



Year 10 GCSE Food Prep and Nutrition Recipe Book 2026-26



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



Skills & cooking method

Skills level:
Low

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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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)
	½ 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.

Do it now	
1. Apron, hair, hands. 2. Collect equipment and ingredients	3. WASH HANDS

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	
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



Skills & cooking method

Skills level:
low/medium

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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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 method	
3. Heat the oil in a large pan and fry the sliced onion until soft and golden.		Keep stirring avoiding sticking to pan.
4. Add the potatoes and leeks allowing them to cook for a few minutes before adding the stock cube and boiling water.		Stir occasionally to avoid sticking to pan.
5. Simmer until the potatoes are cooked (about 20-25minutes). Wash up whilst simmering.	Careful when leaving soup 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 until smooth. Season to taste. Wash up	Only switch on the blender at the power until ready to use. Switch off and careful when washing it up	

Cauliflower and Broccoli cheese



Skills & cooking method																Skills level: medium			
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 mustard (SWP)
Chopping board	500ml milk
Sharp knife	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



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

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.
2. Collect equipment and ingredients | 3. Turn oven on to 190°C |
|--|--------------------------|

Method

Safety and Hygiene

Food Quality

1. Peel and thinly slice the potatoes and place into a bowl of cold water.

Use the bridge and claw method.

2. Peel and thinly slice the onion.

3. Place the cream, milk and garlic in a large saucepan and heat. Drain the potatoes in a colander.

Keep stirring avoiding sticking to pan.

4. Add the potatoes, garlic and onions to the milk and cream and simmer for 10 minutes until tender.

Careful when simmering. Ensure handle is not over the front edge of the cooker

Stir occasionally to avoid sticking to pan. Do not overcook.

5. Grate the cheese.

6. Transfer the potatoes, onions and cream mixture layering into the foil tray. Sprinkle the cheese on top.

Layer up with the spatula.

7. Bake for 20 minutes or until golden. Wash up.

Use hot, soapy water.

Raspberry Jam



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

Equipment	Ingredients
Large Saucepan Wooden spoon Baking Tray	450g fresh raspberries (or frozen but defrosted overnight) 400g jam (preserving) sugar 2 empty jam jars 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.
2. Collect equipment and ingredients | 3. Turn oven on to a low heat. |
|--|--------------------------------|

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



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
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Equipment

Tea towel
Bowl
Chopping board
Knife
Sieve
Jug
Pie tin
Peeler
Saucepan

Ingredients

300g plain flour
150g butter
25g sugar for pastry
25g sugar for apple filling
1 x egg
1 x teaspoon cinnamon or mixed spice (optional)
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 gently rub in flour into the butter until resembling breadcrumbs.		Use light touch for even breadcrumb
3 Crack egg into bowl and gently mix with hands until dough comes together, wrap in clingfilm and place in fridge to chill.	The pastry needs to chill in the fridge	Avoid over handling dough
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 pastry into two and roll out until ½ cm thick. Roll pastry around the rolling pin and unroll carefully over pie dish.	Ensure work surface is clean	
7 Add apple mix into pie dish.		
8 Beat egg and with a little milk brush over the pastry rim. Roll out other piece of dough ½ cm thick. Carefully roll the pastry around rolling pin and place on top of pie. Fold excess pastry back in then pinch and crimp edges using finger and thumb	Careful when trimming edges	The egg wash helps to stick the top of the pie to the bottom.
9 Brush top of the pie with egg wash then using knife make a couple of incisions in centre of pie.		An egg wash will give the pie a golden colour.
10 Bake in hot oven for 40-45 minutes until golden	Wash up, use oven gloves.	

Strawberry Mousse



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
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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 50g and place it in a small bowl in the fridge as this will make the topping on your mousse.	Careful with blender sharp	Ensure no lumps
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 clean bowl.	Wash hands after handling raw egg	
6. Using a clean electric whisk aerate the white until stiff peaks are formed, whisk in the remaining caster sugar until a glossy meringue is formed.		Add in sugar once peaks formed in egg
7. Squeeze the excess water from the gelatine and add to a small bowl with 2 tbsp. of strawberry puree. Microwave to dissolve the gelatine for 30 seconds, do not let it boil!		Stir to mix the 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.		

Cheese Soufflé



Skills & cooking method

Skills level:
Hard

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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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 it now

- | | |
|--|--------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Turn oven on to 220°C |
|--|--------------------------|

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



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
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										For sauce									
Wooden spoon										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

Do it now

- | | |
|--|--------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Turn oven on to 200°C |
|--|--------------------------|

Method	Safety and Hygiene	Food Quality
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- | | | |
|--|----------------|---|
| 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 <u>At home:</u> sauce: sift cocoa in a bowl. Put the sugar and 100ml water into a pan and gently heat until the sugar is dissolved and boil for 1 minute. Pour in the cocoa powder and stir until smooth. Cook for 1 minute on the pan then set aside for drizzling on the profiteroles. | | |
| 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

Skills & cooking method

Skills level:
Medium

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Equipment	Ingredients
Baking Tray with oil lined grease proof paper	3 eggs
Sieve	75g caster sugar + extra for rolling 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.

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
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1 Add the sugar and egg to the mixing bowl and whisk until pale, thick and creamy.	Ensure you are ready to whisk, before turning on the whisk.	This will need whisking for at least 5 minutes
2 Sieve in the flour and 15g cocoa into the mixture and gently fold into the mixture using a large metal spoon.		Careful with folding to avoid 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 touch.	Use oven gloves.	
5 While the roll cooks, place a piece of greaseproof paper onto the worksurface and sprinkle with sugar.	Keep workspace tidy.	
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 greaseproof paper. Carefully roll the cake using the paper and leave to cool for 5-10 minutes		Careful with rolling to avoid cake cracking
8 Wash up whilst cooling	Use hot soapy water	
9 Unroll the cake and spread ¼ of the butter cream into the cake and reroll.		An egg wash will give the pie a golden colour.
10 Use the palette knife to spread the remaining butter cream onto the cake and use a fork to create a 'log' effect. Finish with decorations.	Wash up using hot soapy water	

Portioning a Chicken

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



Equipment	Ingredients
Red chopping board Sharp butchering knife	1 whole chicken

Chicken Food Safety

How can you avoid it?

Don't wash raw chicken

You don't need to wash raw chicken before cooking it. Washing chicken can spread germs around the kitchen by splashing them onto other surfaces and utensils.

Distance a splash droplet can travel

50 cm in front

60/70 cm to the sides

Practise good kitchen hygiene

Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare raw chicken. Do remember to also wash your hands with soap and warm water after handling raw chicken to prevent cross-contamination.

Store raw chicken correctly

Cover raw chicken and store at the bottom of the fridge so juices cannot drip on to other foods and contaminate them.

5°C or below

Cook chicken thoroughly

Make sure you cook your chicken thoroughly to kill any bacteria present, including campylobacter. Chicken must be steaming hot all the way through before serving, with no pink meat. Juices must run clear.

TIPS FOR RAW CHICKEN SAFETY

ORGANIC CHICKEN

KEEP YOUR CHICKEN COLD

165°

PREVENT BACTERIA GROWTH BY COOKING THOROUGHLY

AVOID CROSS-CONTAMINATION

from the spruce

Portioning a Chicken



1. 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.



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.



8. 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)

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

Key Terms

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.

Ingredients

Chicken Tandoori

1-2 x 15ml spoon of tandoori paste / spices (swp)
 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 chicken
 Washed plastic milk bottle (2ltr) to take stock home.

Mise en Place

Time	Activity	Health and safety	Food Quality
0-5 mins	Chop up onion, carrot and celery into large chunks	Use bridge and claw, white chopping board	
5-10 mins	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.	
10-12 mins	Mix the tandoori spices, lemon and yoghurt into a bowl.		
10-12 mins	When stock on the boil, reduce to simmer		Do not boil too long or liquid will evaporate
12-15 mins	Remove chicken skin	Careful with knife	
15 - 18 mins	Cover the chicken with the tandoori mix. Allow to marinade as long as possible.	Wash hands thoroughly after handling the chicken	Evenly spread over
18 mins	Oven Bake on 200C for 15- 20 minutes turning occasionally	Use oven gloves	
20-25 mins	Wash up	Hot soapy water	
25-30 mins	Turn chicken over	Oven gloves use fork and spoon	
40 mins	Remove chicken from the oven and put into a container	Oven gloves - check over 75C temp with temperature probe to ensure it is cooked.	
45 mins	Pass Stock liquid through a sieve and carefully pour into an empty milk container	Carefully pour into jug ensure all left over food is in the bin	Allow to cool before transferring into container.
50 mins	Wash up and tidy away equipment		

Chicken Kiev



Skills & cooking method

Skills level:
Medium

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Equipment

Plate
Bowl
Tablespoon
Red Chopping board
Sharp knife
Oven tray lined with baking paper

Ingredients

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 it now

- | | |
|--|--------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Turn oven on to 200°C |
|--|--------------------------|

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 put on the breadcrumbs.		Keep stirring avoiding sticking to pan.
4. Cut a slit in the side of each chicken breast and spoon in half the soft cheese with half of the garlic. Press the edge together to seal.		Stir occasionally to avoid sticking to pan.
5. Cover the chicken breast with the flour, then egg and finally the breadcrumbs and place on the baking tray.	Careful when leaving soup simmering. Ensure 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 wash up.	Only switch on the blender at the power until ready to use. Switch off and careful when washing it up	

Poached Salmon Dinner



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

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

Spicy Lamb and Feta Burger



Skills & cooking method

Skills level:

Medium

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Equipment	Ingredients
Mixing Bowl	450g lean lamb mince (or beef/ pork/turkey mince)
Tablespoon	1 garlic clove (swp)
White	4 x 15ml spoon flat-leaf parsley or coriander (swp)
Chopping board	125g Feta cheese, roughly crumbled
Sharp knife	1 lemon
Oven tray lined with baking paper	½ x 5ml spoon ground paprika (swp)
	1 x 5ml spoon ground allspice (swp)
	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.
2. Collect equipment and ingredients | 3. Turn on grill to medium to preheat |
|--|---------------------------------------|

Method

Safety and Hygiene Food Quality

1. Place the mince in a large mixing bowl.		
2. Prepare the ingredients; crush the garlic, chop the onion, zest the lemon.	Use the bridge and claw 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 shape into a burger.		Ensure balls are equal in size.
7. Place burgers onto a grill tray. Wash hands thoroughly handling the raw meat.	Using hot water to wash hands.	Use a medium heat
8. Cook burgers under a preheated grill for 6-8 minutes. Turn the burgers over and cook for another 6-8 minutes. Wash up.	Use hot and soapy water	
9. Ensure burgers are cooked throughout and no pink remains. Place in container.		

Chicken Tikka Masala



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

Equipment	Ingredients
Small bowl Dessert spoon Large Pan Wooden Spatula White chopping board Red chopping board	Bring from home: 1 small onion 1 chicken breast ½ red pepper 200g chopped tomatoes 2tbsp plain yogurt School will provide these: 1tbsp vegetable oil 1tsp cumin 1 tsp garam masala ½ tsp turmeric ½ tsp chilli powder 1 tsp lemon juice 1 crushed garlic clove 1 tbsp tomato puree 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 pepper.	Use the bridge and claw method	Cut into small chunks.
2. In a small bowl, make the curry paste by mixing the spices with the garlic and lemon juice.		
3. On a red chopping board dice the chicken in to bite sized chunks.	Wash knife before chopping up chicken.	
4. Heat some oil in the pan and gently cook the onion until soft.		Stir occasionally to avoid 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, add the diced pepper, the tomatoes, tomato puree and 100ml water and bring to the boil.	Careful of hob and ensure handle is not pointing outwards.	Stir with spatula
7. Leave to simmer until the chicken is cooked (approx. 10 minutes). Wash up	Use a temperature probe to check chicken is cooked.	Stir occasionally.
8. Turn off the heat and stir in the yoghurt and mango chutney. Put into a container and wash up remaining pots.	Use hot soapy water.	
9. At home reheat until piping hot and serve with rice.		

Bread Plaits



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

Equipment	Ingredients
Mixing bowl	250g strong white, brown or wholemeal flour
Sieve	1 sachet quick acting yeast
Round bladed knife	1 level tsp salt (swp)
Greased and lined baking tray	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 Co₂ expands and causes the bread to rise further and eventually stops the yeast from reacting.

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

Do it now

1. Apron, hair, hands.
2. 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.		

Chelsea Buns



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
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.

Recipe

Do it now

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

Method	Safety and Hygiene	Food Quality
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 the butter into the flour until it is resembling breadcrumbs.		Use light touch for even breadcrumb
3. Add the yeast.		
4. Warm the milk until lukewarm and add into the mixture using the cutlery knife to mix into a soft dough.	Carefully use a microwave to warm up.	
5. Place the remaining butter into a small saucepan and melt the butter on a low heat.		Check the butter once melted turn off heat.
6. Meanwhile knead the dough for 10 minutes.	Ensure work surface is clean	The dough should be 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 on up to 220C and bake for 20-25 minutes until golden brown.	Wash up, use oven gloves.	

Pretzels



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
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Equipment	Ingredients
Measuring jug	125g strong bread flour
Mixing bowl	$\frac{1}{2}$ tsp yeast
Tablespoon	1 egg
Saucepan	1 tsp muscovado sugar (swp)
Baking tray	12g margarine
Slotted spoon	Flour for dusting (swp)
Butter knife	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.

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
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	

Ravioli



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
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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.

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

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

Equipment		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 stabilised 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

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 the flour into mixing bowl, add sugar and a pinch of salt. Cut butter and lard into cubes, then add to the bowl. Use the fingertips to gently rub the fats into flour until it is resembling breadcrumbs. Bring together into a dough with water and wrap with clingfilm and chill in the fridge.	Ensure work surface is clean	This gives aeration to the flour. Use light touch for breadcrumb
2. Roll out the pastry and line the tin with the pastry, place greaseproof paper on top and fill with a layer of baking beans. Bake for 20 minutes, then remove the greaseproof paper and beans and return to the oven for 5 minutes for the pastry to dry out, then leave to cool.	Use oven gloves	
3. Measure 250ml cold water in a jug. Put the cornflour, 50g sugar into a small bowl and using a little of the water mix to a soft paste.		
4. Zest the lemons, squeeze the juice and put both the juice and zest in a small pan. To the same pan, add the butter and remaining water. Bring to the boil stirring with a wooden spoon. When it is boiling, add the paste mixture and mix until smooth and thick. Allow to cool a little	Careful of grater	Continuously stir and remove from heat as soon as it is thickened.
5. Separate the eggs put the whites in a large clean mixing bowl and the yolks in a smaller one.		Careful when separating the eggs
6. When the mixture has cooled a little, beat in both egg yolks. Put the contents of the pan in the cooked pastry case.	Ensure work surface is clean	
7. Whisk the eggs whites using an electric whisk until stiff then fold in the remaining 50g sugar. Place on top of the lemon filling ensuring it is completely covered.	Wash up	Do not over whisk
8. Bake for 15 minutes until the meringue is pale brown.	Use oven gloves	45

Portuguese Custard Tarts



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

Equipment	Ingredients	
Bowl	<u>For Pastry</u>	<u>For Filling</u>
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.

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. 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 towards you and roll out again. Do this three times. Cover in cling film and leave to rest in the fridge.	The pastry needs to chill in the fridge	
5. Separate two of the eggs and place the two yolks in a clean pan. Add all the third egg along with sugar and cornflour to the pan.	Wash hands after 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 thickens and comes to the boil. Remove pan from heat and stir in vanilla extract.	Careful of hot hob.	Keep stirring to avoid lumps.
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 end into a log and cut into 12 even sized pieces.		Ensure surface is dusted with 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 on top. Leave to cool in the tin for 5 mins then move to cooling rack to finish cooling.	Wash up, use oven gloves.	

Millionaire's Shortbread



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
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Equipment

Mixing Bowl
Sieve
Baking tray (lined)
Saucepan
Wooden spoon
Small mixing bowl

Ingredients

Shortbread

200g unsalted butter
100g caster sugar
275g plain flour

Decoration

200g milk chocolate
100g white chocolate

Caramel

200g unsalted butter
3tbsp caster sugar
4tsp Golden Syrup
397g condensed milk

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

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
1. Cream together the sugar and butter with a wooden spoon and then mix in the flour until a dough is formed.		This give aeration to the flour
2. Firmly press the mixture into the bottom of a greased tin and back in the oven for 20-25 minutes until pale golden on top. Once baked, remove from the oven and leave on the side to cool.	Use oven gloves	Use light touch for even breadcrumb
3. In a large saucepan pour the condensed milk, butter, sugar and golden syrup and melt on a medium heat until the sugar has dissolved.	Careful with heat	Stir frequently to avoid burning or sticking to pan.
4. Once the sugar has dissolved, turn the heat up high and let the mixture come to boiling point and boil for 5-7 minutes stirring constantly.	Careful as the mixture is very hot	The mixture will be ready when it has turned to a darker golden 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.
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 over too.	Careful of hot bowl.	Do not keep stirring the chocolate as it can separate.
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 chocolate has gone hard. Wash up	Use hot soapy water.	
9. Chop the shortbread into separate pieces.		

Victoria Sponge



Skills & cooking method

Skills level:
Low/Medium

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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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 tray 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.	

Recipe

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

Equipment	Ingredients

Food Science Key Terms

Recipe

Do it now

- | | |
|--|--------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Turn oven on to 200°C |
|--|--------------------------|

Method

Safety and Hygiene

Food Quality
