

Objective: Safely and accurately demonstrate good hygiene. Understand how to fry sausages and how to make a basic batter



EQUIPMENT NEEDED

- ❖ Wok
- ❖ Fish slice
- ❖ Balloon whisk
- ❖ Mixing bowl
- ❖ Sieve

PRACTICAL SKILLS

- ❖ Whisking
- ❖ Measuring
- ❖ Baking

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin and after touching raw meat
- Any meat is stored in fridge
- Use oven gloves

Outcome: Successfully make a smooth batter and produce Toad in the hole dish

Ingredients

6 good quality pork sausages (**alternatives can be used**)

70g Plain flour
2 eggs
100ml milk
15g block butter
Salt and pepper
(**available from school**)

Don't forget.....

You will also need to bring in:

- ✓ Oven proof dish

KEY NUTRIENTS

Protein
Carbohydrate
Fibre
Fat

Storage/reheating: Reheat until the centre is pipping hot and warmed all the way through (75 degrees)

Toad in the Hole



Method

1. Preheat oven 220°C
2. Grease a 23cm oven proof dish.
3. Sieve the flour into a bowl.
4. Break the egg into it and beat into the flour
5. Beat in the milk and water (should be lump free)
6. Fry the sausages. When brown put into oven proof dish with any of the fat in the pan.
7. Pour over the batter and bake in the oven for 25 minutes.

Top tips:

- ☐ You could experiment with different flavourings e.g. add spice to the batter
- ☐ Adapt the sausages – try vegetarian varieties
- ☐ Add/use vegetables in the dish

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to make a soup from fresh ingredients



EQUIPMENT NEEDED

- ❖ Vegetable knife,
- ❖ Chopping board,
- ❖ Saucepan
- ❖ White plastic spoon
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Peeling
- ❖ Simmering
- ❖ Chopping
- ❖ Measuring
- ❖ Blending

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Turn pan handles to the side
- Check work area and equipment is clean

Outcome: Successfully make a blended soup

Ingredients

- 1 medium onion (chopped)
- 2 sticks celery
- 2 carrots (grated or chopped into small pieces at home)
- Vegetable stock cube(s) to make 750ml stock
- 3 *tb*sp spilt red lentils (provided by school)
- 1 *tsp* cumin (provided by school)
- 1 *tsp* ground coriander (provided by school)
- 1 *tb*sp oil (provided by school)
- Salt and pepper (provided by school)

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home a well-sealed container 1 litre sealed container, labelled (preferably not a flask as it is difficult to pour hot soup into the narrow neck)

KEY NUTRIENTS

Vitamin C, A
Carbohydrate
Fibre
Protein

Storage/reheating: Reheat until the centre is piping hot and warmed all the way through (75 degrees)

Spicy Carrot & Lentil Soup



Method

1. Finely chop the onion and celery.
2. Heat the oil in a pan and add onion and celery and fry until soft.
3. Add the water to the pan and bring to the boil.
4. Add the carrots, lentils, cumin, coriander, stock cube and seasoning to pan. Stir.
5. Bring to the boil. Cover the pan and simmer gently for 15 – 20 minutes or until carrots, celery and lentils are soft. Stir occasionally.
6. Pour into food processor to blend.
7. Pour into container to take home.

Top tips:

- ☐ You could experiment with different ingredients – add pepper, paprika, chorizo, fresh chilli
- ☐ Garnish with pomegranates and herbs
- ☐ Blend the soup to different consistencies
- ☐ Serve with a warm wholemeal crusty roll

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Use the all-in-one method. Identify when the cake is baked.



EQUIPMENT NEEDED

- ❖ Large mixing bowl
- ❖ White plastic spoon
- ❖ Spatula
- ❖ Tablespoon
- ❖ Baking tin

PRACTICAL SKILLS

- ❖ Decorating and finishing the dish
- ❖ Measuring
- ❖ All in one method/cream ing method

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Carry knife carefully
- Use oven gloves
- Check work area and equipment is clean

Outcome: Successfully made a sponge which is well risen and when turned “upside down” be decorated with fruit

Ingredients

50g self-raising flour
50g caster sugar
50g soft margarine
1 egg
3 rings of pineapple
or 3 tbsp pineapple
chunks – drain at
home
4 glacé cherries
1 tbsp golden syrup

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home
- ✓ A plate to put it on which fits into your container (preferably not breakable)

Other things you could use/add:

Swap the pineapple for other tinned fruit
Adapt the flavour of the sponge

KEY NUTRIENTS

Vitamin C, A
Carbohydrate
Fibre
Fat

Storage/reheating: enjoy hot or cold and serve with cream or ice-cream. Will keep in an airtight container for 3-4 days.

Pineapple upside down pudding

Method

1. Light oven, gas 5 or 190°C
2. Grease a 15cm tin and line with a circle.
3. Cover the bottom of the tin with a thin layer of golden syrup
4. Arrange pineapple rings or chunks in the bottom of the tin and put a cherry in the middle of each ring and one in the centre.
5. Put flour, caster sugar, egg and margarine into a large mixing bowl.
6. Beat well for 2 minutes until light and fluffy.
7. Spread mixture carefully over pineapple and cherries in tin.
8. Bake for 10 - 15 minutes until golden brown.
9. Leave to cool and turn out onto plate

Top tips:

- ❑ You could experiment with flavours of sponge and match a fruit to go with it e.g. add coco powder to the cake and use tinned mandarin oranges or tinned pears

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to make a starch-based sauce



EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Wok
- ❖ White plastic spoon
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Using knife skills (bridge & claw)
- ❖ Using the hob
- ❖ Frying
- ❖ Simmering
- ❖ Measuring
- ❖ Blending
- ❖ Sauce making

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin and after touching raw meat
- Any meat is stored in fridge

Outcome: Successfully make a lump free sauce which coats the back of the spoon, meat and vegetables are thoroughly cooked

Ingredients

250g chicken breast or pork fillet , cut into 2cm pieces or Quorn pieces
 1 medium can pineapple chunks
 2 *tablespoons oil* (provided by school)
 ½ *level teaspoon ground ginger* (provided by school)
 1 *level tablespoon cornflour* (provided by school)
 1 *level tablespoon sugar* (provided by school)
 1 *tablespoon vinegar* (provided by school)
 1 *tablespoon soy sauce* (provided by school)
 1 *level tablespoon tomato puree* (provided by school)

Other things you could use/add:

1 carrot
 4 baby sweetcorn
 1 green pepper
 2-3 mushrooms

OR alternative fruit/vegetables can be used

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Carbohydrate
 Vitamin C, A, B
 Protein

Storage/reheating: Reheat until the centre is pipping hot and warmed all the way through (75 degrees) Do not reheat more than once!

Sweet & Sour Chicken



Method

1. Drain the juice from the pineapple into a measuring jug and add enough cold water to make 250ml.
2. In a small bowl mix the ground ginger, cornflour, sugar, vinegar, soy sauce, and tomato puree and stir until smooth.
3. Prepare the vegetables.
4. Cut the meat into pieces and cook in the wok with the oil for 3-4 minutes.
5. Add the pineapple and vegetables and cook for 3-4 minutes.
6. Pour in soy sauce, cornflour, ginger, sugar mix.
7. Pour in the liquid and bring to the boil stirring all the time.
8. Simmer for 4 minutes.

Top tips:

- ☐ Vary the type of vegetables used
- ☐ Use different proteins e.g. pork, Quorn
- ☐ Serve with different types of rice or cous cous

Objective: Understand how to make a basic custard/crème anglaise sauce, how to reuse food and make a dessert from leftovers

Ingredients

4 slices of wholemeal bread (bread of choice)
30g soft margarine
2 large eggs
250ml milk

Choose either Savoury or Sweet.....

For Savoury:

Marmite or Branston pickle (optional)
100g mature cheddar cheese, grated
1 slice of ham, chopped (alternative cooked meat)

For Sweet:

2tbsp marmalade or alternate jam of choice
50g sultanas/any fruit
25g sugar

Other things you could use/add:

Fresh or dried fruit

Don't forget.....

You will also need to bring in:

- ✓ Oven proof dish
- ✓ A container to take it home

KEY NUTRIENTS

Protein
Carbohydrate from starch & sugar
Fibre
Fat

Storage/cooking: cook in a hot oven until hot all the way through (75 degrees) usually

Bread & Butter Pudding

Method

1. Light the oven to gas 4 or 180°C.
2. Lightly grease ovenproof dish.
3. Spread the bread with the margarine and marmite or pickle or marmalade and cut each piece into four triangles.
4. Select 4 even sized triangles and put to one side. These are the ones which you will arrange on the top of the pudding.
5. Arrange four triangles of bread at the bottom of the dish and sprinkle quarter of the grated cheese and ham or quarter of the sultanas and sugar over it.
6. Repeat until all the bread, cheese and ham or sultanas are used.
7. Arrange the 4 triangles you had put to one side, on the top with the points facing upwards.
8. Beat the eggs and milk together and pour over the bread. Press down so that the liquid is absorbed.
9. Bake for 20 to 30 minutes until golden.

Top tips:

- ☐ Use different types of leftover bread, croissants, brioche, doughnuts
- ☐ Vary the fruits used
- ☐ Vary the jam/pickle/chutney used
- ☐ Add vegetables to the savoury version

EQUIPMENT NEEDED

- ❖ Small mixing bowl
- ❖ Fork
- ❖ Chopping board
- ❖ Knife
- ❖ Measuring jug

PRACTICAL SKILLS

- ❖ Knife skills (bridge Claw)
- ❖ Baking
- ❖ Presenting
- ❖ Sauce making

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Use oven gloves
- Any dairy is stored in the fridge
- Check work area and equipment is clean

Outcome: Successfully made pudding, golden brown and the custard is set,

Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to make a meat sauce using a high-risk commodity

Ingredients

300g minced beef or Quorn

1 onion
1 clove of garlic
1 tsp chilli powder
(provided by school)

450g tin of kidney beans

450g tin chopped tomatoes

1 tbsp tomato puree
1 red or green pepper
1 beef stock cube
125ml water

1 tablespoon oil
(provided by school)

Other things you could use/add:

Use baked beans as well/instead of chilli beans

Add vegetables

For a hotter chilli use jalapeno chillies
cayenne pepper or Worcestershire sauce for an extra kick

Don't forget.....

You will also need to bring in:

- ✓ A container to take it home

KEY NUTRIENTS

Protein
Vitamin C
Fat
Iron

Chilli con Carne



Method

1. Peel and chop the onion and garlic and dice the pepper and set aside.
2. Place the oil in a wok and heat.
3. Add onion and garlic and fry until soft.
4. Add the mince or Quorn and cook until brown.
5. Add the chilli powder, tomatoes and tomato puree and crumble the stock cube into the mixture.
6. Drain and rinse the kidney beans and add to the pan, stir well.
7. Add the pepper and bring to the boil.
8. Measure 125ml water into a measuring jug ; use your judgement to add as much or as little to get the correct consistency.
9. Turn down to simmer for 10 minutes, stirring occasionally.
10. Transfer to container and leave to cool.

Top tips:

- ☐ Serve with rice, a jacket potato or taco shell
- ☐ A fresh cool side salad would offer relief from the hot chilli
- ☐ Add extra chilli powder, cayenne pepper or Worcestershire sauce for an extra kick
- ☐ Double or triple the ingredients and freeze a batch to save on time, energy & money
- ☐ Vary the vegetables to add texture

Storage/reheating: this will be at its best for up to 3 days in an airtight container in the fridge. Reheat until the centre is pipping hot and warmed all the way through (75 degrees). Do not reheat more than once!

EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Wok
- ❖ White plastic spoon
- ❖ Measuring jug
- ❖ Garlic crusher

PRACTICAL SKILLS

- ❖ Using knife skills (bridge & claw)
- ❖ Using the hob
- ❖ Frying
- ❖ Simmering
- ❖ Measuring
- ❖ Sauce making

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin and after touching raw meat
- Any meat is stored in fridge
- Carry knife carefully
- Turn pan handles to the side

Outcome: Successfully make meat sauce that coats back of spoon. Identified & worked safely with high-risk food



Objective: Safely and accurately demonstrate good hygiene, use of a knife, including the bridge hold and claw grip. Understand how to make a white sauce using the all-in-one method. Revise how to cook pasta al dente



EQUIPMENT NEEDED

- ❖ Sharp knife
- ❖ Chopping board
- ❖ Wok
- ❖ Colander
- ❖ White plastic spoon

PRACTICAL SKILLS

- ❖ Knife skills (bridge & claw)
- ❖ Simmering
- ❖ Chopping
- ❖ Measuring
- ❖ All in one method white sauce

HYGIENE & SAFETY TIPS

- Wash your hands with warm soapy water before you begin
- Turn pan handles to the side
- Check work area and equipment is clean

Outcome: Successfully make a smooth white sauce

Ingredients

100g Macaroni or alternative pasta
100g cheddar cheese
1 tomato
25g soft butter/margarine
25g plain flour
250ml milk
Black Pepper (available from school)

Other things you could use/add:

Tomatoes
Vegetables/fruits
Breadcrumbs as a topping

Don't forget.....

You will also need to bring in:
✓ A container to take it home

KEY NUTRIENTS

Carbohydrate starch
Fibre
Fat
Protein

Macaroni Cheese



Method

1. Put the pasta in a pan and cover with boiling water. Bring to the boil and cook for 10-12 minutes until al dente.
 - a) Grate the cheese
 - b) Slice the tomato
2. Drain the pasta and put into oven proof dish
3. Put the butter/margarine, flour and milk into a pan
4. Bring to a simmer and whisk continuously until it has thickened.
5. Stir in 75g of the grated cheese
6. Stir in the macaroni pasta into the sauce and put back into oven proof dish.
7. Arrange the tomato and the rest of the cheese on the top.

Top tips:

- ❑ Try using low fat/ reduced fat cheddar cheese to lower the fat content
- ❑ Use wholemeal pasta to increase fibre
- ❑ Add vegetables to add fibre

Storage/reheating: this will be at its best for up to 2 days in an airtight container in a refrigerator. Reheat until the centre is pipping hot and warmed all the way through (75 degrees) preheat the grill and place under the hot grill until the cheese has melted and is bubbling and golden brown