

Key information

In this booklet you will find a list of all the recipes for GCSE Y10 (and some of Year 11) Food Prep and Nutrition.

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

You will be cooking most weeks during Year 10 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.

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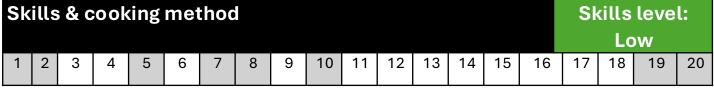
EDUQAS Skills

As part of the EDUQAS GCSE students will be expected to be able to use all the skills used within this group in the cooking element of their NEA Coursework. The recipes will include details of the skills used from this group.

No	Skill Group
1	Knife Skills
2	Prepare Fruits and vegetables
3	Prepare combine and shape
4	Tenderise and marinate
5	Select and adjust a cooking process
6	Weigh and measure
7	Preparation of ingredients and equipment
8	Use of equipment
9	Water based methods using the hob
10	Dry heat and fat-based methods using the hob

No	Skill Group
11	Using the grill
12	Using the oven
13	Make sauces
14	Set a mixture – removal of heat (gelation)
15	Set a mixture – heating (coagulation)
16	Use of raising agents
17	Make a dough
18	Shaping and finishing a dough
19	Test for readiness
20	Judge and manipulate sensory properties

Vegetable stir fry





Equipment	Ingredients
White chopping board	Mangetout 40g
Knife	1 pepper
Frying pan	1 small onion
Wooden Spatula	3 mushrooms
Colander	Bean Shoots (swp)
	Packet of ready to wok noodles
Container to take home	1 garlic clove (swp)
	1 tbsp soy sauce (swp)
	1 tbsp honey (swp)
	1/2 tsp Chinese five spice
	1 tbsp oil (swp)

Food Science Key Terms

Bridge and claw: a safe way to use the knife consistently.

Shallow Frying: the heat from pan to cook the vegetables is called conduction.

Caramelisation: The naturally occurring sugar in the vegetables when heated change flavour

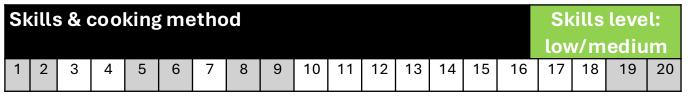
and turn brown.



		Vegetable Stir Fry
Do it now		
1. Apron, hair, hands.	3. WASH HANDS	
2. Collect equipment and ingredients		
Method	Safety and Hygiene	Food Quality
1.Rinse the vegetables in a colander		
2.Slice the pepper and mangetout into strips, slice the mushrooms, cut the onion into slices.	Use the bridge and claw	

2.Slice the pepper and mangetout into strips, slice the mushrooms, cut the onion into slices.	Use the bridge and claw	
3.Heat the pan with the oil, honey, soy sauce, garlic and Chinese five spice.		Do not burn, this is just to heat up.
4.Add in the vegetables and stir fry for 5-7 minutes until slightly softened then add beansprouts for another minute.	Stay with pan stirring with spatula	
5.Add the noodles and stir fry for another 5 minutes.		Ensure the sauce is mixed through the noodles.
6.Turn off heat on hob then empty pan into your container.	Ensure your hob is turned off careful with hot frying pan.	
7.Wash up.		

Leek and Potato Soup





Equipment	Ingredients
Saucepan	1 small onion
Wooden Spoon	1 tbsp vegetable oil (swp)
Measuring jug	1 large potato
White chopping board	1 large leek
Knife	1 clove garlic (swp)
Electric stick blender	100ml evaporated milk (swp)
	Stock cube
	250 ml boiling water (swp)

Food Science Key Terms

Simmering: the food is submerged in boiling water that is gently bubbling.

Gelatinisation of the potato starch: the starch granules absorb water causing them to thicken, soften and swell up making the liquid mixture thicken.

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

Vegetable Stir Fry

Do it now		
1. Apron, hair, hands.		
2. Collect equipment and ingredients		
Method	Safety and Hygiene	Food Quality
1. Peel the potatoes and cut into chunks.		Cut into small chunks.
2. Wash the leek and slice leek and onion.	Use the bridge and claw	
2. Wash the took and other.	method	
3. Heat the oil in a large pan and fry the sliced onion		Keep stirring avoiding sticking
until soft and golden.		to pan.
4. Add the potatoes and leeks allowing them to cook		Stir occasionally to avoid
for a few minutes before adding the stock cube and		sticking to pan.
boiling water.		
5. Simmer until the potatoes are cooked (about 20-	Careful when leaving soup	
25minutes). Wash up whilst simmering.	simmering. Ensure handle is	
	not over the front edge of the	
	cooker	
6. Remove from heat and stir in the evaporated milk.		
7. Blend everything together with a stick blender	Only switch on the blender	
until smooth. Season to taste. Wash up	at the power until ready to	
and sinothi. Ocason to taste. Wash up	use. Switch off and careful	
	when washing it up	
		7

Cauliflower and Broccoli cheese



Skills & cooking method Skills level:											l:								
																ľ	ned	lium	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Equipment	Ingredients
Medium saucepan	1 small cauliflower
Small saucepan	1 small head of broccoli
Wooden spatula	50g butter
Balloon whisk	50g flour
Grater	1 tsp mustard powder/ ready-made
Chopping board	mustard (SWP)
Sharp knife	500ml milk
	100g strong cheese, grated
	A few chopped chives (optional)

Food Science Key Terms

Boiling where the liquid is heated to 100°C to cook food.

Roux Sauce the base for a sauce with melted butter and flour added to it to thicken the sauce.

Gelatinisation when added to liquid and heated.

Heat transfer by **convection** in liquid boiling.

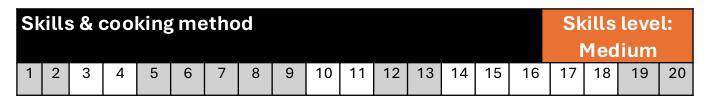


Cauliflower and Broccoli Cheese

Do it now 1. Apron, hair, hands. 2. Collect equipment and ingredients

Method	Safety and Hygiene	Food Quality
1. Bring a large pan of slightly salted water to the boil.	Use hot water from kettle careful of hot water.	
2. Remove leaves from the cauliflower and cut / break into small florets. Break the broccoli into even sized florets - you may also use a knife and chopping board.		Try to break into bite sized pieces.
3. Rinse the cauliflower and broccoli in cold water in a colander.	Ensure thoroughly rinsed	
4. Add the cauliflower to the pan, cook for 5 minutes, then add the broccoli and cook for 3 minutes more.	Careful of hot water	
5. Drain the vegetables through a colander and transfer them to a large ovenproof dish.	Careful of splashing, empty in the sink.	
6. To make cheese sauce: melt the butter in a small saucepan over a low heat. Stir in the flour and mustard with a wooden spatula. Cook gently, still stirring, for about 1 minute.		Remove from heat when adding flour into melted butter.
7. Add the milk a little at a time, stirring well between each addition of milk. Bring to the boil, still stirring, until the mixture thickens.	Careful of hot sauce.	Keep stirring all the time or it will stick to the bottom
8. Add most of the cheese, season and stir in chives, if using. Pour the sauce over the vegetables and sprinkle the remaining cheese on top. Wash up.	Use hot soapy water	
9. At home: Cook at 190C / Gas mark 5 until bubbling and golden.		

Dauphinoise Potato





Equipment	Ingredients
Mixing Bowl	250g floury potato
Large saucepan	1 small red onion
Spatula	1 garlic clove (swp)
Cheese Grater	100ml milk and cream (50ml of each)
White chopping board	SWP
Knife	25g gruyere (or cheddar) cheese
	Salt and pepper (SWP)

Food Science Key Terms

Enzymic Browning: potatoes go brown once peeled, the oxygen in the air comes into contact with the potato causing the surface to oxidise and turn brown. To slow down enzymic browning, place the potato into cold water.

Evaporation: when heated in the oven, the liquid content of the cream begins to evaporate, leaving the fat of the cream, which results in a thickening.

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

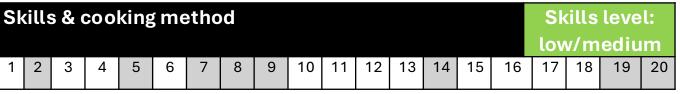


Dauphinoise Potatoes

Do it now		
1.	Apron, hair, hands.	3. Turn oven on to 190°C
2.	Collect equipment and ingredients	

Method	Safety and Hygiene	Food Quality
1. Peel and thinly slice the potatoes and place	Use the bridge and claw	
into a bowl of cold water.	method.	
2. Peel and thinly slice the onion.		
3. Place the cream, milk and garlic in a large		Keep stirring avoiding sticking
saucepan and heat. Drain the potatoes in a colander.		to pan.
4. Add the potatoes, garlic and onions tp the	Careful when	Stir occasionally to avoid
milk and cream and simmer for 10 minutes until	simmering. Ensure	sticking to pan. Do not
tender.	handle is not over the	overcook.
	front edge of the cooker	
5. Grate the cheese.		
6. Transfer the potatoes, onions and cream		Layer up with the spatula.
mixture layering into the foil tray. Sprinkle the		
cheese on top.		
7. Bake for 20 minutes or until golden.	Use hot, soapy water.	
Wash up.		







Equipment	Ingredients
Large Saucepan	450g fresh raspberries (or frozen
Wooden spoon	but defrosted overnight)
Baking Tray	400g jam (preserving) sugar
	2 empty jam gars and lids

Food Science Key Terms

Jam making is a **preservation** method of fruit.

Jam is made by cooking the fruit at a high temperature with sugar and a little water to break down the **cellulose** of the fruit.

The combination of heat, sugar and **pectin** in the fruit enables the jam to form a **gel** and **set** on cooling

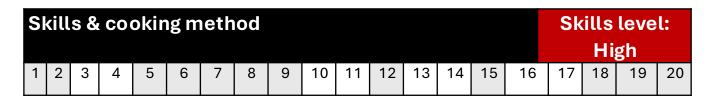
Heat is transferred by convection in the pan.

Raspberry Jam

Do it now		
1.	Apron, hair, hands.	3. Turn oven on to a low heat.
2. Collect equipment and ingredients		

Method	Safety and Hygiene	Food Quality
1. Wash out the jars and put them in the oven to sterilise.	Ensure they are thoroughly washed in hot soapy water and rinsed.	
2. In a large pan, heat the raspberries, sugar and 3 tbsp water together over a low heat, until the sugar is dissolved.	Keep pan attended.	Ensure all the sugar is dissolved.
3. Turn up the heat and cook for 6-8 minutes more, until thickened enough to coat the back of the wooden spoon.	Careful of mixture as it will be very hot.	Make sure there is some coating.
4. Pour carefully into the hot jars, seal and leave to cool.	Be very careful of the hot jars ask for assistance if required.	
5. At home the jam will last a few week if not opened. Once opened use and refrigerate.	Keep refrigerated once opened.	

Apple Pie





Equipment	Ingredients
Tea towel	300g plain flour
Bowl	150g butter
Chopping board	25g sugar for pastry
Knife Sieve	25g sugar for apple filling
Jug	1 x egg
Pie tin	1 x teaspoon cinnamon or mixed
Peeler	spice (optional)
Saucepan	2 x large cooking apples OR 3 x
	eating apples

Food Science Key Terms

Rubbing in method: The fat and flour are combined together with a light touch and needs to be evenly distributed throughout the dough.

Dextrinisation: The starch molecules in the flour when heated with a dry heat (oven) turn brown into dextrin sugar giving a sweeter flavour

Starch Gelatinisation: The starch molecules in flour added to apple mixture swell from the heat and liquid causing the mixture to thicken.

Apple Pie

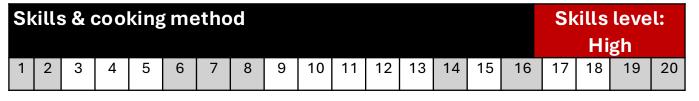
Do it now

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

3. Turn oven on to 180°C

Method	Safety and Hygiene	Food Quality
1 Sieve flour into mixing bowl, add sugar and a pinch of salt.		This give aeration to the flour
2 Cut butter into cubes, then add to the bowl. Use fingertips to		Use light touch for even
gently rub in flour into the butter until resembling breadcrumbs.		breadcrumb
3 Crack egg into bowl and gently mix with hands until dough	The pastry needs to chill in	Avoid over handling dough
comes together, wrap in clingfilm and place in fridge to chill.	the fridge	
4 Peel apples and cut into pieces.		
5 Add all apple pieces to a small pan with sugar mixed spice		
or cinnamon, simmer gently for 5 minutes until apples are		
tender. Remove from heat and allow to cool.		
6 Dust a clean work surface and rolling pin with flour. Divide	Ensure work surface is	
pastry into two and roll out until ½ cm thick. Roll pastry	clean	
around the rolling pin and unroll carefully over pie dish.		
7 Add apple mix into pie dish.		
8 Beat egg and with a little milk brush over the pastry rim. Roll	Careful when trimming	The egg wash helps to stick the
out other piece of dough $1/2$ cm thick. Carefully roll the pastry	edges	top of the pie to the bottom.
around rolling pin and place on top of pie. Fold excess pastry		
back in then pinch and crimp edges using finger and thumb		
9 Brush top of the pie with egg wash then using knife make a		An egg wash will give the pie a
couple of incisions in centre of pie.		golden colour.
10 Bake in hot oven for 40-45 minutes until golden	Wash up, use oven	
	gloves.	15

Strawberry Mousse





Equipment	Ingredients
4 Mixing Bowls	250g fresh strawberries
Stick blender	100ml double cream
Electric Whisk	50g caster sugar
Tablespoon	2 sheets of gelatine
Spatula	1 egg
	½ tbsp. lemon juice (swp)
Container to take home	½ tsp vanilla extract.

Food Science Key Terms

Mechanical Raising Agent: The use of the whisk brings air into the cream and egg causing it to rise in volume.

Foam: When whisking and adding in air into the egg it denatures the egg and turns into a foam, giving more volume to the egg.

Gelatine setting agent: Is made of amino acids (protein) which break down when water is added, and then reform trapping in water when chilled.



Strawberry Mousse

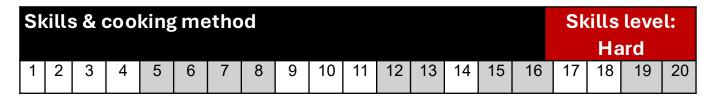
Do it now

1. Apron, hair, hands.

2. Collect Equipment and ingredients

Method	Safety and Hygiene	Food Quality
1.Wash the strawberries, remove the hull and cut them in half. Place them in		
a large bowl and add the lemon juice and 1 tbsp of the caster sugar, stir well.		
2. Using a stick blender, blend the strawberries to a smooth puree. Remove	Careful with blender	Ensure no lumps
50g and place it in a small bowl in the fridge as this will make the topping on your mousse.	sharp	
3. Whip the double cream to stiff peaks and add the vanilla essence. Wash the whisks.	Use hot water	Avoid over whisking
4. Soak the gelatine in a bowl of cold water for 5 minutes.		
5. Separate the egg, discard the yolk, and place the egg white in a large, very	Wash hands after	
clean bowl.	handling raw egg	
6. Using a clean electric whisk aerate the white until stiff peaks are formed,		Add in sugar once
whisk in the remaining caster sugar until a glossy meringue is formed.		peaks formed in egg
7. Squeeze the excess water from the gelatine and add to a small bowl with 2		Stir to mix the
tbsp. of strawberry puree. Microwave to dissolve the gelatine for 30 seconds, do not let it boil!		gelatine
8. You should have 4 bowls in front of you. One with strawberry puree (a),		
one with whipped cream(b), one with meringue (c), and a small one (with		
puree and gelatine)(d), that has been in the microwave.		
9. Add the gelatine and puree (d) and the puree (a) to the whipped cream (b) and carefully stir to combine.		
10. Carefully fold in the meringue (c) until all the ingredients are combined.		Use a tablespoon or spatula
11. Spoon the mousse into your dish and carefully add the reserved puree from the fridge over the top.		17

Cheese Soufflé





Equipment		Ingredients
Baking tray	Mixing Bowl	20g Butter
Ramekin dish	Electric Bowl	15g Plain flour
Saucepan	Electric whisk	150ml whole milk
Wooden Spoon	Tablespoon	1 egg
Pan Stand	Spatula	55g Cheddar Cheese (grated)
Measuring jug		½ teaspoon mustard
Grater		

Food Science Key Terms

Gelatinisation of starch thickens the roux sauce.

Aeration Whisked egg traps air (mechanical raising agent).

Gluten content of soft, plain flour is low.

Coagulation of egg protein sets the soufflé mixture when baked.

Heat is transferred by **convection** in the oven and **conduction** from the tray, dish and through the soufflé

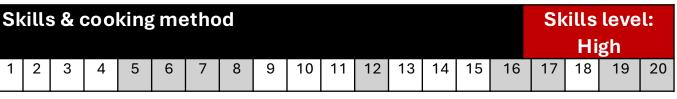
Cheese Soufflé

Do	o it now	
1.	Apron, hair, hands.	3. Turn oven on to 220°C
2.	Collect equipment and ingredients	

Method	Safety and Hygiene	Food Quality
1 Brush the insides of the 2 ramekin dishes with melted butter.		To prevent the mixture sticking
2 Place a baking sheet in the oven to heat up.	Use oven gloves	
3 Make the roux sauce. Melt fat. Off the heat add flour to form a roux. Gradually add milk. Return to the heat and bring to the boil for 2 mins add the mustard and seasoning. Off the heat add cheese and egg yolks.	Careful of hot pan	Add milk gradually and beat well between each addition to avoid lumps. Boil 2 mins so starch is fully gelatinised.
4 Whisk the egg whites to stiff peak stage.		Do not over whisk the egg whites
5 Add a spoon full of egg white to the roux sauce and stir in – this is called 'slackening' the mixture and makes it easier to mix in the remaining egg whites.		Stir in gently
6 Carefully fold in the remaining egg white.		To avoid knocking out the air
7 Spoon the mixture into ramekin. Place on hot baking tray. Bake for 8-10 minutes until well-risen and golden – serve immediately. Wash up	Use oven gloves Use hot soapy water	

Profiteroles





Equipment	Ingredients
Tea towel	In School (choux pastry)
Bowl	50g butter
Cutlery Knife	2 tsp caster sugar (swp)
Sieve	75g plain flour
Jug	2 eggs
Oven tray lined	At home (Filling)
Saucepan	300ml double cream
Rolling pin	1tblsp caster sugar
Pastry brush	Few drops vanilla essence
Teaspoon	
Wooden spoon	For sauce
<u>'</u>	50g cocoa powder
Greaseproof paper	175g caster sugar
	100m cold water

Food Science Key Terms

The dough is formed in a pan on heat to give time for the starch in the flour to **gelatinise** helping the pastry hold onto the steam and 'puff up'.

The choux pastry **dextrinises** and turns brown (where the starch turns to **dextrin** sugars) when heated in the oven.

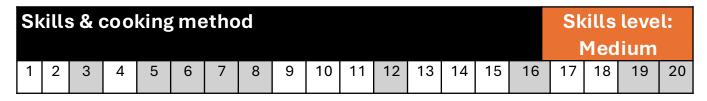
Steam in the oven causes the choux pastry to rise and is a mechanical raising method.

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

Profiteroles

Method	Safety and Hygiene	Food Quality
1 Fold a piece of greaseproof paper in half, unfold and sieve the flour onto the paper.		This give aeration to the flour
2 Cut the butter into cubes and place in a medium pan with 2tsp sugar and 150ml water, place over a gentle heat and bring to the boil.		Use light touch for even breadcrumb
3 Remove from heat and quickly 'shoot' the sifted flour from the greaseproof, beat energetically with a wooden spoon until the dough comes away from the sides.		
4 Leave to cool 5 mins, and beat 2 eggs in a jug with a fork, then stir in the eggs into the dough a bit at a time		It should be a thick and glossy texture
5 Rinse the baking tray with greaseproof paper with water, shake off excess. Use a teaspoon to blob mixture onto tray to make 18. Cook for 18-20 mins.	Use Oven glove	This is to help create steam.
6 Remove from oven and make a small slit to release steam then return to oven for 3 mins, remove and cool on a cooling wire	Use oven glove	This is to release the steam
7 At home: sauce: sift cocoa in a bowl. Put the sugar and 100ml water gently heat until the sugar is dissolved and boil for 1 minute. Pour in and stir until smooth. Cook for 1 minute on the pan then set aside for profiteroles.	the cocoa powder	
8 Whip the cream then sweeten to taste with sugar and vanilla extract (optional). Cut the profiteroles in half to spoon in the cream. Then drizzle with the chocolate sauce.		

Christmas Yule Log





Equipment	Ingredients
Baking Tray with oil lined	3 eggs
grease proof paper	75g caster sugar + extra for rolling
Sieve	up
Mixing Bowl	60g Self raising flour
Electric Whisk	15g Cocoa powder
Palette Knife	150g softened butter / soft margarine
Spatula	270g icing sugar
Tablespoon	30g cocoa powder

Food Science Key Terms

Foam: The egg and sugar mixture is whisked, which adds air creating tiny bubbles and forming a foam.

Denaturation: The egg protein is denaturised and changes shape when whisked in the mixture.

Coagulation: The egg on cooking coagulates, changing shape and firming on baking.

The cake is a **whisked sponge** there is no fat in the cake and the whisking is a mechanical raising agent.

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

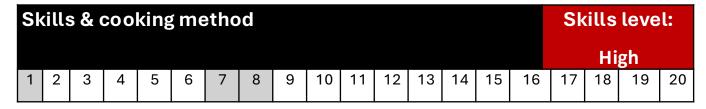
Christmas Yule Log

Do	it now	
1.	Apron, hair, hands.	3. Turn oven on to 180°C
2.	Collect equipment and ingredients	

Method	Safety and Hygiene	Food Quality
4. Add the augus and agg to the mixing bowl and whick until note	Chaura valuara raadu	This will pood whicking for at
1 Add the sugar and egg to the mixing bowl and whisk until pale,	Ensure you are ready	
thick and creamy.	to whisk, before	least 5 minutes
	turning on the whisk.	
2 Sieve in the flour and 15g cocoa into the mixture and gently fold		Careful with folding to avoid
into the mixture using a large metal spoon.		losing the air in the mixture.
3 Pour into the lined baking tray and smooth with a palette knife.		
4 Place in the oven and bake for 8-10 minutes until springy to the	Use oven gloves.	
touch.		
5 While the roll cooks, place a piece of greaseproof paper onto the	Keep workspace tidy.	
worksurface and sprinkle with sugar.		
6 Place the icing sugar, cocoa and margarine into a mixing bowl		
and cream by mixing together until soft.		
7 Remove the roll from the oven and place on top of the sugared		Careful with rolling to avoid
greaseproof paper. Carefully roll the cake using the paper and		cake cracking
leave to cool for 5-10 minutes		
8 Wash up whilst cooling	Use hot soapy water	
9 Unroll the cake and spread ¼ of the butter cream into the cake		An egg wash will give the pie a
and reroll.		golden colour.
10 Use the palette knife to spread the remaining butter cream onto	Wash up using hot	
the cake and use a fork to create a 'log' effect. Finish with	soapy water	
decorations.		

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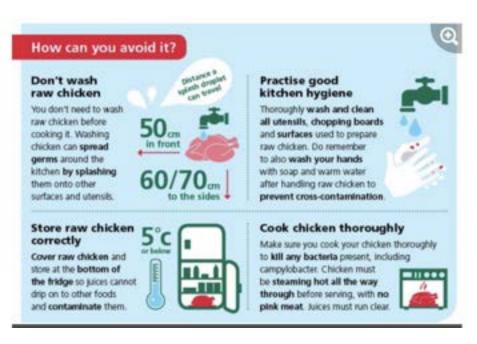
Portioning a Chicken

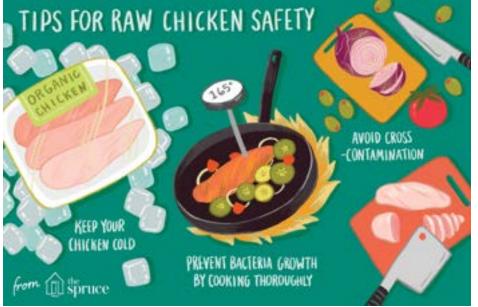




Equipment	Ingredients
Red chopping board Sharp butchering knife	1 whole chicken

Chicken Food Safety





Portioning a Chicken



Take the bird out of the packaging and place the bird onto a red chopping board.
 Dispose of the packaging immediately.



2. Cut off the string holding the bird together around the parsons nose.



3. Pull the wing away from the body.
Where the wing meets the body of the
bird, cut at a slight diagonal around the
skin.



4. Twist until the joint is exposed. Cut through the joint and remove. Repeat this process on the other wing. Separate the wing.



5. Pull the legs away gently from the body of the bird. Slice through the skin where it appears through the thigh and body. It will fall away easily.



 ${\bf 6.\,Turn\,\,over\,and\,cut\,around\,the\,joint.}$



7. Turn the bird onto its back and break the joint. Cut through the skin to remove the leg piece.



Separate the thigh and drumstick by cutting through the joint. Repeat this process on the other leg.



9. Slice down one side of the breast bone gently until the skin begins to break.



10. Carefully cut along the breast to detach. Repeat this process on the other breast.



Chicken Stock and Chicken Tandoori (Dovetail Time Plan)

Sk	cills	8 & 0	cool	king	g me	tho	d											leve n / H	
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Key Terms

Ingredients

Dovetail time planning is the cooking of more than one meal e.g. for the GCSE exam practical. It will mean that you are able to efficiently fit in different tasks to ensure all the dishes are cooked for the same time at the end. Each dish has a different colour code so you can see which part of each meal you are cooking in the time plan.

It will include 4 sections, time, task, hygiene and food quality, which would all need to be considered.

1-2 x 15ml spoon of tandoori paste / spices (swp)

Chicken Tandoori

4 x 15ml spoons low fat plain yoghurt (swp)

½ lemon / lemon juice (swp)
Pieces of jointed chicken already

in school from jointed chicken lesson

Chicken Stock

- 1 chicken carcass (already in school)
- 1 onion cut into chunks
- 1 Carrot cut into chunks
- 1 leek washed and cut into chunks
- 1 celery stick (swp) washed and cut into chunks
- 1 garlic clove (swp)
- 1 bay leaf (swp)

Mixed herbs (swp)

Equipment

Large Saucepan
Wooden Spatula
Mixing bowl
White chopping board
Knife
Funnel
Lined baking tray with
foil
Bring from home
Sealable container for

Washed plastic milk

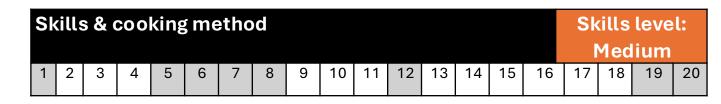
bottle (2ltr) to take stock

chicken

home.

Mise en Place						
Activity	Health and safety	Food Quality				
Chop up onion, carrot and celery into large	Use bridge and claw, white					
Tip everything into a large saucepan with a pinch of salt then cover with 1 litre of boiling water.	Wash hands thoroughly after handling the chicken.					
Mix the tandoori spices, lemon and yoghurt into a bowl.						
When stock on the boil, reduce to simmer		Do not boil too long or liquid will evaporate				
Remove chicken skin	Careful with knife					
Cover the chicken with the tandoori mix. Allow to marinade a long as possible.	Wash hands thoroughly after handling the chicken	Evenly spread over				
Oven Bake on 200C for 15- 20 minutes turning	Use oven gloves					
Wash up	Hot soapy water					
Turn chicken over	Oven gloves use fork and spoon					
Remove chicken from the oven and put into a container	Oven gloves - check over 75C temp with temperature probe to ensure it is cooked.					
Pass Stock liquid through a sieve and carefully pour into an empty milk container	ensure all left over food is in	Allow to cool before transferring into container.				
Wash up and tidy away equipment						
	Chop up onion, carrot and celery into large chunks Tip everything into a large saucepan with a pinch of salt then cover with 1 litre of boiling water. Mix the tandoori spices, lemon and yoghurt into a bowl. When stock on the boil, reduce to simmer Remove chicken skin Cover the chicken with the tandoori mix. Allow to marinade a long as possible. Oven Bake on 200C for 15- 20 minutes turning occasionally Wash up Turn chicken over Remove chicken from the oven and put into a container Pass Stock liquid through a sieve and carefully pour into an empty milk container	Activity Chop up onion, carrot and celery into large chunks Tip everything into a large saucepan with a pinch of salt then cover with 1 litre of boiling water. Mix the tandoori spices, lemon and yoghurt into a bowl. When stock on the boil, reduce to simmer Remove chicken skin Cover the chicken with the tandoori mix. Allow to marinade a long as possible. Oven Bake on 200C for 15- 20 minutes turning occasionally Wash up Hot soapy water Turn chicken over Coven dicken from the oven and put into a container Pass Stock liquid through a sieve and carefully pour into an empty milk container Wash hands thoroughly after handling the chicken Use oven gloves Oven gloves - check over 75C temp with temperature probe to ensure it is cooked. Carefully pour into jug ensure all left over food is in the bin				

Chicken Kiev





Equipment	Ingredients
Plate Bowl Tablespoon Red Chopping board Sharp knife Oven tray lined with baking paper	1 tsp garlic (swp) 45g fresh breadcrumbs (swp) 2 small chicken breast (or one large) 1 egg 1 tbsp flour (swp) 100g garlic and herb soft cheese

Food Science Key Terms

Enrobing or Coating is where the chicken is coated or 'enrobed' by other ingredients with the use of egg as a 'glue'

Dextrinisation starchy foods cooked in dry heat produce dextrins which are brown in colour. The breadcrumbs dextrinise during cooking.

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

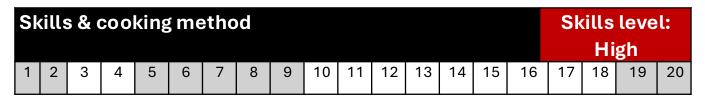


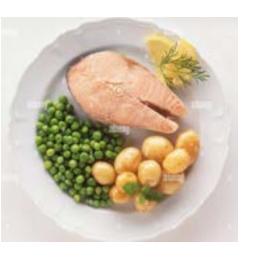
Chicken Kiev

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

Method	Safety and Hygiene	Food Quality
1. Mix in herbs with breadcrumbs		Cut into small chunks.
2. Crack egg into a bowl.	Use the bridge and claw	
	method	
3. In another bowl put in the flour, and on the plate		Keep stirring avoiding sticking to
put on the breadcrumbs.		pan.
4. Cut a slit in the side of each chicken breast and		Stir occasionally to avoid sticking
spoon in half the soft cheese with half of the garlic.		to pan.
Press the edge together to seal.		
5. Cover the chicken breast with the flour, then egg	Careful when leaving	
and finally the breadcrumbs and place on the	soup simmering. Ensure	
baking tray.	handle is not over the	
	front edge of the cooker	
6. Cook in the oven for 20-25 minutes until golden		
7. Remove from the oven, place in container and	Only switch on the	
wash up.	blender at the power until	
	ready to use. Switch off	
	and careful when	
	washing it up	
		20

Poached Salmon Dinner





Equipment	Ingredients
Frying pan	1 Salmon fillet with skin on
Large saucepan	4 small new potatoes
Knife	1 carrot
Spatula	150ml milk (whole, semi-skimmed)
Sieve	Bay leaf (swp)
Chopping board	1 lemon
Colander	

Food Science Key Terms

Poaching: is a gentle way of cooking delicate foods for example fish

Filleting Fish: is a higher technical skill recognised at GCSE

Heat is transferred by convection in the pan



Poached Salmon Dinner

Do it now 1. Apron, hair, hands. 2. Collect equipment and ingredients

Method	Safety and Hygiene	Food Quality
1. Fill kettle with water and boil.		
2. Rinse new potatoes and carrot. Cut the new potatoes	Use bridge and claw	
in half.	method on a white chopping	
	board.	
3. Place new potatoes in a pan, cover in boiling water		Aim to cut off as little flesh of the
and bring to the boil, then simmer for 20 minutres.		fish as possible.
4. Meanwhile put the salmon on a red chopping board.	Careful when handling the	Cut towards the skin to avoid
Carefully hold down with your nails the end of the skin	knife.	cutting into the flesh.
and use the knife cutting diagonally downwards whilst		
cutting across the almon to remove the skin.		
5. Place the salmon in the frying pan and add milk and	Careful when leaving	Stir occasionally to avoid sticking to
bay leaf. Cook on a low-medium heat for 10 minutes.	salmon simmering. Ensure	pan.
	handle is not over the front	
	edge of the cooker.	
6. Prepare the carrot into julienne sticks by cutting		Try to have matchsticks all equal in
straight edges around the carrot, slice into 5mm strips		size.
then into 5mm matchsticks about 4-5cm lengths.		
7. Pour the potatoes into the sieve to strain the water.	Careful when pouring out	Make sure it is drained properly.
	hot water	
8. Use the spatula to remove the fish and place on the		Consider decoratively serving the
plate with the potatoes and place the lemon for		dish.
squeezing/decoration.		31
0. Week up		

Spicy Lamb and Feta Burger



Skills & cooking method									Sk	ills	leve	l:							
																	Med	lium	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Equipment	Ingredients
Mixing Bowl	450g lean lamb mince (or beef/ pork/turkey
Tablespoon	mince)
White	1 garlic clove (swp)
Chopping	4 x 15ml spoon flat-leaf parsley or coriander
board	(swp)
Sharp knife	125g Feta cheese, roughly crumbled
Oven tray lined	1 lemon
with baking	½ x 5ml spoon ground paprika (swp)
	1 x 5ml spoon ground allspice (swp)
paper	½ x 5ml spoon cumin powder (swp)
	Freshly ground black pepper (swp)

Food Science Key Terms

Maillard Reaction: When the meat is exposed to the grill the proteins change colour 'browning 'and the texture toughens up.

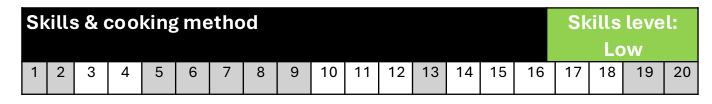
Heat is transferred by radiation in the grill.

Spicy Lamb and Feta Burgers

Do	it now	
1.	Apron, hair, hands.	3. Turn on grill to medium to preheat
2.	Collect equipment and ingredients	

Method	Safety and Hygiene	Food Quality
1 Diggs the mines in a large mixing how		
1. Place the mince in a large mixing bowl.		
2. Prepare the ingredients; crush the garlic,	Use the bridge and claw	
chop the onion, zest the lemon.	method	
3. Add the prepared ingredients to the mince		
along with the paprika, allspice and cumin.		
4. Season with freshly ground black pepper.		
5. Stir the mixture well.		Ensure all spices are mixed in.
6. Divide the mixture into four balls, flatten and		Ensure balls are equal in size.
shape into a burger.		
7. Place burgers onto a grill tray. Wash hands	Using hot water to wash	Use a medium heat
thoroughly handling the raw meat.	hands.	
8. Cook burgers under a preheated grill for 6-8	Use hot and soapy	
minutes. Turn the burgers over and cook for	water	
another 6-8 minutes. Wash up.		
9. Ensure burgers are cooked throughout and		
no pink remains. Place in container.		

Chicken Tikka Masala





Equipment		Ingredients
Small bowl	Bring from	School will provide these:
Dessert spoon	home:	1tbsp vegetable oil
Large Pan	1 small onion	1tsp cumin
Wooden Spatula	1 chicken	1 tsp garam masala
White chopping	breast	½ tsp turmeric
board	½ red pepper	½ tsp chilli powder
Red chopping	200g chopped	1 tsp lemon juice
board	tomatoes	1 crushed garlic clove
	2tbsp plain	1 tbsp tomato puree
	yogurt	1 tbsp mango chutney

Food Science Key Terms

Reduction sauce where the liquid simmers and reduces down from the evaporation of water, intensifying the flavour.

Caramelisation where the sugars in the onions caramelise softening the onion and slowly turning brown.

Maillard Reaction where the protein (chicken) is cooked and turns brown / golden giving more flavour.

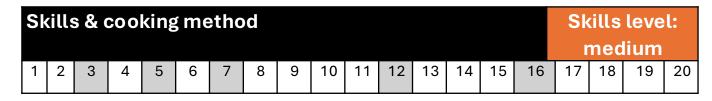
Heat is transferred by **conduction** and **convection** in the pan.

Chicken Tika Masala

Do	it now	
1.	Apron, hair, hands.	
2.	Collect equipment and ingredients	

Method	Safety and Hygiene	Food Quality
1. On white chopping board, chop up the onion and	Use the bridge and claw	Cut into small chunks.
pepper.	method	
2. In a small bowl, make the curry pasty by mixing		
the spices with the garlic and lemon juice.		
3. On a red chopping board dice the chicken in to	Wash knife before	
bite sized chunks.	chopping up chicken.	
4. Heat some oil in the pan and gently cook the		Stir occasionally to avoid
onion until soft.		sticking to pan.
5. Add the paste to the onions and cook for two		
minutes.		
6. Add the diced chicken and fry for two minutes,	Careful of hob and	Stir with spatula
add the diced pepper, the tomatoes, tomato puree	ensure handle is not	
and 100ml water and bring to the boil.	pointing outwards.	
7. Leave to simmer until the chicken is cooked	Use a temperature	Stir occasionally.
(approx. 10 minutes). Wash up	probe to check chicken	
	is cooked.	
8. Turn off the heat and stir in the yoghurt and	Use hot soapy water.	
mango chutney. Put into a container and wash up		
remaining pots.		
9. At home reheat until piping hot and serve with		
rice.		

Bread Plaits





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

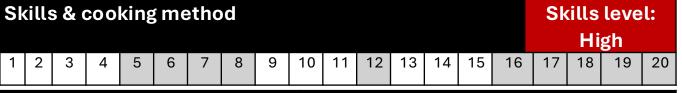
Gluten: Gluten is a protein found in flour and forms the framework of the bread.

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 Co2 expands and causes the bread to rise further and eventually stops the yeast from reacting.

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

		breau Plaits
Do it now		
 Apron, hair, hands. Collect equipment and ingredients 		
Method	Safety and Hygiene	Food Quality
1.Sieve together the flour and salt into the bowl, add the sugar. Add yeast and stir.		Aerates and removes lumps. Disperses ingredients through the mixture.
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 three equal piece roll on surface into long sausage shapes. Plait and tuck under the plait, press together to hold in place.		Try to have each sausage shape even to have a neat plait.
6.Glaze with milk, sprinkle poppy seas 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.		37

Chelsea Buns





Equipment	Ingredients		
Tea towel	250g strong white flour		
Bowl	40g butter		
Cutlery Knife	25g demerara sugar		
Sieve	125 ml milk		
Jug	7g pack of fast action yeast		
Oven tray lined	1 x teaspoon cinnamon or mixed		
Saucepan	spice (optional) (swp)		
Rolling pin	75g currants		
Pastry brush	½ teaspoon salt		
Teaspoon			
Wooden spoon			

Food Science Key Terms

Rubbing in method: The fat and flour are combined together with a light touch and needs to be evenly distributed throughout the dough.

Enriched Dough: Is a bread dough that has butter, sugar, eggs or oil added to it.

Cold Oven Prove: Rather than proving for 1 hour the dough is placed into a cold oven and the dough proves as the oven heats up.

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

St.Thomas More

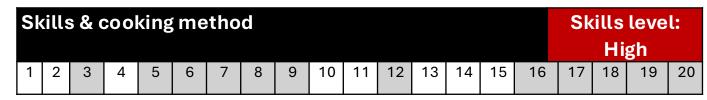
Recipe

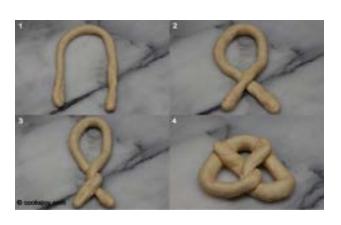
Do it now	
1. Apron, hair, hands.	2. Collect equipment and ingredients

Method	Safety and	Food Quality
	Hygiene	
1. Sift the flour and salt into a bowl.		This give aeration to the
		flour
2. Add 15g butter to the bowl. Use fingertips to gently rub		Use light touch for even
the butter into the flour until it is resembling breadcrumbs.		breadcrumb
3. Add the yeast.		
4. Warm the milk until lukewarm and add into the mixture	Carefully use a	
using the cutlery knife to mix into a soft dough.	microwave to	
	warm up.	
5. Place the remaining butter into a small saucepan and		Check the butter once
melt the butter on a low heat.		melted turn off heat.
6. Meanwhile knead the dough for 10 minutes.	Ensure work	The dough should be
	surface is clean	smooth and elastic.
7. Turn the heat off the butter. Roll the dough into a square		
shape (25cm x 25cm) on a floured surface.		
8. Brush over the melted butter with a pastry brush.		
9. Sprinkle over currants, spice and sugar over the dough.		
10. Roll the dough like a Swiss roll and cut into 8 slices.		
11. Arrange slices in baking tin and place in the oven, turn	Wash up, use	
on up to 220C and bake for 20-25 minutes until golden	oven gloves.	
brown.		

Pretzels







Equipment	Ingredients
Measuring jug Mixing bowl Tablespoon Saucepan Baking tray Slotted spoon Butter knife	125g strong bread four ½ tsp yeast 1 egg 1 tsp muscovado sugar (swp) 12g margarine Flour for dusting (swp) Oil for greasing (swp) 1 tsp bicarbonate of soda (swp) Flaked sea salt (swp)

Food Science Key Terms

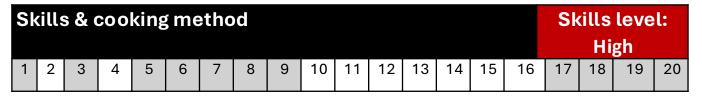
Alkaline Bath The pretzels are placed in hot water with bicarbonate of soda, which is an alkali. The alkali The base reacts with proteins, sugars, and starches at the pretzel's surface to intensify browning and give the skin its tight, glossy sheen.

Enriched Dough pretzels are an enriched dough where they have the addition of butter in the dough from standard bread dough.

Heat transfer is by **convection** in the pan and the oven and **conduction** from the oven tray.

 Apron, hair, hands. Collect equipment and ingredients 	3. Turn oven on to 200°C	
Method	Safety and Hygiene	Food Quality
1. Put a pan of water in the large saucepan to boil then add the bicarbonate of soda. Put the flour, yeast, sugar and ¼ tsp salt in a large bowl and mix together to combine.	Careful of hot water	
2. Melt the butter in the microwave. In a large jug, mix together 75ml lukewarm water and the melted butter. Make a well in the flour mixture and pour in the water mixing together with a butter knife to form a rough dough.		Microwave for 20 seconds do not burn butter.
3. Tip out onto a floured work surface and knead for 10 minutes.	Ensure work surface is clean	Fold dough and use palms to knead.
4. Divide the dough into 8 even pieces then roll on the surface into long ropes.		Ensure they are even size.
5. To form into pretzels, lay the rope in a U shape with the curve pointing towards you. Take the two ends and cross them over. Take the ends, life them backwards and press them into the curve of the U shape.		Aim for all to be evenly shaped.
7. Place the pretzels into the pan of boiling water and cook for 20 seconds. The pretzels will raise to the surface; flip with a slotted spoon.	Careful of hot boiling water.	
8. Use the spoon to gently life the pretzels from the pan and place on the baking tray. Then lightly brush with the egg and sprinkle some flaked sea salt.		Place on cloth to soak some of the liquid.
9. Bake in the oven for 15-20 minutes. Wash up.	Use oven gloves Use hot soapy water	41

Ravioli





Equipment	Ingredients
Large Mixing bowl	100g Pasta Flour or Plain Flour
Sieve	2 eggs
Rolling pin	50g Grated cheese
Medium pan	50g Cooked ham slices
Slotted Spoon	
Fork	Or
Pastry Brush	100g Ricotta
Serrated Cookie Cutter	50g Spinach
	1 Garlic clove (swp)

Food Science Key Terms

Simmering: the food is submerged in boiling water that is gently bubbling.

Gluten: the gluten in the flour is a protein that causes the dough to 'stretch' when kneaded.

Kneading: a technique used to stretch the gluten in the flour by using the palms of the hands.

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



Ravioli

Do it now

1. Apron, hair, hands.

2. Collect equipment and ingredients

Method	Safety and Hygiene	Food Quality
1. Sieve the flour into the mixing bowl and make a well		
in the flour.		
2. Crack one full egg into the well and separate the yolk	Wash hands after cracking	
from the second egg and add the yolk with the egg in	open the eggs.	
the well.		
3. Whisk the eggs together with a fork and then slowly		Ensure all flour is incorporated into
add the flour into the mixture until all is mixed together		the dough.
resembling a dough.		
4. Bring the dough together into your hands and then	Ensure work surface is	Dough should become more
knead the dough on the work surface for 10 minutes.	clean.	stretchy.
5. Then cut the dough into 2 equal parts and then roll	Wash hands after rolling	This must be very thin or the ravioli
out with the rolling pin into 2 separate strips. Ensure		will be very chewy.
that the pasta dough is rolled very thin.		
6. (Fry the spinach in a pan to wilt then add to a bowl		Ensure it is all brushed and sealed
with the ricotta and garlic and mix together) On one of		to there are no holes for water to
the strips spoon on the cheese and the ham (or spinach		seep in.
and ricotta mixture) with 5 cm gaps between each.		
Then paste around using a pastry brush with water or		
the remaining egg white.		
7. Place the other strip of pasta over the top and use a		Ensure it is sealed to prevent water
knife to cut apart each piece of ravioli, or use a cookie		seeping in the ravioli. Try to cut to
cutter to seal the edges, you can also use a fork to seal		even sizes.
the edges.		
8. Pour boiling water into the pan and carefully place	Careful to avoid splashing	Pasta should soften when cooked
ravioli into the pan. Cook for 3-5 minutes.	with the hot water.	
9. Use a slotted spoon to remove the pasta and use blue	Use hot, soapy water.	
towel to blot any excess water and serve. Wash up.		

Lemon Meringue Pie



Skills & cooking method								Skills level: High											
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Equip	oment	Ingredients				
Rolling Pin	Juicer	Pastry	Filling			
Bowl x 3	Wooden Spoon	250g plain flour	50g sugar for lemon curd			
Chopping board	Knife	65g butter	50g sugar for meringue			
Electric Whisk		65g lard	2 x eggs			
Sieve		Pinch of salt (swp)	2 lemons			
Jug			25g butter			
Pie tin			50g cornflour			
Grater			250ml water (swp)			
Saucepan						

Food Science Key Terms

Rubbing in method the fat and flour are combined together with a light touch and needs to be evenly distributed throughout the dough.

Maillard reaction a chemical reaction of proteins and sugar that changes the colour to a brown and flavour from the heat.

Foam when air is dispersed into a liquid creating small bubbles, this can be stablised with the addition of sugar to the meringue mixture.

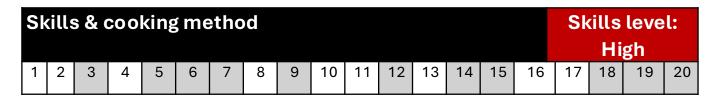
Starch Gelatinisation the starch molecules in flour added into the lemon curd mixture swell from the heat and liquid causing the mixture to thicken.

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

Lemon Meringue Pie

		Lei	non Mernigue Pie
Do	it now		
1.	Apron, hair, hands.	3. Turn oven on to 180°C	
2.	Collect equipment and ingredients		
Me	ethod	Safety and Hygiene	Food Quality
but gei tog	Sieve the flour into mixing bowl, add sugar and a pinch of salt. Cuter and lard into cubes, then add to the bowl. Use the fingertips to the fats into flour until it is resembling breadcrumbs. Briry ther into a dough with water and wrap with clingfilm and chill in fridge.	o ng	This gives aeration to the flour. Use light touch for breadcrumb
gre for	Roll out the pastry and line the tin with the pastry, place easeproof paper on top and fill with a layer of baking beans. Bake 20 minutes, then remove the greaseproof paper and beans and urn to the oven for 5 minutes for the pastry to dry out, then leave ol.		
	Measure 250ml cold water in a jug. Put the comflour, 50g sugar in mall bowl and using a little of the water mix to a soft paste.	ito	
in a Bri	Zest the lemons, squeeze the juice and put both the juice and zes a small pan. To the same pan, add the butter and remaining water ng to the boil stirring with a wooden spoon. When it is boiling, ac a paste mixture and mix until smooth and thick. Allow to cool a lit	id	Continuously stir and remove from heat as soon as it is thickened.
	Separate the eggs put the whites in a large clean mixing bowl and yolks in a smaller one.		Careful when separating the eggs
	When the mixture has cooled a little, beat in both egg yolks. Put the ntents of the pan in the cooked pastry case.	he Ensure work surface is clean	
the	Whisk the eggs whites using an electric whisk until stiff then fold remaining 50g sugar. Place on top of the lemon filling ensuring icompletely covered.		Do not over whisk
8. E	Bake for 15 minutes until the meringue is pale brown.	Use oven gloves	45

Portuguese Custard Tarts





Equipment	Ingredie	ents
Bowl	For Pastry	For Filling
Muffin tin greased	250g plain flour	3 large eggs
Saucepan	250g butter	115g caster sugar
Wooden spoon	1 tsp salt (swp)	400ml whole milk
Rolling pin	150ml cold water (swp)	2 tbsp cornflour
Dessert spoon		2 tsp vanilla
		extract

Food Science Key Terms

Lamination: the pastry has a light crisp texture, which is made by rolling and folding the dough to trap the air between the layers of dough.

Denature: when the egg is mixed in the jug, the protein strands 'denature' and break apart, therefore changing the structure of the egg.

Coagulation: upon heating in the oven the protein strands in the egg 'sets or firms' (coagulate). **Starch Gelatinisation**: The starch molecules in flour added to custard mixture swell from the

heat and liquid causing the mixture to thicken.



Portuguese Custard Tarts

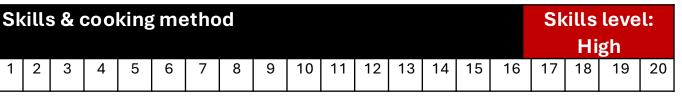
Do it now 1. Apron, hair, hands. 3. Turn oven on to 180°C

2. Collect equipment and ingredients

Method	Safety and	Food Quality
	Hygiene	
1. Mix flour and salt, cut the fat into small pieces.		
2. Stir with a knife and slowly add the cold water until a stiff dough is		
formed.		
3. Roll on a floured surface to a narrow strip.		Avoid over handling dough
4. Fold in three, give a quarter turn to one of the open ends is	The pastry needs	
towards you and roll out again. Do this three times. Cover in cling	to chill in the fridge	
film and leave to rest in the fridge.		
5. Separate two of the eggs and place the two yolks in a clean pan.	Wash hands after	
Add all the third egg along with sugar and cornflour to the pan.	cracking eggs.	
6. Gradually add the milk until the mixture is well mixed and smooth.		
7. Place pan on medium heat and stir constantly until mixture	Careful of hot hob.	Keep stirring to avoid lumps.
thickens and comes to the boil. Remove pan from heat and stir in		
vanilla extract.		
8. Put custard in a glass bowl to cool and cover with cling film to		
prevent skin forming.		
9. Roll out rough puff pastry to 30 cm then roll tightly from the short		Ensure surface is dusted with
end into a log and cut into 12 even sized pieces.		flour.
10. On a slightly floured worksurface, roll each into a disc approx. 10		
cm and press the pastry discs into the muffin tin.		
11. Spoon in the cooled custard and bake for 20-25 mins until golden	Wash up, use oven	
on top. Leave to cool in the tin for 5 mins then move to cooling rack	gloves.	
to finish cooling.		

Millionaire's Shortbread





Equipment	Ingredients				
Mixing Bowl	Shortbread	Caramel			
Sieve	200g unsalted butter	200g unsalted butter			
Baking tray (lined)	100g caster sugar	3tbsp caster sugar			
Saucepan	275g plain flour	4tsp Golden Syrup			
Wooden spoon		397g condensed milk			
Small mixing bowl	Decoration				
	200g milk chocolate				
	100g white chocolate				

Food Science Key Terms

Rubbing in method: The fat and flour are combined together with a light touch and needs to be evenly distributed throughout the dough.

Melting when chocolate is heated to around 40°C the crystals begin to melt, on cooling they reset, and the chocolate hardens.

Caramelisation when sugar is heated to its melting point it undergoes a physical and chemical change resulting in the sugar turning to liquid and caramelisation.

Millionaire's Shortbread

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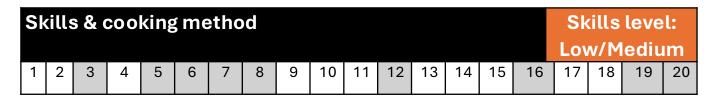
Do it now Apron, hair, hands. 3. Turn oven on to 180°C Collect equipment and ingredients **Food Quality** Method Safety and Hygiene 1. Cream together the sugar and butter with a wooden spoon and This give aeration to the flour then mix in the flour until a dough is formed. 2. Firmly press the mixture into the bottom of a greased tin and back Use oven gloves Use light touch for even in the oven for 20-25 minutes until pale golden on top. Once baked, breadcrumb remove from the oven and leave on the side to cool. 3. In a large saucepan pour the condensed milk, butter, sugar and Careful with heat Stir frequently to avoid burning golden syrup and melt on a medium heat until the sugar has or sticking to pan. dissolved. 4. Once the sugar has dissolved, turn the heat up high and let the Careful as the The mixture will be ready when mixture come to boiling point and boil for 5-7 minutes stirring mixture is very hot it has turned to a darker golden constantly. colour and thickened to a fudge texture. 5. Pour the caramel onto the shortbread base and leave to set. Check the butter once melted turn off heat. Careful of hot bowl. Do not keep stirring the 6. Once set, melt the milk chocolate in a glass bowl over a pan of water and pour over the caramel - melt the white chocolate and pour chocolate as it can separate. over too. 7. Swirl the white chocolate into the milk chocolate with the end of a cake skewer to form a pattern. 8. Chill the shortbread back in the fridge for another hour until the Use hot soapy

water

chocolate has gone hard. Wash up

9. Chop the shortbread into separate pieces.

Victoria Sponge





Equipment	Ingredients		
Bowl	200g unsalted butter, softened		
Electric Whisk	200g self-raising flour, sifted		
2 x cake tines 20cm	200g caster sugar		
greased and lined	4 large eggs, lightly beaten		
Dessert spoon	1 tsp vanilla extract (swp)		
Jug	1 tsp baking powder (swp)		
Fork	100ml double cream		
Spatula	125 strawberry jam		
	1 tbsp icing sugar for dusting		

Food Science Key Terms

Creaming Method: the sugar and butter are 'creamed' by whisking together before adding flour to give a light and fluffy texture.

Dextrinisation: from the heat the starch in the flour in the cake becomes brown changing the molecule and producing dextrin.

Coagulation: the egg from being heated in the cake coagulated and the proteins change shape and 'set'. Heat is transferred by **convection** in the oven.



Victoria Sponge

Do it now 1. Apron, hair, hands. 2. Collect equipment and ingredients 3. Turn oven on to 180°C

Method	Safety and Hygiene	Food Quality
1. Crack the eggs into the jug and mix with a fork.		
2. Add the sugar, vanilla extract and butter to the bowl and using an electric whisk, cream until light and fluffy.	Ensure you are ready to mix before turning on power	
3. Slowly add the egg to the mixture until all combined.		
4. Sieve the flour, 2 tbsp milk and 1 tsp baking powder into the bowl and whisk in until all incorporated.		Ensure all combined and no lumps
5. Place the mixture evenly between the two cake tins and place in the oven and bake for 20 minutes.	Place on a baking ray use oven gloves.	
6. Wash up pots	Use hot soapy water.	
7. Place the double cream into the mixing bowl and use electric whisk and whisk into soft peaks.		Do not over whisk, stop as soon as it forms peaks.
8. Take cake out of the oven it should be golden and springy to the touch. Place onto a cooling rack.	Use oven gloves.	
9. Once cooled, spoon jam on the bottom layer of the cake and spread over. Add the whipped cream and place the top layer on the cake.		Use spatula to get an even spread.
10. Using a sieve, dust with icing sugar.		
11. Wash up remaining dishes and place cake in a cake tin.	Use hot soapy water.	51

Recipe

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Equipment	Ingredients			

Food Science Key Terms



Recipe

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

Method	Safety and Hygiene	Food Quality