

Name: _____

Tutor Group: _____

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



Skills being assessed every practical will be:

Even cooking

Consistent shape and form

Finish and presentation

Portion control

Clearing up

GRADE

1. Knife Skills task _____

2. Florida Cocktail – knife skills and presentation _____

3. Minestrone Soup - knife skills and presentation _____

4. Cooking eggs _____

5. Leek and Potato Soup _____

6. Flat bread and pate _____

HALF TERM

1. Bread Rolls – working with dough, shaping, presentation _____

2. Mini Christmas Cake Project – creaming method _____

3. Macaroni Cheese – Bechamel Sauce, Roux _____

4. Chicken with Tomato Ragu – chopping an onion, reduction sauce _____

5. Fruit Flan – crème patisserie _____

6. Chocolate Log – butter icing, fatless sponge, presentation _____

7. Decorating a Christmas Cake – presentation _____

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.

- Peel the onion and cut into tiny dice
- Square off vegetables (1 carrot, 1 celery, 1 potato) cut into julienne strips and then brunoise (tiny dice)
- Make up 500ml of stock with boiling water and add 1 tbsp of tomato puree

Method

1. Place the oil, in a large pan and add all the vegetables except the peas.
2. Place over a LOW heat and cook gently until the vegetables look glazed (shiny).
3. TAKE CARE NOT TO LET THE VEGETABLES BROWN – KEEP THE HEAT LOW.
4. Remove from the heat. Add the 500ml of stock and the tomato puree.
5. Place pan back onto the heat and bring slowly up to the boil. Add peas.
6. Reduce the heat carefully until soup is barely simmering. Allow to simmer for at least 20 minutes.
7. 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.

To finish at home:

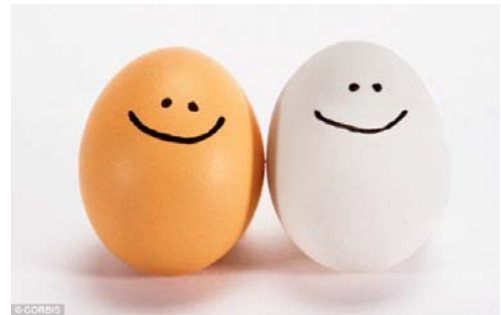
Add a handful of cooked pasta, rice or beans (like cannellini or borlotti) when reheating

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:
 - i) 6 minutes if you like a bit of squidgy in the centre,
 - ii) 7 minutes if you like them cooked through.
3. As soon as they are cooked drain off the hot water.
4. 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 heaped 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 – nothing else is needed,– and have the heat underneath quite gentle.
- 2) What you need to see is the merest trace of tiny bubbles beginning to form over the base of the pan, no more than that.
- 3) Now break the egg into little bowl before slipping them onto the hot water then set the timer for 2 minute, and let the water barely simmer.
- 4) When the time is up, simply remove the pan from the heat and set the timer to 10 minutes. During this time you can baste the top of the eggs with the hot water.
- 5) When the time is up, gently and carefully lift each egg out of the water on the draining spoon, letting it drain for a few seconds.
- 6) Then place the spoon on the kitchen paper to absorb any water still left.

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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

- Make up stock with boiling water to 1 litre.

Method

1. 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.
2. Use a vegetable peeler to carefully peel the potatoes, then chop into approximately 2cm chunks.
3. 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.
4. Carefully remove the pan to a pan stand and leave for a minute or two to stop bubbling.
5. 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

Flat Bread and Pate

For the Flat Bread:

200g SR flour

½ tsp salt

1 tsp baking powder

200g natural yoghurt

Extra flour



For the Pitta:

1. Sieve SR flour into a large bowl. Add salt and baking powder and mix in.
2. Add 200g natural yoghurt and mix to a dough with a wooden spoon.
3. Tip dough out onto a floured surface and knead for a few minutes until smooth.
4. Divide into 6 equal sized pieces.
5. Roll the pieces of dough out into small plate sized circles.
6. Put frying pan on high heat and when really hot cook for a couple of minutes on both sides .
7. Bake until slightly puffy and charred.

Tuna Pate:

1 can of tuna – drained

125g full fat cream cheese

½ clove garlic

1 tsp chilli powder (optional)

Salt and pepper to taste

1. Empty the drained tuna, cream cheese and crushed garlic into a food processor and blend until smooth.
2. Taste and adjust the seasoning with salt and pepper.

Notes

Bread Rolls

Ingredients

7g yeast

150ml warm water

200g strong white flour

½ tsp salt

10g butter

Equipment

Large mixing bowl, large mixing spoon, measuring jug, baking tray



Method

1. Heat the oven to 220C/ Gas 7. Lightly grease a baking tray.
2. In a large mixing bowl, mix the flour and salt together and rub in the butter. Stir in the yeast.
3. Make a well in the centre of the flour mixture and using a mixing spoon, gradually add the warm water to form a soft dough.
4. Turn dough onto a lightly floured work surface and knead until the dough is smooth and elastic, about 10 minutes.
5. Shape the dough into bread rolls. Cover with a clean tea towel and sit in a warm place to allow it to rise, about 15 minutes.
6. Bake in the oven until golden and risen, about 15 minutes. The base of the loaf should sound hollow when you tap it. Turn on to a wire rack to cool.

Notes

Mini Christmas Cake Project

Ingredients

50g glace cherries
105g margarine
125g mixed fruit
105g dark brown sugar
125g sultanas
105g plain flour
Zest of ¼ orange
½ tsp mixed spice
¼ tsp cinnamon
1 egg



Equipment

Mixing bowl
Metal spoon
Electric whisk

Method

1. Line all three tins following the separate instructions.
2. Heat oven to 150°C/GM3.
3. Whisk margarine & sugar together with electric whisk until light and fluffy.
4. Whisk in egg slowly – add a little flour if mixture curdles.
5. Fold in remaining flour, spices and fruit.
6. Share between three tins and make a small dip in the middle.
7. Cook for 60-90 minutes.
8. Cool in the tin. Wrap in foil to store.

Notes

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



Equipment

Medium saucepan

Large saucepan

Colander

Silicone spatula

Whisk

Frying pan (bacon, mushrooms etc)

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.

Notes

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 potatoes

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 to 200oC 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 sponge flan case each person
3 large egg yolks
40g caster sugar
15g plain flour
2 tsp cornflour
250ml whole milk
1 tsp vanilla essence
Tinned fruit of your choice (don't drain)
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

Chocolate Swiss Roll

For the Chocolate Swiss Roll:

125g caster sugar
100g self raising flour
25g cocoa powder
3 large eggs



Method

1. Preheat the oven to 200°C/fan180°C/gas 6. Oil and line swiss roll tin. Brush the paper with a little more oil.
2. Put the sugar and eggs into a large bowl that's resting on a tea towel and whisk with an electric hand whisk for 10 minutes, until pale and thick enough for the mixture to leave a trail when the whisk is lifted.
3. Sieve the flour and cocoa together, then fold half the flour mixture into the eggs and sugar very carefully until no traces of flour are left. Repeat with the remaining flour. It's important to take your time and do it gently.
4. Pour the mixture into the prepared tin and use a spatula to smooth it evenly into the corners. Bake in the centre of the oven for 10-12 minutes, until golden and risen and just firm to the touch.
5. Lay out a piece of greaseproof paper . When the cake is ready, tip it onto the greaseproof paper, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool
6. Unroll the cake, spread the half the butter icing over the top, then carefully roll up again into a log.
7. Cut a thick diagonal slice from one end of the log. Lift the log on to a plate, then arrange the slice on the side with the diagonal cut against the cake to make a branch.
8. Spread the icing over the log and branch (don't cover the ends), then use a fork to mark the icing to give the effect of tree bark. Scatter with unsifted icing sugar to resemble snow, and decorate with holly.

Chocolate Buttercream Icing

100g butter – beat until light and fluffy (5 mins)

Add 225g sieved icing sugar in two lots – beating for 2-3 minutes each time

Add 1 tbs whole mix and ½ tsp vanilla extract.

Notes

Ingredients

100g marzipan paste

200g roll out icing

Small amount apricot jam

Equipment

Rolling pin

Pastry brush

Vegetable knife

Method

1. Turn you cake upside down to get a flat top.
2. Trim the new 'bottom' to help level the cake if required.
3. Brush the cake over – top and sides, with the apricot jam.
4. Dust your work surface with icing sugar.
5. Roll marzipan out to a thickness of a £1 coin into a circle large enough to cover the whole of the cake.
6. Place the marzipan on top and around the cake.
7. Mould it down around the sides and trim off the base.
8. Roll out icing into a circle large enough to cover the whole of the cake.
9. Brush the cake all over with the warmed apricot jam and then place the icing on top and around the cake.
10. Mould it down around the sides.
11. Decorate as required.

Notes