

# Egg Sandwich

Learning Intentions - Introduction to safe and hygienic working practises in pupil work area.

Practical skills - Safe use of cooker, recognition of water boiling in a pan, handling of hot liquids, washing up.

Cookery process - Boiling

## Ingredients

1 egg  
\*2 slices bread or roll  
12 g marg  
15 ml mayonnaise  
\*cress or parsley or spring onion  
ground black pepper  
\* plastic box

## Method

1.  $\frac{1}{2}$  fill small pan with cold water.
2. Place **egg** gently in pan and place on the cooker. **Wash hands**
3. **Turn on ring** and bring the pan to the **boil**.
4. When water boils check the time and **turn the ring down to medium** heat. (A "hard" boiled egg needs to cook for 7 minutes.)
5. Place slices of bread on white tray spread marg thinly over the bread.
6. Collect mayonnaise in a small bowl.
7. **Chop** cress, parsley or spring onion and add to the bowl.
8. **Remove pan from heat** and **pour off the hot water** safely.
9. **Fill the pan** with cold water and allow the egg to cool.
10. Stack all dirty dishes beside the sink. Wipe down work surface
11. Crack the shell of the egg, peel off the shell and rinse under the cold-water tap.
12. Roughly **chop** egg and add to small bowl, mix well.
13. Add ground pepper to taste.
14. Spread egg mixture over one slice of bread and top with second slice.
15. **Cut** into quarters and present in box.
16. **Wash and dry all dishes.** Put away in correct cupboards/drawers

# Fresh Fruit Salad

Learning Intentions - Introduction to safe use of sharp knives and chopping boards.  
Practical skills - Deseeding, chopping, slicing.

## Ingredients

- \*1 large orange
- 125 ml orange/apple juice
- \*1 apple
- \*1 peach or nectarine
- \*10 grapes
- \*plastic box

## Method

1. **Wash** fruit and place on white tray.
2. Measure fruit juice using measuring jug.
3. Peel orange and **slice** into large bowl **using sharp knife and brown chopping board**.
4. Pour fruit juice into large bowl.
5. **Half and quarter** apple, **remove core and slice**, place into large bowl.
6. **Half peach** and remove stone before **slicing**, place in a large bowl.
7. **Half grapes** and remove seeds add to bowl and mix fruit well.
8. Arrange attractively into container.
9. **Refrigerate until ready to eat.**

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Safety: Care must be taken when using a sharp knife.**

# Pasta Salad

Learning Intentions - Introduction to cooking of pasta, use of measuring spoons and scales, preparation of salad dressing.

Practical skills - Chopping, testing pasta, draining pasta.

Cookery process - Rapid boiling

## Ingredients

50 g pasta shapes  
\*1/2 pepper  
\*1 spring onion or 1/4 onion  
\*1/2 apple  
\*1 stick celery or small carrot

## Dressing (5 portions)

100 ml olive oil  
1 tbsp. wine vinegar  
45 ml orange juice  
2.5 ml mustard powder

\* plastic box

## Method

1. Half fill pan with water and bring to the **boil**.
2. **Add** pasta and cook until soft. (**Test** as demonstrated).
3. **Chop** pepper, spring onion, apple and celery, place in a large bowl.
4. **Drain pasta**.
5. Add pasta to vegetables in bowl.
6. To prepare dressing - place all ingredients in a screw-top jar and shake well to blend.
7. Pour 2 x 15ml spoons dressing over salad and toss to mix.
8. Arrange attractively in container.
9. **Refrigerate** until ready to serve.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Remember to switch off all cooker controls including the main switch.**

# Lentil Soup

Learning Intentions - Introduction to soup making.

Practical skills - Weighing and measuring, peeling, grating, chopping,

Cookery processes – Boiling, simmering

## Ingredients

50 g lentils

\* plastic box

500 ml stock

\*carrot

\*onion

¼ tsp. mixed herbs

5 ml tomato puree

## Method

1. Weigh and **wash** lentils using the sieve, place in medium saucepan.
2. **Boil** kettle and measure 1 tsp of chicken/vegetable stock onto the measuring jug.
3. Add **500 mls boiling water** to the measuring jug and stir to dissolve. **Pour the stock** into the pan and place on the hob. Bring to the **boil**.
4. **Peel** the carrot and **grate** onto a plate.
5. **Peel** and **chop** onion. Turn down hob control to low.
6. Collect the mixed herbs and tomato puree on a saucer.
7. **Add** all the ingredients to the **pan** and **simmer** for 30 mins.
8. **Taste** and season if required.
9. **Serve**.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Chill rapidly and refrigerate** until required.

At home return to a pan and bring to the **boil for 5 mins** to heat thoroughly.

# Bacon Roll

Learning Intentions - Introduction to safe use of the grill.

Practical skills - Trimming, slicing.

Cookery processes - Grilling

## Ingredients

2 rashers **bacon**

( vegetarians sliced halloumi)

\*1 large tomato

\*1 roll or 2 slices of bread

## Method

- 1 **Turn the grill onto full power** to heat up.
- 2 **Trim** the excess fat from the bacon slices.
- 3 Place **bacon** on the grill pan and **place under the grill. TURN THE GRILL DOWN TO MEDIUM HEAT.**
- 4 **Slice tomato and place under grill.**
- 5 **Check** the bacon regularly and when the first side is cooked **turn the bacon and tomato .**
- 6 When bacon is ready transfer bacon and tomato to the roll and serve hot.

## Vegetarians:-

- 1 **Slice** the halloumi and tomato.
- 2 Place on grill pan.
- 3 **Grill** for 3-4 mins under **medium heat** before **turning** and completing cooking.
- 4 Serve as above.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Care must be taken when grilling, as grill pans are very hot.**

# Chicken and Apple Skewers

Learning Intentions - Safe handling of chicken

Practical skills – Cutting, testing chicken for readiness, grill control.

Cookery processes – Grilling

## Ingredients

1/2 **chicken** portion \* plastic box  
\*1/2 eating apple  
\*1/4 pepper  
\* 3 baby tomatoes or 1 tomato  
1 tsp. lemon juice

Marinade: (between 2 pupils)

1 ml spoon mustard powder

15 ml spoon apple juice

15 ml spoon vegetable oil

3 skewers

## Method

1. **Cut chicken** into 6 bite sized pieces using **kitchen scissors** and **red chopping board**.
2. Place lemon juice in a small bowl.
3. **Put grill onto highest setting.**
4. **Quarter** apple, **remove core and cut** into 6 wedges.
5. Place apple wedges in lemon juice and toss to prevent oxidisation.
6. **Cut** pepper into 6 squares.
7. **Thread** pepper, baby tomatoes, apple wedges and chicken pieces onto **skewer**.
8. Mix together mustard, apple juice and oil. Using a pastry brush, brush mixture over the kebab in the grill pan.
9. **Turn grill down to medium heat** and **place skewers under the grill**.
10. **Grill** for 15 - 20 minutes **turning and basting** frequently.
11. **Serve**.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

Kebabs should be **cooled rapidly, refrigerated** until required.

**Reheat** kebabs in **microwave on high power for 2 mins**.

# Mince And Potatoes

Learning Intentions - Safe handling and use of mince

Learning/consolidation of skills – peeling, chopping, browning, mashing.

Learning/consolidation of processes – boiling, simmering

## Ingredients

100 g **mince** or quorn

\*plastic box

\*1 small onion

\*1 small carrot

100 ml stock (100mls boiling water and 2.5mls stock )

\*4 medium sized potatoes

Pinch of salt

15 g margarine

2 tbsp. semi-skimmed milk

## Method

1. Put kettle on to boil. **Peel, wash and cut** potatoes.
2. **Peel, wash and chop** onion, wash, **peel, wash and chop** carrot.
3.  $\frac{1}{2}$  fill medium pan with boiled water, add pinch of salt and potatoes, bring back to the boil. Cook for 15-20 mins.
4. Brown mince in small pan, stirring all the time, add the onion and carrot, continue to cook for 2-3 mins.
5. Make up stock using 100ml of boiling water and  $\frac{1}{2}$  tsp. beef stock mix.
6. Add stock to mince and cook for 15 mins with lid on.
7. Drain potatoes, mash well.
8. Add milk and marg to potatoes and beat with a wooden spoon until smooth and creamy.
9. Place mashed potatoes at one side of your container, taste and season if required, place mince next to the potatoes.

**Cool and refrigerate until required**

**Reheat by microwaving on high for 4 minutes.**

# Spicy chicken tortilla

Learning Intentions - Demonstration of hygiene and safety. (peer assessment)  
Practical skills - Weighing and measuring, slicing, peeling, chopping,  
Cookery processes - Shallow fry, simmering.

## Ingredients

10 ml oil	2 tortillas
1 <b>chicken</b> portion	
*½ onion	* plastic box
*1 clove garlic	
* ½ pepper	
1 ml ground cumin	
1 ml hot chilli powder	
100 ml tomatoes and juice	
50 ml chicken stock	

## Method

1. **Slice** the **chicken** thinly on a **red chopping board**.
2. **Peel** and **chop** the onion and garlic.
3. **Cut** the pepper into squares.
4. **Heat oil in frying pan add chicken** and **fry** for 3 mins, stirring constantly.
5. **Add** the chopped onion and garlic, **fry** for a further 2 mins.
6. **Add** the spices and **fry** for 1-2 mins.
7. **Add** the remaining ingredients, bring to the **boil**,
8. Turn down ring and **simmer** for 10-15 mins stirring regularly.
9. **Test chicken for readiness**.
10. **Place** the chicken mix into the tortillas and serve.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Cool rapidly** and **refrigerate** until required.  
Reheat in the **microwave on high for 2 minutes**.

# Bread and Butter Pudding

Learning Intentions - Introduction to use of oven,  
Practical skills – Weighing and measuring, mixing.  
Cookery processes - Baking

## Ingredients

15 g marg \*oven proof dish  
\*100 g bread  
200 ml milk  
1 **egg**  
25 g sugar  
4-5 drops vanilla essence

5 ml Demerara sugar  
10 ml chopped nuts or mixed seeds  
1.25 ml cinnamon

## Method

1. **Set oven** to 180°C or Gas Mark 4.
2. **Mix** milk, **egg**, sugar and vanilla essence in the measuring jug.
3. Spread the bread with the margarine.
4. Slice bread diagonally and place half the bread in the dish.
5. **Pour** over half the **milk and egg mixture**.
6. Repeat the bread and milk layers.
7. Mix together the demerara sugar, nuts and cinnamon.
8. Sprinkle over the pudding.
9. **Bake** for 25-30 minutes until golden brown and firm.
10. **Serve**.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Use your oven gloves when putting dish into the oven as well as when removing hot dishes.**

**Cool rapidly** and **refrigerate** until ready to heat.

**Microwave on medium heat for 10-15 minutes** or **heat in the oven at 180°C, Gas Mark 5 for 15-20 minutes.**

# Dutch Ring

Learning Intentions – Safe use of the oven

Practical skills - Accurate weighing and measuring, rubbing in, mixing using knife, preparation of baking tin, icing

Cookery processes - Baking.

## Ingredients

150 g self raising flour

50 g marg

50 g sugar

\*75 g dried fruit – e.g. sultanas, raisins, glace cherries etc.

**1 egg**

45 ml milk

## Icing

25 g icing sugar

2-3 glace cherries

## Method

1. **Set oven** to 190°C, Gas Mark 5. Prepare tin as demonstrated by teacher.
2. Sieve self raising flour into bowl. Cut up marg and add to flour.
3. **Rub together with fingertips** until mixture looks like fine breadcrumbs.
4. Add sugar and sultanas mix with a wooden spoon.
5. Break **egg** into a small bowl, **beat with a fork to mix yolk and white**.
6. Add **egg** and milk to large bowl, **mix** to make a dropping consistency.
7. Pour the mixture carefully into prepared tin.
8. **Bake** for 25 mins or till golden brown and rises back when **pressed gently on the surface**. **Remove from tin and place on wire tray** till cool
9. Make up icing by sieving the icing sugar into a small bowl and adding a few drops of cold water, mix well.
10. Pour icing over the ring and decorate with chopped cherries.

**Wash and dry all dishes.** Put away in correct cupboards/drawers

**Always use oven gloves when placing food into the oven as well as taking it out to prevent burns from accidentally touching the door or shelves.**

# Sultana Scones

Learning Intentions - Testing for readiness.

Practical skills - Accurate weighing and measuring, rubbing in, mixing using knife, kneading, glazing

Cookery processes - Baking.

## Ingredients

200 g self raising flour

25 g marg

25 g sugar

\*50 g sultanas or raisins

6-7 x 15ml spoons milk

beaten **egg** to glaze

\*plastic box

## Method

1. **Set oven** to 230°C or Gas Mark 8. Flour baking tray.
2. Sieve self raising flour into bowl. Cut up marg and add to flour.
3. **Rub together with fingertips** until mixture looks like fine breadcrumbs.
4. Add sugar and sultanas, mix with a round bladed knife.
5. Add 6 spoons of milk and mix well with the a knife pressing the dough together.
6. Add the last spoon of milk as required, bring the dough together into a firm ball.
7. Sprinkle flour onto the work surface. Place dough on the floured surface and knead lightly.
8. Flatten ball gently with hand until approx 2.5 cms thick.
9. Cut the dough into 8 equal triangles, place on the floured tray and **brush** with **egg**.
10. **Place in oven** and **bake** for 15 mins until well risen and golden brown.
11. **Remove from oven** and **test** for readiness.
12. **Lift carefully** off **baking tray** and place on wire tray till cool.

# Rock Cakes

Learning Intentions - Assessment of pupil skills, processes, safety and hygiene.

## Ingredients

225 g self-raising flour  
100 g marg  
75 g granulated sugar  
\*100 g fruit e.g. sultanas, cherries, nuts, seeds etc.  
1 **egg**  
2 tbsp. milk  
\*plastic box

## Method

1. Put on apron, wash hands, **set oven** to 200°C or Gas Mark 6. Flour baking tray using a flour dredger.
2. Sieve self-raising flour into bowl. Cut marg. into small pieces and add to flour.
3. Rub together with fingertips until mix looks like fine breadcrumbs.
4. Add sugar and fruit and mix with round bladed knife.
5. Break **egg** into a small bowl and **whisk** with fork.
6. **Add the egg** and milk to the flour mixture, mix well with knife, using a cutting action until an elastic dough is formed.
7. Place 10 equal sized spoonfuls of mixture onto the baking tray.
8. **Place tray in the oven**, using oven gloves, and **bake** for 15 – 20 mins. or until golden brown.
9. **Test for readiness.**
10. When ready **lift carefully off baking tray and place** on wire tray till cold.