



S2 Recipes

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Fruit Smoothie



I am learning today....

to work safely and hygienically in the school kitchen.



I am successful if I can....

follow the kitchen routine at the beginning of the practical lesson and to follow the washing up routine after cooking.

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 Strawberries
50ml Milk
1/4 banana
2 drops Vanilla Extract

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Small bowl
Tumbler
Green Chopping Board
Vegetable knife
Hand blender and jug
Or Electric Blender Machine
Your labelled container

(works best if share a blender)

Method

1. Measure Milk and add vanilla extract.
2. Wash strawberries
3. Slice banana
4. Add all ingredient to the blender.
5. Blend until smooth.
6. Pour into tumbler
7. Tidy up and wash dishes.
8. Serve and enjoy!
9. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Store in an airtight container in the fridge. Best drink within 1 day.

Mixed Berry Fruit Smoothie



I am learning today....

to work safely and hygienically in the school kitchen



I am successful if I can....

follow the kitchen routine at the beginning of the practical lesson and to follow the washing up routine after cooking.

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 Frozen Mixed Berries
1/2 Banana
50ml Natural Yogurt
50ml Milk
7.5ml sugar (optional)

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Your labelled container
Hand blender
Blender jug or measuring jug
Chopping board
Knife
Tumbler

Method

1. Collect all equipment and ingredients.
2. Peel the banana and cut up into small pieces.
3. Put all of the ingredients into a blender and puree together until smooth
4. Pour into a chilled glass and serve with a straw.
5. Keep in mind that you may have to add ice or use fresh fruit if you really want to serve it cold.
6. Tidy up and wash dishes.
7. Serve and enjoy!
8. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Store in an airtight container in the fridge. Best drunk within 1 day.

Fruit Fusion



I am learning today....

to work safely and hygienically in the kitchen. Measuring ingredients accurately and how to use the knife safely.



I am successful if I can....

use the knife safely. I should also be able to demonstrate that I can peel the fruit, measure using a metric spoon, as well as using the bridge and claw holds for chopping. I will be successful in working hygienically if I follow the washing up routine correctly.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, jewellery off, jumpers off, bags, coats etc away.)
2. Take container out
3. Wash work surface and wash hands.
4. Collect equipment and ingredients
5. Wash the grapes and apple



Ingredients

30ml orange or apple juice
¼ clementine or satsuma
¼ apple
¼ banana
¼ kiwi fruit
4 green grapes
4 red grapes
2 tinned peaches slices
or 1 tinned pineapple slice
Splash of lemon juice

Equipment

Metric spoons
Small bowl
Chopping board
Silicone mat
Paper towel for peelings
Vegetable knife
Dessertspoon

Method

1. Measure the orange or apple juice and pour into bowl.
2. Peel the clementine or satsuma and separate into segments, add to the bowl.
3. Wash grapes, cut in half and remove any seeds, add to the bowl
4. Peel the kiwi fruit and slice, add to the bowl.
5. Peel the banana and slice carefully, add to the bowl.
6. Wash the apple, remove the core from the apple, slice, add to the bowl
7. Add splash of lemon juice – mix well.
8. Chopped tinned peaches and add to bowl.
9. Mix well to coat ingredients with juices. **Eat fruit salad (or put in container to take home..**
10. Wash up using **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use. Store in an airtight container in the fridge.
Best eaten within 2 days.

Potato Wedges



I am learning today....

to work hygienically as I follow a recipe and to work safely as I use the microwave & oven. To improve my knife skills and to use my time effectively



I am successful if I can....

follow the recipe exactly (preparation and method).
Cut the potato safely into even sized wedges so that it will cook faster.
I am also successful if I follow the washing up routine instructions.

Preparation:

1. Follow Kitchen routine, (Wash hands collect, recipe, net cloth, tea towel, silicone mat, apron, long hair tied back, no false nails or nail varnish or jewellery on).
2. Take container out and wash work surface
3. Turn on the oven to the correct temperature 220°C/Gas mark 7
4. Collect equipment and collect ingredients

Ingredients

- | | |
|-------|---------------------------------|
| 1 | Medium Potato (unpeeled) |
| 15ml | Water |
| 5ml | Sunflower Oil |
| 2.5ml | Chilli powder or Smoked Paprika |
| | Salt and pepper |

Equipment

Green Chopping board/Silicone mat
Vegetable knife
Small bowl
Plate & 3 Paper towels
Dessert spoon
Measuring Spoons
Baking tray
Fish slice
Pot stand (to put hot tray on when out of oven)

Method

1. Preheat oven at 220°C/Gas mark 7.
2. Scrub potato and pat dry with paper towel.
3. Cut potato into half length wise (put flat side down on chopping board).
4. Cut the halves lengthwise in half into 4 wedges.
5. Cut each quarter in a third length wise into 12 wedges.
6. Place on paper towel on a plate and add 15ml water.
7. Cover with paper towel and microwave on full power for 5 minutes. **(Both partners potatoes in the microwave at same time (One Plate but one paper towel of potato wedges on top of the other)).**
8. Wash chopping board and knife and put away.
9. Mix together oil and spice (either chilli or smoked paprika) in the small bowl.
10. Remove par-cooked potato wedges from the microwave **using oven gloves.**
11. Toss the potato wedges in oil and spices mixture.
12. Stir until coated and then put on a baking tray (Separated & if possible curved side on tray).
13. Place tray in the top shelf of the oven and bake for 10-15 minutes until crisp.
14. Wash up using **Washing Up Routine.**
15. *When wedges ready remove from oven and place on pot stand. Season to taste with salt and pepper.*
16. *Serve with mayonnaise, ketchup or salad . Finish **Washing Up Routine** (SEE POSTER AT SINK).*

Storage instructions:

Ready to use. When cool, store in an airtight container in the fridge.
Reheat in microwave for 30 seconds. Eat within 1 - 2 days.

Sandwich Wrap

 I am learning today.... to use a grater safely and improve my grating skills.

 I am successful if I can.... use the correct cut on the grater and use it safely.

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 x 15ml Spoons of Mayonnaise
or Garlic Mayo
½ Carrot
1 Large Tortilla

Equipment

Your labelled container
Metric Spoon
Vegetable Knife
Chopping Board
Grater
Peeler
Spreading Knife
Plate

Method

1. Collect all equipment and ingredients.
- 2.
3. Top and tail the carrot, then peel and grate.
4. Place the tortilla on a flat surface.
5. Evenly spread the hummus over the top of the tortilla.
6. Sprinkle the grated carrot on the top of the hummus.
7. Fold the bottom of the tortilla up, over the filling.
8. Fold over one side.
9. Fold over the other side.
10. Serve.
11. Tidy up and wash dishes.
12. Serve and enjoy!
13. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Remember to wash and dry the carrot before preparing it.

You may wish to chose a variety of fillings – be creative. For example, 4 slices of cucumber, 1 slice of meat such as ham, turkey or chicken, 2 x 15ml spoons sandwich spreads/relishes and 2 x 15ml spoons of hummus.

Storage instructions:

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

Croque - Monsieur



I am learning today.... to work safely and hygienically in the kitchen. Safe use of the grill.



I am successful if I can.... use the grill safely and continue using the vegetable knife safely. Also if I follow the washing up routine correctly.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, jewellery off, jumpers off, bags, coats etc away.)
2. Take container out, Wash work surface and wash hands.
3. Collect equipment and ingredients
4. Pre-heat grill (grill tray must be out and close grill door open).



Ingredients

30g hard cheese eg Cheddar, Edam
2 slice wholemeal bread
1 slice ham
salt and pepper to season

Equipment

Grater
Fish slice (optional)
Grill pan (1 between 2)
Plate
Paper towel

Method

1. Grate the cheese onto a plate and divide into 3 portions.
2. Toast one side of one of the slices of bread under the grill until golden brown
3. Turn over toasted slice of bread and place 2nd untoasted slice of bread on grill pan.
4. Lay the ham over one slice of bread.
5. Arrange the sliced tomato over the other slice of bread.
6. Sprinkle a portion of cheese over both slices of bread.
7. Place the two slices under the hot grill until golden brown and cheese bubbling.
8. When the 'cheese is bubbling hot, remove from the grill.
9. Carefully sandwich the 2 slices of bread together,
10. Turn the untoasted side up on grill pan and sprinkle the remaining cheese on top.
11. Place under the grill until golden brown and the cheese has melted. Serve,
12. Wash up using **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

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

Baked Potato with Coleslaw



I am learning today....

to work hygienically as I follow a
To improve my knife skills and to use my time effectively.



I am successful if I can....

follow the recipe exactly (preparation and method).
Use the knife safely. I am also successful if I follow the washing up routine.

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 small piece of white cabbage
1/4 small onion (65g)
1/4 eating apple
1/2 carrot (50g)
3 x 15ml mayonnaise
Salt and pepper

1 baking potato (100g)

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Your labelled container

Method

1. Collect all equipment and ingredients.
2. Wash and dry the potato using some kitchen paper
3. Stab the potato with a fork
4. Place potato on plastic measuring jug and put in the microwave and cook on high for 4 minutes,
5. Remove using oven gloves and leave to stand for 2 minutes.
6. Wash cabbage, pat dry and shred finely
7. Peel and chop onion
8. Wash peel, rewash carrot and pat dry
9. Grate carrot using the large coarse side of the grater
10. Mix cabbage, onion, carrot and apple in bowl, Add a little salt and pepper to season.
11. Add the mayonnaise and mix thoroughly to make coleslaw
12. Wash and dry the potato using some kitchen paper
13. Tidy up and wash dishes.
14. Serve and enjoy!
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.

Spicy Pasta



I am learning today.... to work safely and hygienically using the hob. Continuing to build my skills at dicing vegetables



I am successful if I can.... point the pot handle inwards. Controlling the cookery process (onions soft not brown) and safely drain water from the pasta.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Measure 2 x 400 ml water into pan. Add 2.5 ml salt.
4. Put on lid and bring water to boil.
5. Measure 1 level cup of pasta.
6. When water boils add pasta. Keep **LID OFF**.
7. Bring back to boil. Reduce heat to medium and boil pasta till tender (about 12 minutes).



Ingredients

800ml	Water
1 cup	Pasta
¼	onion
5 ml	oil
100g	tinned tomatoes
2.5 ml	basil and/or chilli powder
50 ml	water
Seasoning	

Equipment

Scales,
Measuring Jug
Cup
Silicone mat
Chopping board,
Vegetable knife,
Pot with lid
Metric Spoons,
Vegetable knife
Chopping board
Measuring jug

Method

1. Make sure you have water on for pasta (or pasta is on to cook)
2. Peel and dice onion. Set aside.
3. Measure water in measuring jug.
4. Collect tomatoes and add to jug.
5. Add chilli powder or basil to jug. Set aside.
6. Measure oil into pan. Place on a medium heat and fry onions for 2 minutes. **DO NOT LET THE ONIONS BROWN**
7. Stir in tomato mixture from jug. Bring to the boil then lower heat.
8. Simmer for 10-15 minutes. Do not burn. Add a little extra water if needed.
9. Taste sauce, adjust seasoning and then add pasta to pan.
10. Mix well then spoon into tin foil.
11. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). .
12. Place into your labelled container but leave lid off to allow to cool .

Storage instructions:

Ready to use or cool quickly, store in refrigerator and reheat for approximately 2 minutes in microwave on full power or 15 minutes in preheated oven 190oC (fan oven 170oC) gas mark 5 until piping hot.

Pasta Carbonara



I am learning today....

Today I am learning use the hob safely. I am also learning to hygienically cook with meat.



I am successful if I can....

follow the teacher's instructions on how to use on top of the cooker safely and if I wash my hands and utensils after handling raw meat.

Preparation:

1. Kitchen Routine: - Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2, Take container out,
2. Wash work surface and wash hands.
3. Collect equipment, Collect Ingredients
4. Measure 2 x 400 ml cold water into panin pot up to handle.
5. Add 2.5 ml salt.
6. Put on lid and bring water to boil. (Temperature at highest)
7. Measure 2 level cupq of pasta. When water boils add pasta. Keep LID OFF.
8. Prepare ingredients:
 - Chop onion,
 - Cut Bacon (with food scissors)
 - Slice Mushroom
 - Crush Garlic - keep aside on plate
 - Grated Cheese - put in cup with cream and herbs



Ingredients

800ml	Water
1 cup	Pasta
1.25ml	Salt
5ml	Oil
1 rasher	Streaky Bacon or Quorn
¼	Onion
1 clove	Garlic
1	Mushroom (optional)
30ml	Grated Cheese
60ml	Double Cream
1.25ml	Mixed Herbs
To Taste	Salt and Pepper

Equipment

1	Pot (For pasta)
1	Pot (For sauce)
1	Green Chopping Board
1	Silicon mat (under chopping board)
1	Food Scissors
1	Vegetable knife
1	Garlic Crusher
1	Grater (if cheese not pre-grated)
1	Set of metric measuring spoons
1	Plate
1	Cup (for cream, cheese & herbs)
1	Wooden Pot stand (for hot pot)
1	Colander

Method

1. Add pasta to boiling water and cook for 12 minutes until ready (al-dente).
2. Heat oil in a pan. Cook the onion, mushroom and bacon until onion is translucent (clear/see through) and bacon is cooked (AVOID BROWNING THE ONION). Cook the garlic for 1 minute.
3. Drain the cooked pasta when ready in a sieve.
4. Add the cooked pasta to the cooked bacon, onion, mushroom and garlic and stir well. **(MAKE SURE NOT ON HEAT)**
5. Stir in the herbs, cream and grated cheese.
6. Taste and season with salt and pepper if required. Serve. Put in labelled container . Wash up using **Washing Up Routine**. . (SEE POSTER AT SINK) & tidy work area.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten within 3 days.

Spicy 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
2 x 5ml curry powder or 2 x 5ml Thai Curry Paste
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
Salt and pepper

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. Add curry powder
3. Wash vegetables. (pepper, courgette, and wipe the mushroom)
4. Peel and finely chop onion and red pepper.
5. Chop the red pepper.
6. Slice the courgette and the mushroom.
7. Slice the mushroom
8. Place all the vegetables into the measuring jug with the broken noodles.
9. Place the jug into the microwave and cook on full power for 2 minutes.
10. Start to tidy up and wash up using Washing Up Routine (SEE POSTER AT SINK).
11. Carefully remove from microwave. (use oven gloves)
12. Add salt and pepper to the jug and stir thoroughly.
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.

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 or lemon curd

Equipment

- Scales (if flour not weighed)
- Metric Spoon
- 1 Large bowl (for mixing)
- 1 small bowl (glass or ceramic for cooking)
- Wooden spoon
- Electric Mixer
- Plastic Spatula
- Large spoon
- Cup
- 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. Crack egg into a cup and place in large bowl
7. Sieve flour into a large bowl.
8. Add the sugar, margarine and egg to the large bowl and beat using a wooden spoon until smooth and creamy.
9. Stir in the lemon zest and juice.
10. Place the mixture into the small greased bowl.
11. Place in the microwave and cook at high for 2 ½ minutes.
12. Using oven gloves remove from the microwave and turn upside down into container.
13. Tidy up and wash dishes.
14. Serve and enjoy!
15. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Nice with custard. Ready to eat.

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

Beef Burgers



I am learning today.... to work hygienically as I follow a recipe and to work safely as I handle raw meat and use the frying pan or foreman grill. I am also learning to use my time effectively.



I am successful if I can.... follow the recipe exactly (preparation and method) I am successful if the meat is cooked all the way through. (no pink bits)
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. Take out plate.
4. Collect tomato and slice using a vegetable knife and green chopping board
5. Collect roll and cut open using a bread knife. Leave all ingredients on a plate

Ingredients

100g mince
15ml breadcrumbs
Seasoning

1 bread roll
1 slice of cheese
1 slice tomato

Equipment

Burger press (1 between 2)
Burger discs
Red chopping board
Green Chopping board and vegetable knife
Small bowl
Tablespoon
Metric spoons
Non stick fish slice
Foreman Grill or frying pan

Method

1. Pre-heat electric grill.
2. Collect mince place in a small bowl.
3. Measure and add breadcrumbs. Season.
4. Mix thoroughly using a fork.
5. Turn out onto chopping board and shape into a flat round using a burger press .
6. Grill burger for 5 minutes.
7. Using a fish slice and spoon turn burger and grill for another 5 minutes.
8. Test for readiness. (Burger is cooked all the way through—**NO PINK BITS**)
9. Place burger on roll and build your burger using your cheese and tomato.
10. Stack dirty dishes and wipe down work surface and complete **washing up routine**.
11. Wash hands, sit and eat you burger.
12. 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.

Vegetarian Burgers



I am learning today....

to work hygienically as I follow a recipe and to work safely as I use the frying pan or foreman grill. I am also learning to use my time effectively.



I am successful if I can....

follow the recipe exactly (preparation and method)
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. Take out plate. Make sure you know who you are sharing the egg with and one person Cracks the egg in cup and beat it **well with a fork**.
4. Collect tomato and slice using a vegetable knife and green chopping board
5. Collect roll and cut open using a bread knife. Leave all ingredients on a plate

Ingredients

50g Vegetarian mince
3 x 15ml breadcrumbs
15ml beaten egg (1 egg between 6)
Seasoning
1 bread roll
1 slice of cheese
1 slice tomato

Equipment


Burger press (1 between 2)
Burger discs
Green Chopping board and vegetable knife
Small bowl
Cup , fork
Metric spoons
Non stick fish slice
Foreman Grill or frying pan


Method

1. Pre-heat electric grill.
2. Collect vegetarian mince place in a small bowl.
3. Put 15ml of beaten egg in bowl.
4. Measure and add breadcrumbs. Season.
5. Mix thoroughly using a fork.
6. Turn out onto chopping board and shape into a flat round using a burger press .
7. Grill burger for 5 minutes.
8. Using a fish slice and spoon turn burger and grill for another 5 minutes.
9. Test for readiness.
10. Place burger on roll and build your burger using your cheese and tomato.
11. Stack dirty dishes and wipe down work surface and complete **washing up routine**.
12. Wash hands, sit and eat you burger.
13. Finish **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions: Ready to use. When cool, store in an airtight container in the fridge.

Jam Bun

 **I am learning today....** to work safely and hygienically in the kitchen. Measuring ingredients accurately and the rubbing in method

 **I am successful if I can....** measure using scales and a metric spoon,. I have correctly rubbed in the flour to margarine so that it resembles breadcrumbs. I follow the instructions closely about adding liquid.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, jewellery off, jumpers off, bags, coats etc away.)
2. Take container out. Wash work surface and wash hands.
3. Preheat oven Gas No 6; Electric 200 °C.
4. Measure and sieve both flour and sugar into large bowl.
5. Measure margarine and add to large bowl.
6. Collect milk in measuring jug.



Ingredients

125g SR flour
25g sugar
25g margarine
1 small egg
15 ml jam
Splash of lemon juice

Equipment

Metric spoons
Cup
Fork
Plate
Large bowl
Baking tray
Flour dredger between 2
Silicone mat
Baking tray,
Wire cooling rack,
Pot stand

Method

1. Crack egg into cup.
2. Rub margarine into flour and sugar until it looks like breadcrumbs.
3. Mix in egg. Remember - you should have a stiff dough.
4. Flour table. Knead lightly. Shape into a log then cut into 6 equal pieces. Roll into ball shapes and place on lightly floured baking tray.
5. Flour your thumb then press into middle of each bun.
6. Place a little jam into each bun.
7. Bake 10-15 minutes till golden brown.
8. Stack dirty dishes and wipe down work surface. Pan stand at the ready.
9. Wash up using the Washing Up Routine.
10. Test buns for readiness.

Storage instructions:

Ready to use. Store in airtight container in the refrigerator.
Use within 2 - 3 days.

Macaroni



I am learning today....

to work hygienically as I follow a recipe and to work safely and hygienically as I use the hob and make a cheese white sauce. I am also learning to use my time effectively



I am successful if I can....

follow the recipe exactly (preparation and method). I am successful if I can keeping my work space clean at all times and have pot handles inwards, and 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. Take container out, Wash work surface and wash hands.
2. Collect equipment and measure ingredients
3. Grate cheese and place on a plate
4. In 1 pot, put water, with 1.25ml of salt and bring to boil on high heat. (fill up to line of handle)

Ingredients

1 cup macaroni (50g)
1.25ml Salt

2 x 20ml flour - Put on plate
30g margarine
150ml milk— Measure in measuring jug.
50g cheese

Dash of Worcester sauce (optional)
Salt and pepper

Equipment

2 pots (1 for pasta & 1 for sauce)
Frying pan

Grater (if cheese is not already grated)
Colander
Pot stand
Wooden spoon
Cup
Measuring jug
Metric Spoons
Plate
Tasting spoon

Method

1. In 1 pot, put water, with 1.25ml of salt and bring to boil on high heat. (fill up to line of handle)
2. Add pasta to boiling water and cook for 12 minutes until ready (al-dente).
3. In the 2nd pot melt margarine (low heat) –
4. Take off the heat add flour to margarine stir until all mixed in.
Put back on heat and cook for 1 min. stirring with a wooden spoon
5. **Remove from heat** and add milk **gradually**, stirring all the time
6. Return to heat – stir until sauce boils – cook for 1 min.
7. **Remove from heat**. Add cheese. Stir until cheese melts. Taste and season with salt and pepper. Add dash of Worcester sauce.
8. Carefully drain macaroni in colander. Pour drained pasta back into empty pot
(AVOID DROPPING WATER ON THE FLOOR)
9. Add cheese sauce to drained pasta . Stir well, taste and adjust seasoning if necessary.
10. 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.

Easy curry with pitta bread



I am learning today.... To improve my measuring skills



I am successful if I can.... accurately measure 10ml of curry powder

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 spring onions
½ garlic clove
10ml oil
150ml tinned tomatoes
10ml curry powder
2.5ml ground ginger
75g cooked chicken
¼ red pepper
25ml natural yogurt
1 pitta bread

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Your labelled container
Vegetable knife
Chopping board
(Garlic crusher)

Method

1. Collect all equipment and ingredients.
2. Thinly slice the spring onions, reserve a handful for garnish.
3. Peel and crush or chop the garlic. Dice the red pepper.
4. Measure the tomatoes and mix with the curry powder and ginger.
5. Heat the oil in a pan and gently fry the garlic and the remaining spring onions for 3-4 minutes. Add the red pepper and cook for a further 1 minute.
6. Add the chicken along with the tomatoes and 50ml water. Bring to the boil then reduce the heat to a simmer.
7. If the pan gets too dry add a splash of water.
8. Simmer for 10 minutes, remove from heat and serve with the bread.
9. Tidy up and wash dishes.
10. Serve and enjoy!
11. 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.

Keema Curry



I am learning today....

To control the cookery process



I am successful if I can....

simmer the curry, bring to boil, reduce heat and simmer (small bubbles) with the lid on.

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

60g long grain rice
50g mince
1/2 onion
1/4 carrot
1/2 garlic clove
7.5 mls tomato puree
125 ml beef stock
15g frozen peas
1.25ml cumin seeds
1.25ml ground coriander
2.5ml chilli powder
1.25ml ginger
1.25ml turmeric

Equipment

Scales (if flour not weighed)
Metric Spoon
Your labelled container
2 Pots one for rice one for curry
Wooden spoon
Chopping board
Vegetable knife
Garlic crusher

Method

1. Collect all equipment and ingredients.
2. Prepare all vegetables. Dice onion, carrot and crush garlic.
3. Brown mince.
4. Add spices. Cook for 1 minute.
5. Half fill large pot with cold water. Put lid on and bring to boil - add rice when water is boiling.
6. Add all vegetables to mince. Cook for 1 minute
7. Add stock and tomato puree to mince. Stir then bring to boil with lid on.
8. Reduce heat and simmer for 15 minutes. Add frozen peas.
9. Cook for a further 5 minutes.
10. Remove rice from heat when cooked, rinse using boiling water from kettle.
11. Tidy up and wash dishes.
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.

Apple Sauce Pudding



I am learning today....

To improve my measuring skills



I am successful if I can....

measure accurately the dry ingredients

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

4 x 15ml apple sauce (1/2 jar)
15 mls milk
100 g SR flour
50 g soft margarine
50g soft brown sugar
60 g sultanas
2.5 mls cinnamon
1.25 mls mixed spice
pinch salt
(drop of egg yellow food colouring)

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Your labelled container
Small glass bowl
Large bowl
Wooden spoon
Cling film
Paper towel
Sieve

Method

1. Collect all equipment and ingredients.
2. Grease and line small glass bowl with clingfilm.
3. Melt margarine in the microwave using large mixing bowl
4. Add apple sauce and sugar to margarine and mix well. (add food colouring)
5. Sieve dry ingredients (flour, cinnamon and mixed spice into large bowl. Stir well with wooden spoon and mix in sultanas.
6. Pour into prepared bowl and cover with a paper towel.
7. Place in the microwave on FULL POWER for 4 mins (approx).
8. Tidy up and wash dishes.
9. Serve and enjoy!
10. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Nice with custard. Ready to eat.

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

Vegetable Korma



I am learning today.... To improve my knife skills



I am successful if I can.... use the knife safely to dice vegetables

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

10ml Oil
½ Carrot
1 small Potato
3 Mushrooms
15ml Frozen peas
½ Red Pepper
½ Green Pepper
10-15mls Korma Curry Paste
200mls Stock
30mls Natural Yogurt
15mls Mango Chutney
100g Rice

Equipment

Scales (if flour not weighed)
Metric Spoon
Measuring jug
Your labelled container
Vegetable knife
Chopping board
2 Pots
Wooden spoon

Method

1. Collect all equipment and ingredients.
2. Wash and prepare the vegetables
3. Dice the onion, potato and peppers
4. Dice carrot and courgette
5. Heat the oil in a frying pan and gently fry the onion and curry paste.
6. Add the potato and carrot.
7. Pour stock over the vegetables and simmer until tender.
8. Add the peas and cook for 2 minutes.
9. Remove from the heat and stir in the yoghurt.
10. Boil rice in a large pan of boiling water for 15-20 minutes.
11. Drain and serve.
12. Tidy up and wash dishes.
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.

Chocolate Truffles



I am learning today....

To continue work safely and hygienically



I am successful if I can....

keep my work space clean and clear while working.

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

6 digestive biscuits
15 ml cocoa powder
2 x 15 ml coconut
125g sweetened condensed milk

Food bag
Petit Four cases (small paper cases)

Equipment

Your labelled container
Petit Four Cases
2 Teaspoons
Wooden spoon
Rolling pin
Plastic food bag
Sieve
Scales
Large bowl
Metric spoons

Method

1. Collect all equipment and ingredients.
2. Measure and sieve both flour and sugar into large bowl.
3. Measure margarine and put into large bowl.
4. Crush the biscuits in a polythene bag using a rolling pin until very fine.
5. Add all the ingredients together in a bowl and mix well. Add more biscuit if mixture is too soft.
6. Use a teaspoon to divide mixture. Roll in your hands
7. Place in petit four cases
8. Place into your labelled container and chill.
9. Wash up using the Washing Up Routine
10. Tidy up and wash dishes.
11. Serve and enjoy!
12. 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.

Fusilli with Garlic Bread

Preparation:

1. Carry out the usual preparations you would do before you start cooking
2. Read through recipe & preheat oven.

Ingredients

Fusilli

40g Fusilli or other pasta
½ clove garlic
½ Onion (Diced)
1 mushrooms (sliced)
Baby sweetcorn (Sliced)
1/8 piece of red pepper (Baton)
15ml spoon vegetable oil
salt and pepper
10g cheese (grated)
Few leaves fresh basil (garnish)

Garlic Bread

1/3 French stick (bread cut lengthwise)
25g Flora light or butter
½ Clove garlic (crushed)

Equipment

Pot/Pan
Frying pan
Wooden Spoon
Chopping board
Vegetable knife
Metric Spoon
(If disposable spoon use this to taste)
Colander
Small bowl
Knife
Garlic Crusher
Grater
Baking tray and
Grillpan/tray

Method

Fusilli

1. Boil water
2. Cook pasta in boiling water for 12 minutes then drain in a colander.
3. Peel and crush garlic, (half crushed garlic - ½ in pasta sauce and ½ for garlic bread)
4. Wash and slice mushrooms,
5. Wash and slice baby corn,
6. Wash, deseed and baton pepper.
7. Grate cheese
8. Heat oil in a frying pan,
9. Fry mushrooms and garlic for 3 minutes over a medium heat.
10. Add baby corn and pepper, fry for a further 3 minutes.
11. Add drained pasta to pan. Heat through. Season to taste (clean disposable spoon each time you taste)
12. Place in a foil dish, sprinkle grated cheese on top (Wipe around top of dish so that it's clean).
13. Place in a pre-heated grill to melt cheese.

Garlic Bread

14. Preheat oven to Fan Oven 180°C or Gas Mark 6 (Electric 200°C)
15. Peel and crush garlic, mix with butter and chopped parsley.
16. Slice ciabatta roll – slices not right through but held together at base. Spread each slice with the butter. Wrap in tinfoil and bake for 5-6 minutes. then peel back the foil. Cook for a further 4-5 mins to crisp up.

Serve and finish

17. Place foil dish of hot pasta with sauce and melted cheese garnished with basil on a plate with the garlic bread.
18. Wash up using **Washing Up Routine** (SEE POSTER AT SINK). Once marked place into your labelled container.

Storage instructions:

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