

**Practical Cookery
National 5
Recipe Book**

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Carrot & Cumin Soup

	National 4	National 5
Food Preparation Techniques	Peel, chop, slice, puree,	Peel, chop, slice, dice, puree, pass,
Cookery Processes	Boiling, shallow frying	Boiling, shallow frying
Main Category of Ingredients	Fruit and Vegetables	

Ingredients

15ml vegetable oil
 1 small onion - *chopped*
 1 garlic clove - *crushed*
 2 small carrots,
 (1 1/2 carrots for soup - *cut in paysanne* [slices];
 remaining 1/2 for garnish)
 300ml of chicken or vegetable stock
 5ml ground cumin
 1/2 celery stick - *cut in paysanne (slices)*
 1 small potato - *cut in macedoine (dice)*
 15ml tomato puree
 2.5ml lemon juice
 1 bay leaf
 100ml milk
 Salt & pepper

Garnish: 1/2 carrot - cut in brunoise (small dice)
 10ml spoon parsley - *finely chopped*

Equipment

Pan
 Measuring jug
 Chopping board
 Metric spoons
 Knife
 Vegetable peeler
 Vegetable knife
 Wooden spoon
 Blender
 Metal sieve

Preparation Time:	20 minutes	Servings/portions:	2
Cooking time:	30 minutes		

Method:

1. Heat oil in a large pan. Add the onion and sauté very gently until the onion begins to soften.
2. Add the sliced carrots and garlic and continue to sauté for a further 5 minutes, stirring frequently and taking care not to brown.
3. Add the stock, cumin, seasoning, celery, potato, tomato puree, lemon juice and bay leaf and bring to the boil. Cover and simmer gently for about 30 minutes until all vegetables are tender.
4. Remove the bay leaf and allow soup to cool a little. Puree the soup and then pass it through a sieve it to ensure the texture is smooth.
5. Pour the soup into a clean pan, add the milk and bring slowly to the boil. Taste and adjust the seasoning.
6. Pour into a heated serving bowl and garnish with a brunoise of cooked carrot and finely chopped parsley.

Garnish/Decorate:

Garnish: 1/2 carrot - cut in brunoise (small dice), 10ml spoon parsley - *finely chopped*

Differentiation notes:

N4	No need to pass the pureed soup through a metal sieve
N5	As is

Leek and Potato Soup

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice,</i>	<i>Peel, chop, slice, dice</i>
Cookery Processes	<i>Boiling, shallow frying</i>	<i>Boiling, shallow frying</i>
Main Category of Ingredients	Fruit and Vegetables	

Ingredients
<p>100g leek - <i>cut in paysanne</i> [slices] 75g onion - <i>chopped</i> 10g margarine 300g potatoes - <i>1cm dice</i> 300ml chicken stock salt and pepper</p> <p>Garnish: 1 x 10ml spoon parsley - <i>finely chopped</i></p>

Equipment
<p>Pan Measuring jug Chopping board Metric spoons Knife Vegetable knife Wooden spoon</p>

Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	20 minutes		

Method:
<ol style="list-style-type: none"> 1. Melt margarine in a medium pot, sweat leek and onion until soft. 2. Add the stock and potatoes to the leek and onion. 3. Bring to the boil. Reduce the heat, cover and simmer for 15 to 20 minutes or until all the vegetables are soft. Season to taste. 4. Stir in chopped parsley and serve.

Garnish/Decorate:
Garnish: 1 x 10ml spoon parsley - <i>finely chopped</i>

Differentiation notes:	
N4	As is
N5	As is

Lentil Soup

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice,</i>	<i>Peel, chop, slice, dice</i>
Cookery Processes	<i>Boiling, shallow frying</i>	<i>Boiling, shallow frying (grilling if toasting bread)</i>
Main Category of Ingredients	Fruit and Vegetables	

Ingredients
 50g lentils
 300ml ham stock
 50g carrot - *cut in paysanne* [slice]
 50g onion - *chopped*
 1 bouquet garni
 25g smoked bacon
 5ml spoon tomato puree
 salt and pepper
Garnish: 25g carrot - *cut in brunoise* [small dice]
and cooked in microwave for 1 minute at high setting
 1 x 10ml spoon parsley - *finely chopped*
Accompaniment:
 2 slices French bread - *toasted*

Equipment
 Pan
 Measuring jug
 Chopping board
 Metric spoons
 Knife
 Vegetable knife
 Wooden spoon
 Blender
 Metal Sieve

Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	30 minutes		

Method:

1. Weigh and wash lentils
2. Place lentils in medium saucepan, cover with stock, bring to the boil
3. Add remaining ingredients; simmer for 20 minutes approx until vegetables are tender. Skim as necessary.
4. Remove bouquet garni and bacon
5. Liquidise the soup and then pass it through a metal sieve or chinois to give a smooth texture
6. Re-boil and pour into a heated serving bowl
7. Garnish with cooked brunoise of carrots and chopped parsley.
8. Serve with 2 toasted flutes (2x1cm diagonal slices of French bread, toasted on both sides)

Garnish/Decorate:
 Garnish: *Brunoise of carrot and finely chopped parsley*

Differentiation notes:

N4	No need to pass the soup through a metal sieve
N5	As is

Minestrone Soup

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice,</i>	<i>Peel, chop, slice,</i>
Cookery Processes	<i>Boiling, shallow frying</i>	<i>Boiling, shallow frying</i>
Main Category of Ingredients	Meat or alternatives, Fruit and Vegetables	

<p>Ingredients</p> <p>40g onion - <i>finely chopped</i></p> <p>40g carrot - <i>paysanne</i> [slice]</p> <p>40g turnip - <i>paysanne</i> [slice]</p> <p>$\frac{1}{2}$ stick celery - <i>paysanne</i> [slice]</p> <p>25g cabbage - <i>shred finely</i></p> <p>25g frozen peas</p> <p>1 clove garlic - <i>peel and crush</i></p> <p>$\frac{1}{2}$ rasher back bacon - <i>snip in small pieces</i></p> <p>100ml chopped tinned tomatoes</p> <p>300ml vegetable stock</p> <p>15g spaghetti - <i>broken into 2cm pieces</i></p> <p>10ml spoon cooking oil</p> <p>Salt and pepper</p> <p>Garnish: 1 x 15ml spoon parsley - <i>finely chopped</i></p>	<p>Equipment</p> <p>Pan</p> <p>Measuring jug</p> <p>Chopping board</p> <p>Metric spoons</p> <p>Knife</p> <p>Vegetable knife</p> <p>Wooden spoon</p>
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Preparation Time:	20 minutes	Servings/portions:	2
Cooking time:	40 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Heat oil in a large saucepan and gently sauté the onion for 2 minutes without colouring. Add the bacon and garlic and cook for a further 2 minutes 2. Add the carrot, turnip and celery and sauté for a further 2 minutes, again without colouring 3. Add the tomatoes and stock bring to the boil and simmer for 15 minutes. Taste and add seasoning if required 4. Add the spaghetti and cabbage and simmer for 10 minutes 5. Add the peas and cook for a further 5 minutes 6. Pour soup into a heated serving bowl and garnish with chopped parsley
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<p>Garnish/Decorate:</p> <p>Garnish: 1 x 15ml spoon parsley - <i>finely chopped</i></p>
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Differentiation notes:	
N4	As is
N5	As is

Tomato & Red Pepper Soup

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, puree,</i>	<i>Peel, chop, slice, dice, blanch, puree,</i>
Cookery Processes	<i>Boiling, grilling</i>	<i>Boiling, grilling</i>
Main Category of Ingredients	Fruit and Vegetables, Herbs, spices etc.	

Ingredients

1 small red pepper (For variation any colour of pepper)
 1 small onion - *chopped*
 1 stick celery - *cut in paysanne* [slice]
 1 small potato - *cut in macedoine* [dice]
 1 garlic clove - *crushed*
 300 ml vegetable stock
 1 bay leaf
 200g tinned tomatoes
 Salt & pepper

Garnish:

Small piece of skinned pepper - cut small dice
 $\frac{1}{2}$ spring onion - blanched & finely chopped

Equipment

Pan
 Measuring jug
 Chopping board
 Metric spoons
 Knife
 Vegetable knife
 Wooden spoon

Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	30 minutes		

Method:

1. Half the pepper and deseed.
2. Preheat the grill to high. Position the halved peppers on the grill skin side uppermost, turn occasionally for about 8 - 10 minutes until softened and charred.
3. Leave to cool slightly, then carefully peel off the charred pepper skin. Reserving a small piece for garnish, roughly chop the pepper and place in a saucepan.
4. Add the onion, potato, celery and garlic. Add the stock and the bay leaf. Stir in the tomatoes. Bring to the boil, cover and simmer for 15 minutes. Remove from the heat.
5. Remove the bay leaf and allow soup to cool a little. Puree until smooth.
6. Season to taste and heat for 3 - 4 minutes until piping hot.
7. Pour into a heated serving bowl and garnish with a brunoise of reserved pepper and finely chopped spring onion.

Garnish/Decorate:

Garnish: Diced skinned pepper, $\frac{1}{2}$ spring onion blanched and *finely chopped*

Differentiation notes:

N4	As is
N5	As is

Chicken Tikka Skewers

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, marinate, grate</i>	<i>Peel, chop, dice, marinate, strain, grate</i>
Cookery Processes	<i>Grilling</i>	<i>Grilling</i>
Main Category of Ingredients	Poultry or alternatives, Dairy products or alternatives	

Ingredients
<p>1cm fresh root ginger - <i>peeled and grated</i> 1 garlic clove - <i>peeled and crushed</i> 30ml natural yoghurt 1.25ml ground cumin pinch cayenne pepper pinch garam masala 100g chicken 2.5ml lemon juice</p> <p>Garnish:- 1 tomato - cut in even sized dice 1.25ml coriander - chopped</p>

Equipment
<p>Small bowl Chopping board Cooks knife Spoon Sieve Kebab skewers Foil sheet Plate</p>

Preparation Time: 15 minutes + time to chill and marinate	Servings/portions:	2
Cooking time: 10-15 minutes		

Method:
<ol style="list-style-type: none"> 1. Mix ginger, garlic, cumin, cayenne pepper and garam masala into yoghurt to make a marinade. Chill until required. 2. Cut the chicken into 6 even sized pieces and place in a small bowl. Sprinkle lemon juice over chicken and stir to completely coat. Cover and chill for 15 minutes. 3. Strain marinade over the chicken, stir gently to coat the chicken, cover and chill for a minimum of 1 hour. 4. Thread the chicken onto 2 metal skewers. Place under a pre-heated grill for 10-15 minutes, turning as required until cooked. 5. Mix the tomato and coriander, season lightly and spoon onto a warm plate. Lay on the skewers and serve, 6. Serve on a warm plate with diced tomato and chopped coriander placing the skewers on top.)

Garnish/Decorate:
Garnish: Diced tomato with sprig of chopped coriander

Differentiation notes:	
N4	As is
N5	As is

Marinated Peppers

	National 4	National 5
Food Preparation Techniques	Peel, chop, marinate	Peel, chop, cut batons, marinate
Cookery Processes	Grilling	Grilling
Main Category of Ingredients	Fruit and Vegetables	

Ingredients
<p>2 different coloured peppers (from red, yellow or green)</p> <p><u>Marinate:</u> 50ml olive oil 15ml balsamic vinegar 1 garlic clove - chopped finely salt & finely ground black pepper</p>

Equipment
<p>Small bowl Chopping board Vegetable knife Spoon</p>

Preparation Time:	20 minutes	Servings/portions:	4 (as a side dish)
Cooking time:	3-5 minutes		

Method:
<ol style="list-style-type: none"> 1. Preheat grill to highest heat. 2. Rinse the peppers, halve them lengthwise and remove the seeds. 3. Place the peppers on a baking tray with the rounded side uppermost and place the tray under the grill. Grill the peppers for a few minutes until the skins blacken and blister. 4. Put the peppers straight into a polythene bag and seal it. 5. Mix all of the ingredients for the marinade in a small bowl. 6. When the peppers are cool enough skin them by peeling away the outer layer of blackened skin. 7. Cut each piece of pepper into 4 lengthwise and place them close together in a shallow serving dish. 8. Pour the marinade over the peppers and leave for at least an hour before serving. They may be left to marinate overnight in a covered container. 9. As they are they can be served as a side dish or cut in batons (jardinière) or matchstick (julienne) and used as garnish.

Garnish/Decorate:
Can use as a garnish

Differentiation notes:	
N4	slice, omit batons (jardinière) or matchstick (julienne).
N5	As is

Smoked Fish Flan

	National 4	National 5
Food Preparation Techniques	Peel, chop, slice, grate, rub in, knead, roll out, shape	Peel, chop, slice, grate, rub in, knead, dice to size, cut matchsticks, roll out, shape
Cookery Processes	Baking, shallow frying	
Main Category of Ingredients	Fish and seafood	

<p>Ingredients</p> <p>Pastry 50g plain flour 25g wholemeal flour 40g hard margarine 15ml cold water</p> <p>Filling 25g shallot - diced 15g leek - cut in julienne [matchsticks] 75g undyed smoked fish - diced in 0.5cm pieces 5g butter 1 egg 50ml milk 50ml whipping cream 5ml chives - finely snipped 25g white mature cheddar cheese - grated Salt and white pepper</p>	<p>Equipment large bowl cup metric spoon</p> <p>chopping board vegetable knife pot wooden spoon fork jug grater</p>
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Preparation Time: 30 minutes	Servings/portions: 4
Cooking time: 30-40 minutes	Oven Temperature: Baking blind 180oC / gas 6 Filled flan 170C / gas 5

<p>Method:</p> <ol style="list-style-type: none"> 1 Pastry - sieve the flours and a pinch of salt into a large bowl then add grains from sieve. 2 Rub in the margarine until the mixture resembles fine breadcrumbs. 3 Add water and knead to make a smooth pastry. 4 Roll the pastry, line the flan ring then leave to rest. Bake pastry blind - 15 minutes approx 5 Melt butter in a medium pan, sweat the shallots and leek, season lightly. (lid on pot when sweating) 6 Beat egg, milk and cream together, strain the mixture and season lightly. 7 Spread the shallot mixture evenly on the base of the baked pastry case. 8 Spread the diced fish evenly over the shallot mixture. 9 Sprinkle the chives over the fish and top with the grated cheese. 10 Fill the flan with the egg mixture. Bake for 15-20 minutes until set and golden in colour. 11 Remove and allow to rest on a cooling tray. 12 Serve warm on 4 individual warm, clean plates and garnish neatly <p>(Serve 4 individual portions garnished with salad leaves, tomato, & lemon wedges, drizzle of French dressing)</p>
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Garnish/Decorate: Salad leaves, cherry tomatoes, lemon wedges, french dressing

Differentiation notes:			
N4	Omit cutting to matchstick	N5	As is

Smoked Haddock Creams with Toast

	National 4	National 5
Food Preparation Techniques	Peel, chop, puree, blend, whisk, fold	Peel, chop, dice to size, puree, strain, blend, whisk, fold portion
Cookery Processes	Boiling, grilling	Boiling, grilling, poaching
Main Category of Ingredients	Fish and seafood	

Ingredients	Equipment		
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>(serves 1)</p> <p>60g smoked haddock</p> <p>$\frac{1}{8}$ onion - <i>finely chopped</i></p> <p>15g butter</p> <p>7g plain flour</p> <p>35ml milk</p> <p>5ml lemon juice</p> <p>30ml double cream</p> <p>1 slice wholemeal bread</p> </td> <td style="width: 50%; vertical-align: top;"> <p>(serves 2)</p> <p>120g smoked haddock</p> <p>$\frac{1}{4}$ onion - <i>finely chopped</i></p> <p>30g butter</p> <p>15g plain flour</p> <p>70ml milk</p> <p>10ml lemon juice</p> <p>60ml double cream</p> <p>2 slices w/meal bread</p> </td> </tr> </table>	<p>(serves 1)</p> <p>60g smoked haddock</p> <p>$\frac{1}{8}$ onion - <i>finely chopped</i></p> <p>15g butter</p> <p>7g plain flour</p> <p>35ml milk</p> <p>5ml lemon juice</p> <p>30ml double cream</p> <p>1 slice wholemeal bread</p>	<p>(serves 2)</p> <p>120g smoked haddock</p> <p>$\frac{1}{4}$ onion - <i>finely chopped</i></p> <p>30g butter</p> <p>15g plain flour</p> <p>70ml milk</p> <p>10ml lemon juice</p> <p>60ml double cream</p> <p>2 slices w/meal bread</p>	<p>1 or 2 ramekin dishes (depending on how many you are making)</p> <p>2 pans</p> <p>wooden spoon</p> <p>metric spoons</p> <p>plate</p> <p>jug</p> <p>whisk</p> <p>bowl</p> <p>spoon</p> <p>grill pan</p> <p>chopping board</p> <p>vegetable knife</p>
<p>(serves 1)</p> <p>60g smoked haddock</p> <p>$\frac{1}{8}$ onion - <i>finely chopped</i></p> <p>15g butter</p> <p>7g plain flour</p> <p>35ml milk</p> <p>5ml lemon juice</p> <p>30ml double cream</p> <p>1 slice wholemeal bread</p>	<p>(serves 2)</p> <p>120g smoked haddock</p> <p>$\frac{1}{4}$ onion - <i>finely chopped</i></p> <p>30g butter</p> <p>15g plain flour</p> <p>70ml milk</p> <p>10ml lemon juice</p> <p>60ml double cream</p> <p>2 slices w/meal bread</p>		

Preparation Time: 15 minutes	Servings/portions: 1 or 2
Cooking time: 30 minutes	

Method:
<p>1 Prepare the white sauce</p> <ul style="list-style-type: none"> • Melt $\frac{1}{2}$ of the butter in a small saucepan • Blend in flour to make a roux. Cook roux for 1 minute over a low heat. • Remove from the heat and gradually blend in the milk. • Return to the heat and bring to the boil, stirring all the time. Cook for 2 to 3 minutes. • Season and leave to cool <p>2 Poach the smoked haddock and onion in water until cooked. Drain and purée.</p> <p>3 Mix the smoked haddock, the remaining $\frac{1}{2}$ of the butter, the cooled white sauce, lemon juice and seasoning together.</p> <p>4 Whip the double cream until starting to thicken, then fold in the smoked haddock mixture.</p> <p>5 Put mixture in ramekin dish(es) and level the surface.</p> <p>6 Serve chilled, garnished with twists of lemon and cucumber, accompanied by fingers of toast</p> <p>7 Toast - Remove crusts from bread and cut each slice into 3cm fingers. Toast the bread under a preheated grill until golden brown on both sides</p>

Garnish/Decorate:

Differentiation notes:	
N4	As is
N5	As is

Tuna Parcels

	National 4	National 5
Food Preparation Techniques	Chop, glaze	Chop, glaze
Cookery Processes	Baking	Baking
Main Category of Ingredients	Fish and seafood	

Ingredients

1 spring onion finely chopped to give 15ml spoon
 50g tinned tuna in spring water
 1.25ml lemon juice
 5ml tomato puree
 Black pepper to taste
 15g unsalted butter
 1 or 2 sheets of filo pastry
Garnish: salad leaves, cherry tomatoes, spring onions, lemon slices, chilli sauce

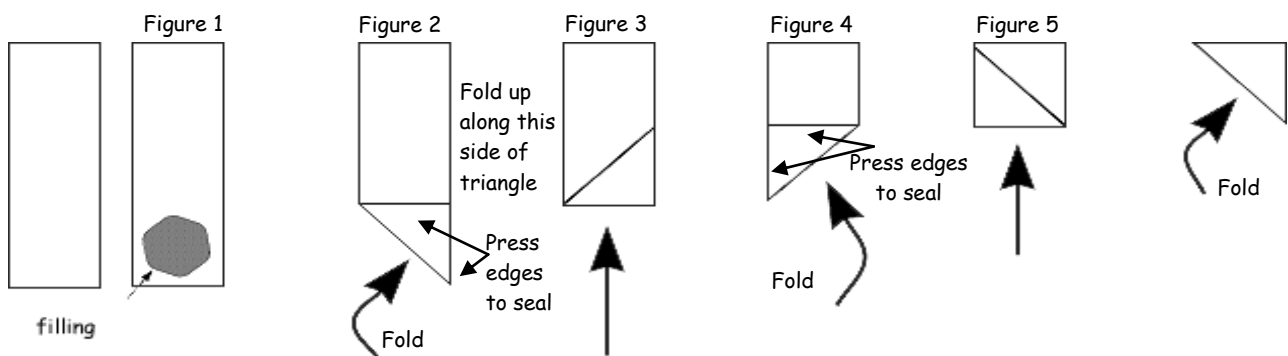
Equipment

Baking tray
 chopping board
 vegetable knife
 pan
 wooden spoon
 pastry brush

Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	10-15 minutes	Oven Temperature:	

Method:

1. Flake tuna and mix with the spring onion, lemon juice and tomato puree. Taste and season accordingly. Melt butter and season with the pepper
2. Cut the pastry into 8 rectangles, 6cm x 18cm. Stack the rectangles on top of each other
**** Please see the diagrams below for steps 4 to 6****
3. Lightly butter the edges of the top rectangle of pastry. Place a teaspoonful of filling on the right hand side of the rectangle at the end nearest to you (Figure 1)
4. Fold the bottom left hand corner over the filling to make a triangle shape and seal the edges (figure 2)
5. Fold the right hand point up keeping the rectangle shape and press the edges to seal again. Continue folding left then right up the length of the pastry, seal the edges as you go (figures 3-5)
6. Repeat steps 4 to 6 with the remaining rectangles
7. Bake for 10-15 minutes until the pastry is golden brown
8. Serve hot on 4 individual warm, clean plates and garnish as appropriate



Garnish/Decorate: salad leaves, cherry tomatoes, spring onions, lemon slices, chilli sauce

Differentiation notes:

N4		N5	As is
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Chicken Cacciatore

	National 4	National 5
Food Preparation Techniques	Peel, chop, slice,	Peel, skin, chop, slice, dice,
Cookery Processes	Boiling, shallow frying	Boiling, shallow frying
Main Category of Ingredients	Poultry or alternatives	

Ingredients

15ml spoon olive oil
 4 chicken thighs - skinned
 $\frac{1}{2}$ small onion - chopped finely
 1 small carrot - cut in macedoine [dice]
 $\frac{1}{2}$ stick celery - cut in paysanne [slice]
 1 garlic clove - crushed
 100ml chicken stock (100ml water + $\frac{1}{2}$ chicken stock cube)
 150g canned tomatoes - chopped
 10ml tomato puree
 large pinch dried oregano
 large pinch dried mixed herbs
 pinch sugar
 salt & freshly ground pepper
 (2 slices crusty bread or
 100g Rice or Pasta - to serve with)
 Garnish: 10 ml spoon parsley - finely chopped

Equipment

Pan
 Cooks knife
 Measuring jug
 Metric spoons
 Chopping board (raw meat)
 Chopping board (vegetable)
 Wooden spoon
 Garlic crusher
 skewer

Preparation Time:	20 minutes	Servings/portions:	2
Cooking time:	35 minutes		

Method:

1. Heat oil in a medium pan, add the chicken and sauté over a moderate heat for 7 - 10 minutes until golden on all sides. Remove using a draining spoon and set aside.
2. Add onion, carrot, celery and garlic to pan and sauté over a gentle heat, stirring frequently, for 7 - 10 minutes until softened.
3. Add the stock and bring to the boil, stirring all the time. Add tomatoes (with their juice), stir well. Add tomato puree, herbs, sugar and seasoning to taste.
4. Return the chicken to the pan. Cover and stew by simmering for 30 - 35 minutes until the chicken is tender - test with a skewer.
5. Put water on to boil for rice or pasta and half way through stewing cook rice or pasta Serve hot in individual dishes, sprinkled with chopped parsley.

N.B. can be served with boiled rice, cooked pasta or crusty bread.

Garnish/Decorate:

Differentiation notes:

N4	can slice carrot instead of dice, use skinned chicken thighs	N5	As is
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Chicken Goujons with Orange and Honey Sauce

	National 4	National 5
Food Preparation Techniques	<i>Chop, slice, blend</i>	Skin (chicken), chop, slice, cut matchsticks, segment, blanche, strain, blend
Cookery Processes	Boiling, shallow frying	Boiling, shallow frying
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>150g chicken fillet (skinned)</p> <p>15ml spoon cooking oil</p> <p>$\frac{1}{2}$ orange</p> <p>75ml fresh orange juice approx</p> <p>10ml honey</p> <p>10ml lemon juice</p> <p>10ml arrowroot</p> <p>(100g rice if serving with rice)</p> <p>Garnish: orange segments</p>	<p>Equipment</p> <p>Chopping board (raw meat)</p> <p>Chopping board (vegetables)</p> <p>Vegetable peeler</p> <p>Cooks knife</p> <p>Measuring jug</p> <p>Metric spoons</p> <p>Frying pan</p> <p>Pan</p>
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Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	10-20 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Prepare the following ingredients <ul style="list-style-type: none"> • Wipe or wash the chicken and cut into goujons • Thinly peel the zest from the orange - there should be no white pith on the zest. • Blanche the zest by immersing in boiling water for 2 minutes. Refresh. • Chop the zest into very fine julienne [matchsticks]. • Peel the orange and cut 4 segments of orange ensuring that all the white pith and seeds are removed. • Remove the juice from the remaining orange and make up to 100ml with the fresh orange juice. • (boil water and cook for rice) 2. Heat the oil in a frying pan and gently shallow fry the chicken until thoroughly cooked. Remove from the pan, place in a serving dish, cover with tin foil and keep warm in the oven. 3. Into the pan place the arrowroot, gradually blend in honey, lemon juice and orange juice. Bring to the boil stirring all the time. 4. Strain the sauce, add the julienne of orange and pour over the chicken. 5. Garnish with the orange segments. <p><i>N.B. can be served with boiled rice</i></p>
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Garnish/Decorate:
Orange segments

Differentiation notes:			
N4	Omit orange segment, use skinned chicken fillets	N5	As is

Chicken Stir Fry

	National 4	National 5
Food Preparation Techniques	Peel, chop, slice,	<i>Peel, Skin (chicken), chop, slice, dice, matchstick</i>
Cookery Processes	Boiling, shallow frying	<i>Boiling, shallow frying</i>
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>1 clove garlic - crushed 1cm piece root ginger - finely diced 50g leek - cut in 4cm long julienne [matchstick] 50g carrot - cut in 4cm long julienne [matchstick] 100g chicken breast - cut in 1cm strips 50g mange tout - cut diagonally in 1.5cm pieces 15ml groundnut oil 10ml yellow bean sauce</p> <p>Spiced Pilau Rice</p> <p>50g basmati rice 100ml boiling water 10ml groundnut oil 25g onion - finely chopped 1cm piece cinnamon stick Pinch ground cumin 1 cardamom pod 2.5ml turmeric 1 bay leaf</p>	<p>Equipment</p> <p>Chopping board (raw meat) Chopping board (vegetable) Cooks knife Metric spoon Measuring jug Frying pan Pan Wok Wooden spoon Kettle</p>
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Preparation Time:	30 minutes	Servings/portions:	2
Cooking time:	20 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Prepare vegetables and chicken. Put water on to boil. 2. Rice - Heat 10ml oil in a small pan, fry onion gently for 3 minutes then stir in spices and bay leaf. 3. Stir in the rice, add boiling water. Mix well. Put lid on pot and simmer for 15 minutes until rice is tender and liquid is absorbed. 4. Heat 10ml oil in a wok, stir fry garlic and ginger for 1 minute. Add chicken and stir fry for 3 minutes until starting to brown. 5. Add leeks and carrot, stir fry for 1 minute, reduce heat and cook for another 2 minutes. 6. Add mange tout and yellow bean sauce, cook for another minute then serve in a warm dish. 7. Remove cinnamon stick and cardamom pod from rice, taste and season to taste. Serve in a warm dish. Garnish with parsley.

Garnish/Decorate : 5ml parsley to garnish - finely chopped			
Differentiation notes:			
N4	Use skinned chicken fillets, Slice or chop vegetables	N5	As is

Chilli Beef

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, grate, mix</i>	<i>Peel, chop, dice, grate, mix</i>
Cookery Processes	<i>Boiling, grilling, shallow frying</i>	<i>Boiling, grilling, shallow frying</i>
Main Category of Ingredients	Meat and alternatives	

Ingredients

$\frac{1}{2}$ red chilli - wash, deseed and finely diced
 $\frac{1}{2}$ green chilli - wash, deseed and finely diced
 75g onion - finely diced
 1 garlic clove - crushed
 5ml olive oil
 125g minced beef
 2.5ml chilli powder
 200ml chopped tomatoes
 15ml tomato puree
 2.5ml mixed herbs
 45ml beef stock
 25g tinned kidney beans
 15g cheddar cheese - grated
 10ml soured cream
 10ml milk
 Salt and black pepper
 75g long grain rice
 5ml parsley - finely chopped

Equipment

Chopping board (vegetable)
 Cooks knife
 Vegetable knife
 Metric Spoon
 Measuring jug
 Pan
 Wooden spoon
 Grill pan covered in foil

Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	30 minutes		

Method:

1. Prepare vegetables. Heat the oil and lightly fry the chillies, onion, garlic and chilli powder for 1-2 minutes
 2. Add the mince and brown. Stir in the chopped tomatoes, tomato puree, mixed herbs & stock
 3. Bring to the boil, reduce the heat and simmer for 20 minutes
 4. Cook rice in boiling salted water for 12 minutes until tender.
 5. Add the kidney beans to the chilli and cook for a further 5 minutes. Taste and season if required.
 6. Mix soured cream and milk together
 7. Pour chilli into serving dish, drizzle with soured cream and milk. Sprinkle with the cheese. Place under preheated grill until the cheese has melted
- Drain rice. Adjust seasoning and serve in a warm dish, garnished with chopped parsley.

Garnish/Decorate:

Differentiation notes:

N4	Chop chillies	N5	As is
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Chinese Chicken Salad

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, marinate</i>	<i>Peel, skin (chicken) chop, slice, cut matchsticks, cut batons, marinate</i>
Cookery Processes	<i>Shallow frying</i>	<i>Shallow frying</i>
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>100g chicken breast (skinned)</p> <p>5ml soy sauce</p> <p>5ml sesame oil</p> <p>5ml sesame seeds</p> <p>15ml vegetable oil</p> <p>40g bean sprouts</p> <p>$\frac{1}{4}$ red pepper - cut in julienne [matchsticks]</p> <p>$\frac{1}{4}$ green pepper - cut in julienne [matchsticks]</p> <p>$\frac{1}{2}$ carrot - cut in jardinère [baton] (reserve 10ml for garnish)</p> <p>1 baby corn - cut in paysanne [slice]</p> <p>Sauce</p> <p>10ml wine vinegar</p> <p>5ml soy sauce</p> <p>Garnish:</p> <p>10ml jardinière [baton] of carrot</p>	<p>Equipment</p> <p>Small bowl</p> <p>Spoon</p> <p>Metric spoon</p> <p>Chopping board (raw meat)</p> <p>Cooks knife</p> <p>Wok or frying pan</p> <p>Wooden spoon</p> <p>Slotted spoon</p>
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Preparation Time:	15 minutes plus 20 minutes to marinate		
Cooking time:	10 minutes	Servings/portions:	2

<p>Method:</p> <ol style="list-style-type: none"> 1. Skin and wipe the chicken (with paper towel) and place into a shallow dish. 2. Mix the soy sauce with the sesame oil and pour over the chicken. Sprinkle the sesame seeds on top and leave to marinate for 20 minutes, turning the chicken occasionally. 3. Remove the chicken from the marinade and cut into thin slices. 4. Heat the oil in a wok or frying pan. Add the chicken and fry for 4 to 5 minutes until cooked and golden brown. Remove the chicken with a slotted spoon and set aside to cool. 5. Add the bean sprouts, peppers, carrot and baby corn to the wok or frying pan and stir fry for 2 to 3 minutes. Remove and set aside to cool. 6. Mix the sauce ingredients together. 7. Arrange the chicken and vegetables together on a warm serving plate. Spoon the sauce over and garnish with jardinière [baton] of carrot before serving.

Garnish/Decorate:
10ml jardinière [baton] of carrot

Differentiation notes:			
N4	Use skinned chicken fillets	N5	As is

Herby Vegetable Cobbler

	National 4	National 5
Food Preparation Techniques	Peel, chop, grate, mix, blend, rub in, knead, roll out, portion, shape	Peel, chop, dice, grate, mix, blend, rub in, knead, roll out, portion, shape
Cookery Processes	Stewing, baking	Stewing, baking
Main Category of Ingredients	Fruit and vegetables	

Ingredients	Equipment	
<p>Base</p> <p>1 small potato - peeled and diced 1 small carrot - peeled and sliced ½ small onion - chopped finely 100g chopped tinned tomatoes 15ml cooking oil 10ml tomato puree 150ml water ½ vegetable stock cube 10ml cornflour 15ml tomato juice (from canned tomato) 2.5ml mixed herbs</p>	<p>Topping</p> <p>50g SR flour 50g SR wholemeal flour 25g margarine pinch dried mixed herbs 4 x 15ml spoon milk 50g edam cheese - grated a little beaten egg or milk to glaze the top of cobbler</p>	<p>Pan with lid Chopping board Cooks knife Vegetable peeler Metric spoon Measuring jug Ovenproof dish</p>

Preparation Time: 30 - 35 minutes	Servings/portions: 2
Cooking time: Base 15 minutes Cobbler 15 -20 minutes	Oven Temperature: 180°C / gas 7

Method:
<ol style="list-style-type: none"> 1. Pre-heat oven. Prepare vegetables 2. Base: Pour oil into a stew pan, heat oil slightly & sauté prepared vegetables for 5 minutes. 3. Add tomato puree, herbs and vegetable stock, bring to the boil, reduce to simmering and stew for 10 minutes, with lid on pan. 4. Topping: Sieve flours into large bowl, add margarine and rub in until mixture resembles fine breadcrumbs. Add mixed herbs. 5. Grate cheese and add to crumb mixture. 6. Add milk & mix to form an elastic dough. Knead lightly. 7. Roll out dough to approx 2cm thick and cut out circles using 5cm cutter. 8. Blend cornflour with tomato juice in teacup and add to vegetable mixture. Bring to the boil stirring continuously. 9. Assemble: Spoon vegetable mixture into 1 large or 4 individual ovenproof dish(es). Overlap scone circles on top. Glaze with beaten egg or milk. Bake in pre-heated oven until topping is well risen and golden brown. Serve.

Garnish/Decorate:	
sprig of parsley	
Differentiation notes:	
N4 chop carrot and potato	N5 As is

Parmesan Chicken Bake

	National 4	National 5
Food Preparation Techniques	<i>Peel, skin chop, slice</i>	<i>Peel, skin (chicken) chop, slice, coat</i>
Cookery Processes	<i>Baking, boiling, shallow frying</i>	<i>Baking, boiling, shallow frying</i>
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>Tomato sauce</p> <p>1 x 10ml olive oil</p> <p>$\frac{1}{2}$ onion - finely chopped</p> <p>$\frac{1}{2}$ celery stick - cut in paysanne [slice]</p> <p>$\frac{1}{2}$ red pepper - cut in macedoine [dice]</p> <p>1 garlic clove - crushed</p> <p>200ml chopped tinned tomatoes</p> <p>$\frac{1}{4}$ chicken stock cube</p> <p>10ml tomato purée</p> <p>5ml caster sugar</p> <p>10ml fresh basil - finely chopped</p> <p>10ml parsley - finely chopped</p> <p>150g chicken fillet</p> <p>30ml plain flour</p> <p>salt and pepper</p> <p>30ml olive oil</p>	<p>To assemble</p> <p>50g mozzarella cheese - sliced</p> <p>15ml parmesan cheese - grated</p> <p>15ml breadcrumbs</p> <p>Garnish Tomato concassé - skin 1 tomato, de-seed and dice flesh</p>
<p>Equipment</p> <p>Pan</p> <p>Wooden spoon</p> <p>Chopping boards (raw meat)</p> <p>Chopping board (vegetable)</p> <p>Cooks knife</p> <p>Metric spoon</p> <p>Measuring jug</p> <p>Rolling pin (or meat tenderiser)</p> <p>Bowl or Plastic food bag</p> <p>Oven proof dish</p>	

Preparation Time:	30 minutes	Servings/portions:	2
Cooking time:	60 minutes	Oven Temperature:	160°C / gas 4

<p>Method:</p> <ol style="list-style-type: none"> 1. Tomato Sauce - Heat the oil in a pan and gently fry the onion, celery, pepper and garlic until tender. 2. Add the tomatoes with their juice, chicken stock, tomato purée, sugar, basil and parsley and bring to the boil. Simmer for 30 minutes or until thick, stirring occasionally. Season to taste. 3. Preheat oven. Wash or wipe the chicken fillets and divide into two lengthwise. Place between sheets of clear film and flatten to a thickness of 5mm. 4. Season the flour. Coat the chicken breasts in the flour, shaking to remove any excess. Heat the remaining oil in a frying pan and cook the chicken quickly for 3 to 4 minutes until coloured. 5. To assemble: layer the chicken pieces with the cheeses and thick tomato sauce, finishing with a layer of cheese and breadcrumbs on top. 6. Bake, uncovered, for 20 to 30 minutes or until golden brown. 7. Garnish with tomato concassé.
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Garnish/Decorate:
Garnish with tomato concassé - skin 1 tomato, de-seed and dice flesh

Differentiation notes:			
N4	use skinned chicken fillets, chop red pepper	N5	As is

Pizza Marguerita

	National 4	National 5
Food Preparation Techniques	Peel, chop, mix, rub in, knead,	Peel, chop, mix, rub in, knead,
Cookery Processes	Baking, shallow frying	Baking, shallow frying
Main Category of Ingredients	Dry ingredients	

<p>Ingredients</p> <p>200g plain flour 5ml quick action dried yeast 10ml olive oil 4 x 15ml spoons warm water 30ml basic tomato topping recipe</p> <p>basic tomato base</p> <p>2.5ml olive oil ¹/₈ small onion - <i>very finely chopped</i> ¹/₄ clove garlic - <i>crushed</i> pinch oregano 45 g tomatoes 1.25ml tomato puree salt & freshly ground black pepper</p> <p>25g mozzarella cheese - <i>grated</i> 2.5ml dried basil</p>	<p>Equipment</p> <p>Chopping board (vegetable) Knife Pan Wooden spoon Bowl Spoon Metric spoon Scales</p>
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Preparation Time:	dough 10 minutes +proving time 10 minutes	Servings/portions:	2
Cooking time:	10 minutes	Oven Temperature:	180°C / gas 7

<p>Method:</p> <ol style="list-style-type: none"> 1. Basic Tomato Pizza Base: Sweat the onion and garlic in the oil until soft. Add the oregano and continue cooking for 2 minutes. Add the tomatoes and tomato puree and stew by slowly simmering with a lid on the pan until a thick sauce consistency is achieved. Check seasoning and cool. Use as required in assembling a pizza. 2. Pizza : Pre-heat oven. Sieve flour into a baking bowl, mix in dried yeast. Make a well in the centre of flour, add oil and warm water. Mix to a soft dough. 3. Turn out onto a floured table and knead well for about 5 minutes until the dough is smooth. 4. Roll out dough into a circle approx 15cm across. Note: the dough can be refrigerated overnight or frozen if required - covered with plastic film. 5. Place the circle of dough on a greased baking tray and crimp or flute the edges to help keep the filling in. Set aside for 15 minutes in a warm place until puffy. 6. Assemble pizza: Brush a little oil over the surface of the dough; spread tomato topping on the base leaving a small, clear border round the edge of the pizza; add any other ingredients of choice from list of variations; sprinkle cheese on top and finish by sprinkling dried basil on top. Bake until golden brown.

<p>Garnish/Decorate: as per chosen topping see list of Pizza Variations - Serve with a lovely green salad</p>
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Differentiation notes:			
N4	As is	N5	As is

Pizza Variations

Pizza topping ideas	Ingredients
Margherita	Mozzarella cheese, tomato sauce
Farmhouse	Ham, mushrooms, mozzarella cheese, tomato sauce
Hawaiian	Ham, pineapple, mozzarella cheese, tomato sauce
Supreme	Pepperoni, spicy minced beef, mushrooms, mixed peppers, onions, mozzarella cheese, tomato sauce
Vegetable Supreme	Mushrooms, mixed peppers, onions, tomato, mozzarella cheese, tomato sauce
Tuna Sweetcorn Melt	Tuna, sweetcorn, onions, extra mozzarella cheese, tomato sauce
Sizzler	Green chillies, jalapeños, onions, plus either spicy minced beef or Cajun chicken, mozzarella cheese, tomato sauce
Veggie Sizzler	Green chillies, jalapeños, mixed peppers, onions, mozzarella cheese, tomato sauce
Texan BBQ	BBQ sauce, double crispy bacon, chicken, mozzarella cheese, tomato sauce
Pepperoni Feast	Double pepperoni, extra mozzarella cheese, mozzarella cheese, tomato sauce
BBQ Mega Meaty	BBQ sauce, pepperoni, meatballs, spicy minced beef, crispy bacon, mozzarella cheese, tomato sauce
Meat Feast	Spicy pork sausage, ham, pepperoni, spicy minced beef, mozzarella cheese, tomato sauce
BBQ Meat Feast	BBQ sauce, spicy pork sausage, ham, pepperoni, spicy minced beef, mozzarella cheese, tomato sauce
Chicken Supreme	Chicken, mushrooms, mixed peppers, onions, mozzarella cheese, tomato sauce
Super Supreme	Spicy pork sausage, pepperoni, spicy minced beef, ham, onions, sliced black olives, mushrooms, mixed peppers, mozzarella cheese, tomato sauce
Meat Machine	Pepperoni, ham, meatballs, spicy minced beef, spicy pork sausage, chicken, mozzarella cheese, tomato sauce

Pizza - Basic Tomato Topping

	National 4	National 5
Food Preparation Techniques	Peel, chop,	Peel, chop, blanch (if using fresh tomatoes)
Cookery Processes	Shallow frying	Shallow frying
Main Category of Ingredients	Fruit and vegetables	

Ingredients

10ml olive oil
 1/4 small onion - very finely chopped
 1 clove garlic - crushed
 2.5ml oregano
 150 g tomatoes - blanched & skinned or
 canned
 5ml tomato puree
 salt & freshly ground black pepper

Equipment

Chopping board (vegetable)
 Knife
 Pan
 Wooden spoon
 Bowl
 Spoon
 Metric spoon
 Measuring jug

Preparation Time:	15 minutes	Servings/portions:	Sufficient for a pizza for 4
Cooking time:	20 minutes	Oven Temperature:	

Method:

1. Sweat the onion and garlic in the oil until soft.
2. Add the oregano and continue cooking for 2 minutes.
3. Add the tomatoes and tomato puree and stew by slowly simmering with a lid on the pan until a thick sauce consistency is achieved.
4. Check seasoning and cool.
5. Use as required in assembling a pizza.

Garnish/Decorate:

N/A

Differentiation notes:

N4	As is	N5	As is
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Poached chicken with Warm Noodle Salad

	National 4	National 5
Food Preparation Techniques	<i>Chop, slice, mix</i>	<i>Skin (chicken), chop, slice, strain, mix</i>
Cookery Processes	<i>Poaching, shallow frying</i>	<i>Poaching, shallow frying</i>
Main Category of Ingredients	Poultry or alternatives	

Ingredients

Chicken

75ml full fat milk
 1 cardamom pod
 1 bay leaf
 Pinch grated nutmeg
 Salt and freshly ground pepper
 1 chicken breast (skin removed)

Noodles

20ml olive oil
 50g shiitake mushrooms
 5ml coriander - finely chopped
 5ml mi-cuit tomatoes in oil - chopped
 5ml sesame oil
 5ml sherry vinegar
 60g rice noodles

Garnish - sprinkling of coriander leaves

Equipment

Measuring jug
 Metric spoons
 Pan
 Chopping board (vegetable)
 Knife
 Kettle
 Wooden spoon
 Wok or frying pan

Preparation Time:	15 minutes	Servings/portions:	1 - 2
Cooking time:	30 minutes		

Method:

- Place milk, cardamom pod, bay leaf, nutmeg and seasoning in a medium pan, Bring to a simmer, add chicken and poach for 15-20 minutes or until completely cooked through (the chicken is cooked through when the juices run clear when chicken is pierced in thickest part with a skewer)
- Soak noodles in hot water for 10 minutes
- Heat the olive oil in a frying pan or wok over a medium heat. Add mushrooms and fry for a few minutes until soft
- Place mushrooms in a bowl and stir in coriander, tomatoes, sesame oil and vinegar. Drain noodles and add. Mix well. Arrange on a serving dish
- Slice chicken breast thinly and arrange on top of noodles

Garnish/Decorate:

Coriander leaves

Differentiation notes:

N4	Use skinned chicken breast	N5	As is
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Potato Croquette(s)

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, mix, shape,</i>	<i>Peel, chop, strain, coat, mix, shape, portion</i>
Cookery Processes	<i>Baking, Boiling</i>	<i>Baking, Boiling</i>
Main Category of Ingredients	Fruit and Vegetables	

Ingredients

100 grams potato
 40g bread crumbs
 35g plain flour
 30ml approx. milk
 1/2 egg yolk
 1/2 egg white
 2.5ml butter
 pinch nutmeg,
 pinch salt ()
 Optional 25g cheddar cheese - grated

Equipment

Scales
 Large bowl
 Vegetable Peeler
 Potato Masher
 Pot
 Metric spoon
 Cup
 Fork
 Baking tray
 Colander

Preparation Time:	10 +30 minutes	Oven temperature:	Preheat oven to 200oC Gas 6
Cooking time:	20 + 20 minutes	Servings/portions:	1

Method:

1. Peel and boil the potatoes. When they are done (20 minutes or so), strain the water off and let the potatoes sit for a couple of minutes, but don't let them cool down. We only want excess water to evaporate.
2. Get your potato masher out. Add the salt, nutmeg and butter to the potatoes and start mashing. Slowly add milk (you might not need all the milk, half might do, depending on the type of potatoes you are using) and keep mashing the mixture until it is very smooth and creamy - and not too liquid! You want a fairly stiff potato mash.
Preheat oven to 200°C Gas 6.
3. Now half of the egg yolk (e.g. you are making this for one, use 1/2 egg here, using only the egg yolk) and keep mashing ... the mixture will turn sticky now, so slowly add the flour (again, you might not need all for the flour, depending on the type of potatoes) until the mixture is again firm and only slightly sticky.
4. Now form rolls of the mixture and put them on a plate or baking tray. Let them sit in the fridge for half an hour.
5. Take the pre-formed croquettes out of the fridge. With the other half of your egg (the egg white) place in a bowl and mix thoroughly with a fork. Take another plate and put breadcrumbs on it. Dip the formed potato roll into egg white then into the breadcrumbs.
6. Place on greased baking tray and bake for 15-20 minutes until set and golden brown. Serve on a clean hot dish.

Garnish/Decorate:

Sprig of parsley

Differentiation notes:

N4		N5	As is
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Quiche Lorraine

	National 4	National 5
Food Preparation Techniques	<i>Chop, grate, mix, rub in, knead, roll out,</i>	<i>Chop, grate, mix, rub in, knead, roll out, bake blind</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients	Eggs	

<p>Ingredients 75g plain flour 40g hard margarine 15ml cold water</p> <p>Filling 1 rasher back bacon 1 egg 75ml milk or single cream 40g cheddar cheese - grate salt and pepper 15ml spoon chopped parsley</p> <p>Garnish: parsley en branche</p>	<p>Equipment Scales Large bowl Foil dish Kitchen scissors Cup Fork</p>
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Preparation Time:	20 minutes	Servings/portions:	2
	+ resting 15 minutes	Oven Temperature:	170°C / gas 6
Cooking time:	35 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Sieve flour into a baking bowl, rub the margarine into the flour until the mixture resembles breadcrumbs. Add the cold water to form a stiff dough. 2. Lightly flour the table and knead the pastry lightly. Roll out the pastry and line a 15cm flan ring. If time allows cover and chill in the refrigerator for 15 min. 3. Bake blind for 15 minutes until set and pale golden in colour. 4. Prepare the following ingredients for the filling <ul style="list-style-type: none"> • Bacon - cut into small pieces using kitchen scissors. • Beat together the egg with the milk or single cream. 5. Scatter the bacon over the pastry base and then place the cheese on top. 6. Pour the egg mixture into the flan. Sprinkle with the chopped parsley. 7. Bake for about 20 minutes until set and golden. Serve garnished with parsley en branche.

Garnish/Decorate:
Sprig of parsley

Differentiation notes:			
N4	Omit baking blind	N5	As is

Sausage Goulash

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, mix</i>	<i>Peel, chop, slice, cut baton, strain, mix</i>
Cookery Processes	<i>Boiling, grilling, stewing</i>	<i>Boiling, grilling, stewing</i>
Main Category of Ingredients	Meat or alternatives	

Ingredients
2 sausages
25g green pepper - cut in jardinère [baton]
25g onion - chopped
50g courgettes - cut in jardinère [baton]
10ml cooking oil
5ml paprika
50g canned chopped tomatoes
30ml water
15ml yoghurt
50g brown rice
Garnish: 5ml chopped parsley

Equipment
Fork
Grill (covered in foil)
2 x Pans (with lid)
Wooden spoon
Metric spoon

Preparation Time:	20 minutes	Servings/portions:	1
Cooking time:	20 minutes		

Method:
1. Prick sausages and grill under a medium heat until browned
2. Heat oil in a small saucepan, fry vegetables lightly for 2 minutes without browning
3. Stir in paprika and tinned tomatoes. Gradually add water. Bring to the boil and simmer for 10 minutes
4. Cook rice in boiling salted water for 20 minutes
5. Cut sausages into bite size pieces and add to tomato mixture. Simmer for another 5 minutes.
6. Stir yoghurt into sausage mixture
7. Drain rice and arrange a border of rice round the edge of a hot serving dish. Arrange sausage mixture in the centre. Garnish with chopped parsley

Garnish/Decorate:

5ml chopped parsley

Differentiation notes:

N4	Chop peppers and courgettes	N5	As is
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Stir Fried Pork with Noodles

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice,</i>	<i>Peel, chop, slice, dice, cut matchstick, strain</i>
Cookery Processes	<i>Baking, shallow frying</i>	<i>Baking, shallow frying</i>
Main Category of Ingredients	Meat or alternatives	

Ingredients

50g fine egg noodles
 50g onion - finely sliced
 25g red pepper - 4cm long julienne [matchstick]
 25g green pepper - 4cm long julienne [matchstick]
 50g carrot - 4cm long julienne [matchstick]
 15g mangetout - cut diagonally in 1 $\frac{1}{2}$ cm pieces
 10g root ginger - finely diced
 1 garlic clove - crushed
 75g pork for stir frying - cut thin strips
 15ml sunflower oil
 25ml plum sauce

Garnish

10ml coriander - finely chopped

Equipment

Chopping board (vegetable)
 Chopping board (raw meat)
 Knife
 Garlic press
 Metric Spoons

Preparation Time:	30 minutes	Servings/portions:	2
Cooking time:	10 minutes		

Method:

1. Cook the noodles, refresh and reserve
2. Heat 5ml of the oil in a wok and stir fry the onion, garlic and ginger for 1 minute. Remove and reserve.
3. Add 10ml oil to wok and stir fry pork for 3 minutes
4. Return onion mixture to wok, add carrots and peppers. Stir fry for 2 minutes.
5. Add mange tout and noodles. Stir fry for 1 minute. Mix in plum sauce and reheat thoroughly.
6. Taste, season accordingly and serve on a hot dish. Garnish with coriander

Garnish/Decorate:

10ml coriander - finely chopped

Differentiation notes:

N4	chop pepper, and carrot	N5	As is
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Sweet and Sour Turkey

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, blend</i>	<i>Peel, chop, slice, cut baton, strain, blend</i>
Cookery Processes	<i>Boiling, shallow frying</i>	<i>Boiling, shallow frying</i>
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>25g carrot - cut in jardinière [batons] 25g green pepper - cut in jardinière [batons] 40g onion - sliced thinly 10ml cornflour 5ml Demerara sugar 75ml water 75ml pineapple juice 10ml white malt vinegar 10ml light soy sauce 100g turkey breast - cut in strips 1cm x 4cm 10ml sunflower oil 25g tinned pineapple pieces</p> <p>Garnish 5ml parsley - finely chopped</p>	<p>Fried Rice</p> <p>75g long grain rice 1 egg yolk 25g spring onions - finely chopped 10ml sunflower oil 5ml sesame oil Dash soy sauce</p> <p>Garnish Spring onion curls</p> <p>Equipment</p> <p>Sieve/colander Measuring jug Cup Pan Wok Chopping board (vegetable) Knife Metric spoons Plate</p>
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Preparation Time:	30 minutes	Servings/portions:	2
Cooking time:	10 minutes		

Method:	<ol style="list-style-type: none"> 1. Wash rice, cook in boiling salted until tender - 12 minutes approx. Drain well. Prepare vegetables set aside. 2. Blend cornflour and sugar with the vinegar and soy sauce. Stir in water and pineapple juice. 3. Heat 10ml sunflower oil in a medium pan, sauté turkey gently until white. 4. Add onion, carrot and the blended liquid. Bring to the boil, stirring all the time. Cover and simmer for 15 minutes. 5. Add the pineapple pieces and simmer for 5 minutes. Taste and season if required. 6. Rice - Heat sunflower oil and sesame oil in a wok. Add the cooked rice, spring onion and egg yolk. 7. STIR IMMEDIATELY. Continue to stir fry for 2 minutes. 8. Add soy sauce and mix well. Taste and season if required. 9. Serve rice in a hot dish garnished with spring onion curls. Serve turkey in a hot dish garnished with chopped parsley.
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Garnish/Decorate: Fried rice - spring onion curls	Sweet and Sour - 5ml parsley - finely chopped
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Differentiation notes:			
N4	chop carrot and pepper	N5	As is

Turkey Koftas with Rice

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, mix, shape</i>	<i>Peel, chop, dice, strain, mix, portion, shape</i>
Cookery Processes	<i>Boiling, shallow frying, stewing</i>	<i>Boiling, shallow frying, stewing</i>
Main Category of Ingredients	Poultry or alternatives	

<p>Ingredients</p> <p>50g onion - finely diced 2.5ml ground cumin 7.5ml madras curry paste 25ml sunflower oil 5ml fresh coriander - finely chopped 150g turkey mince 15g fresh wholemeal breadcrumbs Beaten egg to bind Plain flour for shaping 1 clove garlic - crushed 100ml chopped tomatoes 50ml passata 25ml chicken stock 25ml mango chutney Salt and pepper</p>	<p>Rice</p> <p>75g long grain rice pinch salt</p> <p>Garnish</p> <p>10ml red pepper - cut to small dice or 5ml chopped coriander</p> <p>Equipment</p> <p>2 x Pans Wooden spoon Chopping board (vegetable) Cooks knife Garlic crusher Metric spoons Measuring jug</p>
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Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	30 minutes		

Method:	<ol style="list-style-type: none"> 1. Heat 5ml of oil in a small pan, sweat 25g of the onion until soft with 1.25ml of ground cumin and 2.5ml of the madras curry paste. Leave to cool. 2. Mix the mince, onion mix, half of the coriander and the breadcrumbs together. Season with salt and pepper and add enough egg to bind. 3. Divide the mixture into 6 even portions. With lightly floured hands, shape into 6 koftas and chill until required. 4. Heat 5ml of oil in a medium pan, sweat the garlic and remaining onion, 1.25ml cumin and 5ml curry paste for 2 minutes. Add the chopped tomatoes, passata, stock and chutney 5. Bring to the boil, cover and simmer for 10 minutes. 6. Cook rice in boiling salted water for 12 minutes 7. Heat 15ml oil in a frying pan and carefully seal the koftas until golden brown and firm 8. Using a slotted spoon lift the koftas into the prepared sauce and simmer gently for 10 minutes. Add the remaining coriander and season to taste. Serve in a clean, hot serving dish. 9. Drain rice, stir in red pepper and serve in a clean, hot serving dish.
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Garnish/Decorate: 10ml red pepper - *cut in brunoise* [small dice] or chopped coriander

Differentiation notes:			
N4	chop onion, chopped coriander for garnish	N5	As is

Vegetable Curry with Braised Rice

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice,</i>	<i>Peel, chop, slice, dice, cut batons</i>
Cookery Processes	<i>Boiling, shallow frying, stewing</i>	<i>Boiling, shallow frying, stewing</i>
Main Category of Ingredients	Herbs and spices	

Ingredients

1 small onion - chopped
 200g potatoes - cut in 1cm dice
 50g carrots - cut in jardinere [baton]
 $\frac{1}{4}$ green pepper - cut in jardinere [baton]
 25g mushrooms - sliced
 10ml vegetable oil
 1cm piece cinnamon stick
 1 clove
 1 bay leaf
 2 green cardamoms
 1.25ml ground ginger
 1.25ml garlic powder
 1.25ml ground turmeric
 1.25ml chilli powder
 1.25ml cumin
 100ml water
 100ml canned chopped tomatoes
 15g creamed coconut

Braised Rice

75g long grain rice
 $\frac{1}{2}$ small onion - chopped finely
 150ml chicken stock
 (150 ml water + $\frac{1}{4}$ stock cube)
 40g butter
 salt and pepper
Garnish:
 10ml spoon chopped parsley,
 2 lemon twists

Equipment

Pan with lid
 Wooden spoon
 Vegetable peeler
 Chopping board
 Cooks knife

Preparation Time:	30 minutes	Servings/portions:	
Cooking time:	Curry 30 minutes	Rice 12 minutes (approximately)	

Method:

1. Heat oil in a saucepan and sauté onion for 2 minutes without colouring. Stir in the cinnamon, clove, bay leaf and cardamoms. Fry for 1-2 minutes.
2. Stir in the ginger, garlic, chilli powder, turmeric and cumin. Fry for 1-2 minutes.
3. Add potato, green pepper and carrot, stir to coat the vegetables with spices. Stir in the water and tomatoes, bring to the boil and simmer for 20 minutes.
4. Add the creamed coconut and mushrooms. Simmer for a further 5 minutes. Taste and adjust seasoning and consistency if required. Serve in a hot dish with braised rice **garnished with parsley and lemon.**
5. **Rice** - Place onion and butter in a microwave dish, sweat on high setting for 30 seconds. Add the rice and mix well to coats the grains with butter. Add the stock and seasoning.
6. Cover and cook on high for 9-10 minutes until liquid is absorbed and rice is tender. Allow to stand for 2 minutes, add remaining butter and fork to loosen
7. Serve in a hot dish with vegetable curry

Garnish/Decorate: 1 x 10ml spoon chopped parsley, 2 lemon twists

Differentiation notes:	N4	Chop potatoes, carrots, pepper	N5	As is
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Vegetable Lasagne

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, grate, mix, blend</i>	<i>Peel, chop, slice, dice, baton, grate, mix, blend</i>
Cookery Processes	<i>Baking, boiling, stewing</i>	<i>Baking, boiling, stewing</i>
Main Category of Ingredients	Fruit and vegetables	

<p>Ingredients</p> <p>50g mushrooms - sliced 50g green pepper - cut in jardinière [baton] 50g carrot - cut in macedoine [dice] 50g parsnip - cut in macedoine [dice] 50g onion - diced 10ml sunflower oil 75ml canned chopped tomatoes 10ml tomato puree 75ml vegetable stock 2.5ml mixed herbs 2.5ml garlic powder 2 sheets lasagne</p> <p>Garnish</p> <p>5ml parsley - finely chopped</p>	<p>Sauce</p> <p>20g margarine 20g plain flour 200ml milk salt and white pepper 15g mature cheddar cheese - grated 15g wholemeal breadcrumbs</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Equipment</p> <p>Pan Wooden spoon Chopping board (vegetable) Cooks knife Metric spoons Measuring jug Oven proof dish</p> </div>
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Preparation Time:	30 minutes	Servings/portions:	2
Cooking time:	40 minutes	Oven temperature:	170°C / gas 6

<p>Method:</p> <ol style="list-style-type: none"> 1. Heat the oil in a medium pan and sweat the onions with a tight fitting lid for 2 minutes. 2. Add remaining vegetables and continue to sweat for a further 2 minutes. 3. Stir in tomatoes, tomato puree, stock, mixed herbs and garlic powder. 4. Bring to the boil and simmer for 15 minutes or until vegetables are tender. Taste and season if required. 5. Sauce- Melt the margarine, add flour and stir to make a roux. Cook for 1 minute. Cool slightly. 6. Heat milk in a jug in the microwave for 30 seconds. Add the warm milk gradually to the roux. Return to the heat and bring to the boil. Simmer gently for 2 minutes. Season to taste. 7. To assemble - pour half of sauce into an ovenproof dish and cover with 1 sheet of lasagne. 8. Pour the vegetable sauce over the lasagne. Cover with 1 sheet of lasagne then rest of sauce. 9. Mix cheese and breadcrumbs together and sprinkle on top. Bake for 20-30 minutes until golden brown. 10. Clean the dish and serve garnished with chopped parsley.

Garnish/Decorate:

Garnish/Decorate: 5ml parsley - finely chopped

Differentiation notes:

N4 Chop pepper, carrot, parsnip and onion	N5 As is
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Apple Cake with Lemon Sauce

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, slice, mix, blend, rub in</i>	<i>Peel, chop, slice, cut matchsticks, mix, blend, rub in, portion</i>
Cookery Processes	<i>Baking, boiling</i>	<i>Baking, boiling</i>
Main Category of Ingredients	Dry ingredients	

Ingredients

100g S.R. flour
 40g margarine
 25g caster sugar
 1 egg
 1 medium cooking apple - quartered, peeled, cored and sliced thinly
 2.5ml cinnamon
 15ml granulated sugar

Lemon Sauce

100ml water
 50g syrup
 1 lemon - cut rind in fine julienne [matchstick]
 juice of $\frac{1}{2}$ lemon
 5ml cornflour

Equipment

Large bowl
 Sieve
 Scales
 Spoon
 Wooden spoon
 Sandwich tin
 Chopping board (vegetable)
 Knife
 Peeler

Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	30 minutes	Oven temperature	170°C / gas 6

Method:

1. Grease and line an 18cm sandwich tin
2. Sieve flour into a baking bowl. Rub in margarine until mixture resembles breadcrumbs
3. Beat egg and mix in to form a soft consistency. (If too stiff, add a little milk). Place mixture in tin and spread evenly
4. Press slices of apple into cake mixture in circles. Mix granulated sugar and cinnamon together and sprinkle over apples
5. Bake until golden and springy to touch
6. **Sauce** - Place water, lemon rind julienne and juice in a small saucepan, bring to the boil and simmer for 5 minutes. Stir in syrup then remove from heat.
7. Blend cornflour with 2 x 15ml spoons cold water and add to sauce, bring to the boil, stirring all the time.
8. Place cake on serving dish, topside uppermost. Pour sauce over cake and serve.

Garnish/Decorate: Dusting of icing sugar

Differentiation notes:

N4	chop rind	N5	As is
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Chocolate and Orange Meringue Roulade

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, whisk, fold</i>	<i>Peel, chop, segment, whisk, fold, portion, pipe</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients		

Ingredients

90g plain dessert chocolate
 3 large eggs
 90g caster sugar
 1 medium orange
 120ml whipping cream
 10ml icing sugar
 2-3 drops vanilla essence

Decoration: dusting of sieved icing sugar, swirls of cream, chocolate shapes, chocolate sauce, orange segments

Equipment

Swiss roll baking tin
 Greaseproof paper
 pastry brush & oil
 Electric Whisk
 Glass bowl
 Large bowl x 2
 Spatula
 Chopping board (vegetable)
 Vegetable knife
 2 extra sheets greaseproof paper
 Clean damp tea towel

Preparation Time:	minutes	Servings/portions:	4
Cooking time:	minutes	Oven temperature	150C / gas 4

Method:

1. Grease and line a baking tray
2. Place chocolate in a small glass bowl and melt in the microwave - 30 seconds on high
3. Separate eggs. Place whites in a large bowl and whisk until they hold their own shape. Chill.
4. Whisk egg yolks with the caster sugar until pale and creamy. Whisk in melted chocolate.
5. Fold 1 spoonful of egg white into chocolate mixture to loosen. Gently fold in rest of egg white.
6. Pour into the prepared tin and bake for 20 minutes until springy to touch.
7. Place a sheet of greaseproof paper on a work surface and sprinkle with caster sugar.
8. Cool roulade for 5 minutes, turn onto the sugared paper. Peel paper from roulade.
9. Trim 0.5cm from the sides, place a new sheet of paper over the roulade, cover with a damp dishtowel and leave to cool for at least 30 minutes.
10. Skin and segment the orange, chop into bite size pieces and drain thoroughly.
11. Whip the cream, icing sugar and vanilla essence to soft peak
12. Spread the cream over the roulade
13. Arrange the orange pieces evenly over the cream
14. Roll up the roulade from one short end, using the paper to help
15. Dust with icing sugar. Serve whole on a clean cool plate and decorate with cream, chocolate shapes etc

Garnish/Decorate:

Dusting of sieved icing sugar, swirls of cream, chocolate shapes, chocolate sauce, orange segments

Differentiation notes:

N4		N5	As is
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Chocolate Gateau

	National 4	National 5
Food Preparation Techniques	<i>Grate, coat, mix, blend, whisk</i>	<i>Strain, grate, coat, mix, blend, whisk, portion,</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients		

Ingredients

Sponge

20g cocoa
 3 x 15ml spoons boiling water
 120g plain flour
 5ml baking powder
 120g margarine
 120g caster sugar
 2 eggs

Filling

150g summer fruits pie-filling
 150ml whipping cream or synthetic powdered cream
 30g chocolate - grated

Decoration:

4 strawberries, chocolate shapes, swirls of cream, cocoa and fruit sauce

Equipment

Sandwich sponge tins
 Greaseproof paper
 Pastry brush & oil
 Scales
 Sieve
 Large bowl
 Wooden spoon
 Fork
 Cup
 Measuring jug
 Spatula
 Cutlery knife
 Wire cooling rack
 Colander or sieve for draining

Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	15-20 minutes	Oven temperature	150°C / gas 4

Method:

1. Grease and line 2 x 15cm sponge tins
2. Blend the cocoa powder with the boiling water to make a paste. Leave to cool.
3. Sieve flour and baking powder into a bowl. Beat eggs.
4. Add margarine, sugar, eggs, flour and baking powder to the cocoa and beat thoroughly
5. Divide mixture between tins. Bake for 15-20 minutes until well-risen and springy to touch
6. Turn cakes out onto a cooling tray and leave to cool. Whisk cream.
7. Drain some fruit sauce from pie filling. Sandwich sponge cakes together with pie filling.
8. Coat sides with cream and grated chocolate. Decorate top as required.
9. Serve four portions on individual plates decorated as desired

Garnish/Decorate:

4 strawberries, chocolate shapes, swirls of cream, cocoa and fruit sauce

Differentiation notes:

N4	As is	N5	As is
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Choux Towers

	National 4	National 5
Food Preparation Techniques	<i>Mix, whisk, fold</i>	<i>Mix, whisk, fold, pipe</i>
Cookery Processes	<i>Baking, boiling</i>	<i>Baking, boiling</i>
Main Category of Ingredients	Dairy Products or alternatives	

<p>Ingredients</p> <p>Pastry 125ml water Pinch of sugar Pinch of salt 50g butter 60g strong white flour - sieved twice 2 eggs</p> <p>Filling 200ml fresh whipping cream 25g icing sugar Vanilla essence to taste</p>	<p>Butterscotch Sauce 25g butter 15ml golden syrup 30g light muscovado sugar dash of lemon juice</p> <p>Equipment Parchment paper Baking tray Pan Wooden spoon Piping bag and nozzle Electric Whisk Spoon</p>
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Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	15 minutes	Oven temperature	170°C / gas 6

Method:	<ol style="list-style-type: none"> 1. Draw 4 x 6cm circles on a sheet of parchment paper. Place on a baking tray. Preheat oven. 2. Pastry - bring the water, sugar, salt and butter to the boil. Remove from the heat. Add the sieved flour and beat in with a wooden spoon. 3. Return to the heat and stir continuously until the mixture leaves the side of the pan. Remove from the heat and allow to cool slightly. 4. Beat eggs and gradually add enough egg, beating well between each addition, to give a dropping consistency. 5. Pipe the paste to fill the 4 marked circles giving the base a depth of 0.5cm. Pipe the remaining paste on parchment paper to give at least 20 small profiteroles about the size of an unshelled hazelnut. 6. Bake for 10-15 minutes until pastry is cooked. Turn oven off and allow pastry to dry. 7. Whip cream until it holds its shape. Fold in the icing sugar and vanilla essence to taste. 8. To assemble - cover the top of each base with a layer of cream. Fill 20 of the profiteroles with the remaining cream. Arrange 4 filled profiteroles on each base. Place a 5th profiterole on top. 9. Make butterscotch sauce by warming butter, syrup and sugar until well blended and the sugar has dissolved. Boil for 1 minute. Stir in the lemon juice. Cool slightly. 10. Serve on 4 individual plates, drizzle each tower with butterscotch sauce and decorate plates as desired
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Garnish/Decorate:				
Differentiation notes	N4	Spoon choux pastry	N5	As is

Individual Chocolate and Raspberry Tortes

	National 4	National 5
Food Preparation Techniques	<i>Grate, whisk, fold,</i>	<i>Grate, whisk, fold, portion, pipe</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients		

<p>Ingredients</p> <p>75g plain flour 3 medium eggs 75g caster sugar 20g milk chocolate - grated 20g white chocolate - grated 250ml fresh whipping cream 50g frozen raspberries</p> <p>Decoration</p> <p>Raspberry coulis, raspberries, cream, chocolate shapes</p>	<p>Equipment</p> <p>Swiss roll tin Greaseproof paper Pastry brush & oil Scales Sieve Large bowl Wooden spoon Electric Whisk Piping bag and nozzle</p>
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Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	8-10 minutes	Oven temperature	170°C / gas 6

<p>Method:</p> <ol style="list-style-type: none"> 1. Grease, line and grease a Swiss roll tin. Preheat oven. 2. Sieve the flour. Whisk the eggs and sugar until thick and creamy. 3. Sieve the flour on top of the egg mixture and carefully fold in. Pour into prepared tin. 4. Bake for 8-10 minutes until golden brown and well risen. 5. Turn the sponge onto lightly sugared greaseproof paper and leave until cold. 6. Mix the chocolates together. Whisk the cream to a soft peak consistency. 7. Remove $\frac{1}{2}$ of the cream into another bowl and gently stir in the raspberries. 8. Cut the sponge into 8 x 7.5cm circles. Use the raspberry cream to sandwich the circles of sponge together to give 4 individual tortes. 9. Spread a little of the remaining cream thinly round the sides of the tortes and coat with the grated chocolate. 10. Spread a little cream on top of each torte. Finish each torte with piped cream. 11. Serve on 4 individual plates, decorated appropriately.

<p>Garnish/Decorate:</p> <p>Raspberry coulis, raspberries, cream, chocolate shapes</p>
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Differentiation notes:			
N4	Omit piping cream	N5	As is

Lemon Meringue Pie

	National 4	National 5
Food Preparation Techniques	<i>Blend, whisk, fold, rub in, knead, roll out, shape</i>	<i>Blend, whisk, fold, rub in, knead, roll out, shape, line, bake blind</i>
Cookery Processes	<i>Baking, boiling</i>	<i>Baking, boiling</i>
Main Category of Ingredients	Eggs	

Ingredients

Pastry

75g plain flour
40g margarine
15ml cold water

Meringue

1 egg white
50g caster sugar

Filling

10ml cornflour
 $\frac{1}{2}$ lemon - rind and juice
25g caster sugar
100ml cold water
5g margarine
1 egg yolk

Garnish: few cherry pieces

Equipment

Scales
Sieve
Large bowl
Cutlery knife
Small bowl
Cup
15cm flan ring
Baking tray
Chopping boards (vegetable)
Knife
Peeler
Measuring jug
Whisk
Spoon or piping bag and nozzle

Preparation Time: 30 minutes	Servings/portions:
Cooking time: Pastry 15 minutes Meringue 10 minutes	Oven temperature Pastry - 170°C / gas 6 Meringue - 150°C / gas 3

Method:

1. **Pastry** - Sieve flour into a baking bowl. Cut and rub margarine into flour until it resembles breadcrumbs. Mix to a stiff paste with water
2. Knead pastry lightly, roll out and line a 15cm fluted flan ring. Bake blind for 15 minutes or until set and pale brown.
3. **Filling** - Separate egg yolk and white. Put egg white in a glass bowl and keep for meringue.
4. Place cornflour, lemon rind and juice and sugar in a small saucepan. Blend with a little of the measured water until a smooth paste. Add rest of water.
5. Put on a low heat and bring to the boil stirring all the time until mixture thickens. REMOVE from the heat and add egg yolk and margarine. Pour filling into pastry case.
6. Meringue - whisk egg white until very stiff and dry. Whisk in half of sugar, fold in rest of sugar.
7. Pile or pipe meringue on top of filling and bake until crisp and very pale brown
8. Decorate with cherry pieces and serve on a cold plate.

Garnish/Decorate : a few cherry pieces

Differentiation notes:

N4	Omit piping meringue	N5	As is
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Mandarin Gateau

	National 4	National 5
Food Preparation Techniques	Whisk, fold	Segment (fresh mandarin), coat, whisk, fold, pipe
Cookery Processes	Baking, grilling (coconut),	Baking, grilling (coconut),
Main Category of Ingredients	Dry ingredients	

<p>Ingredients</p> <p>Sponge</p> <p>3 eggs</p> <p>75g caster sugar</p> <p>75g self raising flour</p> <p>Decoration</p> <p>125ml whipping cream or substitute</p> <p>50gm coconut - toasted</p> <p>2 mandarins - skinned and cut in segments</p>	<p>Equipment</p> <p>2 sandwich tins and 1 baking tray</p> <p>Greaseproof paper</p> <p>Pastry brush & oil</p> <p>Scales</p> <p>Sieve</p> <p>Large bowl</p> <p>Large metal spoon</p> <p>Wooden spoon</p> <p>Whisk</p> <p>Measuring jug</p> <p>Spatula</p> <p>Cutlery knife</p> <p>Wire cooling rack</p>
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Preparation Time:	25 minutes	Servings/portions:	4
Cooking time:	15-20 minutes	Oven temperature	160°C /gas 5

<p>Method:</p> <ol style="list-style-type: none"> 1. Grease and flour two 15cm sandwich tins. Line base with greaseproof paper. 2. Pre-heat oven. 3. Whisk eggs and sugar in a large bowl until light and fluffy. 4. Carefully fold in flour with a metal spoon. 5. Divide the mixture evenly between the two prepared tins. 6. Bake for 15 - 20 minutes until golden brown and springy to the touch. 7. Grill to a 8. Allow to cool slightly in tins before turning out. 9. Remove greaseproof paper and cool on a wire tray. 10. Using the decorating foodstuffs fill, coat the side and decorate as desired. <p>N.B.</p> <p>Alternatively the mixture can be baked in a prepared swiss roll tin, the cooked sponge cut into three strips sandwiched, coated and decorated as desired. Drained, canned mandarins can be substituted for fresh if more convenient.</p>
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Garnish/Decorate:
Mandarin orange segments

Differentiation notes:			
N4	use tinned mandarins	N5	As is

Mixed Berry Shortcakes

	National 4	National 5
Food Preparation Techniques	<i>Puree, whisk, cream, fold, rub in, roll out, shape,</i>	<i>Puree, pass, whisk, cream, fold, rub in, roll out, shape, portion, pipe</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients	Dry ingredients and Dairy products or alternatives	

<p>Ingredients</p> <p>Shortcake 50g margarine 25g caster sugar 75g plain flour</p> <p>Fruit coulis 50g mixed berries 10ml spoon icing sugar 10ml spoon water</p> <p>Fruit Cream 50g mixed fruit berries 75ml whipping cream 10ml icing sugar</p> <p>Decoration 50 ml whipping cream few raspberries or strawberries mint leaves icing sugar</p>	<p>Equipment Scales Sieve Large bowl Rolling pin 6cm round cutters Baking tray Metal sieve Wooden spoon Piping bag and nozzle</p>
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Preparation Time:	20 minutes + resting 20 minutes	Servings/portions:	2
Cooking time:	10 - 15 minutes	Oven temperature	150°C / gas 4

<p>Method:</p> <p>Shortcake</p> <ol style="list-style-type: none"> 1. Cream margarine and sugar to a light consistency. 2. Gradually work in the flour to give a stiff dough. 3. Chill dough for a minimum of 20 minutes. 4. Roll dough out on a lightly floured table, and using a 6cm cutter, cut out four biscuits. 5. Place on a baking tray, prick with a fork and bake in the oven until lightly browned. 6. Allow to cool and then remove onto a cooling tray. <p>Fruit Cream</p> <ol style="list-style-type: none"> 7. Purée the fruit berries and then pass through a sieve to remove the seeds. 8. Whisk the whipping cream until stiff. 9. Fold in the mixed fruit purée and the icing sugar into the whipped cream until evenly mixed. Cover and place in the refrigerator to chill and become firmer <p>Fruit Coulis</p> <ol style="list-style-type: none"> 10. Purée the fruit berries and then pass through a sieve to remove the seeds. 11. Add the icing sugar and the water and stir until all the sugar has dissolved and the coulis is smooth 12. Cover and chill in the refrigerator until required. <p>Assembling</p> <ol style="list-style-type: none"> 13. Place a biscuit on each serving dish. Sandwich two of the shortcake biscuits together with the fruit cream. Sprinkle with icing sugar. 14. Pour some of the coulis around each shortcake to form a pool. 15. Decorate the top with piped rosettes of cream and raspberries/strawberries and/or other decoration as wished.

Garnish/Decorate: piped rosettes of cream and berries with dusting of icing sugar

Differentiation notes:	N4	omit the piping of cream	N5	As is
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Orange and Kiwi Pavlovas

	National 4	National 5
Food Preparation Techniques	Peel, chop, blend, whisk	Peel, chop, segment, blend, whisk, portion, pipe
Cookery Processes	Baking	Baking
Main Category of Ingredients	Egg	

Ingredients

2 egg whites
 100g caster sugar
 2.5ml cornflour
 2.5ml white malt vinegar
 100 ml whipped cream or cream substitute
 1 orange
 1 kiwi fruit
 25g chocolate - melted

Decorate:

4 individual serving plates with meringue nests decorated with fruit and drizzled chocolate

Equipment

Scales
 Large bowl
 Whisk
 Vegetable knife
 Chopping board
 Small bowl
 Piping bag and large star nozzle

Preparation Time:	20 minutes	Servings/portions:	4
Cooking time:	80 minutes	Oven temperature	130°C / gas 2

Method:

1. Pre-heat oven. Draw 4 x 8cm circles on silicone paper and place on a baking tray
2. Blend the cornflour and vinegar together
3. Whisk the egg whites until very stiff.
4. Whisk in sugar quickly. Whisk in cornflour mixture.
5. Place in a piping bag with a large star tube. Pipe the meringue in a swirl to cover the 4 marked circles. Pipe rosettes of meringue on the top of outer rim of the bases to form a raised edge.
6. Place in the oven and reduce temperature to 130 °C or gas 2. Bake for approx 1 hour until firm to the touch. Turn the oven off and leave the pavlovas in the oven for another 20 minutes.
7. Peel and segment the orange. Remove the skin from the kiwi fruit and cut into 8 wedges
8. Assemble: Place each meringue on an individual serving plate, fill with whipped cream and decorate with segments of orange and kiwi. Drizzle with melted chocolate.

Garnish/Decorate: 4 individual serving plates with meringue nests decorated with fruit and drizzled chocolate

Differentiation notes:

N4	omit segmenting orange and spoon pavlova mixture	N5	As is
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Poached Pears with Chocolate Sauce

	National 4	National 5
Food Preparation Techniques	Peel, chop, mix, blend	Peel, chop, mix, blend
Cookery Processes	Boiling	Boiling, poaching
Main Category of Ingredients	Fruit and Vegetables	

Ingredients

1 firm pear
250ml water
75g sugar
15ml lemon juice
small piece cinnamon stick

Chocolate Sauce

7.5ml cornflour
125ml milk
10ml cocoa
30ml caster sugar
5g butter

Equipment

Vegetable peeler
Vegetable knife
Chopping board
Slotted spoon
Measuring jug
Metric spoon

Preparation Time:	minutes	Servings/portions:	
Cooking time:	minutes	Oven temperature	

Method:

1. Place water, sugar, lemon juice and cinnamon in a pan & bring slowly to boil.
2. Remove a thin skin from pears, half lengthways and remove core.
3. Using a draining spoon, lower pears into liquid and slowly poach, with lid on pan, until pears are tender.
4. Remove pears from pan using a draining spoon and arrange on individual serving plates.
5. Chocolate sauce - Mix cornflour and cocoa together in a small saucepan, blend with a little of the measured milk. Add rest of milk and bring to the boil, stirring all the time. Mix in the sugar and butter. LEAVE TO COOL.
6. Use sauce to enhance presentation of pears on serving dishes.
7. Should be served cold - ensure time for chilling before serving.

Garnish/Decorate:

Drizzled with melted chocolate

Differentiation notes:

N4	As is	N5	As is
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Raspberry Roulades

	National 4	National 5
Food Preparation Techniques	<i>Puree, (coulis), whisk, fold,</i>	<i>Puree, (coulis), whisk, fold, portion,</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients	Dry ingredients	

Ingredients
3 eggs
75g caster sugar
75g plain flour
100ml whipping cream or synthetic cream
25g raspberry jam
Decoration
Raspberries, raspberry coulis, mint leaves, cocoa or icing sugar

Equipment
Swiss roll tin
Greaseproof paper
Pasty brush and oil
Whisk
Large bowl
Sieve
Scales
Bowl scraper

Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	8-10 minutes	Oven temperature	180°C / gas 7

Method:
1. Grease a Swiss roll tin, line with greaseproof paper and then grease the paper
2. Whisk the eggs and sugar until very thick and creamy. Sieve flour and fold in gently using a metal spoon
3. Pour the mixture into the prepared tin, bake for 8-10 minutes until golden brown
4. Cool slightly, then turn the sponge onto sugared non-stick baking paper and trim the edges of sponge
5. Roll up immediately with the paper inside roll. Allow to cool.
6. Whisk the cream until thick.
7. Carefully unroll the sponge, spread with a little jam and then cover with cream.
8. Carefully re-roll and then slice into individual portions
9. Serve on four plates and decorate as desired

Garnish/Decorate:
Raspberries, raspberry coulis, mint leaves, dusting of cocoa or icing sugar

Differentiation notes:			
N4	Omit portioning	N5	As is

Spicy Fruit Crumble Tart

	National 4	National 5
Food Preparation Techniques	<i>Peel, chop, mix, rub in, knead, roll out, shape, bake blind</i>	<i>Peel, chop, dice, mix, rub in, knead, roll out, shape, bake blind</i>
Cookery Processes	<i>Baking</i>	<i>Baking</i>
Main Category of Ingredients	Fruit and Vegetable	

Ingredients

Pastry

100g plain flour
60g margarine
25g caster sugar
10ml cold water

Filling

1 large cooking apple - cut in macedoine [dice]
15ml brown sugar
50g raisins
2.5ml cinnamon
5ml cornflour
Crumble Topping
50g plain flour
25g polyunsaturated margarine
30ml demerara sugar
30ml oatmeal or rolled oats
2.5ml cinnamon

Equipment

Baking tray
Ovenproof dish
Large bowl
Sieve
Rolling pin
Flour dredger
Spoon

Preparation Time:	25 minutes	Servings/portions:	4
Cooking time:	40 minutes	Oven temperature	170°C or gas 6

Method:

1. Pre-heat oven 170°C or gas 6
2. **Pastry:** Sieve flour into a bowl. Add fat and rub in. Add sugar and mix well. Gradually add water to make a firm dough. Knead lightly, put aside in a cool place and allow to rest before use.
3. **Topping:** Sieve flour into a bowl. Add fat and rub in. Add sugar, oatmeal & cinnamon and mix well.
4. **Flan case:** Roll out pastry on a lightly floured table. Line a 15 cm flan ring. Bake blind for 15 minutes.
5. **Filling:** Mix all filling ingredients in a small bowl.
6. **Assemble:** Spoon the filling into the blind baked flan case; sprinkle the topping neatly over the top. Return to the oven and cook for a further 20 - 25 minutes until golden brown.
7. Serve individual portions with a sweet sauce of own choice.

Garnish/Decorate:

Dusting of icing sugar

Differentiation notes:

N4	Chop apple	N5	As is
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Steamed Sponge Pudding with Custard

	National 4	National 5
Food Preparation Techniques	Mix, blend, cream, fold,	Mix, blend, cream, fold, portion
Cookery Processes	Boiling	Boiling, steaming
Main Category of Ingredients	Dry ingredients	

<p>Ingredients</p> <p>50g soft margarine 50g caster sugar 1 egg - beaten 60g self raising flour good pinch baking powder</p> <p>Custard</p> <p>15ml custard powder 125ml milk 10ml caster sugar</p>

<p>Equipment</p> <p>Large bowl Sieve Bowl scraper Wooden spoon Spoon Measuring jug Metric Spoons Steamer Pudding bowls/ Dariole Mould</p>
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Preparation Time:	15 minutes	Servings/portions:	2
Cooking time:	40-45 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Grease 2 individual pudding bowls or 1 medium . Prepare greaseproof or foil to cover for steaming. 2. Cream margarine with sugar until light and fluffy. Gradually add the beaten egg, beating well between each addition. 3. Sieve the flour and baking powder together and then gradually fold this into the creamed mixture using a large metal spoon. If necessary add enough water to ensure a soft dropping consistency. 4. Divide the mixture between the 2 pudding bowls or into one medium. Cover securely with foil / greaseproof paper and steam in a pan of boiling water or in a steamer for 40 - 45 minutes until cooked. 5. Turn the puddings out onto one large plate or 2 individual plates and decorate with custard 6. Custard - In a small saucepan, blend custard powder with a little of the measured milk to form a smooth paste. Stir in rest of milk. Add sugar. 7. Bring to the boil stirring all the time until the mixture thickens. Serve with steamed pudding. <p>NB: This pudding is also good with lemon sauce - see Apple Cake with Lemon Sauce recipe</p>

Garnish/Decorate:
Dust with icing sugar

Differentiation notes:			
N4	Can cook in oven like muffins or cup cakes	N5	As is

Sticky Toffee Pudding

	National 4	National 5
Food Preparation Techniques	<i>Chop, mix, cream, fold,</i>	<i>Chop, mix, cream, fold, portion, pipe (decoration)</i>
Cookery Processes	<i>Baking, boiling</i>	<i>Baking, boiling</i>
Main Category of Ingredients	Dry ingredients	

<p>Ingredients</p> <p>100g S.R. flour 100g caster sugar 50g margarine 1 egg 75g dates - chopped 100ml boiling water 1.25ml bicarbonate of soda 1.25ml vanilla essence</p> <p>Butterscotch Sauce</p> <p>4 x 15ml spoons double cream 30g butter 50g Demerara sugar</p>
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<p>Equipment</p> <p>Large bowl Small bowl Scales Sieve 18cm sandwich tin Measuring jug Kettle Wooden spoon Bowl scraper Greaseproof paper Pastry brush and oil</p>

Preparation Time:	20 minutes	Servings/portions:	4
Cooking time:	30-40 minutes	Oven temperature	150°C (fan assisted) or GM 4

<p>Method:</p> <ol style="list-style-type: none"> 1. Grease and line an 18cm sandwich tin. 2. Place dates in a small bowl, cover with boiling water. Add vanilla essence and bicarbonate of soda. 3. Cream the butter and sugar together until light and fluffy. Gradually beat in the eggs. 4. Fold in the flour and then the dates. Mixture will be quite soft. 5. Place in the greased tin and bake for 30 to 40 minutes until firm to the touch. Cool slightly. 6. Sauce - combine all ingredients in a saucepan and heat gently until the sugar has dissolved. 7. Carefully portion the sticky toffee pudding and serve on individual plates. Pour sauce over pudding 8. Plate could be decorated with cream and dusted cocoa or icing sugar

Garnish/Decorate:

Pipe cream on plate and dusted with cocoa or icing sugar
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Differentiation notes:

N4	Omit piping cream	N5	As is
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Strawberry Mousse and Shortbread Biscuits

	National 4	National 5
Food Preparation Techniques	<i>Puree, whisk, cream, fold, (shortbread - knead, roll out, shape)</i>	<i>Puree, whisk, cream, fold, portion, pipe (shortbread - knead, roll out, shape)</i>
Cookery Processes	<i>N/A (Baking - shortbread)</i>	<i>N/A (Baking - shortbread)</i>
Main Category of Ingredients	Dairy products or alternatives	

<p>Ingredients 200ml tinned strawberries and juice 25g caster sugar 10ml gelatine 2 x 15ml spoons cold water 6 x 15ml spoons Chilled evaporated milk (chilled in fridge overnight) 1 drop of red food colouring</p> <p>Decoration: Swirls of cream, halved strawberries, chocolate shapes</p> <p>Accompaniment: Shortbread Biscuits</p>	<p>Equipment Small bowl Hand blender Whisk Serving dishes Piping bag and nozzle</p>
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Preparation Time:	15 minutes	Servings/portions:	2
Setting time:	30 minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1 Place gelatine and cold water in a small bowl. Heat in microwave on high for 30 seconds. Stir until gelatine is dissolved. 2 Measure strawberries, food colouring and juice into container that comes with hand blender or measuring jug. Use hand blender to puree strawberries. 3 Add sugar and pureed strawberries to gelatine. Place in fridge. 4 Whisk evaporated milk until thick. 5 When the gelatine mixture starts to set, gradually fold it into the evaporated milk. 6 Spoon into two small glass dishes and leave to set in fridge. 7 Pipe a swirl of topping onto each mousse and decorate with strawberries and chocolate. Serve with shortbread biscuits <p>NB: Shortbread Biscuits - use recipe from Mixed Berry Shortcakes. Cut in small rounds and reduce time in oven</p>

<p>Garnish/Decorate: Swirls of cream, halved strawberries, chocolate shapes served with Shortbread Biscuits</p>
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Differentiation notes:			
N4	Omit piping cream	N5	As is

White Chocolate and Lime Cheesecake

	National 4	National 5
Food Preparation Techniques	<i>Grate, mix, whisk, fold</i>	<i>Grate, mix, whisk, fold, portion, pipe</i>
Cookery Processes	<i>N/A</i>	<i>N/A</i>
Main Category of Ingredients	Dairy products or alternatives	

<p>Ingredients</p> <p>100g ginger nut biscuits 40g unsalted butter 1 lime 100g low fat cheese 20g caster sugar 150ml double cream 75g white chocolate</p> <p>Decoration: Piped cream, fruit and chocolate shapes</p>

<p>Equipment</p> <p>Rolling pin and food bag Pan Wooden spoon Grater or zester Knife Bowl Whisk Bowl Scraper Spoon Piping bag and nozzle Flan ring and baking tray</p>

Preparation Time:	30 minutes	Servings/portions:	4
Cooking time:	minutes		

<p>Method:</p> <ol style="list-style-type: none"> 1. Crush the biscuits. Melt the butter and mix into the biscuit crumbs. 2. Press the mixture into a 15cm flan ring and chill 3. Wash then grate the rind of the lime and squeeze out the juice. 4. Beat the cream cheese and the sugar together 5. Whisk the double cream until it is a soft peak consistency 6. Melt the chocolate and mix with the cream cheese 7. Add the lime rind and 15ml of the juice to the cream cheese mixture and beat well 8. Fold in half of the cream to the mixture. Reserve the remaining cream for piping. 9. Spoon the cream cheese mixture over the biscuit base and chill until it is firm. 10. Remove flan ring and place on a cold plate 11. Pipe with the remaining cream and decorate appropriately.
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<p><i>Garnish/Decorate:</i></p> <p>Piped cream, fruit and chocolate shapes</p>
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Differentiation notes:			
N4	Omit piping cream	N5	As is

Pear and Chocolate Puddings

	National 4	National 5
Food Preparation Techniques	<i>Peel, mix, cream, fold,</i>	<i>Peel, , mix, cream, fold,</i>
Cookery Processes	<i>Baking, boiling</i>	<i>Boiling, poaching, steaming</i>
Main Category of Ingredients	Dry ingredients	

Ingredients
1 very small firm pear
250ml water
75g sugar
2.5ml vanilla essence
Sponge
25g Margarine
25g Light Brown Sugar
1/2 egg
2.5ml treacle
20g Self raising flour
5ml cocoa powder

Equipment
Vegetable peeler
Pan with lid
Slotted spoon
Plate
Large bowl
Scales
Sieve
Large metal spoon
Dariole moulds or Ramekin dish

Preparation Time:	20 minutes	Servings/portions:	1
Cooking time:	30 minutes	Oven temperature	

Method:
1. Grease a dariole mould or ramekin dish
2. Place water, sugar, and vanilla in a pan & bring slowly to boil.
3. Peel pear (keeping the stalk on) and remove the core from the base
4. Using a slotted spoon, lower pears into liquid and slowly poach, with lid on pan, until pears are tender, 10 minutes.
5. Remove pear from pan using a slotted spoon and leave to cool on a plate.
6. In a large bowl, cream together the margarine and sugar until pale and fluffy. Add the egg, incorporating it into the mixture. Stir in the treacle. Sieve in the flour and cocoa powder onto a plate. Fold the flour and cocoa powder into the wet mixture using a large metal spoon.
7. Put the mixture into a greased dariole mould or ramekin dish and add the pear with the stock pointing upwards.
8. Place in a steamer and steam for 30 minutes.
9. Serve in the dariole mould or ramekin dish or removed from the cooking container and place in a bowl decorated appropriately

Garnish/Decorate:	Drizzled with melted white chocolate
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Differentiation notes:			
N4	Bake in the oven at 180°C for 12 - 15 minutes	N5	As is