bake for 20 – 30 minutes until risen and golden brown. Wash up and clean down.	

Victoria Sandwich

Ingredients:		
150g	Butter	
150g	Caster sugar	
150g	S.R. Flour	
3	Eggs	
For the filling: Jam, Cream/butter cream		
Equipment needed:		
Mixing bowl, sieve, wooden spoon/electric hand mixer, measuring jug, small basin, fork, tablespoon, kitchen knife, spatula, cooling rack, trivet.		
Time	Steps	Checks
1	Pre-heat oven to 190°C (Gas mark 5)	
2	Grease and line sandwich tins.	
3	Put butter and sugar in mixing bowl and cream together using a wooden spoon or electric hand mixer, until it looks creamy and is a dropping consistency.	Do not plug in while inserting or removing beaters.
4	In a separate bowl break one egg, whisk slightly with a fork and tip into measuring jug. Repeat this until you have used all eggs. This is done to ensure that you do not break a bad egg into good eggs.	
5	Whisk the beaten egg into the creamed butter and sugar, a little at a time.	
6	Sieve the flour into the mixture and fold in gently with a tablespoon.	
7	Divide the mixture between the two tins and spread evenly.	
8	Using oven gloves, place them on the same shelf in the oven for 20 minutes until golden brown and springy to the touch.	
9	While the cake is in the oven, whip the cream until it forms soft peaks. Mix the jam a little to soften.	
10	Using oven gloves, remove the cakes from the oven and place on the heat-proof stand.	
11	Carefully slide a table knife around the edge of each cake, turn out onto hand and then flip back onto cooling rack. Allow cakes to fully cool before adding filling.	Take care when removing the cakes from the hot tins.
12	Decide which cake looks the better of the two (this will be your top cake) and turn it upside down and spread with jam. Then carefully spread the other cake with cream, place cakes together to form your Victoria Sandwich. Dust the top of the cake with icing sugar.	
While the cake is cooking and cooling tidy up and wash up in hot soapy water. Dry thoroughly on a clean tea towel.		

Winter Minestrone Soup

Learning outcomes	Key skills demonstrated	Key terms
To produce a glossy, warming Minestrone Soup with evenly cut brunoise vegetables	Mise-en-place Knife skills Using the hob Frying Simmering Garnishing	Simmer: just boiling, gently bubbling Tender: neither crunchy nor overly chewy when bitten Reduce: boil a sauce or liquid to reduce the volume and concentrate the flavour

Ingredients:	2 portions
oil	15ml
Onion, chopped	½
Garlic clove	1
Celery , brunoise	2 sticks
Red pepper, brunoise	¼
Carrot, brunoise	½
Fresh thyme, finely chopped	1 tsp
Stock, made with hot water and cube	350 ml/ 1 cube
Canned haricot beans	200g
Spaghetti, broken into 2cm pieces	50g
Tomato puree	½ tbsp
Black pepper	To taste
Bay leaf	1

1. Heat the oil in a pan and gently fry the onion, carrot, pepper and celery for 3-4 minutes, then add the garlic for 30 seconds/.
- 2.
3. Pour in the stock, add the tomato puree and bring to the boil.
4. Simmer for 5 minutes, add the pasta and the haricot beans and continue to cook until the pasta is tender and the soup has reduced slightly.
5. Spoon into a serving bowl and serve. Wash up and clean down.

Yule Log

Ingredients:	
Eggs	3
Caster Sugar	75g
Plain flour	75g
Cocoa	15g
Ready-made frosting	25g
Icing sugar	2 tsp

Equipment from home

Decorations, cake board, container, Swiss roll tin

Method

1. Preheat oven to 200°C / Gas Mark 6. Grease and line 2 baking trays with non-stick paper.
2. Put eggs and caster sugar into a mixing bowl. Using an electric hand mixer, whisk until very thick and the mixture leaves a trail for 3 seconds.
3. Sieve in flour and cocoa. Fold in slowly and carefully using a metal spoon.
4. Pour into a lined and greased Swiss roll tin.
5. Bake 8-10 minutes until well risen and firm to touch.
6. When cooked carefully remove from the tray and turn upside down onto greaseproof paper.
7. Spread with frosting, and using the paper to help, roll the cake up and leave to cool on a cooling rack.
8. Cut a slice off at an angle and use some frosting to stick it on the side of the roll to make a log shape. Cover with remaining frosting and make a bark effect using the back of a fork. Sprinkle some icing sugar on and garnish with festive decorations.
8. Wash up and clean down.