

Name: _____

Tutor Group: _____

**Hospitality
and Catering
Recipe Booklet
Year 10
Autumn Term**



Chicken or Quorn Curry

Ingredients:

1tbsp oil

4 chicken thighs, cut into three pieces

1 onion diced

2 garlic clove, crushed

1 tsp coriander seeds

1 tsp cumin seeds

½ tsp cayenne pepper

2 tsp curry powder

1 tsp red chilli, diced

300ml stock

200g long grain or Basmati rice

Method:

1. Heat oil in deep frying pan.
2. Add chicken, onion and garlic and cook over a low heat for 5 minutes.
3. Add the spices and chili and stir for one minute.
4. Add the stock season to taste.
5. Bring to the boil, reduce the heat and simmer for 15 minutes.
6. Place the rice and 200ml water in a pan and bring to the boil, reduce and simmer and cover for 15 minutes or until the rice is cooked.
7. Drain rice when cooked.

Notes

Spaghetti Bolognese

Ingredients: serves 2 to 3

- 1 -2 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, diced
- 2 garlic cloves, minced
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1 bay leaf
- 250g minced beef
- 2 -3 tablespoons Worcestershire sauce
- 1 beef stock cube
- 2 tbsp. tomato puree
- 1 tin chopped tomatoes (400g)

Method:

1. In a large pan heat the olive oil over medium heat.
2. Add the chopped onions and carrots and saute for about 5 minutes, until they begin to soften.
3. Then add dry italian seasonings. Mix well and add a bit more olive oil if pan looks dry.
4. Add minced garlic and stir until fragrant.
5. Next add the mince beef. Break up and stir to coat evenly with onion, carrot and spice mixture. Cook on a high heat until the mince has turned brown.
10. Next add the tomato puree, mix well and cook for a minute or two before adding the tin of chopped tomatoes. Fill the can with water and add to the pan.
11. As sauce begins to bubble, stir well.
12. Reduce heat to low, and simmer and cook for 20 minutes until the sauce has thickened.

Notes

Thai Curry

1 x tbsp oil

1 clove of garlic

2 -3 tablespoons Thai green curry paste

Small bunch of coriander (optional)

6 spring onions

150g sugar snap peas or mange tout

1 large chicken breast (or 2 small)

400ml coconut milk (reduced fat)

1 lime

200g long grain or Basmati Rice

Method

1. Half fill a medium saucepan with hot water and bring to the boil.
2. Prepare the vegetables:
 - slice the spring onions;
 - cut sugar snap peas in half;
 - crush the garlic.
3. Cut the chicken into small chunks.
4. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
5. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
6. Pour in the coconut milk and simmer for 15 minutes.
7. Pour the rice into the boiling water and simmer for 11 minutes. Test to see if al dente.
8. Squeeze in the lime and pour over the curry.
9. Tear the coriander and add to the curry.

Notes

Cauliflower and Broccoli Bake

Ingredients:

- 1 small cauliflower leaves removed and broken into small florets
- 1 small head broccoli, broken into small florets

For the cheese sauce:

- 50g butter
- 50g flour
- 1 tsp mustard powder
- 500ml milk
- 100g strong cheddar
- 2 tbsp snipped chives

Method:

1. Heat oven to 180C/160C fan/gas 4.
2. In a very large saucepan, cook the cauliflower in boiling water for 5 mins. Then add the broccoli and cook for 3 mins more. Drain well and transfer to a large ovenproof dish.
3. To make the cheese sauce, melt the butter in a small pan. When foaming, add flour and mustard powder, and cook for 1 min, stirring constantly.
4. Take off the heat and add the milk, a little at a time, stirring constantly to get rid of any lumps. Once half the milk has been added, return to the heat and add the remaining milk.
5. Keep stirring and bring to the boil, then turn down to a simmer and cook for 2 mins, until thickened and smooth.
6. Add most of the cheese and some seasoning then take off the heat and add the chives.
7. Pour the sauce over the vegetables and sprinkle with the remaining cheese.
8. Cook in the oven for 35-40 mins until bubbling.

Notes

Crème Brulee

Ingredients

425ml double cream

100ml full-fat milk

1tsp vanilla essence

5 large egg yolks

50g golden caster sugar, plus extra for the topping

Method

1. Preheat the oven to fan 160C /gas 4. Sit four ramekins or one 22cm sandwich tin in a deep roasting tin at least 7.5cm deep
2. Pour the cream into a medium pan with the milk and add the vanilla essence.
3. Put the egg yolks and sugar in a mixing bowl and whisk for 1 minute with an electric hand whisk until paler in colour and a bit fluffy.
4. Put the pan with the cream on a medium heat and bring almost to the boil. As soon as you see bubbles appear round the edge, take the pan off the heat.
5. Pour the hot cream into the beaten egg yolks, stirring with a wire whisk.
6. Pour in enough hot water (from the tap is fine) into the roasting tin to come about 1.5cm up the sides of the ramekins. Pour the hot cream into the ramekins so you fill them up right to the top.
7. Put them in the oven and lay a baking sheet over the top of the tin so it sits well above the ramekins and completely covers them, but not the whole tin, leaving a small gap at one side to allow air to circulate. Bake for 30-35 (ramekins) 35-40 (one large tin) minutes until the mixture is softly set. To check, gently sway the roasting tin and if the crème brûlées are ready, they will wobble a bit like a jelly in the middle. Don't let them get too firm.
8. Leave to cool then put in the fridge to cool completely. This can be done overnight without affecting the texture.
9. When ready to serve, wipe round the top edge of the dishes, sprinkle 1½ tsp of caster sugar over each ramekin or 2 tbsp over a large tin, and spread it out with the back of a spoon to completely cover and get an even layer). Spray with a little water using a fine spray (the sort you buy in a craft shop) to just dampen the sugar – then use a blow torch to caramelize it. Hold the flame just above the sugar and keep moving it round and round until caramelised. Serve when the brûlée is firm, or within an hour or two

Notes

Coleslaw with own Mayonnaise

Coleslaw

- ¼ medium white cabbage
- ¼ medium red cabbage
- 2 medium carrots
- 1 tsp salt
- 1 tsp caster sugar
- 1 tbsp white wine vinegar
- ~~5 tbsp good mayonnaise (above)~~
- 1 tbsp creamed horseradish (optional)
- 2 spring onions, finely chopped (optional)

Method:

1. Cut the woody core from the cabbage quarters and then shred them as finely.
2. Peel the carrots and cut them into julienne (long thin slices).
3. Put the carrot and the cabbage in a colander. Add the salt, sugar and vinegar, toss together, and leave in the sink to drain.
4. Mix the horseradish into the mayonnaise to taste.
5. Press down the vegetables to squeeze out any excess liquid, then tip into a bowl and add the chopped spring onion.
6. Spoon in the mayonnaise and mix together.

Mayonnaise

- 300ml vegetable oil
- 2 egg yolks
- 1 heaped tsp powdered mustard
- 1 tbsp white wine vinegar
- Seasoning
- Lemon juice

Method:

1. Place the egg yolks in a clean bowl
2. Add the mustard and vinegar and whisk well.
3. Add a few drops of the oil and whisk well.
4. Keep adding the oil, **drop by drop** and whisk well each time. The sauce will **emulsify** and **thicken**.
5. Once about half the oil is added season and add lemon juice if needed
6. Continue to whisk in the remainder of the oil
7. Season to taste.

Notes

Samosas

Ingredients

1 medium potato

50g frozen peas

1 tsp oil

1 small onion, sliced

1 tsp curry paste (any type)

1 pack filo pastry

100g butter

Method

1. Heat oven to 180 °C/fan 180C/gas 6.
2. Peel the potato and cut into small squares. Fill a large pan half full of water, add the potatoes, then cook on a high heat for 2 mins until just soft. Add the peas 1 min before the end of cooking time. Drain, then set aside.
3. Meanwhile, heat the oil in a frying pan. Fry the onion until soft and slightly coloured. Add the curry paste and salt and pepper, then fry for a few mins more. Carefully stir in the potatoes and peas, trying not to mash them. Leave to cool.
4. In a small saucepan melt the butter.
5. Grease a baking tray. Unroll the pastry and cut each sheet into 3 strips. Brush each strip with some melted butter. Cover the pastry that you are not using with cling film and a damp tea towel.
6. Place a teaspoon of the potato mixture at the bottom corner of each strip. Fold the bottom right hand corner of each strip up to meet the opposite side to form a triangle. Fold the triangle over to the opposite side. Repeat until you reach the top.
7. Put all of the triangles onto a baking sheet and brush with a little of the melted butter.
8. Cook in the oven for 10- 15 minutes.

Notes

Bakewell Tart

200g shortcrust pastry (200g plain flour, 100g margarine, cold water)

3 tbsp. jam

75g margarine

75g caster sugar

150g ground almonds

1 egg

1. Heat oven to gas 5, 180°. C
2. Make pastry—rub margarine into flour. Add cold water ONE TEASPOON at a time and work it with your hands after each teaspoon to make a dough—do not add too much!
3. Roll out the pastry and use to line a pie dish.
4. In the same mixing bowl, beat together sugar, marg, egg and ground almonds with an electric mixer.
5. Spread the jam inside the pastry case.
6. Place the cake mix on top and level out.
7. Bake 20—25 mins.

Notes

Savoury Turnovers

Pastry

200g plain flour

150g fat (half butter/marg and half lard/white vegetable fat)

approx 7 tbsp cold water

juice of half a lemon

egg to seal and glaze

Fillings

Either 100g cheese, mushrooms, tomato, ham

OR 400g cooked fruit (fresh, froze, tinned)



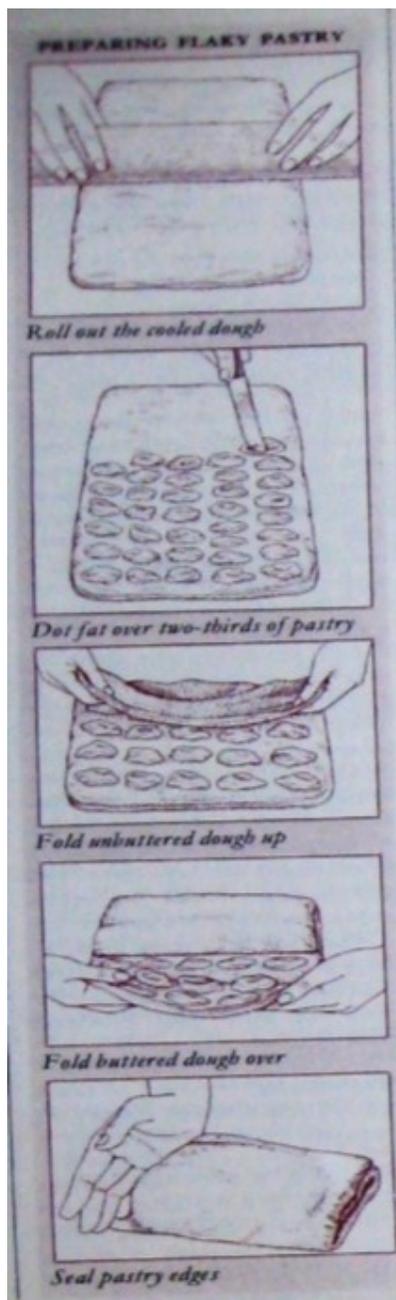
Pastry

1. Place flour into mixing bowl,
2. On a plate, mix the lard and marg together, roughly.
3. Divide this fat mixture into 4 equal portions.
4. Rub 1 portion of the fat into the flour.
5. Add the water and lemon juice and bring everything together a rough dough.
6. Lightly flour the work surface and roll out the pastry into a rectangle, about three times as long as it is wide.
7. Dot the fat over the top two thirds of the pastry.
8. Fold the bottom third up and the top third down, so the fat is trapped inside. Tap the edges closed with rolling pin.
9. Repeat this process twice more using all the fat up.
10. Repeat the roll and fold one last time, without any fat.

Turnovers:

1. Oven on 200 ° C, Gas 6
2. Roll pastry to a large square.
3. Cut into 4 smaller squares.
4. Place filling in centre.
5. Brush beaten egg around the edges of the pastry.
6. Fold over to make either a triangle or a rectangle.
7. Seal the edges with fingers or fork.
8. Make small air hole on top.
9. Glaze the tops with egg.
10. Bake 10-15 mins.

Notes



to

Profiteroles

Ingredients

55g butter
150ml water
75g plain flour, sifted
2 eggs beaten with a pinch of salt & sugar
200g plain chocolate
200ml double cream

Method

1. To make the pastry, heat the oven to 200C/fan 180C/ gas 6.
2. Weigh all the ingredients including the water.
3. Heat the water and butter to a rolling boil.
4. “**Shoot** “ the flour into the water, beat until the mixture comes away from the sides of the pan.
5. Transfer to a mixing bowl, beat in the eggs using an electric whisk.
6. Fill a piping bag and pipe onto a greased tray – about the size of a ping pong ball.
7. Sprinkle with lots of water and cook for 12 mins at 200°C then 12 mins at 180°C
8. Whip the cream to soft peaks. Fill a piping bag with the cream and fill the profiteroles.
9. Melt the chocolate, let cool then dip profiteroles in to coat the top.

Notes