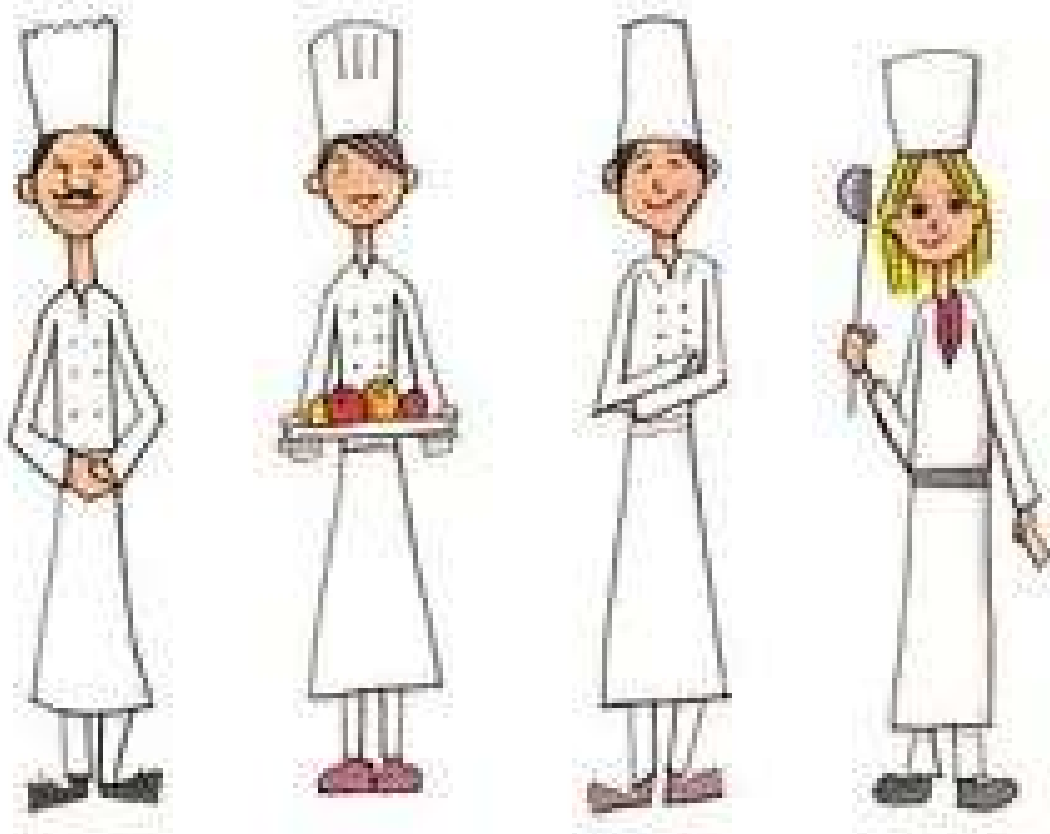


Food Preparation & Nutrition

Year 11

2023-2024

Students select their own recipes to cook for their NEA's (coursework) throughout year 11. These are two dishes that we use in school to refresh skills ready for NEA2.



Walton High School

Lasagne

Ingredients

For Meat Sauce

400g/1lb of minced beef
1 onion
1 red pepper
400g can of tomatoes (chopped)
2 tablespoons of tomato puree
1 beef stock cube
1 tsp dried oregano
1/4 pint of water

For pasta

100g pasta flour
1 egg

For Cheese Sauce

25g plain flour
25g butter
300ml milk
150g grated cheese

Equipment from home

*lasagne dish

Oven Temp 200C

Gas 6

Time 20 minutes



Method

- Collect equipment, organise work area
- Prepare all vegetables on a white board.
- In a large saucepan brown the mince and onion and drain off any fat
- Add pepper, stock cube, chopped tomatoes, puree and oregano.
- Stir well and simmer for 10 minutes - add water if necessary
- Whilst simmering make pasta. Knead together the flour and egg.
- Use a pasta machine to create flat sheets of pasta
- Once the meat sauce is made remove from the heat and make cheese sauce using the roux method.
- Melt the butter on a low heat and add the flour. Cook for 1 minute to form a roux.
- Gradually add milk whilst mixing continuously to form a thickened sauce (if you do not stir it will become lumpy).
- Remove from the heat and add 100g cheese and stir until the cheese has melted.
- Layer the lasagne. Start with half of the meat sauce on the base of your oven dish and then cover with pasta and then half of the cheese sauce. Repeat.
- Place remaining cheese on top and cook in oven at 200C / gas 6 for 20 minutes until golden brown.
- Wash up, clean area and check equipment.

Chocolate Yule Log

Ingredients

For Swiss roll

3 eggs

75g golden caster sugar

50g plain flour

25g cocoa powder

For filling and decoration

3 TBSP milk

175g softened butter

300g icing sugar

25g cocoa powder

2 chocolate flakes (optional)

dusting of icing sugar (optional)

Equipment from home

* Large container to take home in

Oven Temp 180C

Gas 6

Time 10 minutes



Method

- Collect equipment, organise work area
- Preheat the oven to 180C/Gas 5.
- For the swiss roll. Line a 23cm x 30cm/9in x 12in Swiss roll tin
- Whisk the eggs and sugar in a bowl until pale and fluffy (approx. 5 mins)
- Sift the flour and cocoa together and gently fold into the egg mixture.
- Spoon the mixture into the baking tin and level the mixture
- Bake for 7-10 minutes, or until light and springy to the touch.
- Remove from the oven and turn the sponge out onto another piece of greaseproof paper.
- Roll the sponge and leave to cool whilst making the icing.
- Beat together the milk, butter, sifted icing sugar and sifted cocoa to form a smooth icing.
- Unroll the cool swiss roll and spread with a layer of the icing. Reroll and use the rest of the icing to cover the outside.
- Use a fork to create a log effect.
- Crumble the flakes and stick to the icing, finish with a dusting of icing sugar.
- Wash up, clean area and check equipment.

Notes...