



Year 8

Year 8
Food Prep and Nutrition
Recipe book
2024-25

Raising Agents

Over half of the dishes cooked this year will be using a variety of **Raising Agent**. By the end of this year you will understand what different types there are and how they are used in cooking - so let's get baking!!



Chemical

Biological

Mechanical

Key information

In this booklet you will find a list of all the recipes for Y7 Food Prep and Nutrition

Please keep this recipe book in a safe place at home.

You will be cooking once per fortnight during your time in Food Prep.

You need to ensure you bring the correct ingredients in a labelled container on the day you are cooking.

School provides some herbs and spices and these ingredients will be marked SWP (school will provide) to keep costs down for you.

Contents page

Page number	Recipe
4	Fruit Scones
6	Bread Rolls
8	Toad in the Hole
10	Mini Carrot Cakes
12	Macaroni Cheese
14	Polish Apple Pancakes
16	Bolognaise
18	Fish Cakes
20	Fajitas
22	Swiss Rolls
24	Pizza
26	Sausage and Potato Frittata
28	Christmas gingerbread

Fruit Scones



Skills & cooking method

Skills level:
low

Equipment	Ingredients
Mixing bowl Sieve Round bladed knife Cutter Pastry brush Jug Greased and lined baking tray	225g Self Raising Flour Pinch of salt (swp) 55g butter or hard margarine 100g 25g caster sugar 25g sultanas or glace cherries or dried fruit 150mls milk A named container to take the scones home.

Food Science Key Terms

Rubbing in method: The coating of flour grains with fat by gently rubbing between the fingers and thumbs until the mixture resembles breadcrumbs.

Gluten: Gluten is a protein found in flour and becomes very stretchy from kneading. Kneading and over handling the dough is to be avoided to give the scones the crumbly texture. Heat is transferred by **convection** in the oven.

Do it now

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Apron, hair, hands 2. Collect ingredients and equipment | <ol style="list-style-type: none"> 3. Turn oven on to 200°C |
|---|--|

Method	Safety and Hygiene	Food Quality
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1.Sieve together the flour and salt then rub in the butter.

2.Stir in the dried flour and sugar then slowly add the milk to get a soft dough with a round bladed knife.

3.Turn out the dough into a floured surface and shape it into a round about 4 cm thick.

4.Use a round cutter to cut the dough into shapes and place each on the baking tray.

5.Brush the scones with a little milk to glaze then bake in the oven for 12-15 minutes until well risen and golden.

6.Cool once removed from the oven. Wash up

Ensure the work surface is clean.

Use oven gloves when putting the tray in and out of the oven.

Ensure pastry brush is thoroughly washed. Use hot soapy water.
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Do not add the milk at once to avoid the dough becoming too wet and sticky.
Avoid making the dough too thin you should only make 6 scones.

The brushing of the scones with milk gives a golden colour.

Bread Rolls



Skills & cooking method

Skills level:
low

Equipment	Ingredients
Mixing bowl Sieve Round bladed knife Greased and lined baking tray	250g strong white, brown or wholemeal flour 1 sachet quick acting yeast 1 level tsp salt (swp) 1 level tsp sugar (swp) 150ml warm water (swp) 1 tbsp vegetable oil (swp) 1 tbsp poppy or sesame seeds or rolled oats (optional)

Food Science Key Terms

Kneading: Makes the gluten elastic. The dough will become stretchy. Kneading also distributes the yeast evenly throughout the mixture.

Gluten: Gluten is a protein found in flour and forms the framework of the bread.

Yeast Fermentation: The yeast has a chemical reaction with the warm water and sugar causing carbon dioxide to be produced and trapped as tiny pockets of air. This causes it to rise. During baking the CO_2 expands and causes the bread to rise further and eventually stops the yeast from reacting. Heat is transferred by **convection** in the oven.

Bread Rolls

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

3. Turn oven on to 200°C

Method	Safety and Hygiene	Food Quality
1.Sieve together the flour and salt into the bowl, add the sugar.		Aerates and removes lumps. Disperses ingredients through the mixture.
2.Add yeast and stir.		
3.Add oil to warm water and add enough to flour mixture to make a soft dough. Mix with a spoon first and then use one hand to bring together as a dough. Use the other hand to hold onto the bowl.		The water needs to be quite warm for the quickest rise.
4.Knead the dough firmly for ten minutes.	Wash hands thoroughly following kneading.	
5.Cut the dough into eight equal pieces. Shape each into a bread bun and arrange on the baking tray.		
6.Glaze with milk, sprinkle poppy seeds or similar and place in a cold oven then turn up to the highest temperature immediately.	Use oven gloves when putting the tray in and out of the oven.	As the temperature rises the mixture grows in size.
7.Remove from the oven approximately 15-20 minutes. Leave to cool, wash up.		7

Toad in the Hole



Skills & cooking method

Skills level: low

Equipment	Ingredients
Round foil tray Oven tray Mixing bowl Wooden Spoon Teaspoon Tablespoon	70g plain flour 1 eggs 150ml semi skimmed milk ½ tbsp wholegrain mustard (swp) 1 tbsp oil (swp) 2 thick sausages

Food Science Key Terms

Raising Agent by **Mechanical action** the Yorkshire pudding rises from the steam.

Dextrinisation as the starch in the flour begins to heat the starch turns to 'dextrin' sugars and it changes to a golden colour, giving a sweeter taste.

Coagulation the protein in the eggs change shape from the heat and 're-set' into a different shape, giving the crispy texture.

Maillard Reaction the sausages change in colour and flavour due to the heat.

Heat is transferred by **convection** in the oven and **conduction** from the tin foil tray.

Toad in the Hole

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

3. Turn oven on to 220°C

Method

Food Safety

Food Quality Points

1. Place sausages and 1 tbsp of oil in the foil tray and put on a baking tray. Place into the oven and cook for 15 minutes.

Use oven gloves

2. Add the flour to a large bowl and make a well in the centre.

3. Crack the egg into this well and add a splash of the milk.

Ensure personal hygiene and wash hands after cracking egg open.

4. With a wooden spoon gradually mix to make a thick paste then add the rest of the milk and mustard if using.

Carefully mix into a smooth paste before adding any more milk.

5. Beat well for at least 5 minutes, the batter should coat the back of the spoon and be smooth and lump free.

It should be smooth and well mixed.

6. Carefully remove the tray from the oven and quickly pour the batter into the tray and replace in the oven. Wash up.

Careful, it will be very hot, use oven gloves.

Replace as quick as you can and keep oven door shut.

7. Cook for a further 15 minutes until it is well risen and golden.

Do not remove or open the door until golden.

Mini Carrot Cakes



Equipment	Ingredients
Muffin Tin	75g Soft Margarine
Mixing bowl	100g carrots (grated at home)
Wooden spoon	100g sugar
Fork	1 large egg
Jug	100g Self Raising Flour
Spatula	1 tsp cinnamon (swp)
Sieve	1 tsp baking powder (swp)
	60g sultanas
	12 paper cake cases (small not muffin)

Food Science Key Terms

Creaming: The beating of fat and sugar together until the mixture is light in colour and has increased in volume, adding air which helps leavening and producing light and fluffy cakes.

Chemical Raising Agent: using baking powder it causes a reaction where the moisture and heat of the oven creates CO_2 that creates bubbles to raise the food.

Heat is transferred by **convection** in the oven

Mini Carrot Cakes

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

3. Turn oven on to 200°C

Method

Safety and Hygiene

Food Quality

1.Line the muffin tin with the paper cases.

2.Cream together the sugar and margarine in a large mixing bowl using a wooden spoon.

Ensure that the mixture increases in volume to ensure light and fluffy cakes

3.Add the grated carrots.

4.Sieve in the flour, cinnamon and baking powder and fold into creamed mixture.

Gently fold to avoid losing the air to the mixture.

5.Beat the egg in a jug with a fork then add to the mixture.

Ensure personal hygiene and wash hands after cracking egg open.

Gently fold to avoid losing the air to the mixture.

6.Mix in the sultanas.

7.Divide the mixture equally using two metal spoons.

Take care when scraping off into cake cases

8.Bake for 10-15 minutes until risen and firm to touch. Wash up.

Use hot and soapy water

Macaroni Cheese



Skills & cooking method

Skills level:
High

Equipment	Ingredients
Large Pan	150g dried macaroni/pasta shapes
Medium Saucepan	1 tomato
Wooden spatula	30g butter
Colander	300ml semi skimmed milk
Grater	30g flour
Whisk (if needed)	150g cheese
Knife	
Chopping board	
Oven proof dish	

Food Science Key Terms

Roux: Is a mixture of flour and butter that is a base to thicken sauces.

Gelatinisation: this is where the starch in the flour begins to swell from the heat and then bursts, which causes the sauce to thicken.

Al Dente: The dried pasta absorbs the water when boiled, it eventually softens and should still have a 'bite' when ready 'al dente'

Heat is transferred by **convection and conduction** in the pan.

Macaroni Cheese

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

Method	Safety and Hygiene	Food Quality
1.Fill the large pan with water and put on the hob to boil.		
2.Add the pasta and simmer for 12 minutes. Check to see if the pasta is AL DENTE.		The pasta should be soft with some 'bite' and not chewy.
3.Whilst pasta is cooking, grate the cheese and slice the tomato.	Wash hands after grating the cheese.	
4.Drain the pasta using a colander and leave to cool in the large pan.	Empty over the sink	
5.Put the margarine/butter, into the pan and melt, add the flour and stir quickly until you have made a roux.		Take off heat when adding the flour.
6.Slowly add the milk into the pan stirring all the time to keep the mixture smooth and lump free.		Add a bit at a time to keep the sauce smooth.
7.Stir continuously and bring to the boil until the sauce has gelatinised.	Stay with the sauce don't leave unattended.	
8.Remove from the heat and add the grated cheese (save a little cheese to sprinkle on top). Stir until cheese has melted.		
9.Add the cheese sauce to the pasta and pour into the oven proof dish. Wash up	Use hot soapy water.	
10. Garnish with the sliced tomatoes and remaining cheese. At home put in the oven for 15-20 minutes 180C gas mark 5.		

Polish Apple Pancakes



Skills & cooking method

Skills level:
medium

Equipment	Ingredients
Large Mixing Bowl	230ml milk
White Chopping board	120g plain flour
Sharp Knife	1 egg
Peeler	1 tbsp white sugar (swp)
Apple Corer	1 tsp of cinnamon
Large Spatula	¼ tsp baking soda
Frying Pan	1 pinch of salt
Tablespoon	1 large apple
	Vegetable oil (swp)

Food Science Key Terms

Dextrinisation: the starch from the flour dextrinises, and the starch turns into the sugar dextrin, causing the surface to brown and the flavour to sweeten.

Caramelisation: When apple cooks it begins to turn brown and ‘caramelize’ causing the flavour to go sweeter.

Heat is transferred by **conduction** in the pan.

Do it now		
<ol style="list-style-type: none"> 1. Apron, hair, hands 2. Collect ingredients and equipment 		
Method	Safety and Hygiene	Food Quality
1.Prepare the apple using a corer to core the apple, then peel the apple and slice the apple into circles.	Careful with sharp knife	Use bridge and claw and slice thinly.
2.Combine milk, flour, egg, sugar, cinnamon, baking soda and salt in a large bowl.		
3.Beat with a whisk until smooth.		
4.Add the apple to the mixture.		Try to place in the centre of the pancake – the pancake should not be much larger than the apple slice.
5.Heat oil in a frying pan. Then drop a large spoonful of the batter with a slice of apple.	Do not leave the pan unattended.	
6.Cook on a medium heat until the bottom is browned for 3-4 minutes. Flip using the spatula and cook until browned on the other side for 2-3 minutes. Repeat until the mixture is used.		
7.Wash up.	Use hot soapy water	

Bolognaise

Skills & cooking method

Skills level:
Medium



Equipment	Ingredients
Large pan White chopping board Knife Wooden spatula Grater Peeler	250g lean minced beef / Quorn mince 1 Small onion 1 Garlic clove (swp) 1 Carrot 1 400g can chopped tomatoes 1 Celery Stick 1 x 15ml spoon olive oil 1 x 15ml spoon tomato puree (swp) 1 beef stock cube 100ml water (swp) 1 x 5ml (tsp) mixed herbs (swp)

Food Science Key Terms

Maillard Reaction: When meat proteins are heated, they harden and change colour to a brown.

Reduction sauce: The bolognaise sauce ‘reduces’ whilst simmering bringing a richer flavour and evaporating excess liquid.

Pathogens: Are harmful microorganisms found on high-risk foods that can cause food poisoning.

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

Method	Food Safety	Food Quality Points
1. Prepare vegetables by finely chopping onion and garlic, peel and grate the carrot and slice the celery.	Use white chopping board, careful with peeler.	Cut celery into thin slices.
2. Heat the oil in a large pan and add the onion, carrot, celery and garlic for a few minutes until the onion starts to brown.	Stay at hob do not leave.	
3. Add the beef mince and cook over a medium heat until the mince has browned.	Ensure there is no pink in the mince.	
4. Add the tomato puree, chopped tomatoes, 100ml water, stock cube, tomato puree, mixed herbs and salt and pepper, stir, then cover and simmer for 20 minutes. Wash up	Reduce heat Use hot soapy water for washing up.	Ensure lid is on, stir occasionally
5. Carefully pour into your named container.	Careful it is hot	
6. At home reheat and serve with freshly cooked pasta.	Ensure you reheat until piping hot	

Fish Cakes



Skills & cooking method

Skills level:
Medium / High

Equipment	Ingredients
Large pan White chopping board Sharpe knife Fork Jug Peeler Small saucepan 1 small and 1 medium mixing bowl Colander	2 medium potatoes. 1 can tuna, salmon, or mackerel. 1 teaspoon finely chopped parsley (swp) 1 x small onion or 3 spring onions Seasoning (swp) 1 egg 2 slices of bread (swp)

Food Science Key Terms

Boiling is heating foods in a liquid at a high heat.

Enrobing is where egg is used to stick to other food (breadcrumbs) like glue and coats or 'enrobes' the food.

Denaturation the proteins in the egg are denatured by physical action of whisking and the structure of the proteins change.

Heat is transferred by **convection** in the pan and **conduction** and **convection** in the oven

Do it now		
<ol style="list-style-type: none"> 1. Apron, hair, hands 2. Collect ingredients and equipment 		
Method	Food Safety	Food Quality Points
1. Peel the potatoes, cut into 2 cm cubes, put in a pan and cover potatoes with boiling water from a kettle.	Use white chopping board, careful with peeler	Make sure you cut the potatoes small as they will take too long if large.
2. Boil for 15 minutes until soft. Whilst the potatoes are cooking, prepare the enrobing ingredients.	Ensure pan handle is not over edge of cooker.	
3. Beat the egg and put in a medium bowl. Put the flour into the small bowl and put the breadcrumbs onto a plate.		
4. Prepare onion / spring onions by chopping finely.		Cut into small slices
5. Open the can of fish, drain away the liquid into the sink, put into a mixing bowl with the seasoning and onion.	Careful with sharp edge of the can.	
6. When potatoes are soft, drain into a colander, then mash them.	Place colander in sink when draining potatoes.	Mash in the pan, then soak the pan
7. Shape a quarter of the mixture into a fishcake and dip in the flour, beaten egg and then the breadcrumbs. Repeat 3 more times.		Shape into even patties.
8. Place in a container and take home. Wash up	Use hot water	
9. Bake in the oven for about 20 minutes until golden brown and firm.	Careful with oven use oven gloves.	

Fajitas

Skills & cooking method

Skills level:
Medium

Equipment

1 Small mixing bowl
White chopping board
Red Chopping board
Sharp Knife
Tablespoon
Frying pan
Wooden Spatula
Cheese Grater

Ingredients

1 Small chicken breast or 2/3 thigh fillets or Quorn fillet defrosted	Marinade (swp)
1 small onion	1/2 lime (swp)
1 green pepper	1 garlic clove (swp)
2 tortillas	½ green chilli
1 tomato	Fresh coriander (swp)
25g cheddar cheese	1sp paprika (swp)
	10ml oil (swp)



Food Science Key Terms

Cross Contamination where high-risk foods contaminate other foods, a **RED chopping board** must be used for raw meat.

Marinade is used to tenderise the meat and infuse flavour into the meat.

Maillard Reaction a browning action where amino acids (proteins) are cooked with sugars – in this recipe it is the chicken

Caramelisation sugars turn brown when heating – in this case the sugars in the vegetables

Conduction is the method of heat transfer directly through the material – in this recipe this is the frying pan

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

Method	Food Safety	Food Quality Points
1. Prepare the marinade; Squeeze the lime, peel and crush the garlic, on a WHITE chopping board deseed and slice the chilli, chop the coriander and mix everything together with the oil and paprika	Wash hands after chopping the chilli as it can be harmful to your eyes.	Chop chilli and coriander small to mix in marinade
2. Using the RED chopping board thinly slice the chicken into equal strips.		Use a firm claw grip whilst slicing the chicken.
3. Mix the chicken into the marinade, wash your hands, red chopping board and knife.	You must wash your hands, red chopping board and knife to avoid cross contamination	
4. On the WHITE chopping board, thinly slice the onion and pepper, chop the tomato and grate the cheese.		Slice the onion towards the root, ensure pepper seeds are thrown away
5. Stir-fry the marinated chicken in a pan until it is no longer pink, then add the onion and pepper. Cook until the vegetables have softened.	Hold the frying pan handle whilst stir-frying	Stay with the food to avoid burning
6. Check the chicken is cooked using a temperature probe.	Ensure the temperature probe is cleaned	
7. Place some of the chicken mixture in the middle of the tortilla, add some tomato and cheese then fold neatly. Place in your container. Wash up	Ensure work surface is clean before wrapping the fajitas Use hot soapy water for washing up.	

Swiss Roll



Equipment	Ingredients
Swiss Roll Tin lined with greaseproof paper Mixing bowl Wooden spoon Electric Whisk Plastic Spatula Sieve Metal dessert spoon Palette knife	2 medium / large eggs 60g caster sugar 60g self-raising flour 4 tbsp jam / lemon curd DO NOT BRING IN NUTELLA THE KITCHEN IS NOT FREE

Food Science Key Terms

Mechanical Raising Agent: the whisking of the sugar and eggs creates bubbles creating a foam to raise the mixture.

Folding: is used to gently add in the flour to avoid losing the bubbles in the mixture.

Rolling: the cake needs to be rolled whilst warm before the proteins in the sponge coagulate and harden, which would cause the cake to break rather than roll.

Heat is transferred by **convection** in the oven

Do it now		
1. Apron, hair, hands 2. Collect ingredients and equipment	3. Turn oven on to 200°C	
Method	Safety and Hygiene	Food Quality
1.Lightly grease the greaseproof paper with oil.		
2.Crack the eggs into a large bowl and add the sugar.	Ensure personal hygiene and wash hands after cracking egg open	
3.Whisk together until the mixture is very thick or until the ribbon stage is reached.		Ensure that the mixture increases in volume to ensure light and fluffy sponge
4.Sieve the flour into the mixture and very gently fold with a metal spoon.		Gently fold to avoid losing the air to the mixture.
5.Pour the mixture into the prepared tin and bake for 7-10 minutes until the sponge begins to shrink from the edges and is pale golden.	Use oven gloves	Gently smooth using a palette knife
6.Prepare a sheet of greaseproof paper and dredge with caster sugar.		
7.Turn the cooked sponge onto the sheet of greaseproof paper and roll up.		Use the greaseproof paper to guide the rolling
8.Leave to cool then unroll and spread carefully with jam and reroll. Wash up	Use hot and soapy water	

Pizza

Skills & cooking method

Skills level: Medium / High



Equipment	Ingredients	
Large Mixing Bowl White Chopping Board Sharp Knife Cutlery Knife Large baking tray lined with greaseproof paper	Base 170g strong plain flour 1 sachet fast action yeast 15ml oil (swp) 100ml warm water (swp) 1 tsp sugar	Tomato sauce Small jar of ready made OR Tomato passata (swp) Herbs (swp)
	Toppings (select 50g of any 3) Ham / pepperoni / bacon / tuna Peppers / onion / mushrooms / pineapple / olives / tomato / basil / spinach leaves	Cheese (Select 150g from cheeses below) Grated cheddar / red Leicester / firm mozzarella / goats cheese

Food Science Key Terms

Gluten is a protein found in wheat flour once a liquid is added to the flour, it helps the dough stretch and gives a strong structure to the bread dough.

Kneading stretches the gluten strands to enable the dough to have a better rise.

Heat transfer in the oven is by **convection** and the baking tray transfers heat by **conduction**.

Pizza

Do it now

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Apron, hair, hands 2. Collect ingredients and equipment | <ol style="list-style-type: none"> 3. Turn oven on to 200°C |
|---|--|

Method	Food Safety	Food Quality Points
1. Make base – sieve flour and salt into mixing bowl, stir in yeast and sugar then make a well in the centre.	Ensure hands are clean	
2. Mix oil into jug of warm water and pour gradually into the flour using a cutlery knife to stir together into a soft not sticky dough.		Gradually add water, too much will make it very sticky
3. Knead dough for 5 minutes, use a rolling pin, roll once then turn a quarter turn then roll again for an even circle shape. Place on the lined baking tray.	Ensure work surface is clean	Roll and turn to ensure a circular shaped pizza
4. Prepare toppings as required.	Careful if using a knife, use correct chopping board	Chop into smaller pieces
5. Assemble pizza – spread 3-4 tbsp of tomato sauce on base, add toppings and finish with cheese.		Ensure tomato sauce and all toppings are evenly spread
6. Bake for 15-20 minutes until base is firm and cheese has melted and is golden brown.	Use oven gloves Hot soapy water to wash up	

Sausage and Potato Frittata



Skills & cooking method		Skills level: High
Equipment	Ingredients	
Frying Pan	125g New Potatoes	
Saucepan	1 tbsp vegetable oil (swp)	
White Chopping Board	4 cooked sausages, sliced	
Sharp Knife	6 medium eggs	
Fork	2 tsp dried parsley	
Jug	150g cherry tomatoes	
Colander	30g cheddar cheese	
Grater		
Wooden Spatula		

Food Science Key Terms

Denaturation proteins change their structure when heated, agitated or mixed with acid.

Coagulation protein sets in the presence of heat of acid.

Maillard the browning of proteins when heated.

The methods of heat transfer in this dish are **conduction** by frying and **radiation** by grilling.

Sausage and Potato Frittata

Do it now

1. Apron, hair, hands
2. Collect ingredients and equipment

3. Preheat grill

Method

Food Safety

Food Quality Points

1. On a white chopping board slice the potatoes into thin slices. Place in a saucepan of boiling water and cook for 10 minutes.

Use bridge and claw method

Cut even thin slices to ensure the potato cooks quickly.

2. On a white chopping board, slice the tomatoes in half and grate the cheese.

Use bridge and claw method

3. Crack the eggs into a jug and mix with a fork, add the cheese, parsley and season.

Ensure you wash hands after handling raw egg

4. When the potatoes are cooked drain into a colander.

Place colander in the sink to avoid splashing hot water.

5. Heat the oil in a frying pan and fry the potatoes and sausages for 2 minutes.

Stay with frying pan at all times

Stir occasionally to avoid burning.

6. Add the tomatoes in the pan then pour over the egg mixture and cook on a medium heat for 6-7 minutes.

Use spatula to check if cooked underneath

7. Place under a preheated grill for 5 minutes until golden and cooked through. Allow a few minutes to cool before removing from the pan.

Use oven gloves as pan and grill will be hot.

8. Wash up

Use hot soapy water

Christmas Gingerbread



Equipment	Ingredients
Baking tin lined with greaseproof paper	100g salted butter
Mixing bowl	3 tbsp golden syrup
Large pan	100g dark muscovado sugar
Wooden spoon	½ tsp bicarbonate of soda (swp)
	1 tbsp ground ginger
	1 tsp ground cinnamon (swp)
	225g plain flour
	50g icing sugar
	Icing pens / decorations

Food Science Key Terms

Melting Method where the fat and sugar are melted by heat in a pan, it is generally used in recipes with syrups.

Dextrinisation dry heat turns the starch brown as the outer layer of the starch turns into the sugar dextrin, which gives a sweeter taste.

Heat is transferred by **convection** in the oven and **conduction** from the oven tray

Christmas Gingerbread

Do it now	
1. Apron, hair, hands 2. Collect ingredients and equipment	3. Turn oven on to 170°C

Method	Food Safety	Food Quality Points
1. Heat the butter, syrup and sugar in a pan until melted stirring, occasionally. Set to cool slightly.	Careful of heat from pan, do not leave unattended.	
2. Mix together the bicarb, ginger, cinnamon and flour in a large bowl.		
3. Pour in the buttery syrup mixture and stir to combine, then use your hands to bring together to form a dough. Add up to 1 tbsp of milk to combine if needed.	Careful of the hot syrup mixture	The dough will be soft at this point
4. Use a flour dredger to cover surface and place dough on surface, sprinkle more flour over the dough.	Make sure your work surface is clean	Make sure you use plenty of flour to avoid dough sticking to work surface.
5. Gently roll out the mixture to the thickness of ½ cm.		Don't use too much pressure on rolling pin
6. Use your choice of cutter to cut the gingerbread into shapes.		Carefully cut out
7. Place onto the baking tray on grease proof paper and place in the oven and bake for 10-12 minutes. Wash up	Use ovenproof gloves Use hot and soapy water	Use the greaseproof paper to guide the rolling
8. Remove and place on a cooling tray and leave to cool. Use your choice of decorations to decorate.		Try to be neat when decorating

Add recipe

Skills & cooking method	Skills level: low
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Equipment	Ingredients

Do it now	
1. Apron, hair, hands 2. Collect ingredients and equipment	3. Turn oven on to 200°C

Method	Food Safety	Food Quality Points