



Hospitality

S3

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Best Chocolate Self-Saucing Mug Cake



I am learning today.... To measure carefully read the recipe carefully and work speedily



I am successful if I can.... I follow the recipe exactly (preparation and method). Accurately measure ingredients. I am also successful if I follow the washing up routine instructions.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, no nail varnish or jewellery on).
2. Take container out, Wash work surface and wash hands.
3. Collect equipment Collect all ingredients and place into medium bowl.
- 4.

Ingredients

2 x 15ml (rounded spoons) Self raising Flour
3x 15ml Sugar
15ml Cocoa Powder
3 x 15ml Milk
2.5 x 15ml Oil (or melted butter)
1.25ml Vanilla Essence

1 1/2 x 15ml Brown Sugar
5ml Cocoa Powder
3 x 15ml Hot Water

Equipment

Metric Spoon
1 Large bowl (for mixing)
1 Small bowl or oversized mug (for cooking)
Plastic Spatula
Tablespoon
Skewer
Cling film
Microwave



Method

1. Line a medium bowl with cling film or use an oversized mug or dessert bowl as it rises it could overflow during cooking.
2. In a large bowl add the flour, sugar, 1st measure of cocoa powder and baking powder and stir well.
3. Add to this the milk, oil and vanilla essence and mix until fully combined
4. Pour into a microwave proof clingfilm lined bowl (or oversized mug or dessert bowl) - it will rise during baking. Use the plastic spatula to scrape out all the mixture.
5. Sprinkle over the brown sugar and second measure of cocoa powder
6. Carefully pour over the hot water
7. Place the bowl in the microwave
8. Press clear (or reset) on the microwave. Set microwave to "High Power" and cook for 1 1/2 minutes. Remove carefully with oven gloves once cooked
9. Serve warm with ice cream, cream, custard or a delicious dessert sauce!
10. Wash up using **Washing Up Routine (SEE POSTER AT SINK)** and tidy work area
11. Test the cake with a skewer. If the cake is cooked the skewer comes out clean.
12. If the cake is not ready cook on high power for 30 seconds and test again. Again if the cake is not ready cook for another 30 second at high power and repeat until ready.
13. When cake is ready leave cake to stand for 5 minutes.
14. Turn cake out onto a cooling tray. Dust some icing sugar over the cake.
15. Place into your labelled container. Finish **Washing Up Routine (SEE POSTER AT SINK)**.

Storage instructions: Ready to use. When cool, store in an airtight container in the fridge.
Eat within 1 - 2 days.

Cheese Scones



I am learning today....

To build on my rubbing in and shaping skills



I am successful if I can....

Rub in flour and margarine to resemble breadcrumbs. I can add only enough of the milk until I make a soft dough (too much makes a soup!)

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, no nail varnish or jewellery on.
2. Take container out, Wash work surface and wash hands.
3. Preheat oven to Fan Oven 180oC/ Gas Mark 6 (Electric 200oC)
4. Grate cheese onto a plate

Ingredients

100g SR Flour
25g Margarine
15g Chesses (grated)
60 mls milk (4 x15ml spoon)

Equipment

Scales (if flour not weighed)
Metric Spoon
Large bowl
Sieve
Grater
Scone cutters
Rolling pin
Flour dredger

Method

1. Sieve flour into bowl with margarine.
2. Chop up margarine into bowl.
3. Rub-in flour and margarine to resemble breadcrumbs.
4. Add milk GRADUALLY.
5. Bring mixture together using round bladed knife.
6. Lightly flour table top and flatten/roll out mixture to 2 cm thick.
7. Cut out scones into 8 wedges
8. Grate cheese and evenly spread on top of scones.
9. Place scones on lightly floured baking tray.
10. Using oven gloves place into oven.
11. Bake for 10 -12 minutes until risen and golden brown
12. Place into your labelled container. Finish **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to eat or cool quickly, store in refrigerator in an airtight container and eat within 1 day. .

Orange Bakewell Tart



I am learning today....

to work hygienically as I follow a recipe and to work safely as I use the oven. I am also learning to use my time effectively



I am successful if I can....

I follow the recipe exactly (preparation and method) and have the pastry in the oven within 15 minutes of the class starting so that they will be ready to fill and cook the sponge next lesson

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, no nail varnish or jewellery on).
2. Take container out, Wash work surface and wash hands.
3. Preheat oven to Fan Oven 180oC or Gas Mark 6 (Electric 200oC)
4. Collect equipment Collect all ingredients and place into medium bowl.
5. Crack egg in a cup.

Ingredients

Pastry
75g plain flour
40g margarine
15ml spoon cold water
20ml orange marmalade

Sponge
50g soft margarine
50g caster sugar
50g S. R. flour
1.25ml orange extract
1 egg

Equipment

Scales (if flour not weighed)
Metric Spoon
Cup
Fork
Large bowl
Rolling pin
Flour Dredger
Knife
Foil sandwich tins
Wooden spoon

Method

1. Preheat oven to Fan Oven 180°C or Gas Mark 6 (Electric 200°C)
2. Pastry – sieve flour into a baking bowl. Rub in margarine until like breadcrumbs. Mix to a stiff paste with water.
3. Lightly flour table. Knead pastry and roll out into a circle slightly larger than fluted flan ring. Line flan ring with pastry and trim edges.
4. Bake blind for 15-20 minutes approx.
5. **Reduce** the oven to Fan Oven 160°C or Gas Mark 4 (Electric 180°C)
6. Put all ingredients for sponge in a baking bowl. Beat until smooth and glossy.
7. Spread marmalade over base of pastry. Spread sponge mixture over the marmalade.
8. Bake until risen and golden brown. Dredge with icing sugar and serve.
9. Place into your labelled container. Finish **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use or store in refrigerator in an airtight container and eat within 2 days.

Potato Gratin



I am learning today....

I am being efficient with my time and controlling the cookery process,

I am successful if I can.... I have the gratin in the oven within 25 minutes of the lesson.

Preparation

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 160°C or Gas Mark 4 (Electric 180°C)
5. Wash peel and rewash vegetables

Ingredients

200g potatoes (prepared weight)
100ml whole milk
100ml double cream
Nutmeg for grating
1/2 garlic clove
50g cheese, grated (see tip)

Equipment

Scales
Measuring jug
Pan with lid
Bowl
Plate
Vegetable peeler
Ovenproof dish

Method

1. Pre-heat oven. Prepare vegetables
2. Wash and peel the potatoes, putting them in a bowl of water as you go. Pat them dry and slice into 2mm thick pieces (a mandoline is best for the job). Don't wash the potato slices as the starch will help thicken the cream.
3. Heat the oven to 180°C/fan160°C/gas 4. Bring the milk and double cream to the boil in a large, wide sauté pan over a medium heat. Add the sliced potatoes and stir gently. Season generously with salt, pepper and a few gratings of nutmeg, lower the heat and simmer for about 20 minutes, stirring every 2 minutes so the potatoes don't catch on the bottom of the pan and the heat is evenly distributed.
4. Peel the garlic and rub the inside of a 2.5 litre (about 23cm x 23cm) gratin dish with it. Stir three quarters of the grated cheese into the potato mixture, then remove from the heat. With a spatula, spread and layer the mixture in the gratin dish and top with the remaining cheese.
5. Bake the gratin for 40 minutes; there should be tiny bubbles on the surface. The gratin is cooked when the tip of a sharp knife cuts into the potatoes with no resistance. If the gratin isn't golden on the top but is cooked all the way through, put under a hot grill for a few minutes. Leave to sit for 5 minutes before serving. Serve. **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use or store in refrigerator in an airtight container and eat within 2 days.

Turnip, Beetroot and Orange Roast Between 4

(Not nice swede/turnip bitter)



I am learning today....

I am being efficient with my time and controlling the cookery process,



I am successful if I can....

I have the vegetables in the oven within 25 minutes of the lesson.

Preparation

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 150°C or Gas Mark 3 (Electric 170°C)
5. Wash peel and rewash vegetables

Ingredients

400g Turnip
 400g Beetroot
 2 x 15ml Olive Oil
 Salt and Pepper
 1 x 15ml Marmalade
 100ml Orange Juice
 2 x 15ml Balsamic Vinegar
 15ml Butter

Equipment

Method

1. Pre-heat oven. Prepare vegetables
2. Wash and peel the Turnip and Beetroot
3. Heat oven to 150°C or Gas Mark 3 (Electric 170°C)
4. Chop the turnip and beetroot into 2cm dice
5. Toss in olive oil, season with salt and pepper
6. Put the marmalade into a saucepan with orange juice , vinegar, butter and heat gently
7. Tip roasted vegetables into the saucepan and turn up the heat
8. Cook stirring until the vegetable are glazed then remove from heat and serve
9. Serve. **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use or store in refrigerator in an airtight container and eat within 2 days.

Chips



I am learning today....

I am being efficient with my time and controlling the cookery process,



I am successful if I can....

I have the vegetables peeled and chopped within 15 minutes of the lesson.

Preparation

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat deep fat fryer make sure oil is below maximum and above minimum (Electric 180°C)
5. Wash peel and rewash vegetables

Ingredients

400g potatoes
15ml Butter

Equipment

Chopping board
Knife
Deep fat fryer

Method

1. Pre-heat oven. Prepare vegetables
2. Wash and peel the potato make sure there are no black marks. Re wash and dry with paper towel
3. Chop into slices
4. Slice slices into batons
5. Deep fat fry until the potatoes are golden and floating on oil remove from heat pat dry of oil and serve
6. Serve. **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use .

Swiss Roll



I am learning today....

Whisk egg and sugar. To fold in



I am successful if I can....

Whisk egg and sugar until 3 times the original size.
Fold in flour and cocoa without losing the air in my mixture

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

2 eggs
75g caster sugar
75g S. R. flour
15ml spoon warm water
75g strawberry jam

Equipment

Scales
Metric Spoon
Large bowl
Mixer
Metal spoon
Small bowl
Bowl scraper
Vegetable knife
Greaseproof paper
Swiss roll tin
Pot stand

Method

1. Preheat oven to Fan Oven 180oC or Gas Mark 6 (Electric 200oC). Grease and line a baking tray.
2. Place eggs and sugar in a baking bowl. Whisk with an electric hand mixer until very thick and creamy – takes about 5 minutes.
3. Using a metal spoon, gently fold in sieved flour. Fold in warm water.
4. Pour mixture into prepared swiss roll tin, spread out evenly if needed. Bake for 8-10 minutes until golden and springy to touch and well risen.
5. Turn the sponge onto sugared greaseproof paper and trim the edges. Cover with another piece of greaseproof paper and roll up immediately. Leave to cool.
6. Place jam in a small bowl. Heat in microwave on HIGH for 30 seconds
7. Sprinkle some caster sugar on to a sheet of greaseproof paper. Turn sponge upside down on to the paper. Carefully remove lining paper from sponge.
8. Spread jam on sponge. Trim off crisp edges. Roll up sponge and place on cooling tray.
9. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). Place into your labelled container

Variations

1. If liked, pipe some cream along top of Swiss Roll and decorate with fruit
2. Instead of putting jam on Swiss Roll, roll up with paper inside. When cool, carefully unroll paper, spread with jam and cream or fruit and cream then roll up again..

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Crunchy Chocolate Cookies

 **I am learning today....** To Weigh and measure quickly and cream margarine and sugar

 **I am successful if I can....** Have my ingredients weighed within the first 10 minutes of the lesson and cream margarine and sugar until pale and smooth.

Preparation:

Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
Take container out, Wash work surface and wash hands.
Collect Ingredients and equipment
Preheat oven Fan Oven 160°C or Gas Mark 4 (Electric 180°C).

Ingredients

50g soft margarine
25g soft brown sugar
½ beaten egg
few drops vanilla essence
100g plain flour
25g rice crispies

Melted chocolate to decorate

Equipment

Baking tray
Oil and Pastry brush for greasing tray
Wire cooking rack
Scales
Large bowl
Wooden spoon
Cup
Rolling pin
5cm round cutter
Fork

Method

1. Preheat oven to Fan Oven 160°C or Gas Mark 4 (Electric 180°C). Grease a baking tray.
2. Cream margarine and sugar. Add egg and vanilla essence.
3. Mix in flour and rice crispies to form a dough.
4. Roll out dough on a lightly floured surface to ½ cm thickness.
5. Cut out biscuits using a 5cm round cutter.
6. Bake for 12-15 minutes until pale brown.
7. When cool, coat with melted chocolate. Mark with a fork and leave to set.
8. Wash up using Washing Up Routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions: Ready to eat or cool quickly, store in refrigerator in an airtight container and eat within 1 day. Reheat until piping hot.

Black Cherry Roulade



I am learning

Whisk egg and sugar. To fold in



I am successful if I can....

Whisk egg and sugar until 3 times the original size.
Fold in flour and cocoa without losing the air in my mixture

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 200oC or Gas Mark 7 (Electric 220oC).
5. Grease a baking tray and line with greaseproof paper. Grease the paper.

Ingredients

60g self raising flour
15g cocoa
75g caster sugar
2 eggs
15ml spoon warm water

60ml black cherry jam or pie filling

30g Dream Topping
70ml Milk
(or 100ml Whipping Cream)

Equipment

Scales,
Swiss roll tin
Greaseproof paper
Sieve
Large bowl
Electric Whisk
Small bowl
Spatula
Plate
Large tablespoon

Method


1. Whisk eggs and sugar until very thick and creamy.
2. Sieve flour and cocoa onto a plate
3. Sieve flour and cocoa on top of the egg mixture and carefully fold in. Fold in warm water. Pour into prepared baking tin.
4. Bake for 8-10 minutes until brown and well risen.
5. Turn the sponge onto sugared greaseproof paper and trim the edges. Cover with another piece of greaseproof paper and roll up immediately. Leave to cool.
6. Whisk cream until it stands in peaks.
7. Carefully unroll the sponge, spread with jam or pie filling and then with half of the cream. Carefully re-roll.
8. Place on a serving plate. Pipe with remaining cream.
9. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
10. Place into your labelled container but leave lid off to allow to cool .

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Caramel Shortcakes (Make extra for Strawberry Mouse)

 **I am learning today....** To cream margarine and sugar and to work quickly and efficiently

 **I am successful if I can....** To cream margarine and sugar until pale and smooth. Have my mixture ready to go into the oven within the first 15 minutes of the lesson

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 160oC or Gas Mark 4 (Electric 180oC)

Ingredients

Biscuit

50g butter 9or margarine)
25g caster sugar
75g plain flour

Filling—Caramel

15ml—dulce de leche
or Carnation Caramel
per sandwich biscuit

Equipment

Baking tray
Oil and Pastry brush for greasing tray
Wire cooking rack
Scales
Large bowl
Wooden spoon
Cup
Rolling pin
5cm round cutter
Fork
Oil for greasing tray

Method

1. Cream margarine and sugar in a mixing bowl. Add sieved flour and mix to a stiff dough.
2. Roll out on a floured table. Cut into rounds using a 5cm cutter. Roll out scraps of dough and cut as before. Make 6 rounds altogether.
3. Place on a lightly greased baking tray, lightly fork and bake in the oven for 8 to 10 minutes until lightly browned. Shortcakes will still be soft and will harden as they cool.

Caramel filling

1. Sandwich shortcakes with caramel—15ml of caramel between 2 shortbread biscuits.
2. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). Place into your labelled container.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Strawberry Mousse and Shortbread Biscuits



I am learning today.... The blending technique



I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
- 4.

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

Decoration: Swirls of cream,
Accompaniment: Shortbread Biscuits

Equipment

Small bowl
Hand blender
Whisk
Serving dishes
Piping bag and nozzle

Method

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

NB: Shortbread Biscuits – use recipe from Caramel Shortcakes.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Vegetable Biryani



I am learning

to work safely and hygienically using the hob. Continuing to build my skills at dicing.



I am successful if I can....

Keep pot handle inwards. Controlling the cookery process (onions soft not brown, rice to cook by simmering gently not boiling hard).

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Fill the kettle and turn it on

Ingredients

1/4	Onion
1/2	Carrot
1/8	Cauliflower
5ml	Vegetable Oil
5ml	Curry Powder
15ml	Frozen Peas
100g	Canned Chickpeas drained (1/4 can)
50g	Rice
100ml	Water

Equipment

Scales,
Silicone mat
Chopping board,
Vegetable knife,
Pot with lid
Metric Spoons,
Wooden Spoon


Method


1. Peel and dice onion
2. Wash peel and rewash carrot
3. Chop carrot into small even sized pieces (same size as onion dices)
4. Break cauliflower into florets (little flowers)
5. Measure oil and heat in the pan
6. Add curry powder and onion to oil and cook for a few minutes until the onion softens. **DO NOT LET ONIONS BROWN.**
7. Add the carrot, peas, cauliflower, chickpeas and rice and stir for 1 minute
8. Measure the boiling water in a jug and power carefully over the mixute. Simmer gently with the lid on the pan for 20 minutes (stir regularly to check it is not sticking to the bottom of the pot)
9. When the rice is tender and the vegetables are cooked (knife goes easily through the cauliflower and carrot). Serve.
10. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
11. Place into your labelled container but leave lid off to allow to cool .

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Fruit Cobbler

 **I am learning today....** To build on my rubbing in and shaping skills. I am being efficient with my time and controlling the cookery process, baking

 **I am successful if I can....** Rub in flour and margarine to resemble breadcrumbs. I can add only enough of the milk until I make a soft dough (too much makes a soup!). I have the cobbler in the oven within 25 minutes of the lesson. .

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 180°C or Gas Mark 6 (Electric 200°C).

Ingredients

Topping

100g S.R. flour
1.25ml baking powder
25g margarine
25g caster sugar
4 x 15ml spoons milk
5ml demerara sugar

Fruit base

1 large cooking apple
50g berries e.g. blackberries
25g granulated sugar

Equipment

Sieve
Large bowl
Scales
Rolling pin
Small cutter
Vegetable peeler
Vegetable knife
Chopping board
Oven proof dish/tin foil container
Pastry brush

Method

Topping

1. Sieve flour and baking powder into a baking bowl. Cut and rub in margarine until like breadcrumbs.
2. Mix in caster sugar. Add milk and mix to a stiff dough.
3. Knead lightly on a floured surface, roll out to 1cm thickness, cut in rounds using small cutter.

Fruit base

4. Quarter, peel, core and slice apple. Layer in an ovenproof dish with berries and granulated sugar.
5. Arrange scones on top, overlapping them. Brush with a little milk, then sprinkle demerara sugar on top.
6. Bake for 20 minutes approx. until scones are well risen and golden and fruit is cooked.
7. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
8. Place into your labelled container.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Herby Vegetable Cobbler



I am learning today....

To build on my rubbing in and shaping skills. I am being efficient with my time and controlling the cookery process, stewing



I am successful if I can....

IRub in flour and margarine to resemble breadcrumbs. I can add only enough of the milk until I make a soft dough (too much makes a soup!). I have the cobbler in the oven within 25 minutes of the lesson. Simmering the stew is small bubbles not boiling away.

Preparation

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 180°C or Gas Mark 7 (Electric 200°C)
5. Wash peel and rewash vegetables

Ingredients

Base

- 1 small potato – peeled and diced
- 1 small carrot – peeled and sliced
- ½ small onion – chopped finely
- 100g chopped tinned tomatoes
- 10ml cooking oil
- 10ml tomato puree
- 100ml water
- 1/4 vegetable stock cube
- 10ml cornflour
- 15ml tomato juice (from canned tomato)
- 2.5ml mixed herbs

Topping

- 75g SR flour
- 20g margarine
- pinch dried mixed herbs
- 2 x 15ml spoon milk
- 12.5g cheese - grated
- a little beaten egg or milk to glaze the top of cobbler

Equipment

- Scales
- Metric spoon
- Measuring jug
- Pan with lid
- Chopping board
- Cooks knife
- Vegetable peeler
- Ovenproof dish

Method

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 flour 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 2 cm 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. **Washing Up Routine** (SEE POSTER AT SINK).

Preparation Time:	25 – 30	minutes	Servings/portions:	2
Cooking time:	Base 15	minutes	Oven Temperature:	180°C / gas 7
	Cobbler 15 -20	minutes		

Storage instructions:

Ready to use or store in refrigerator in an airtight container and eat within 2 days.

Chilli Lentils

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

Sauce

50g lentils
½ onion
5ml oil
2 tinned tomatoes
100ml tomato juice
100ml water
2.5ml chilli powder
2.5ml basil
25g mushrooms
50g frozen diced peppers

Rice

500ml water
5ml salt
50g rice

Equipment

Equipment

Sieve - metal
Chopping board
Plate
Scales
Small bowl
2 pans
Pan stand
Tin foil container
Measuring jug
Wooden spoon
Metric spoons
Knife
Tablespoon
Vegetable knife

Method

Sauce

1. Collect onion, mushrooms and peppers onto plate.
2. Peel and chop onion finely.
3. Wash and slice mushrooms. Keep mushrooms separate from onion and peppers.
4. Measure lentils into sieve. Rinse thoroughly then place the sieve on small bowl.
5. Measure water and juice into measuring jug, add tomatoes, tomato puree, chilli powder, basil and salt.
6. Roughly chop the tomatoes in the jug.
7. Measure oil into saucepan and fry onion and peppers for 2 minutes.
8. Add lentils to pan. Add ingredients from the measuring jug. Simmer for 20 minutes until lentils are cooked. DO NOT ALLOW TO BURN.
9. Add mushrooms and cook for a further 3 minute.

Rice

1. Measure water and salt into pan, put on lid, high heat and bring to the boil.
2. Measure rice and add to pan when water is boiling. Cook 12 minutes without lid.
3. Test for readiness. Drain through metal sieve. Place in serving dish and make a well in the centre.

To finish dish

1. Test sauce for seasoning. Check the consistency. Pour sauce into centre of rice. Serve
2. Wash up using Washing Up Routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat or cool quickly, store in refrigerator in an airtight container and eat within 1 day. Reheat until piping hot.

Chicken Stir Fry



I am learning today....

Knife skills



I am successful if I can....

Use my knife safely and confidently

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

Coriander Small bunch
1" ginger
1 clove garlic (peeled)
1 red chilli
1 spring onion
Chopped cooked chicken
1/2 red pepper
1/2 yellow pepper
2 chestnut mushrooms
1/4 courgette

1 lime (between 2)
5ml sesame oil
5 ml soy sauce
5ml Honey
Straight to wok Noodles (1 portion)

Equipment

Equipment
Chopping board
Silicone mat
Sharp knife
Plate
Wok
Non stick Fish slice

Metric spoons

Method

1. Rough cross chop coriander, ginger garlic, (Put on plate)
2. Finely slice (Tap chop) Slice chilli and spring onion (Put on plate)
3. Slice Rock chop) pepper, mushroom and courgette
4. Heat oil in wok
5. Add coriander garlic chilli and spring onion cook for 30 seconds
6. Add chicken pepper, mushroom and courgette and then stir fry for 2—3 minutes making sure it doesn't stick to the wok
7. Roll one lime and half between you and your partner
8. Add sesame oil, soy sauce, and honey
9. Squeeze juice of half a lime into wok
10. Add one portion of noodles into wok and heat through
11. Test noodles add more soy sauce if it needs more salt
12. Top with additional coriander
13. Wash up using Washing Up Routine (SEE POSTER AT SINK). Place into your labelled container

Jamie's Dream School | Jamie Oliver's Knife Skills

Storage instructions:

Ready to eat or cool quickly, store in refrigerator in an airtight container and eat within 1 day. Reheat until piping hot.

Not Pot Noodle



I am learning today....

Use the kettle and the microwave safely



I am successful if I can....

Make sure cables are out of the way and use oven gloves to remove items from the microwave.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Put the kettle on (fill kettle to maximum level) and turn on
5. Measure 200ml of boiling water into the measuring jug.
6. Place 1/2 stock cube in water and stir

Ingredients

1/2 vegetable stock cube
1/2 onion
1 piece of red pepper
1 piece of courgette
1 mushroom
1 x 15ml sweet corn
1 x 15ml peas
50g noodles
15ml—30ml sauce

Equipment

Metric spoons
Green chopping board
Vegetable knife
Measuring jug
Fork
Small bowl
Spoon
Your labelled container

Method

1. Slightly break the noodles into the small bowl and add to the measuring jug with 200ml boiling water and 1/2 stock cube.
2. Wash vegetables. (pepper, courgette, and wipe the mushroom)
3. Peel and finely chop onion and red pepper.
4. Chop the red pepper.
5. Slice the courgette and the mushroom.
6. Slice the mushroom
7. Place all the vegetables into the measuring jug with the broken noodles.
8. Place the jug into the microwave and cook on full power for 2 minutes.
9. Start to tidy up and wash up using Washing Up Routine (SEE POSTER AT SINK).
10. Carefully remove from microwave. (use oven gloves)
11. Add sauce to the jug and stir thoroughly.
12. Serve and enjoy!
13. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Lemon Sponge Pudding



I am learning today....

Use the mixers and the microwave safely



I am successful if I can....

Make sure cables are out of the way and use oven gloves to remove items from the microwave.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Measure 50g Margarine and place in large bowl
5. Measure 50 g sugar and place in large bowl

Ingredients

50g S.R. flour
50g caster sugar
50g soft margarine
1 egg
1 x 5ml lemon juice
1 x 15ml syrup

Equipment

Metric spoons
Scales
Large bowl
Small bowl
Cup
Mixer
Your labelled container

Method

1. Collect all equipment and ingredients.
2. Grease a small glass bowl.
3. Place the syrup at the bottom of the small greased bowl.
4. Weigh Margarine into Large Bowl
5. Weigh Sugar into large bowl
6. Sieve flour into a large bowl.
7. Add the sugar, margarine and egg to the large bowl and beat using a wooden spoon until smooth and creamy.
8. Stir in the lemon zest and juice.
9. Place the mixture into the small greased bowl.
10. Place in the microwave and cook at high for 2 ½ minutes.
11. Using oven gloves remove from the microwave and turn upside down into container.
12. Tidy up and wash dishes.
13. Serve and enjoy!
14. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Quick Cheesy Pasta (Microwave)



I am learning today....



I am successful if I can....

Preparation

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 180°C or Gas Mark 7 (Electric 200°C)
5. Wash peel and rewash vegetables

Ingredients

50g macaroni or shell pasta,
125ml water,
0.125ml salt,
60ml milk,
30g cheese grated

Equipment

Large Bowl
Grater
Wooden Spoon
Oven gloves
Pot Stand
Measuring jug
Scales

1. Combine the pasta, water, and salt in a microwave-safe bowl. Place the pasta, water, and salt in a deep, microwave-safe bowl and stir to combine.
2. Microwave the pasta for 2 minutes. Microwave on high power for 2 minutes, then stir. Watch to see if the water is foaming over the side of the bowl and stir earlier if needed. Use oven mitts or a kitchen towel if you need to move the bowl out of the microwave to do this.
3. Continue microwaving in 2-minute intervals until the pasta is cooked. Continue microwaving in 2-minute intervals, stirring between each interval, until the pasta is soft and cooked through, 4 to 8 minutes more, depending on your microwave strength. If the pasta absorbs all the water before the pasta is cooked, add another 2 tablespoons of water.
4. Stir the milk and cheese into the pasta. Use oven gloves to remove the bowl from the microwave. Stir in the milk, cheese, and any extra add-ins.
5. Microwave in 30-second intervals to melt the cheese. Microwave on high power for 30 seconds, then stir. Continue microwaving in 30-second intervals, stirring between each interval, until the cheese has melted and forms a creamy sauce, 1 to 1 1/2 minutes total. For a creamier sauce, add an extra tablespoon or two of milk and cheese.
6. Eat immediately. This mac and cheese is best when piping hot from the microwave. If you need to reheat it, add an extra splash of milk.

Storage instructions:

Ready to use or store in refrigerator in an airtight container and eat within 2 days.

Salads – Tuna & Pasta

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

50g pasta shells
1 spring onion
1/4 red pepper
40g tuna (1/4 tin)
25g tinned sweetcorn
30ml mayonnaise

Equipment

Pan
Kitchen scissors
Chopping board
Vegetable knife
Plate
Metric spoons

Method

1. Cook pasta in boiling water for 12 minutes until soft. Drain pasta and rinse with cold water. Place in a baking bowl.
2. Wash spring onion and cut into small pieces using kitchen scissors. Wash and dice red pepper.
3. Flake tuna on a plate. Add to pasta along with sweetcorn and mayonnaise.
4. Mix well together and serve.
5. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
6. Place into your labelled container but leave lid off to allow to cool .

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Salads – Ham & Rice Salad

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

50g basmati rice
½ stick celery
1 spring onion
1 slice cooked ham
1 slice tined pineapple
15ml sultanas

Dressing

15ml olive oil
2.5ml cider vinegar
rind & juice of ¼ orange
salt and pepper

Equipment

Pan
Measuring jug
Metric spoons
Vegetable knife
Chopping board
Scales
Colander
Fork
Kitchen scissors

Method

1. Cook rice in boiling water for 12 minutes
2. Wash and chop celery finely. Wash and snip spring onion into small pieces. Remove skin from melon and cut into small pieces. Cut ham in small cubes.
3. Whisk together dressing ingredients using a fork.
4. Drain rice in a sieve then rinse with cold running water. Place in a baking bowl, add rest of ingredients including dressing.
5. Mix well and serve.
6. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
7. Place into your labelled container but leave lid off to allow to cool .

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Fast Fusilli / Garlic Bread

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

40g Fusilli or other pasta
½ clove garlic
1 mushrooms
15 Frozen sweetcorn
1/8 piece of red pepper
few leaves fresh basil
15ml spoon vegetable oil
salt and pepper
grated cheese

Garlic Bread (1 between 2)
1/3 French stick (bread cut lengthwise)
25g Flora light
½ clove garlic

Equipment

Pan
Frying pan
Chopping board
Vegetable knife
Colander
Small bowl
Knife
Baking tray

Method

1. Fettuccine – cook pasta in boiling water for 12 minutes then drain.
2. Crush garlic, wash and slice mushrooms, wash and slice baby corn, wash and slice pepper.
3. Heat oil in a frying pan, fry mushrooms and garlic for 3 minutes over a medium heat. Add baby corn and pepper, fry for a further 3 minutes.
4. Add drained pasta and basil leaves to pan. Heat through.
5. Serve on a warm plate, sprinkle a little cheese on top.
6. Garlic Bread – preheat oven to Fan Oven 160°C or Gas Mark 4 (Electric 180°C)4
7. Peel and chop garlic, mix with butter and chopped parsley.
8. Slice ciabatta roll – slices not right through but held together at base. Spread each slice with the butter. Wrap in tinfoil and bake for 10-15 minutes.
9. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
10. Place into your labelled container.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Pizza Baked Potato

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Preheat oven to Fan Oven 180°C or Gas Mark 6 (Electric 200°C).
5. Finely dice onion and slice pepperoni crush the garlic, grate the cheese



Ingredients

1 baking potatoes
5ml olive oil

1/4 onion, finely chopped
1 1/4 garlic clove, crushed
15g sliced pepperoni, torn
100g can chopped tomato (1/4 can)
A few basil leaves, shredded
25g grated cheese
Salt and Pepper

Equipment

Plate
Grater
Paper towel
Green chopping board
Silicone mat
Vegetable knife

Method

1. Scrub Potato and pat dry with paper towel.
2. Cut potato into half length wise. Place on paper towel on a plate and add 15ml water.
3. Cover with paper towel and microwave on full power for 5 minutes. (Both partners potatoes in the microwave at same time).
4. Place potatoes in oven to cook for a further 10 minutes
5. While the potatoes cook, heat the oil in a small pan and sauté the onion for 5 mins to soften.
6. Stir in the garlic and pepperoni, and cook for 1-2 mins, then add the chopped tomatoes.
7. Bring to the boil, then simmer for 5 mins.
8. Season with salt and pepper and stir in half the basil.
9. Spoon over the split potatoes and top each one with a good handful of cheese and the rest of the basil.
10. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
11. Place into your labelled container.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Hot Swiss Trifle

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

Base

½ Swiss roll
200g tinned fruit

Custard

15ml custard powder
15ml granulated sugar
150ml milk
1 egg yolk

Meringue

1 egg white
50g caster sugar

½ cherry to decorate

Equipment

Ovenproof dish
Cup
Small glass bowl
Measuring jug
Metric Spoons
Whisk
Piping bag and nozzle

Method

1. Preheat oven to Fan Oven 140°C or Gas Mark 3 (Electric 160°C)

Base

2. Slice Swiss roll thinly and arrange round sides and base of an ovenproof dish.
3. Drain fruit and place in dish. Separate egg – put white in a small glass bowl and egg yolk in a cup.

Custard

4. Place custard powder, granulated sugar and egg yolk in a medium pot. Add a little milk and mix to a smooth paste. Gradually mix in rest of milk.
5. Bring to the boil **STIRRING ALL THE TIME**. When custard has thickened, pour over the fruit.

Meringue

6. Whisk egg white until very stiff. Lightly whisk in the sugar. Pile meringue on top of custard and bake for 10-15 minutes until crisp and very pale brown. (Meringue can be piped if time permits)

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Chilli Pocket

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1 pitta bread
½ onion
50g mince
2.5 ml spoon chilli powder
3 tablespoons chopped tomatoes
15ml kidney beans
100ml water
¼ stock cube

Equipment

Scales
Measuring jug
Metric Spoons
Serving dish or your labelled container

Method

1. Peel and finely chop the onion.
2. Measure the stock in the jug; add the chilli powder, tomatoes and kidney beans.
3. Place the mince in the stew pan and brown on a low heat; stirring continuously with a wooden spoon.
4. Add the chopped onion and cook for 2 minutes.
5. Add the contents of the jug to the stew pan, bring to the boil.
6. Reduce the heat and simmer for 15 minutes.
7. Slit the pitta bread lengthways and place in your container.
8. Fill the pitta bread with the mince mixture and serve.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

It's a wrap

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1/4 cooked chicken breast
1/8 diced lettuce
1 wholemeal / plain tortilla wrap
15ml spoon natural yoghurt
25ml mayonnaise
2.5ml spoon curry paste
10ml spoon mango chutney

Equipment

Scales
Measuring jug
Metric Spoons
Serving dish or your labelled container


Method

- 1.
2. Measure the yoghurt, mayonnaise, curry paste and chutney into a pyrex bowl.
3. Mix together using a spoon.
4. Chop the chicken into bite sized pieces.
5. Add to the pyrex bowl and stir together.
6. Prepare salad vegetables:
7. Cucumber- wash and cut into strips
8. Lettuce- rinse, dry and shed.
9. Build your wrap: Lay the tortilla flat and place the salad into the middle, spoon on the chicken mixture.
10. Turn up the bottom edge and fold the sides into the middle.
11. Wrap a colourful napkin around your tortilla and serve.
12. Tidy up and wash dishes.
13. Serve and enjoy!
14. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Layered Salad

 **I am learning today....** I will be able to prepare a Layered Salad and demonstrate good food hygiene practices and safe knife skills to prepare vegetables.

 **I am successful if I can....**

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1/8 lettuce
1/6 cucumber
1/6 red pepper
1 carrot
1 eating apple
50g sweetcorn
1 egg

Equipment

Scales
Measuring jug
Metric Spoons
Serving dish or your labelled container

Method

- 1.
2. Place the egg gently in a small pan with just enough cold water to cover.
3. Bring to the boil then reduce heat and simmer for 8 - 10 minutes.
4. Remove from the pan with a slotted spoon and place in a bowl of cold water to cool completely.
5. Wash and shred the lettuce.
6. Wash, peel and coarsely grate the carrot.
7. Wash and dice the cucumber.
8. Wash, deseed and dice the pepper.
9. Wash, quarter, core and dice the apple.
10. Shell the egg and cut into quarters.
11. Layer the ingredients in the jar in the order they were prepared to give a rainbow of colour.
12. Seal.
13. Tidy up and wash dishes.
14. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Vegetable Stir Fry

 I am learning today....

 I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1 clove garlic
1 piece of fresh ginger
½ onion
1 mushroom
1 piece of red/green pepper
1 piece of carrot
Handful of beansprouts
1 sheet noodles
2.5ml Chinese five spice
10ml oil

Optional: soy sauce and/ or sweet chilli sauce

Equipment

Scales
Measuring jug
Metric Spoons
Serving dish or your labelled container

White chopping board
Vegetable knife
Peeler
Small bowl
Small saucepan
Damp paper towel
Dry paper towel
Large frying pan


Method

- 1.
2. Collect all ingredients
3. Finely chop the garlic and ginger.
4. Slice the onion, mushroom, pepper & carrot.
5. Boil water in a pan. Cook noodles for 4 minutes. Drain.
6. Heat the oil in a frying pan. Add all the vegetables and spice and stir fry for 8-10 minutes. Add in the bean sprouts and stir-fry for 2 minutes.
7. Add the drained noodles to the vegetables. Add in soya sauce and chilli sauce to taste.
8. Serve.
9. Tidy up and wash dishes.
10. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Quesadilla

 **I am learning today....** I will be able to prepare a Mexican Quesadilla snack safely and hygienically and identify the nutrients within the ingredients list.

 **I am successful if I can....**

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1 wholemeal / plain tortilla wrap
15ml spoons pizza sauce
½ spring onion
1 pepperoni / 3 slices salami / 1 slice ham
50g cheddar cheese

Variations:

25g sweetcorn
1/8 red pepper

Equipment

Scales
Measuring jug
Metric Spoons
Serving dish or your labelled container

Method

1. Pre-heat the oven to 180oC, Gas Mark 6.
2. Oil a piece of foil and place it on a baking tray.
3. Lift the tortilla wrap on top of foil.
4. Spread the pizza sauce over the wrap using the back of the tablespoon.
5. Mark a line down the middle of the wrap with the edge of the spoon.
6. Chop the pepperoni / salami into bite sized pieces.
7. Wash and slice the spring onion.
8. Grate the cheese.
9. Place the spring onion and pepperoni / salami to one side of the marked line.
10. Sprinkle the grated cheese on top.
11. Fold the wrap over to make a semi-circle and fold the foil around it, scrunch the edges to seal the wrap inside.
12. Place the baking tray in the oven and bake for 15 – 20 minutes.
13. Unwrap, half, serve and eat.
14. Tidy up and wash dishes.
15. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Pot Noodle



I am learning today....

Il will be able to prepare a pot noodle snack and compare it with a ready-made pot noodle



I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

70g fine egg noodles
125ml chicken stock
5ml spoon dark soy sauce
25g frozen peas
25g drained canned or frozen sweetcorn
50g cooked chicken, shredded
2.5ml spoon cornflour

Equipment

Small pan
Sieve
Pot stand
Measuring jug
Measuring spoons
Teaspoon
Mug

Method

1. Cook the noodles according to the packet instructions (or use pre-cooked noodles).
2. Drain through a sieve and set aside.
3. Put the stock, soy sauce, peas, sweetcorn and chicken in a pan over a medium heat.
4. Bring to a simmer and cook for 2 minutes.
5. In a small cup, mix the cornflour with 2 tsp of cold water and add to the contents of the pan then cook, stirring, for a further minute until the liquid thickens slightly.
6. Add the noodles and reheat briefly, stirring.
- 7.
8. Tidy up and wash dishes.
9. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Cheddar and Chive Jackets



I am learning today.... |



I am successful if I can....

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment

Ingredients

1 baking potato
25g margarine
50g cheddar cheese
10ml chives
1 mushroom
Salt & Pepper

Equipment

Method

1. Fork/Stab the potato in several places.
2. Cook on FULL POWER for approx. 7 minutes until softened.
3. Grate the cheese, chop the chives and slice the mushroom.
4. Halve the potato and scoop the flesh into a bowl, add the margarine, chives, mushroom, salt and pepper, mix thoroughly.
5. Pile the mixture into the potato skins and place in a microwave dish.
6. Cook on MEDIUM for 4 minutes.
- 7.
8. Tidy up and wash dishes.
9. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

Washing Up Routine - Kitchen Hygiene

Preparation for washing dishes

Clean as you go

- 1 Put things away
 - a) Rubbish away. **In a covered bin because waste food attracts flies**
 - b) Stack dishes - **To the side of the sink - not on the drainer**
 - c) Put ingredients away and food into your container
 - d) Put recipe away



Before washing dishes

- 2 Fill basin with **HOT** soapy water.
Hot soapy water removes grease and bacteria. Cold water doesn't work.
- 3 Wipe down work area with damp net cloth
Use hot soapy water to dampen cloth and squeeze it out)
Somewhere to store clean dishes



Washing the dishes

- 4 Wash dishes. **Place upside down on draining board to drain:**
 - a) Glass
 - b) Sharp
 - c) Cutlery
 - d) Cleanest
 - e) Dirtiest
 - f) Pots and baking trays last **Use a dish washing brush or scouring pad.**
- 5 **Dry and putting away the dishes**
 - a) Dry dishes **Bacteria will grow on damp stored dishes.**
 - b) Store them on your clean work surface
 - c) Teacher to check dishes
 - d) Put away clean dishes



Finishing touches (after teacher has checked your dishes and they are put away)

- 6 **Clean workstation for next time**
 - a) Wipe down and dry work surface
 - b) Wipe hob (top of cooker)
 - c) Wipe taps
 - d) Wipe basin
 - e) Wipe draining board
 - f) Clean and wipe sink (check it is free from food)
Bacteria like moisture and food.
 - g) Put net cloth and tea-towel in the laundry basket for washing



Self cleaning
kitchen -
Clean up
after yourself

