

S3 Hospitality

Recipe

Book



Name _____

Class _____

Coleslaw

Ingredients

1 small onion
1 carrot
100 g cabbage – white, red or savoy
1 eating apple
30 ml mayonnaise
30 ml natural yoghurt
2.5 ml lemon juice
salt
fresh ground black pepper
Fresh parsley to garnish

Method

1. Peel onion and slice finely.
2. Wash and peel carrot. Grate carrot.
3. Wash and trim cabbage, shred finely.
4. Add mayonnaise, yoghurt and lemon juice mix well.
5. Add ground black pepper and salt if required to taste.
6. Serve garnished with parsley.

Chill until ready to use.

Fresh Fruit Salad

Ingredients

5 ml lemon juice
5 ml honey
pinch of ginger
100 ml water

1 orange
1 large melon slice
1 peach
1 pear
1 apple

Method

1. Place the lemon juice, honey and ginger into a small pan and add water.
2. Heat gently until boils, reduce heat and simmer uncovered for 5 minutes.
3. Peel and segment orange, cut into bite sized pieces
4. Cut melon flesh off skin and slice into small chunks.
5. Deseed and cube peach.
6. Peel pear, quarter and core. Cut into small chunks.
7. Quarter, core and cut apple into small chunks.
8. Place all fruits in container and add syrup. Mix well and refrigerate until required.

Honey Chicken Kebabs

Ingredients

15 ml honey
15 ml wholegrain mustard
5 ml lemon juice
2.5 ml dried rosemary or thyme
½ chicken portion
4 medium mushrooms (8 button)
½ pepper
1 onion
2 skewers soaked in cold water

Method

1. Mix together honey, mustard, lemon juice and herbs to make marinade.
2. Cut the chicken, pepper and onion into 8 even pieces.
3. Cut medium mushrooms in half.
4. Thread chicken and vegetables onto the skewers.
5. Place skewers in a shallow container and pour marinade over.
6. Cover and refrigerate for 15-20 minutes.
7. Heat grill and grill kebabs under a medium heat for 20 minutes, turning frequently and basting with marinade until fully cooked.

8. Serve.

Rice Salad

Ingredients

50 g long grain brown rice
½ red pepper
1 stick celery
1 carrot
3-5 spring onions/ ½ small red or white onion
25 g frozen peas
25 g frozen sweet corn
15 ml olive oil
5 ml wine/cider vinegar
salt
black pepper

Method

1. Cook rice in boiling water for 15 minutes, add the peas and sweet corn, boil for 5 minutes.
2. Wash all vegetables.
3. Deseed and chop the pepper. Julienne carrots.
4. Slice the celery and spring onions
5. Drain rice, peas and sweet corn.
6. Add the vegetables to the rice mixture stir well.
7. Mix together the oil and vinegar. Season with pepper and salt.
8. Pour over the rice salad and toss lightly.
9. Serve and chill until required

Pasta Salad

Ingredients

50 g pasta
1 stick celery

1 carrot
½ small red or white onion
1 apple
20 ml mayonnaise
salt
black pepper

Method

1. Cook pasta in boiling water for 15 minutes.
2. Wash fruit and vegetables.
3. Peel onion and carrot.
4. Finely dice onion (macedoine), cut carrot into small sticks (julienne) and slice the celery.
5. Test and drain pasta. (al dente)
6. Quarter and core the apple and cut into small chunks.
7. Mix together pasta and vegetables, add mayonnaise and mix.
8. Season with pepper and salt.
9. Serve and chill until required.

Poached Egg on Toast

Ingredients

Crack the egg into the ramakin.
Fill your pan with water to the depth of roughly one and half times the width of an egg.
Add half a teaspoon of salt (for flavour).
Bring the water to boiling point
Turn the heat down enough to keep the water bubbling fairly vigorously (but not maximum)
Add about a capful of vinegar - this will ensure the egg sets when you drop it in the water (beware, if you don't you might end up with egg soup!)

Now, take the whisk and stir the water making a 'vortex' in the middle. It doesn't have to be a force 10 tornado but enough so that when you drop the egg it will be held in the middle.
Carefully pour the egg from the ramakin as near to the centre as you can get it. It should wrap itself up into a neat shape.
The temperature of the water will have dropped slightly so when it

comes back to the boil, turn the heat down so the water is a simmering boil.

After about 30 secs, give the water another swirl using a fork. This will ensure the egg does not stick to bottom of the pan.

Layout a piece of kitchen roll ready to put the egg on.

My toaster makes perfect toast in approx 3.5 minutes which is about the perfect time for a poached egg that has a runny centre. So when the toast pops up, my egg is ready!

Take the poached egg out using the slotted spoon and pop it on the kitchen paper to absorb the excess water that can make your plate wet and your toast soggy. I roll it over once or twice to make sure.

Serve on toast with a sprinkle of salt and black pepper - delicious!

The timing is important and to honest you'll have to experiment to see what works for you. The size and ambient temperature of the egg will affect the cooking time by up to 30 secs so if you keep your eggs at room temperature, they are large and it's summer time, then you will need to adjust accordingly.

I've found that over time, when you go to take the egg using the spoon, you can tell how well cooked it is by how wobbly it is. You'll get the hang of it with a little practice.

Method

Poached Pears and Blackcurrant Coulis

Ingredients

Method

Spaghetti Carbonara

Ingredients

Method

Jam Tarts

Ingredients

Method

Mini Quiches

Ingredients

Method

Steamed Vegetables with Noodles

Ingredients

Method

Kedgeræ

Ingrediønts

Method

Tomato Soup

Ingrediønts

Method

Kebab and Salsa

Ingredients

Method

Cheese Straws

Ingredients

Method

Hot Swiss Trifle

Ingredients

Method

Mackerel Paté and Melba Toast

Ingredients

Method

Custard Creams

Ingredients

Method

Mincemeat Pies

Ingredients

Method

Chesecake

Ingredients

Method

Pizza

Ingredients

Method

Caribbean Chicken

Ingredients

Method

Sweet and Sour Pork

Ingredients

Method

Egg Sponge

Ingredients

75 g self raising flour
3 eggs
75 g caster sugar
30 ml jam
30 ml whipped cream
Icing sugar for dredging

Method

1. Set oven to 220-C/Gas Mark 7.
2. Grease 2 x 15c m sandwich tins and line with greaseproof paper. Grease the paper. Lightly flour the tin, shake out the excess.
3. Sieve flour on to a large plate. Place eggs and caster sugar in a large bowl.
4. Whisk eggs and sugar together until very thick and creamy. The mixture should leave a ribbon trail on the surface.
5. Sieve the flour into the bowl and using a metal spoon fold in gently.
6. Divide the mixture between the tins.
7. Bake until golden brown, well risen and springy to the touch.
8. Turn sponges on to a cooling tray.
9. When cold, sandwich with jam and cream. Dredge the top with icing sugar.

Turkey Burger

Ingredients

Method

Melting Moments

Ingredients

Method

White Chocolate Berry Pudding

Ingredients

Method

Soup

Ingredients

Method

Risotto

Ingredients

Method

Rouladę

Ingredięnts

Method

Individual Chęsęcakęs

Ingredięnts

Method

Thai Salmon kebabs and Salad

Ingredients

Method

Spaghetti Bolognese

Ingredients

100 g mince
½ onion
½ rasher lean bacon
2 mushrooms
15 ml tomato puree
50 g spaghetti
1 ml mixed herbs
2.5 ml beef stock +150 ml boiling water
100 ml tinned tomatoes

Method

1. Slice mushrooms. Peel and chop onions. Trim fat from bacon and cut into small pieces.
2. Brown mince in a pan, add onion, bacon and mushrooms.
3. Add herbs, tomato puree, tomatoes, seasoning and stock.
4. Bring to boil and reduce heat, leaving to simmer for 20 minutes.
5. Place spaghetti in pan of boiling water and cook for 15 minutes.
6. Check mince occasionally stirring as required.
7. Test spaghetti, drain and place in serving dish.
8. Pour Bolognese mixture on top.
9. Garnish with chopped parsley.

Lemon Pudding

Ingredients

Method

Pasties

Ingredients

Method

Festive Jewelled Rice

Ingredients

Method

Cream Pudding

Ingredients

Method

Butterfly cakes

Ingredients

- 1 egg
- 50 g caster sugar
- 50 g margarine
- 50 g self raising flour
- 50 ml whipping cream or Elmlea
- icing sugar dredger

Method

1. Preheat oven to 200°C, Gas mark 6. Place paper cases in a bun tin.
2. Cream together sugar and margarine with a wooden spoon until light and fluffy.
3. Sift flour onto a plate.
4. Beat egg with a fork in a small bowl.
5. Add flour and egg alternately to creamed mixture, beating well after each addition to give a soft dropping consistency.
6. $\frac{3}{4}$ fill paper cases with mixture. Bake until well risen, golden brown and firm to touch, approximately 15 minutes.
7. Allow cakes to cool.
8. Cut a thin slice from the top of each cake. Cut each slice in half.
9. Whisk cream/Elmlea till thick.

10. Spoon cream/Elmlea into piping bag fitted with a star nozzle.
11. Pipe Elmlea on each cake. Place cut slices on top to form wings.
12. Dredge lightly with icing sugar before serving.

Title

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Method

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