

GCSE

Advanced Food Preparation Skills Recipe Booklet



GCSE Food Preparation Skills List

S1 – General practical skills (weighing and measuring, preparing ingredients and equipment, greasing or lining baking tins, selecting and adjusting cooking times, testing for readiness, judging and modify sensory properties)

S2 – Knife skills (preparing fruit and vegetables, skinning, de-boning or portioning meat or fish or alternatives)

S3 – Preparing fruit and vegetables (peeling, juicing, mashing, cutting, preventing spoilage or browning)

S4 – Use of the cooker (using the cooker for baking, roasting etc, using the grill)

S5 – Use of equipment (use of blender, food processor, mixer, pasta machine, microwave oven)

S6 – Cooking methods (water based methods using the hob, dry heat and fat based methods using the hob)

S7 – Prepare, combine and shape (roll, wrap, skewer, mix, coat, layer meat, fish and alternatives. Shape and bind wet mixtures such as falafels, burgers, fish cakes or meatballs)

S8 – Sauce making (starch-based, reduction and emulsion)

S9 – Tenderise and marinate (acids denaturing protein, marinades adding flavour and moisture)

S10 – Dough (making a dough - bread, pastry, pasta, shaping and finishing)

S11 – Raising agents (eggs as a raising agent, chemical raising agents, steam as a raising agent, biological)

S12 – Setting mixtures (using a starch to set a mixture on chilling for layered desserts such as custard, using protein such as denatured and/or coagulated protein in eggs)

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How to portion a whole chicken

Unwrap the chicken and place on a red chopping board. Do not wash poultry.



Remove the wings

1. Pull the wings away from the body. Cut through the skin and pull to remove the wing bone from the socket joint.
2. Cut the wings away from the body by cutting through the tendons.

Remove the legs

3. Pull the legs slightly away from the body. Cut through the skin and twist the leg slightly to remove the leg bone from the socket joint.
4. Cut the legs away from the body at the underside of the chicken using a large, sharp knife.



Separate the thighs from the drumsticks

5. Separate the thighs from the drumsticks: run your finger along the thigh bone until you can feel the joint between the thigh and the drumstick. Cut through the leg joint.

Remove the breasts

6. With your knife flush to the breast bone of the bird, start to cut the breasts away from the carcass, stopping when the knife meets the resistance of the carcass.



Chicken Skewers with Couscous

Ingredients

Skewers

- 1/2 lime
- 1/2 green chilli
- 1 clove garlic
- 2 chicken breasts (from a whole portioned chicken)
- 1 red onion, 1 pepper and 6 cherry tomatoes

Couscous

- 170ml boiling water and 1 vegetable stock cube
- 100g couscous
- 1 spring onion
- ¼ cucumber
- ½ yellow pepper
- 4 dried apricots
- 2 x 15ml spoons low fat dressing

Wooden skewers soaked in cold water



Adapt/Upskill:

- Fillet a fish and make fish skewers
- Marinade tofu for a vegetarian version
- Make your own vinaigrette for the couscous
- Make a dip eg guacamole, salsa or hummus
- Use the marinade for the chicken wings too

Method

1. Preheat the oven to 180C
2. **For the skewers:** Cube the chicken, put into a sandwich bag and place in a jug.
3. Prepare the marinade (squeeze the lime, peel and crush the garlic, de-seed and slice the chilli) and add to the chicken bag. Mix well and chill for 30 mins
4. Prepare the remaining skewer ingredients: slice the onion and green pepper – leave the tomatoes whole
5. **For the couscous:** Make up the stock by dissolving the stock cube in the boiling water.
6. Pour the stock over the couscous in a large bowl.
7. Fluff with a fork and leave to stand for 5 minutes.
8. Chop the cucumber into small chunks and slice the pepper into small strips and cut in half.
9. Slice the dried apricots into small pieces with scissors.
10. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
11. Stir everything together with the dressing
12. **Assemble the skewers** by threading chicken, onion, peppers and tomatoes onto the skewers
13. Place on parchment on a baking tray and cook for 15-20 mins turning once
14. Serve skewers on a bed of couscous

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓					✓			

Crispy Chicken Wraps

Ingredients

For the breaded chicken:

2 chicken breasts (from a whole portioned chicken)
25g plain flour
50g breadcrumbs
1 egg
Seasoning

For the wraps:

150g self-raising flour
½ teaspoon baking powder
150g natural yoghurt



Adapt/Upskill:

- Fillet a fish and make fish goujons
- Make a sauce eg mayonnaise or tomato ketchup
- Make a dip eg guacamole, salsa or hummus

Method

1. Preheat the oven to 200C or gas mark 6.
2. **For the chicken:** Place parchment paper on a baking tray.
3. Cut the chicken into strips.
4. Crack the egg into a small bowl and beat with a fork.
5. Put the flour on one piece of paper towel and the breadcrumbs on to another and season.
6. Dust all the chicken strips in the flour, then dip in the egg, and place on top of the breadcrumb mixture.
7. Roll the strips in the breadcrumb mixture so they are coated evenly and place on the baking tray.
8. Bake for 15-20 minutes until golden brown and cooked through.
9. **For the wraps:** Add all the flatbread ingredients to a mixing bowl and mix together with a round bladed knife, then use clean hands to bring everything together.
10. Dust a clean work surface with flour - then tip out the dough.
11. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
12. Divide the dough into 4. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
13. Use a knife to score 6 lines into the centre of each round – don't cut all the way through.
14. Place a griddle or frying pan on a high heat, then once hot, cook each wrap for 1 to 2 minutes on each side, until browned and puffed up, turning with tongs.
15. Assemble: put your wrap together with the chicken and other accompaniments eg salad

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Chicken Pie

Ingredients

Pastry for pie

- 140g plain flour
- 35g margarine
- 35g lard
- 2-3x15ml spoons cold water
- 1 egg (for glazing)

Filling

- ½ onion
- ½ carrot
- 2 chicken breasts (from a whole portioned chicken)

Roux sauce for binding

- 10g plain flour
- 10g margarine
- 100ml milk

Suitable pie Dish



Adapt/Upskill:

- Decorate the pastry top eg lattice
- Change the pastry to flaky pastry
- Serve with hasselback potatoes and green veg

Method

Preheat the oven to 180°C or gas mark 5.

1. Make the filling: peel carrot and dice and slice onion.
2. Dice the chicken and cook for 5 minutes
3. Add the carrot and onion for 5 minutes. Leave to cool.
4. Make the roux sauce: melt the fat in a saucepan and add the flour to form a paste ball. Gradually add the milk a little at a time stirring constantly until thickened.
5. Mix the sauce with the cooled chicken and vegetables.
6. Make up the shortcrust pastry.
 - Sift the flour into the bowl.
 - Rub the lard and margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - Add the cold water and start to mix together.
 - Mix to form a firm, smooth dough.
7. Roll out the 2/3rds of the pastry, on a floured surface to a size slightly larger than the pie dish.
8. Put the pastry onto the pie dish and add the filling.
9. Roll out the remaining pastry and place as the pie top, seal edges, trim excess and brush top with egg wash.
10. Cook for 20 minutes until golden brown.

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Chicken Cordon Bleu

Ingredients

- 2 chicken breasts
- 2 slices cheese
- 2 slices ham
- 200g plain flour
- 250g breadcrumbs
- 1 egg, mixed with a good splash of milk



Method

1. Heat oven to 180C/fan 160C/gas 4.
2. Take the chicken breast and flatten out, and lay on a board, place a slice of ham and cheese on top of each and roll up to make a parcel, press the edges together well.
3. Take three different plates, put flour on one, breadcrumbs on another and egg on the next. Coat each parcel in the crumbs, then flour, followed by the egg, then coat in the crumbs again.
4. Cook for 20 mins until cooked through.

Adapt/Upskill:

- Make lemon mayonnaise
- Serve with salad and home-made vinaigrette
- Combine mayonnaise and grated vegetables to make coleslaw

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
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Chicken Ballotine with a Veloute Sauce

Ingredients

Ballotine

2 chicken breasts (from a whole portioned chicken)
Handful fresh spinach
2 tbsps ricotta cheese or cream cheese
4 rashers of bacon

Sauce

25g Plain Flour
25g Margarine
250ml Chicken Stock
2tblsp Double Cream
10g Butter
2ml Lemon Juice



Adapt/Upskill:

- Serve with potatoes – hasselback, dauphinoise, rosti or piped mash potato
- Add ribbon vegetables or precision cut batons

Method

1. Preheat the oven 180°C / Gas mark 6
2. In a saucepan sweat off the spinach leaves with a tablespoon of water then squeeze out excess liquid
3. Roughly chop the spinach and combine with the ricotta cheese
4. With a sharp knife slice sideways into the chicken breast but not cutting all the way through – forming a pocket. Flatten out with a rolling pin. Fill the pocket with spinach/cheese mixture and roll up.
5. Wrap the stuffed chicken tightly in bacon and then in foil and place in a hot oven for approx. 20-30 mins.
6. Make veloute sauce - combine margarine and flour. Add chicken stock till you achieve a 'pouring' consistency. Leave sauce to 'cook out'.
7. Wash up and clean down.
8. Add cream, butter and lemon juice to veloute sauce.
9. Take out chicken and check core temperature with food probe. Remove from the foil and transfer to a frying pan and fry in a little butter or oil to brown the bacon
10. When browned, slice the chicken so you can see the filling and serve with the sauce covering or on the side

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✓	✓	✓	✓		✓	✓	✓				

Sweet and Sour Chicken

Ingredients

2 med chicken breasts
½ onion
¼ carrot
¼ pepper
1 clove of garlic
Fresh ginger
1 tin of pineapple rings
1 veg stock cube
1 tbsp tomato puree
1 tbsp golden syrup
2 tbsp white wine vinegar
1 tbsp cornflour



Adapt/Upskill:

- Make a light batter for the chicken and deep fat fry
- Serve with egg fried rice
- Make home-made prawn crackers

Method

1. Place chicken on tin foil sheet. Place on a baking sheet and cook in a pre-heated oven (180°C/ gas 6) for 15 mins.
2. Peel the onion, garlic, ginger and carrot. Deseed the pepper. Put all peelings in the bin.
3. Slice the onion, carrot, pepper into fine strips and finely chop the garlic and ginger. Place in a bowl.
4. Make up the stock in a jug with 50ml of hot water.
5. Blend the cornflour in a jug with cold water.
6. Place oil in the pan and heat. Add onion, carrot, pepper, garlic and ginger. Cook for 2-3 mins.
7. Add white wine vinegar, stock and pineapple juice to the pan.
8. Add syrup and tomato puree. Stir.
9. Bring to the boil, slowly add cornflour till you achieve the correct consistency.
10. Chop the pineapple ring into chunks and add to the sauce.
11. Remove the chicken from the oven and check it is cooked using a temperature probe, must be 75C.
12. Add the sauce to the plate. Slice the chicken on the diagonal on place on top. Serve with fried rice.

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Chicken Curry and Rice

Ingredients

- 1 onion
- 1 clove garlic
- 250g chicken (leg or breast meat from a whole chicken)
- 25g sultanas
- 1 large tin of chopped tomatoes
- 100g long grain rice
- 100 ml water
- 1 x 15ml spoon tomato purée
- 1 x 5ml curry powder
- 1 - 2 x 5ml spoon ginger



Method

1. Prepare the vegetables:
 - chop and slice the onion
 - peel and crush the garlic
2. Brown the chicken in a frying pan
3. Add the onion and garlic fry for 5 minutes.
4. Stir in the sultanas, curry powder, ginger and chopped tomatoes and cook for 5 minutes.
5. Pour in the water and tomato purée.
6. Bring to the boil, then simmer and cover to cook for 30 minutes.
7. Put the rice on to cook in a saucepan with boiling water – follow packet instructions.
8. Drain the rice in a colander in the sink and plate up, add the curry sauce on top.

Adapt/Upskill:

- Make naan breads
- Make a cucumber dip and poppadum
- Blend your own spice mix

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
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How to fillet a mackerel



1 Slide the knife in directly behind the head fin of the fish and cut straight down to remove the head.



2 Extend the incision from the belly to the tail of the fish with your knife.



3 Turn the fish around and run the blade of the knife along the backbone.



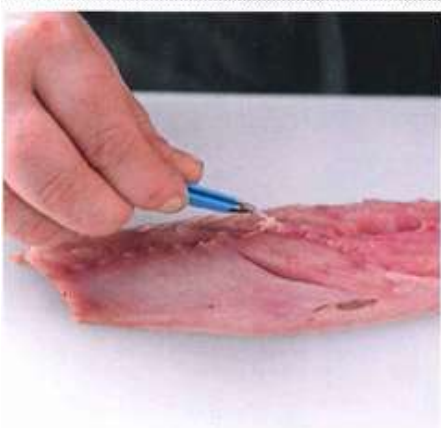
4 Starting at the tail end, cut down and along the fillet, keeping your knife as close to the bone as possible.



5 Keep sliding and cutting until the whole fillet comes off. Repeat with the other side.



6 Trim and neaten the fillets then pour over a layer of coarse sea salt and leave for 20 minutes. This firms the flesh and makes it easier to pin-bone.



7 Rinse in cold water, pat dry then pin-bone the fillets using tweezers. Marinate according to recipe.



8 If you are eating mackerel raw it's better to remove the clear skin, which can be chewy. This will be easier after marinating. Start to pull the skin up at one end.



9 Keep pulling, the skin should come off in one clear piece. The fish is now ready to eat.

How to fillet a flat fish



Make a cut just behind the collar



Make a second cut behind the pectoral fin in front of the belly (be careful not to cut into the organs)



Cut along the backbone to divide the fillet into two pieces



Cut along the skeleton to remove one side of the fillet



Turn the fish 180° and remove the other half of the fillet



Skin each half of the fillet



For smaller flatfish, you can fillet as one piece; with the knife blade facing outward, start at the tail and pierce the skin along the back



Draw the blade along the skeleton to remove the fillet



The two different cuts from a flatfish

Mackerel Pate and Soda Bread

Ingredients

Pate:

- 1 whole mackerel (filleted and skinned)
- 25g butter
- 50g crème fraiche or cream cheese or soured cream or plain yogurt
- ½ a lemon
- Black pepper to season

Soda bread:

- 170g/6oz self-raising wholemeal flour
- 170g/6oz plain flour
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 290ml/½ pint buttermilk



Adapt/Upskill:

- Smoke the mackerel fillets on wood chips
- Make a side salad with a vinaigrette

Method

1. Preheat the oven to 200C/Gas 6.
2. **For the bread:** Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
3. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
4. Turn onto a lightly floured surface and knead briefly.
5. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.
7. **For the pate:** Melt butter in a small pan for a few seconds and leave to cool slightly.
8. Steam the fish fillets for 5 mins (in the microwave or in a colander over the hob) then break it into small flakes with a fork.
9. Zest half a lemon and squeeze the juice of half a lemon.
10. In a mixing bowl, put the fish, melted butter, crème fraiche/cream cheese/soured cream or yogurt, the zest and juice of the lemon and ¼ tsp black pepper.
11. Mix everything together thoroughly with a fork or spoon (if you would like a smoother texture you could use a food processor).
12. Place in a bowl, cover and put in the fridge until ready to serve.
13. Serve with toasted bread and garnish with a lemon slice and some chopped parsley or a sprinkling of paprika.

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Fish and chips with tartare sauce

Ingredients

For the fish and chips

- 1 whole plaice (or other small flat or round fish)
- 25g oats
- 25g plain flour
- 50g breadcrumbs
- 1 egg
- 1 medium potato (white or sweet potato)
- 1 tbsp of oil or spray oil

For the sauce

- 2 free-range egg yolks
- 1 heaped teaspoon Dijon mustard
- 500 ml oil (vegetable, sunflower, olive, rapeseed or a mix)
- 1-2 tablespoons white wine vinegar
- ½ lemon
- A tablespoon of chopped gherkins and a tablespoon of capers



Adapt/Upskill:

- Batter the fish instead of bread crumbing – deep fat fry
- Serve with minted or mushy peas

Method

1. Preheat the oven to 200C or gas mark 6.
2. Place parchment paper on a baking tray and write your name in pencil.
3. Cut potato into 8 long strips or wedges and place in a mixing bowl with the oil and seasoning – stir and then place on one side of the baking tray and cook for 30 mins.
4. Fillet and skin the fish and cut into 'fingers'
5. Crack the egg into a jug and beat with a fork.
6. Put flour on a small piece of parchment and the oats and breadcrumbs on to another and season.
7. Dust all the 'fingers' in the flour, then dip in the egg, and place on top of the breadcrumb mixture.
8. Roll the 'fingers' in the breadcrumb mixture and place on another small piece of parchment.
9. Place on the same baking tray as the wedges and bake for 10-15 mins
10. **For the Mayonnaise:** Whisk the egg yolks in a bowl, then add the mustard and whisk together.
11. Gradually add about half the oil, very slowly at first, whisking continuously for around 3 to 5 minutes, or until thickened.
12. Once you've added about half the oil, whisk in 1 tablespoon of vinegar – this will loosen the mixture slightly and give it a paler colour.
13. Continue to gradually add the remaining oil, whisking continuously.
14. Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar, if needed.
15. For tartare sauce, add a tablespoon of chopped gherkins and a tablespoon of capers
16. Remove the fish and chips from the oven when both are golden brown.

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
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Fish Pie

Ingredients

Topping:

350g potatoes

30g butter or margarine

25ml milk

Seasoning

15g grated cheddar cheese

Fish:

250 mixed fish (fillet one small fish + 1 packet fish pie mix)

50g peas or sweetcorn

Béchamel Sauce:

25g unsalted butter or margarine

25g plain flour

300ml milk



Adapt/Upskill:

- Swap the potato for sweet potato
- Serve with green vegetables such as broccoli or buttered spinach

Method

1. Preheat the oven to 190C
2. Potato Topping: Peel and chop the potatoes into small chunks and place in a pan of water and boil for 15-20 minutes until the potatoes are soft. Drain the water away and mash the potatoes with butter/margarine and milk until they are smooth
3. Fish: While the potatoes are boiling, prepare the fish and poach in the sauce milk for a couple of minutes until it is cooked. Carefully remove and place on a plate. Break the fish into small pieces with a knife and fork, remove any skin and check carefully for any small bones.
4. Béchamel sauce: In a small saucepan, melt the butter on the hob – do not let it burn. Add the flour and continue heating it, stirring all the time for 1 minute (to cook off the flavour of the flour)
5. Remove the pan from the heat and gradually add the milk to the roux, stirring well each time to avoid any lumps forming until all the milk has been added.
6. Put the pan back on the heat and stirring all the time, heat the sauce until it boils and thickens – the sauce should coat the back of the spoon and be smooth and glossy in appearance. Remove the pan from the heat.
7. Assemble the fish pie: Mix the peas or sweetcorn in to the sauce.
8. Place the fish in the bottom of an ovenproof dish, pour the sauce over and mix gently with a fork.
9. Spread the mashed potato evenly over the fish and sauce. You could use a piping bag and star nozzle to pipe the potato on to give a different finish.
10. Sprinkle the top with grated cheese
11. Bake in the oven at 190°C for 20 minutes or until the top has browned

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
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Fishcakes

Ingredients

350g potatoes
200g canned tuna or cooked fish (eg mackerel or a flat fish)
25g butter or margarine
1 egg
Small bunch parsley / 1tsp dried parsley
200g dried breadcrumbs or stale bread
Flour for shaping the fish cakes
Black pepper



Adapt/Upskill:

- Swap the potato for sweet potato
- Serve with green salad and vinaigrette
- Make a sweet chilli dipping sauce or lemon mayonnaise

Method

1. Preheat the oven to 190C
2. Peel the potatoes and cut in to 1cm dice.
3. Place the potatoes in a large pan, cover with cold water and bring to the boil. Simmer for 20 minutes or until the potatoes are soft.
4. Open the can of tuna or cooked fish, put in to a bowl and flake with a knife and fork.
5. Wash the parsley, remove stalks and chop finely.
6. When the potatoes are cooked, drain and mash them with a potato masher until smooth.
7. Add the butter or margarine, fish and parsley, season with black pepper and mix well with a spoon.
8. Crack the egg into a small bowl and beat with a fork.
9. Place the breadcrumbs on a plate.
10. Sprinkle some flour on your chopping board and hands. Shape the fish mixture into a sausage shape and then cut and shape into eight even-sized pieces.
11. Dip each fishcake into the egg mixture, brushing with a pastry brush.
12. Remove with a palette knife, place into the breadcrumbs and coat each side evenly.
13. Bake the fish cakes on a lined baking tray for 15-20 minutes at Gas 6/200°C (190°C if using a fan oven) until golden and crispy on the outside.

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
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Roasted Mediterranean Vegetable Tart

Ingredients

Pastry

150g plain wholemeal flour, or white flour or half and half (75g of each)
75g butter or vegetable fat spread
8 tsp (40ml) cold water

Filling

1 pepper
1 courgette
1 small onion
1 tomato or 2 medium mushrooms
2 tbsp olive oil
1 clove garlic
2 medium eggs
150ml milk
100g mature Cheddar cheese, grated
Ground black pepper

Adapt/Upskill:

- Add bacon, other cheeses or seasonal vegetables to vary the filling



23–25cm ovenproof flan tin or dish

Method

1. Heat the oven to 190°C
2. **Roasted vegetables:** Dice the onion, pepper, courgette, tomato and mushrooms all to the same size.
3. Mix the vegetables in a bowl with the olive oil, crushed garlic and ½ tsp black pepper.
4. Arrange the vegetables on a baking tray and roast them in the oven for 25–30 minutes. While the vegetables are cooking, make the pastry.
5. **Pastry:** Rub the butter or vegetable fat spread into the flour, using your fingertips, until it looks like breadcrumbs. (*Fat coats the flour to give it a waterproof coating*)
6. Add the water and mix to a dough and roll it out on a floured work surface
7. Line the flan tin or dish, taking care not to stretch the pastry (leave to chill if you have time)
8. Put some baking paper in the flan case and add some baking beans to hold it down. Bake the pastry case 'blind' (without the filling) for 15 minutes
9. Carefully remove the baking beans and paper. If the base of the flan looks undercooked, return it to the oven for a further 5 minutes.
10. Turn the oven down to 180°C and place the flan tin/dish on a baking tray
11. Place half of the grated cheese in the cooked pastry case
12. Place the roasted vegetables on top of the grated cheese
13. Mix the eggs and milk together and pour them over the vegetables.
14. Add the rest of the cheese and bake the flan for 25 minutes until the filling has set and the top is a golden brown colour

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓						✓		✓

Flaky Pastry

Ingredients

225 g Plain Flour
Pinch salt
175 g butter
Squeeze lemon juice (optional)
100 ml (4 fl oz) cold water (approx)

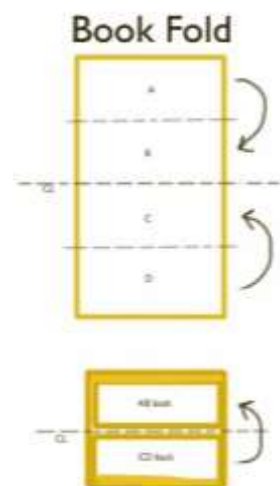
Method 1: Grated Butter

1. Mix flour and salt in bowl.
2. Use a knife to cut the butter into four equal pieces – place 3 portions in the freezer
3. Add one portion of the butter into flour and rub in to form breadcrumbs
4. Add lemon juice and enough cold water to form an elastic dough
5. Turn out on to a well-floured surface and roll out into a rectangular strip
6. Take one portion of butter from the freezer and grate onto the pastry covering 2/3s of it
7. Fold into 3 sealing the edges – chill and then repeat until all the butter is incorporated



Method 2: Book Fold

1. Mix flour and salt in bowl.
2. Use a knife to cut the butter into small pieces.
3. Add into flour, and using a round bladed knife to mix, add lemon juice and enough cold water to form an elastic dough
4. Turn out on to a well-floured surface and roll out into a rectangular strip.
5. Fold the pastry using the book fold method
6. Press together pastry edges with fingers or rolling pin, place in a bag and place in the chiller for 5 mins
7. Get your pastry from the chiller and repeat the book fold process at least three more times. Leave in a cold place for 1 hour before use.



Danish pastries

Ingredients

1 batch of flaky pastry
200g cream cheese
50g caster sugar
½ tsp vanilla essence
50g mixed berries (raspberries, strawberries or blueberries)
25g chocolate chips



Method

1. Preheat the oven to 200C/Gas Mark 7.
2. Roll out the pastry and divide into squares.
3. Mix together the cream cheese, sugar and vanilla in a bowl.
4. Shape the pastry and transfer to a baking tin lined with parchment
5. Add a dessert spoon of cheese filling and top with berries/ chocolate chips etc.
6. Bake for 15-20 mins then leave to cool
7. Dust with icing sugar to serve (optional)

Adapt/Upskill:

- Make crème patisserie for an alternative filling

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓		✓	✓						✓	✓	

Cheese, potato and onion pasties

Ingredients

- 1 batch of home-made flaky pastry
- 2 medium potatoes
- 1 onion
- 100g cheddar cheese
- 1 egg for glazing

Method

1. Pre-heat the oven to 200C
2. Wash the potatoes, prick with a fork and place on a baking tray. Place in the oven to bake for 45 minutes (alternatively peel and boil on the hob until soft)
3. Make the pastry – when chilling in between turns, prepare the filling ingredients
4. Dice the onion
5. Grate the cheese
6. Remove potatoes from the oven, remove flesh from the skins and mash with a fork
7. Add other filling ingredients and chill for 10 mins
8. Roll out the pastry into a square and cut into four
9. Divide the filling between the pastry squares, brush the edges of the pastry with beaten egg and seal into triangles or rectangles – crimp the edges or use a fork to decorate the edges
10. Glaze with egg
11. Bake for 25 minutes until golden brown



Adapt/Upskill:

- Make traditional Cornish pasties by adding a minced beef, onion, potato and carrot filling

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓						✓	✓	

Profiteroles

Ingredients

Choux pastry

75g plain flour

50g marg/butter

125ml hot water

2 eggs

1/2 teaspoon vanilla essence.

Chocolate topping

225g plain chocolate

Filling

225ml whipping cream



Method

1. Preheat oven 210°C/Gas 6. Sieve flour. Cut up butter and put it with the water in a saucepan. Bring to a rolling boil.
2. Remove from the heat, add the sieved flour all at once and beat over the heat again with a mixing spoon until it becomes a smooth, soft paste and leaves the sides of the pan clean.
3. Remove from the heat. Add vanilla essence and mix. Allow mixture to cool for 5 minutes.
4. Crack eggs into measuring jug or small basin and beat with fork. Add the egg, *a little at a time*, beat thoroughly between each addition. It should result in a thick glossy paste.
5. Place teaspoons of the paste on to baking parchment on a baking tray and bake in the oven for 10 minutes.
6. Decrease the heat to 180°C/Gas 4 and bake for a further 15 minutes until the choux buns are risen, crisp, light and a rich golden colour.
7. Remove from oven and pierce the side of each one (to let out the steam) and cool on a wire rack
8. To make the chocolate topping, melt the chocolate in a glass bowl, fitted over a saucepan of simmering water, stirring until the chocolate is smooth. Ensure the water *does not* get into the chocolate!
9. Put whipping cream into mixing bowl and beat until thick with electric whisk. Be careful not to over-whisk. Stop when the cream starts to thicken.
10. Split the choux buns in half and fill each one with a teaspoon of whipped cream, then join the halves together. Pour the melted chocolate over and serve immediately.

Adapt/Upskill:

- Fill with crème patisserie or ice-cream
- Use white chocolate or fruit coulis as a pouring sauce

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓			✓	✓					✓	✓	

Savoury choux pastry ring

Ingredients

30ml water
30ml full-fat milk
25g butter, unsalted, cut into cubes
pinch of salt
80g strong plain flour or plain
1 large eggs Plus 1 for egg wash
1 teaspoon Dijon or grain mustard
30g grated cheese such as Cheddar, Gouda, Parmesan, Gruyère

Fillings: mix cream cheese or crème fraîche with mushrooms, spinach, peppers, caramelised onions or bacon



Method

1. Preheat the oven to 180C and line a baking sheet with parchment paper. Draw a 10 cm ring.
2. Heat the water, milk, butter and salt in a saucepan gently until the butter is melted. Turn up the heat and bring to the boil and remove from the heat.
3. Add the flour and mix well until the mixture pulls away from the sides into a smooth ball.
4. Return to the heat and keep beating for another minute or two. Remove from heat and let it cool for a couple of minutes: the mixture needs to be warm but not hot.
5. Add the eggs, one at a time, beating well after each addition. It is easiest using a mixing spoon or a hand-mixer. As you beat, the mixture will come together, resulting in a smooth and glossy paste
6. Add the cheese, mustard and pepper. Mix well into the choux paste.
7. Put a teaspoon mounds of pastry onto the greaseproof in a ring with small gaps in between.
8. Sprinkle over the remaining cheese.
9. Bake for about 20 minutes, until well risen and a deep golden brown.
10. You can pierce the ring to let the steam escape and leave to cool then slice in half and fill

Adapt/Upskill:

- Make a béchamel sauce for the filling flavoured with cheese or fresh herbs
- Make a ratatouille for the filling

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓						✓	✓	

Pork Pies

Ingredients

- 200g pork mince
- 1 onion finely chopped
- 60g lard
- 200g plain flour
- 1 egg, lightly beaten



Method

1. Heat oven to 180C/160C fan/gas 4.
2. Mix the filling ingredients and season. Grease 4 holes of a muffin tin and line each with a strip of baking parchment, to make pies easier to remove from tins.
3. To make pastry, bring the lard and 60ml water to the boil in a small pan. Sieve the flour into a bowl and pour in lard and water mix, then blend with a knife until you have a smooth dough. Turn out into a bowl and remove two-thirds, covering the final third with a tea towel to keep warm.
4. Roll larger piece out on a floured surface to about 2-3mm thick – work quickly as the dough is easier to work with when warm. Cut out 12 x 11cm circles using a pastry cutter. Line each hole of the tin with the circles, pushing them in with your fingers and leaving a slight overhang.
5. Divide filling between pastry cases, pushing down lightly. Roll out remaining pastry on a floured surface and stamp out 12 x 8cm circles. Brush edges of filled cases with egg, then put lids on top. Pinch together and crimp the edges with your fingers. Brush with beaten egg and set aside the rest for later.
6. Bake in oven for 20 mins, then remove and gently take the pies out of the holes. Brush the sides and top again with egg and place directly onto a baking tray and cook for another 20 mins until the sides are set and tops a deep golden colour. Remove and cool on a wire rack.

Adapt/Upskill:

- Serve as part of a Ploughman's Lunch with fresh bread and home-made pickles or relish
- Vary the meat filling

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓			✓			✓		

Ravioli with tomato sauce

Ingredients

For the pasta

200g '00' flour, plus extra for flouring

2 free-range eggs

For the filling

½ small onion, finely chopped

150g pork mince or beef mince

1 free-range egg, beaten

60g fresh breadcrumbs

handful of fresh parsley finely chopped or 1 teaspoon of dried

For the tomato sauce

2 tbsp olive oil

1 garlic clove, thinly sliced

½ red chilli

1 tin chopped tomatoes



Adapt/Upskill:

- Make a vegetarian version by changing the filling to cream cheese and spinach or mushroom and ricotta

Method

1. **For the pasta**, put the flour in a large bowl. Make a well in the centre and add the eggs. With a fork gradually mix the flour with the eggs to form a soft dough. Knead the dough for 5 minutes, or until smooth.
2. Shape the dough into a ball, wrap in cling film and leave to chill in the fridge for at least 30 minutes.
3. Flour the pasta and divide the pasta into 4 equal pieces. Starting at the lowest (thickest) setting, feed one piece of the dough through the machine, turning the handle with one hand and holding the dough as it comes through the machine with the other.
4. Change the setting on the pasta machine to the next-thickest setting, flour it again and feed the pasta sheet through the machine again, as before.
5. Repeat this process 3-4 more times, flouring the machine and changing the setting down each time.
6. The pasta should be quite thin, but still easy to handle without tearing. Don't be tempted to skip settings or the dough may tear. Repeat with the other pieces of dough. Once the pasta sheets have reached the ideal thickness, dust with flour and set aside.
7. **For the meat filling**: Chop the onion and put in a pan over medium heat, and fry gently for a few minutes.
8. Add the mince and cook until brown.
9. Remove from the heat and leave to cool, then add the egg, breadcrumbs and parsley.
10. **To make the ravioli**: put a pasta sheet on your board and place a heaped teaspoon of the meat mixture at equal intervals along the pasta.
11. Brush a little of the beaten egg around each filling then lay another pasta sheet on top and carefully press down around each filling ball to remove any air.
12. Cut in squares with your ravioli cutter or knife, then dust with flour and set aside.
13. **For the tomato sauce**: add the olive oil to a pan and add the garlic and chilli. Cook for 2-3 minutes, until the garlic starts to colour a little.
14. Add the tomatoes and warm through in the pan. Season with salt and pepper.
15. **To cook the meat ravioli**: Add them to the tomato sauce and cook through. To serve pasta, sprinkle with some basil and parmesan

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓	✓		✓		✓		

Traditional Lasagne

Ingredients

Pasta sheets

2 eggs
200g '00' or strong flour

Meat Ragu

1 tbsp olive oil
1 onion, diced
1 garlic clove, crushed
250g beef mince
1 tbsp tomato purée
400g tin chopped tomatoes

White sauce

25g butter
25g plain flour
250ml semi-skimmed milk
100g cheese (cheddar, mozzarella or parmesan)



Adapt/Upskill:

- Quorn mince or roasted vegetables can be substituted for the beef mince to make a vegetarian version.
- Serve with salad and garlic bread

Method

1. Preheat the oven to 180°C.
2. Make the pasta lasagne sheets by mixing the eggs and the flour together in a bowl until they form a dough. Dust with flour and roll out using a rolling pin or pasta machine. Trim into rectangles the same length as your heat-proof dish. Leave on parchment paper to dry out.
3. In a large frying pan, heat the olive oil. Fry the onion and garlic until softened. Add the mince and fry on a medium heat until browned. Stir in the tomato purée and chopped tomatoes. Simmer for 20 mins, or until the liquid has reduced. Season with black pepper and dried herbs.
4. Meanwhile, make the white sauce. Grate the cheese. Add the butter, flour and milk to a small saucepan. Whisk over a medium heat until the sauce thickens. Remove from the heat and add half the cheese, stirring until it's melted.
5. Layer up the lasagne in a baking dish, starting with half of the meat ragu, then half of the pasta sheets, then half of the white sauce. Repeat. Top with the remaining cheese then bake in the oven for 35-40 mins, until piping hot and crisp and bubbling on top. Serve immediately.

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓	✓	✓	✓		✓		

Garden Focaccia Bread

Ingredients

250g Strong bread flour
Pinch salt
Level tsp yeast
3 tbsps (olive) oil
1tsp sugar
Vegetable & herb decoration
(you can decide what to use!)



Method

1. Tip the flour into a large mixing bowl. Mix the yeast into one side of the flour, and the fine salt into the other side.
2. Make a well in the middle of the flour and add 1½ tbsp oil and 170ml lukewarm water, adding it gradually until you have a slightly sticky dough (you may not need all the water).
3. Sprinkle the work surface with flour and tip the dough onto it, scraping around the sides of the bowl. Knead for 5-10 mins until your dough is soft and less sticky. Put the dough into a clean bowl, cover with a tea towel and leave to prove until doubled in size.
4. Oil a rectangle, shallow tin/baking tray, tip the dough onto the work surface, then stretch it to a rectangle shape. Cover with a tea towel and leave to prove for another 30 mins.
5. Heat the oven to 200C fan/gas 7 and prepare your vegetables
6. Push dimples into the bread and add your prepared vegetables to make a garden scene.
7. Mix together 1½ tbsp olive oil, 1 tbsp water and the flaky salt and drizzle over the bread.
8. Bake for 20 mins until golden.

Adapt/Upskill:

- Serve as an accompaniment to soup, pasta or risotto

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓						✓	✓	

Star Bread

Ingredients

250g Strong plain white flour

½ teaspoon salt

1 teaspoon sugar

1 tbsp oil

½ Sachet fast action yeast

150 ml/ 5Fl oz warm water

Savoury FILLINGS

Tomato Puree - 3 tbsp

Cheese - 100g

Sweet FILLINGS

Chocolate spread (NOT nutella)

25g Butter + 50g brown sugar +cinnamon



Method

1. Preheat oven to 200c/gas 6, line baking tray with parchment.
2. Put the flour in a big bowl, with sugar, salt and yeast.
3. In a jug weigh warm water- add 1 tablespoon oil.
4. Add water to flour, stir with knife. Squeeze into a dough.
5. Knead for 5mins until smooth.
6. Roll out to large rectangle-then cut 2 x just bigger than 18cm circles.
7. Spread 1st circle with fillings, place second circle on top.
8. Put on baking tray. Trim with 18cm plate, mark a centre circle.
9. Cut into 4, then 8, then 16 slices (scissors are easiest)
10. Twist 2 at a time in an opposite direction.
11. Lift 2 edges in to together, pinch (prove, covered if time)
12. Glaze with egg, bake for 15-25 mins depending on the size.

Adapt/Upskill:

- Serve the savoury version as an accompaniment to soup, pasta or risotto
- Glaze the sweet version with water icing

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓			✓						✓	✓	

Chocolate cake

Ingredients

225g butter, softened, plus extra for greasing
225g caster sugar
4 large free-range eggs
100g self-raising flour
1 tsp baking powder
2 tbsp cocoa powder
A little milk

For the ganache

200g dark chocolate roughly chopped
300ml double cream
2 tbsp golden caster sugar



Method

1. Preheat the oven to 160°C/gas 4. Grease 2 x 20cm sandwich tins with a little butter and base line with baking paper.
2. In a bowl, beat together the butter and sugar with an electric hand whisk until light and fluffy.
3. Add the eggs and beat. Sift in the flour, baking powder and cocoa, then lightly fold into the mixture.
4. Add a little milk until you have a dropping consistency, then divide between the tins.
5. Bake for 20-25 minutes.
6. Put the chocolate in a large mixing bowl.
7. Pour the cream into a saucepan with the sugar and bring to a simmer, stirring continuously until the sugar is melted.
8. Bring to the boil, then quickly remove from the heat, pour over the chocolate and whisk until smooth and glossy
9. Leave to cool down a little until thick enough to sandwich the cake and to spread on top. Alternatively, leave to cool completely, then beat with an electric whisk until light and fluffy and spread on the cake

Adapt/Upskill:

- Make chocolate decorations
- Serve with fruit coulis

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓			✓	✓			✓			✓	

Swiss roll

Ingredients

3 eggs
75g caster sugar
75g flour (plain or self-raising)
Jam or lemon curd
Caster sugar



Method

1. Preheat oven to 200°C/Gas 6.
2. Line a Swiss roll tin with baking parchment.
3. Break eggs into a clean mixing bowl .Add sugar and whisk well until thick, creamy and very pale in colour and has double in size(about 5-7minutes with electric whisk).
4. Use a spoon and lightly fold flour into the mixture. Be careful not to knock any air out.
5. Pour mixture into large baking tray. Spread evenly.
6. Bake for 7–8 minutes until cake is firm and springy in the centre and shrinks slightly away from the side of the tin.
7. Whilst Swiss roll is in oven, sprinkle sugar onto a piece of parchment.
8. Remove Swiss roll from tin and turn out onto parchment. Carefully remove parchment and trim edges with a palette knife.
9. Spread quickly with the jam.
10. Score the edge of the sponge with a palette knife then roll it from this end, using the paper to help you.
11. Put in chiller to cool, resting on the seam.

Adapt/Upskill:

- Replace 25g cocoa powder for 25g flour for chocolate Swiss roll.
- Use vanilla butter cream for filling
- Make your own jam
- Make into cake by cutting into pieces and stacking with jam and cream
- Decorate with a pattern by colouring a bit of the cake mix, piping onto the parchment and freezing for 10 mins before adding the remaining mix and baking

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓			✓	✓						✓	

Mini Pavlovas

Ingredients

4 large egg whites
225g (8oz) caster sugar
2 level tsp cornflour
2 tsp white wine vinegar
For the filling:
300ml (½ pint) whipping or pouring double cream,
whipped
About 350g (12oz) fresh or tinned fruit, halved or sliced



Method

1. Preheat the oven to 160°C/Fan 140°C/gas 3. Lay a sheet of non-stick baking parchment on a baking sheet and mark 8 circles on it.
2. Put the egg whites into a large bowl and whisk until stiff and cloud-like. Add the sugar a teaspoonful at a time, whisking well after each addition, until all the sugar has been added. Blend the cornflour and vinegar together and whisk into the meringue mixture. Spread the meringue out to cover the circles on the non-stick baking parchment, building up the sides so they are higher than the middle.
3. Place in the oven but immediately reduce the temperature to 150°C/300°F/gas 2. Bake for about 30 mins until firm to the touch and a pale beige colour. Turn the oven off and allow the Pavlovas to become quite cold while still in the oven. If you keep the oven door closed you will encourage a more marshmallowy meringue.
4. Remove the cold Pavlovas from the baking sheet and parchment and slide onto a serving plate. Top with the whipped cream and strawberries, then chill in the fridge for 1 hour before serving.

Adapt/Upskill:

- Serve with a fruit coulis
- Pipe meringue into shapes eg swans

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓						✓	

Strawberry Cheesecake

Ingredients

For the biscuit layer

150g/5¼oz digestive biscuits

2 tbsp butter

2 tbsp caster sugar

For the cheesecake layer

2 sheets gelatine

1-2 tbsp of lemon juice

350g/12¼oz cream cheese

225g/8oz caster sugar

300g/10½oz thick Greek-style yoghurt

1 tbsp of vanilla extract

Fruit for decoration



YOU MUST BRING 6 SMALL GLASSES TO SERVE

Method

1. For the biscuit layer, crush the biscuits and melt the butter, mix all the biscuit ingredients together and reserve.
2. For the cheesecake mixture, soften the gelatine in the lemon juice and a spoonful of water if needed, for 3-5 minutes.
3. Heat the mixture gently over a low heat in a small saucepan until the gelatine is completely dissolved.
4. Meanwhile whisk the cream cheese and the sugar in a mixer or blender on medium speed.
5. When the sugar is dissolved turn down the speed and add the yoghurt and the gelatine.
6. When the mixture is blended together add the vanilla extract.
7. To assemble, place the biscuit layer into the base of six small glasses, add a good dollop of cheesecake mixture, then add some fruit for decoration.
8. Chill the mixture until set

Adapt/Upskill:

- Pipe with whipped cream
- Serve with fruit coulis
- Change fruit

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓							✓

Lemon Meringue Pie

Ingredients

For the pastry:

4 oz (110 g) plain flour
pinch salt
1 oz (25 g) butter, at room temperature
1 oz (25 g) lard, at room temperature

For the filling:

grated zest and juice 2 large lemons
3 level tablespoons cornflour
2 oz (50 g) golden caster sugar
3 large egg yolks
1½ oz (40 g) butter

For the meringue:

3 large egg whites
6 oz (175 g) caster sugar



Adapt/Upskill:

- Change the lemons for limes or oranges

Method

1. **Pastry:** add the flour and a pinch of salt into a large bowl, then add the butter and lard, cut into small lumps, and, using only your fingertips, lightly rub the fat into the flour
2. When everything is crumbly, sprinkle in some cold water – about 1 tablespoon.
3. Start to mix the pastry with a flat-bladed knife and then finish off with your hands, adding a few more drops of water until you have a smooth dough that will leave the bowl clean.
4. Next, roll the pastry out to a circle about ½ in (1 cm) larger all round than the rim of the tin.
5. Line the tin with the pastry circle, making sure you don't trap any air underneath it. Then prick the base all over with a fork. Add parchment and baking beans.
6. Bake on a high shelf in the pre-heated oven for 20-25 minutes, or until cooked through.
7. Remove the pastry case from the oven and immediately lower the heat to gas mark 2, 150°C for the meringue.
8. **The filling:** Measure 10 fl oz (275 ml) cold water into a jug, and spoon the cornflour and sugar into a bowl. Add enough of the water to mix the cornflour to a smooth paste, then pour the rest of the water, along with the grated lemon zest, into a small saucepan.
9. Bring this up to the boil, then pour it gradually on to the cornflour, mixing all the time until it is smooth.
10. Now return the mixture to the saucepan and bring back to the boil, still mixing. Next, simmer very gently for about 1 minute, stirring all the time to prevent it from catching.
11. Then remove the pan from the heat and beat in the egg yolks, lemon juice and, finally, the butter. Pour the lemon mixture into the pastry shell and spread it out evenly. Finally, for the meringue, use a large, roomy bowl and in it whisk the egg whites until they form stiff peaks.
12. Now whisk in a quarter of the sugar at a time until it is all incorporated, then spread the meringue to the very edge of the pastry rim with a palette knife, so that it seals the edge completely (You can also make a few decorative swirls).
13. Cook in the oven on the centre shelf for 45 minutes, by which time the meringue will have turned pale beige, and be crisp on the outside and squashy within.

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓			✓		✓		✓

English Trifle

Ingredients

Swiss Roll

- 3 eggs
- 75g caster sugar
- 75g flour (plain or self-raising)
- Jam or lemon curd
- Caster sugar

Crème Patisserie

- 4 egg yolks
- 60g caster sugar
- 25g plain flour
- 2 tsp cornflour
- 280ml milk
- 2 tsp vanilla extract or a crushed vanilla pod

Fruit and decorations

- A tin of fruit or 250g of fresh fruit
- Double cream + sprinkles or chocolate



Adapt/Upskill:

- Make a chocolate version with chocolate sponge and chocolate custard
- Make a fruit jelly layer with fruit juice and gelatine
- Make your own jam

Method

1. Preheat oven to 200°C/Gas 6.
2. **Swiss Roll:** Line a Swiss roll tin with baking parchment.
3. Break eggs into a clean mixing bowl .Add sugar and whisk well until thick, creamy and very pale in colour and has double in size(about 5-7minutes with electric whisk).
4. Use a spoon and lightly fold flour into the mixture. Be careful not to knock any air out.
5. Pour mixture into large baking tray. Spread evenly.
6. Bake for 7–8 minutes until cake is firm and springy in the centre and shrinks slightly away from the side of the tin.
7. Whilst Swiss roll is in oven, sprinkle sugar onto a piece of parchment and wash up.
8. Remove Swiss roll from tin and turn out onto parchment. Carefully remove parchment and trim edges with a palette knife.
9. Spread quickly with the jam.
10. Score the edge of the sponge with a palette knife then roll it from this end, using the paper to help you.
11. Put in chiller to cool, resting on the seam.
12. **Crème Patisserie:** Beat the egg yolks and sugar for a few minutes until pale and slightly thickened.
13. Whisk in the flours.
14. Add vanilla to the milk in a saucepan, heat but do NOT let it boil. Remove vanilla pod if using.
15. Whisk the milk into the egg mix.
16. Put the whole lot back into the pan, put on a medium heat, whisking all the time until thick.
17. Take the pan off the heat - cover with cling-film to prevent a skin from forming. Leave to cool in the fridge.
18. Assemble the layers starting with slices of Swiss Roll, then fruit, then custard and finally whipped cream

S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
✓	✓	✓	✓	✓	✓		✓		✓	✓	✓

Accompaniments and Sauces

Mayonnaise / Coleslaw

Gravy

Roux Sauce

Ragu Sauce

Crème Patisserie

Fruit Coulis

Strawberry Jam

Bread Rolls

Garlic Bread Tear and Share

Potato Side Dishes

Vegetable Side Ideas



Mayonnaise (Emulsion Sauce)

Ingredients

2 free-range egg yolks
1 heaped teaspoon Dijon mustard
500 ml oil (vegetable, sunflower, olive, rapeseed or a mix)
1-2 tablespoons white wine vinegar
½ lemon
Salt

Method

1. Whisk the egg yolks in a bowl, then add the mustard and whisk together.
2. Gradually add about half the oil, very slowly at first, whisking continuously for around 3 to 5 minutes, or until thickened.
3. Once you've added about half the oil, whisk in 1 tablespoon of vinegar – this will loosen the mixture slightly and give it a paler colour.
4. Continue to gradually add the remaining oil, whisking continuously.
5. Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar, if needed.
6. Store in a sterilised jar in the fridge for up to one week.

[Add flavourings eg lemon, garlic or chilli flakes or combine with grated cabbage, carrots and/or apple to make coleslaw]

Gravy (Roux Sauce)

Ingredients

1 tablespoon butter
1 large onion, thinly sliced
1 1/2 teaspoons sugar
1 tablespoon plain flour
400ml hot stock (made from a stock cube and water from the kettle)

Method

1. Heat the butter in a large frying pan. Add the onion and sprinkle with the sugar, then cook gently, stirring occasionally, for 10 minutes or until the onion is soft and lightly caramelised.
2. Sprinkle the flour over the onion, stir and cook for 1 minute. Gradually stir in the stock. Bring to the boil, then reduce the heat and leave to simmer gently until thickened.

[Add a tablespoon of redcurrant jelly for a richer gravy]

White Sauce (Roux Sauce)

Ingredients

250ml milk

25g butter

25g flour

Flavourings (100g cheese or 25g chopped parsley or 1tbs wholegrain mustard)

Method

1. Melt 50g butter in a saucepan, then add 50g plain flour. Stir continuously until a paste forms – this is called a roux. Continue cooking for 2 mins.
2. Add the milk to the roux gradually, whisking as you go, until you get a smooth sauce. Cook for 5 mins, stirring continuously, until the sauce has thickened. Season to taste.
3. Add flavourings eg cheese sauce for cauliflower cheese, parsley and lemon to serve with fish, mustard to serve with pork

Tomato Ragu (Reduction Sauce)

Ingredients

1 400g tin chopped tomatoes

1 celery stick

1 carrot

1 onion

1 tbsp tomato purée

1 tbsp olive oil

Salt and freshly ground black pepper

Dried herbs

Method

1. Finely chop the celery, carrots and onions, fry them gently in a large tall pan in olive oil until softened and golden-brown.
2. Add the tomatoes, tomato purée, salt and freshly ground black pepper and dried herbs.
3. Mix well, cover with a lid and allow to simmer on a low heat for approximately 30 minutes. (Make sure you stir occasionally). You can blend this sauce with a handheld stick blender or leave it chunky.

Crème Patisserie (custard)

Ingredients

4 egg yolks
60g caster sugar
25g plain flour
2 tsp cornflour
280ml milk
2 tsp vanilla extract or a crushed vanilla pod

Method

1. Beat the egg yolks and sugar for a few minutes until pale and slightly thickened.
2. Whisk in the flours.
3. Add vanilla to the milk in a saucepan, heat but do NOT let it boil. Remove vanilla pod if using.
4. Whisk the milk into the egg mix.
5. Put the whole lot back into the pan, put on a medium heat, whisking all the time until thick.
6. Take the pan off the heat - cover with cling-film to prevent a skin from forming. Leave to cool in the fridge.

[Single cream can be used instead of the milk for a richer custard. Add more milk/cream for a pouring custard]

Fruit Coulis

Ingredients

200g raspberries
½ small lemon, juiced
2 tbsp icing sugar

Method

1. Put all the ingredients in a small food processor or use a stick blender to blitz until very smooth.
2. Set a sieve over a jug. Tip the mixture into the sieve and push through the liquid using a spatula.
Discard the seeds. The coulis is ready to use. Will keep refrigerated in an airtight jar for up to two days.

Strawberry Jam

Ingredients

1kg fresh or frozen strawberries
1 lemon, juice only
1kg jam sugar

Method

1. If the strawberries are large, cut them in half. Put the strawberries and lemon juice into a large pan. Heat for a few minutes to soften, add the sugar and stir over a low heat until the sugar has dissolved.
2. Once the sugar has dissolved and the liquid is clear, boil steadily for about 6 minutes, or until at setting point.
3. To test if the jam is at setting point, spoon a little onto a cold plate, leave for a minute and then push the jam with your finger. If the jam crinkles and separates without flooding back, setting point has been reached.
4. Set aside to cool for 10 minutes. Spoon into sterilised jars, label and seal with wax paper and a lid.

Dinner bread rolls / Garlic Bread Tear and Share

Ingredients

500g strong white flour
½ x 5ml spoon salt
½ x 5ml spoon sugar
15g butter
1 sachet quick acting yeast (7g)
250ml warm water
Milk for glazing

For garlic bread:

Mix 8tbsp melted butter + 7 crushed garlic cloves + 1 tsp dried parsley



Method

1. Preheat the oven to 220°C or gas mark 8.
2. Grease or line a baking tray OR, for garlic bread, grease deep cake tin.
3. Put the flour, sugar, yeast and salt into the mixing bowl.
4. Rub in the margarine.
5. Make a well in the centre of the flour and add warm water to make a soft dough.
6. Turn onto a lightly floured surface and knead 10 minutes until smooth.
7. Place the dough in the bowl. Cover with cling film and prove in a warm place for 40 mins until doubled in size.
8. Turn dough onto a lightly floured surface and knead. Divide the dough into 12 equal pieces
9. Pat and roll each piece into an oval shape, place on the baking tray OR for garlic bread dip each roll into the garlic butter mix and place in the cake tin, pour remaining garlic butter over the top
10. Prove for a second time if time allows, brush rolls with milk and add seeds if desired
11. Bake until golden brown – rolls should take 15 mins, garlic bread 25 mins

[Shape dough into plaits, knots or breadsticks]

Potato Side Dishes

Hasselback

Wash small or new potatoes. Place each one on a dessert spoon and make a series of cuts. Place on a baking tray, season and pour over olive oil. Bake at 200C for 40 mins until brown.



Wedges

Wash white or sweet potatoes. Precision cut into strips. Season and add herbs or spices. Pour over olive oil. Bake at 200C for 40 mins until brown.



Rosti

Grate 2/3 potatoes and squeeze out excess water. Mix with 1 egg, ½ chopped onion, 1tsp SR flour and seasoning. Divide into 4 and use pastry cutter to make disc shapes. Cook in a little oil in a hot pan for 5 mins each side.



Dauphinoise

Thinly slice 2 potatoes and crush 1 garlic clove. Add 250ml cream to a pan and heat until simmering. Add potatoes and garlic and simmer for 3 mins. Transfer to ovenproof dish. Sprinkle with 25g cheese. Bake 170C for 30 mins.



Duchess Potatoes

Peel and chop 2 potatoes. Boil for 20 mins or until soft. Mash with a potato ricer. Add 1 egg yolk, 10g butter, 1tbs milk and seasoning. Pipe onto parchment. Chill for 20 mins. Glaze with egg. Cook at 180C for 15 mins.



Fondant Potatoes

Peel 2 potatoes, cut in half and slice off the ends so they lie flat. Heat 1 tbsp oil in pan and add potatoes cut side down. Fry for 5 mins and then turn over. Add 50g butter to the pan and scatter 2 crushed garlic gloves and fresh rosemary leaves. Add 100ml chicken stock. Cover and simmer for 30 mins until soft.



Vegetable Side Dishes and Garnishes



Roast mixed vegetables, spiralize and steam, mash carrot and swede, cauliflower and broccoli gratin (served in a white cheese sauce), grate and serve raw with a vinaigrette, use as a garnish to make patterns to decorate a dish

