

Name: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

**Hospitality and Catering**  
**Recipe Booklet**  
**Year 9**  
**Autumn Term**



## Skills Audit

You must complete the following tasks to show that you have a basic understanding of the Food Technology Equipment and how to use it properly.

1. What are the 7 rules of Personal Hygiene
  
2. Name 4 high risk foods?
  
3. What 2 things should you do with your ingredients, before a practical lesson?
  
4. What should be the core temperature of cooked food be to make it safe to eat?
  
5. What is meant by the “use by date” on packaging?
  
6. What is meant by “best before date” on packaging?
  
7. Measure the following items and get them checked by your teacher:
  - a. 125g of rice
  - b. 250g of rice
  - c. 40g of rice
  - d. 1 teaspoon of flour
  - e. 1 tablespoon of flour
  - f. ½ teaspoon of flour
  - g. 125ml of water
  - h. 400ml of water
  - i. 75ml of water
  
8. Turn your oven on to 180°C or Gas mark 4
  
9. Put a pan of water to simmer. Describe what it should look like.
  
10. Put a pan of water to boil. Describe what it should look like

## Florida Cocktail

2 Oranges

1 Grapefruit

Preparation work – watch this video on how to segment an orange

<http://www.bbc.co.uk/food/techniques>



### Method

1. Slice off the top and bottom of the fruit.
2. Remove the outer skin
3. Holding the fruit in the palm of your hand, use the chef's knife to cut a "V" shape, cutting between the membrane "lines".
4. Repeat for each segment of the fruit.
5. Squeeze the juice from what's left into a bowl.

### Notes

# Minestrone Soup

1 carrot

1 onion

1 potato

1 stick celery

40g frozen peas

2 good quality stock cubes to make 500ml

1 tablespoon tomato puree

1 tablespoon cooking oil

1 - 2 teaspoons cornflour

Container – suitable for 1 litre of hot liquid



Mise en place:

Equipment needed – chef's knife, green or brown chopping board, waste tray, small or medium bowl.

1. Peel the onion and cut into tiny dice
2. Square off vegetables (1 carrot, 1 celery, 1 potato) cut into julienne strips and then brunoise (tiny dice)
3. Make up 500ml of stock with boiling water and add 1 tbsp of tomato puree
4. Method
5. Place the oil, in a large pan and add all the vegetables except the peas.
6. Place over a LOW heat and cook gently until the vegetables look glazed (shiny).
7. TAKE CARE NOT TO LET THE VEGETABLES BROWN – KEEP THE HEAT LOW.
8. Remove from the heat. Add the 500ml of stock and the tomato puree.
9. Place pan back onto the heat and bring slowly up to the boil. Add peas.
10. Reduce the heat carefully until soup is barely simmering. Allow to simmer for at least 20 minutes.
11. If the liquid seems too low add more water. You might add at least another 250ml to 500ml of water depending on the amount of vegetables you have.
12. To finish at home:
13. Add a handful of cooked pasta, rice or beans (like cannellini or borlotti) when reheating

## Notes

# How To Cook Eggs

## You will need:

6 large eggs at room temperature  
1 small saucepan with a lid, 1 small frying pan  
1 small bowl  
Timer – you can use the one on your phone.  
1 slotted spoon, 1 fish slice, 1 fork, 1 wooden spoon  
vegetable oil,  
kitchen paper  
salt and pepper, 1, teaspoon of butter,



## Boiling

You will need: - 1 egg (room temperature), 1 small saucepan with a lid, timer, large slotted spoon

1. Place the eggs into a small saucepan, then add enough cold water to cover them by about 1cm.
2. Bring the water up to boiling point (big bubbles are popping on the surface), then turn to a simmer (low heat and gentle bubbles) put a timer on for:
3. 6 minutes if you like a bit of squidgy in the centre,
4. 7 minutes if you like them cooked through.
5. As soon as they are cooked drain off the hot water.
6. Then, the most important part is to cool them rapidly under cold running water. Crack the end – gently tap the shell. Let the cold tap run over them for about 1 minute, then leave them in cold water till they're cool enough to handle - about 2 minutes. This rapid cooling helps to prevent dark rings forming between the yolk and the white.

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## **Frying**

You will need: - 1 egg (room temperature), 1 small frying pan, vegetable oil, fish slice, kitchen paper.

1. Place the frying pan over a medium heat, with 1 tablespoon of oil in it.
2. As soon as it is hot (with a very faint shimmer on the surface), carefully break in the egg. Then turn the heat down to low and carry on cooking, tilting the pan and basting the eggs with the hot fat so that the tops of the eggs can be lightly cooked, too.
3. After about 1 minute, the egg will be ready, so remove the pan from the heat and then lift it out with a slotted kitchen slice.
4. Let it rest on some kitchen paper for a couple of seconds before putting it on a warmed plate and eat as soon as possible.

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## **Scrambling**

You will need: - 1 egg (room temperature), 1 small bowl, 1 fork, salt and pepper, 1 small frying pan or small saucepan, teaspoon of butter, wooden spoon

1. First the pan goes onto a medium heat.
2. Season the lightly beaten eggs with salt and pepper.
3. Next, about a teaspoon of butter goes into the pan swirl it around so the base and sides as it melts to coat the base. When it begins to melt and foam, pour in the eggs and start to stir. As the eggs begin to cook keep on stirring, getting into the corners of the pan with the pointed end of the spoon.
4. Be patient and continue to scramble until three-quarters of the egg is a creamy solid mass. At this point remove the pan from the heat. The eggs will carry on cooking in the heat of the pan until there is no liquid left.

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## **Poaching**

You will need: - 1 egg (room temperature), 1 small bowl, 1 small saucepan, 1 slotted spoon, kitchen paper

1. Half fill the pan water from a boiling kettle – bring it to the boil.
2. Add 1 tsp of white wine vinegar and turn down to simmer.
3. Crack the eggs one at a time into a small bowl and gently tip into the simmering water.
4. Lightly poach for 3-4 minutes.
5. Remove with a slotted spoon and drain on kitchen towels

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## **Omelette**

You will need: - 2 eggs (room temperature), 1 small bowl, 1 fork, 1 small frying pan, 1 slotted spoon, kitchen paper

1. Break the eggs carefully into a bowl and season with salt and freshly milled pepper. Blend the egg yolks and whites with a large fork – the number one rule is not to over-mix – no beating or whisking.
2. Put a teaspoon of oil in a small fryingpan, tilting the pan so that the base and the sides get coated.
3. Turn the heat up to its highest setting and let the pan get hot. Then pour the eggs into the pan and leave it on the heat without moving it for a count of five.
4. After this time a bubbly frill will appear round the edge. Now you can tilt the pan to 45 degrees and, using a fork, draw the edges of the omelette into the centre. The liquid egg will flow into the space, filling it.
5. Now tip the pan the other way and do the same thing. Keep tilting it backwards and forwards, pulling the edges so that the egg can travel into the space left – all this will only take half a minute.
6. Soon there will be just a small amount of liquid left, just on the surface, so now is the time to start folding. Tilt the pan again and flip one side of the omelette into the centre then take the pan to a plate and the last fold will be when you tip the omelette on to the plate.
7. Remember, an omelette will go on cooking even on the plate, so serve it immediately. For this reason it is important to have some liquid egg left before you start folding, but if you have left too much, leave it to set on the plate before eating.
8. The perfect omelette is one just tinged with gold on the surface and very soft and squidgy on the inside.

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## Leek and Potato Soup

2 large leeks (roughly 500g)

1 large potatoes (roughly 300g)

1 vegetable stock cube 400ml

salt and freshly ground pepper

Container – suitable for 1 litre of hot liquid



Equipment – green or brown chopping board, chef's knife, large saucepan with lid, wooden spoon, measuring jug, waste tray, vegetable peeler, colander

1. Make up stock with boiling water to 1 litre.
2. Method
3. On a chopping board, trim the top and bottom of the leek, slice in half lengthways then cut into 2cm slices. Put sliced leeks in a colander and run under cold water in the sink to remove any trapped dirt from between the layers. Give the colander a shake to get rid of any excess liquid.
4. Use a vegetable peeler to carefully peel the potatoes, then chop into approximately 2cm chunks.
5. Put the leeks, the potatoes, stock and salt and pepper into a large pan. Place a lid on the pan and cook for around 15 minutes, or until soft, stirring occasionally, or until the potato is cooked through.
6. Carefully remove the pan to a pan stand and leave for a minute or two to stop bubbling.
7. Carefully blitz the soup with a stick blender until smooth (use a tea towel to protect your hands from little splashes), or use an upright blender until smooth. Have a taste and add a tiny pinch of salt and pepper if you think it needs it.

### Notes

## Breadsticks and Hummus

450g strong white bread flour, plus extra for dusting

1 x 7g sachet fast-action dried yeast

1½ tsp salt

250–275ml warm water

vegetable oil or spray oil, for oiling

2 tbsp extra virgin olive oil

2 tbsp sea salt

2 tbsp freshly ground black pepper

1. Dust two large baking trays with flour.
2. Put the flour, yeast and the salt into a large bowl (don't let the salt touch the yeast) and add enough of the warm water to make a soft but not sticky dough. Knead well for 10 minutes by hand on a lightly floured work surface or for five minutes if using an electric mixer fitted with a dough hook.
3. Divide the mixture into 12 equal portions. Roll the portions into balls, then place each ball on a floured surface and roll into a long sausage shape about 25cmx2cm.
4. **Challenge – CREATE PLAITS OR TWISTS WITH ½ YOUR BREADSTICKS**
5. Place the breadsticks on the prepared baking trays, spacing them 4cm/1½in apart. Cover the breadsticks loosely with oiled clingfilm, making sure it is airtight.
6. Leave in warm place for 30 minutes, or until the breadsticks have almost doubled in size.
7. Preheat the oven to 200C/400F/Gas 6.
8. Remove the clingfilm and brush each breadstick with the extra virgin olive oil. Sprinkle half of the breadsticks with the sea salt and the remainder with the freshly ground black pepper. Bake on the top third of the oven for about 20 minutes, or until the breadsticks are lightly golden-brown and feel firm to the touch. Remove the breadsticks from the oven and leave to cool on the baking trays.

### Hummus:

400g canned chickpeas

2 tbsp lemon juice or more (1 lemon)

2 garlic cloves, crushed

1 tsp ground cumin

pinch salt

1 tbsp tahini (sesame seed paste)

4 tbsp water or water from drained chickpeas)

2 tbsp extra virgin olive oil

1 tsp paprika

1. Drain the chickpeas and rinse.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, olive oil and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste.
4. Sprinkle with paprika

# Macaroni Cheese

## Ingredients

- 300g pasta / macaroni
- 175g Cheddar cheese
- 50g butter
- 50g plain flour
- 500ml semi-skimmed milk
- 2 rashers bacon—chopped finely (optional)
- 100g mushrooms – sliced (optional)
- 1 tomato – sliced (optional)

**Salt and Black pepper**

## Method

1. Preheat the oven to gas mark 6, (200°C).
2. Boil the kettle. Add the water to a large pan with 1 teaspoon of salt, return it to the boil. Add the pasta, stir, and boil without a lid, according to the instructions on the packet.
3. Melt the butter in a saucepan, add the flour, stir until the mixture forms a smooth paste which leaves the sides and base of pan clean.
4. Pour in approximately one-fifth of the milk and stir until the mixture blends smoothly, beat vigorously and add the remaining quantity of milk a little at a time, using a whisk to blend smooth after each addition.
5. When all of the milk is added leave sauce to simmer on a low heat for 5 minutes.
6. Cook any other ingredients at this stage eg bacon, mushrooms etc
7. Add half of the grated cheese to the sauce and stir gently into it, together with a seasoning of salt and pepper and a few gratings of nutmeg.
8. When the pasta is cooked drain into a colander, combine it with the sauce, and any other ingredients then place the whole mixture in a baking dish.
9. Slice the tomato and lay on top, sprinkle the rest of the cheese over. Finish off by cooking in a hot oven for 15-20 minutes.



## Equipment

- Medium saucepan
- Large saucepan
- Colander
- Silicone spatula
- Whisk
- Frying pan (bacon, mushrooms etc)

# Chicken & Chorizo in Tomato Sauce served with spicy wedges

## Ingredients

olive oil

1 garlic clove , peeled and sliced

50g chorizo – cut into slices

a pinch chilli flakes (optional)

400g tin chopped tomatoes

2 small chicken breasts

1 large potato

1 tsp of cajun spice

1 tsp olive oil

## Equipment Needed

Baking tray

Brown chopping board

Chef's knife

Large frying pan

Silicone spatula

Large bowl

## Method

1. Preheat the oven to 200°C or Gas 7.
2. Cut the potatoes into wedges.
3. In a large bowl put 1 tbsp of olive oil and 1 tsp of cajun spice. Stir together then add the potatoes and toss to coat.
4. Spread out on a baking tray and put into the oven for at least 30 minutes until crisp.
5. Heat 1 tbsp olive oil in a pan then cook the garlic and chorizo for a few minutes. Add the chicken, cooking for about 2 minutes on each side to seal ( on a high heat). Add a pinch of chilli add the tomatoes. Half fill the tomato tin with water and add to the pan.
6. Simmer on a gentle heat for 20 minutes until thickened and the chicken is cooked through. Season with salt and pepper.
7. Remove potatoes.



## Notes

## Fruit Flan

### Ingredients

2 medium sponge flan cases or 1 large  
3 large egg yolks  
40g caster sugar  
250ml whole milk  
Tinned fruit of your choice (don't drain)  
15g plain flour  
2 tsp cornflour  
1 tsp vanilla essence  
Arrowroot

### Equipment

Large bowl  
2 small bowls (if separating eggs)  
Saucepan – medium/large  
Whisk  
Spatula  
Measuring jug (milk)



### Method

1. In a large mixing bowl, whisk together the eggs and sugar until they turn a pale blonde colour.
2. Whisk in the flour and cornflour and set aside.
3. Place the milk and vanilla essence in a large saucepan, bring to a boil and simmer for about five minutes.
4. Remove the pan from the heat and let cool for 30 seconds – 1 minute.
5. Pour the hot milk onto the egg mixture, whisking all the time, then return the mixture to the pan. It is important to pour the hot milk onto the cold eggs before you return the mixture to the pan to prevent the eggs from scrambling.
6. Bring the mixture back to the boil and simmer for one minute, whisking continuously, or until smooth.
7. Place the flan case on to the lid of your container.
8. Pour the crème patisserie onto the flan and spread evenly.
9. Open the tinned fruit and pour the juice into a small saucepan.
10. Decorate the top of the flan with the fruit.
11. Put 2 tsp of arrowroot into a small bowl and mix with a small amount of fruit juice until smooth.
12. Heat the fruit juice, (add a few drops of food colouring if desired) add the arrowroot and stir continuously with a whisk until thickened.
13. Pour immediately over the fruit and quickly spread out to fill all the gaps before it sets.

### Notes

# Mince Pies

## Pastry

220g plain flour  
55g lard at room temperature  
55g butter or margarine at room temperature  
Pinch of salt  
Cold water

## Filling

450g mincemeat  
1 x 7 ½ cm and 1 x 6cm round cutter  
1 patty tin

1. Preheat the oven to gas mark 6 or 200°F.
2. Sift the flour and salt into a large bowl.
3. Cut the lard and margarine into small cubes and add to the flour.
4. Using your fingertips lightly and gently rub the pieces of fat into the flour.
5. When the mixture looks like breadcrumbs, sprinkle 3 tablespoons of cold water all over. Using a round-bladed knife start mixing, cutting and bringing the mixture together. Add more water if needed a little at a time.
6. Finally bring the mixture together with your hands to form a smooth ball of dough that will leave the bowl clean.
7. Rest the pastry for 20-30 minutes.
8. Roll out to 3mm thick then cut out 12 circles using the 7 ½ cm cutter.
9. Reroll the pastry again to 3mm thick and cut out 12 circles using the 6cm round cutter.
10. Place the larger circles into the patty tin and push down gently. Put 1 teaspoon of mincemeat (not too much) into each case.
11. Dampen the edges of the small rounds of pastry and put onto the bases, gently pressing the edges to seal.
12. Brush the each one with milk and make 3 cuts with a knife in the top,
13. Bake for 25 – 30 minutes until slightly golden brown.
14. Cool on a wire a tray then sprinkle with icing sugar.

# Chocolate Xmas Tree Twists