

Walton High School Year 10 Recipe Book September 2024 – July 2025

Name:

Teacher:

Classroom:

Group:



Welcome Students, Parents and Carers

Welcome to your Year 10 Food and Nutrition Lessons. We, as a department, are thrilled you have chosen to continue your food education with us.

Each recipe in this book gives a full list of what you should bring to each practical lesson, which your teacher will remind you of at regular intervals. If you have any particular dietary requirements, such as veganism, halal, allergies or intolerances, please let your teacher know so we can adapt your recipes accordingly. Please remember we are a **nut free kitchen**.

Each recipe has an option to upskill. We recommend that you look to upskill your dishes as much as possible in preparation for your food practical examination in Year 11. Speak to your teachers about any ideas you have – we will be happy to help.

In order to maintain our high standards of health and safety in lessons, you are not permitted to wear the following during your practical lessons:

Fake nails, Any form of nail varnish, Heavy fake tan on hands, Jewellery or watches, Fake eyelashes or Heavy perfume.

When re-heating meat based dishes at home, we recommend reheating in an oven at 200C/ Gas Mark 6 for twenty minutes or until the product is piping hot throughout.

We hope you enjoy the course and we are excited to see what you can achieve.

Should you have any questions, please email your class teacher or myself (e.dixon@waltonstaffs.sch.uk).

Miss E. Dixon (Second in Technology Dept)

Recipe	Date
Chopping Techniques	
Meatballs in Tomato Sauce	
Lemon Cheesecake	
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Chicken Kiev	
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Palmiers	
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Thai Fishcakes	
Mini Pasties	
Ravioli with homemade sauce	
Burgers and bun	
Dish of your own choice (steaming)	
Lemon Curd	
Cheese making	
Butter making	

Chopping Technique

The chance to use knife skills to improve your dishes sensory appeal.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 3 x medium carrots.	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area
- Peel the carrot and remove the top and bottom of the carrot. Complete the following cuts:
- Baton Cuts: Cut the carrot into sticks of which thickness you require. For perfectly square sticks, trim the rounded parts off each side to square the edges before cutting the sticks.
- Diced Carrots: Once you've cut the carrot into batons, cut them across into equal-sized diced cuts.
- Julienne (Matchstick) Cuts: Cut a thin slice from one side of the carrot and set the carrot on this side — this "bottom" will hold the carrot steady while you slice. Then cut the length of the carrot into thin slices 1/8-inch thick. Stack all the slices on top of each other, then cut through the layers to create matchsticks. For fine julienne just cut them thinner.
- Brunoise Carrots: Once you've cut the carrot into matchsticks, cut them across into equal-sized diced cuts, 1/8 inch on all sides. (smaller than diced carrots).



Want to upskill?
Here are some ideas...

>Design your own decorative
technique

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Meatballs and Tomato Sauce

Make the ultimate meatballs in a rich tomato sauce to serve over spaghetti.

Ingredients:	Equipment From Home:
<p>For the Meatballs:</p> <ul style="list-style-type: none">• 250g minced beef• 60g halloumi (optional)• 1 TSP oregano• ½ TSP Paprika <p>For Sauce:</p> <ul style="list-style-type: none">• 1 TBSP oil• onion• cloves garlic crushed• 2 tsp dried oregano• Salt & pepper to season• 400g can chopped tomatoes• 2 TBSP tomato puree• Handful of fresh basil leaves (optional)	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area
- Pre-heat oven 200C/Gas Mark 6
- Mix together the minced beef, diced cheese, oregano, paprika being careful not to over mix.
- Divide the mixture into 10- 12 portions and roll them into meatballs.
- Place on a lined baking tray and cook for 20 – 30 minutes or until the meatballs are fully cooked.
- Whilst meatballs are baking make the sauce.
- Place the oil and onion in a pan and cook until translucent.
- Add the garlic and then the rest of the ingredients (oregano, salt, pepper, tomatoes, tomato puree).
- Bring to boil and then simmer on the heat until sauce has reduced and is of required consistency. If it becomes too thick add a little water.
- Remove the meatballs from the oven when cooked and pour over the sauce. Sprinkle with fresh basil if using.
- Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Want to upskill?
Here are some ideas...

- >Make your own pasta to accompany your meatballs.
- >Make your own tomato sauce using a food processor.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Lemon Cheesecake

This light and luscious lemon cheesecake tastes as good as it looks.

Ingredients:	Provided by school:	Equipment From Home:
<ul style="list-style-type: none"> • 9 x digestive biscuits • 50g butter • 1 x lemon • 300g plain cream cheese • 50g caster sugar • 125ml whipped cream • 2 TBSP lemon curd • Fruit to decorate 	<ul style="list-style-type: none"> • ½ pack unflavoured gelatine. 	<ul style="list-style-type: none"> • A container to take your dish home in • A presentation plate for your photograph (optional) • 6 ½ inch or 16cm loose bottomed tin

Method:

- Collect equipment, organise work area.
- Grease tin.
- Crush biscuits in a bowl using a rolling pin.
- Melt butter in a saucepan and stir into crushed biscuits.
- Place biscuits in the base of your tin, press down firmly and smooth with the back of a spoon.
- Place in the fridge to harden.
- Grate lemon rind and squeeze the juice into a large bowl.
- Add the cheese and the sugar and mix to combine.
- Whip the cream using an electric whisk, until soft peaks form and add to the mixture.
- Boil kettle and measures 3 tbsp's of water into a small bowl and add the gelatine, stir until the gelatine has melted and the mixture is clear.
- Leave to cool slightly then add to cheesecake filling and mix thoroughly.
- Pour the cheesecake mixture into a tin and smooth top .
- If required put the lemon curd into a mixing bowl and stir until loose. Place small teaspoons of curd over cheesecake and marble it.
- Decorate with fruit of your choice.
- Place in fridge to set.



Want to upskill?

Here are some ideas...

- >Make your own biscuits for the base.
- >Make your own lemon curd.
- >Pipe whipped cream on top for decoration.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Chicken Wrapped in Bacon with Potato Wedges

A meaty, chicken dish with a surprise twist.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 1 x chicken breast• 2 x rashers of bacon or Parma ham• 1 thick slice of your choice of cheese (Miss Dixon recommends mozzarella)• Juice of half a lemon• ½ TBSP of mixed herbs• 1 TBSP of olive oil• 1 large potato	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- Preheat the oven to 200C/ Gas Mark 6.
- Wash and dry potato. On a white board chop into wedges.
- Place in a large bowl and add the olive oil, herbs and spice. Mix together until all wedges are coated in the mixture.
- Place on one half of a lined baking tray and cook for 20 – 30 minutes until cooked and golden.
- On a red chopping board place the chicken fillet. Cut about a 4-5cm long and 3cm deep 'pocket' into the middle of each one.
- Stuff a piece of cheese into the 'pocket' – don't worry if either is poking out a little. Wrap the chicken breast with 2 slices of the bacon / Parma ham to cover the breast and seal in the pocket.
- Place on the other half of your baking tray and bake in the oven for 15-20 mins until the chicken is cooked through.
- Reheat in oven at
- 180C / Gas 5 for 20 30 minutes or until chicken is piping hot. Chicken can be microwaved.



Want to upskill?
Here are some ideas...

- >Debone and skin your own chicken.
- >Make hassle back potatoes rather than wedges.
- >Make your own dipping sauce

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Chicken and halloumi kebabs

A BBQ staple, choose from either a zesty lemon or a punchy, sticky marinade to spice up your kebabs.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 2 x chicken breasts• 250g halloumi cheese• Vegetables of own choice (peppers/ mushrooms/ onions etc)• Lemon and herb dressing: 1 TBSP olive oil, 2TBSP lemon juice, 2 TSP of dried or fresh thyme, 1 TSP Dijon Mustard• Sticky dressing: 2 cloves fresh garlic crushed, 2cm root fresh ginger (finely grated) or 1 TSP dried, 2 TBSP honey, 1 TBSP soy sauce, 1 orange zested and juiced	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)• 6 x kebab sticks that have been soaked overnight

Method:

- Pre-heat the oven to 180C/ Gas Mark 5
- Collect equipment, organise work area.
- On a white chopping board chop the vegetables and cheese into bitesize squares
- If needed on a red chopping board cut the chicken into bitesize pieces
- Place all marinade ingredients into a large mixing bowl and stir well.
- Add the chicken and vegetables and fully coat with the marinade.
- Thread alternate pieces of chicken, cheese and vegetables onto kebab sticks.
- Place on lined baking tray and bake for 20 minutes or until the chicken is cooked.



Want to upskill?
Here are some ideas...

- >Debone and skin your own chicken.
- >Create your own glaze
- >Make your own pitta breads to serve

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Swiss Roll

The ultimate treat, make your own Swiss roll sponge with fruity strawberry jam filling.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 3 x eggs• 75g caster sugar• 75g plain flour• 4TBSP jam/ lemon curd• Extra caster sugar for dusting• Fruit to decorate	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- Preheat the oven to 180C/Gas Mark 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 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. Dust a piece of greaseproof paper with sugar and turn the sponge out onto it.
- For the filling, spread the jam onto the sponge leaving a small gap around the edges.
- Roll the sponge and leave to cool.



Want to upskill?
Here are some ideas...

- >Make your own jam or lemon curd
 - >Decorate to a high level
- >Make your own buttercream filling
- >Make a chocolate roulade instead

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Fresh Pasta Shapes

A traditional yet indulgent Italian classic

Ingredients:	Equipment From Home:
<ul style="list-style-type: none"> • 100g (10oz) OO grade pasta flour • $\frac{1}{2}$ tsp salt • 1 large egg • Extra flour for dusting 	<ul style="list-style-type: none"> • A container to take your dish home in • A presentation plate for your photograph (optional)

Method:

- Mix flour and salt into a bowl. Make a well in the centre and add egg.
- Beat egg with a fork while drawing in the flour from the sides slowly to mix with it. When the mixture gets too thick to continue use your hands to combine to a dough. The dough should be soft, but not sticky – add a little flour if necessary.
- As soon as dough has formed a ball turn onto work surface and lightly dust with flour. Knead dough until smooth and elastic and no longer sticky. Leave under an upturned mixing bowl to prevent drying out until you are ready to roll and shape it.
- Using pasta machine roll shape and photograph.
- Cook for three minutes until al dente.

Want to upskill?
Here are some ideas...

>Make your own sauce to serve.
Remember we are a NUT FREE kitchen.



Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Chicken and Filo Pie with a roux sauce

A hearty, flavourful pie complete with a French Mother Sauce

Ingredients:	Equipment From Home:
<p>Filling:</p> <ul style="list-style-type: none">• 25g butter• 1 onion• 2 chicken breasts• 200g mixed vegetables <p>Sauce:</p> <ul style="list-style-type: none">• 1 chicken stock cube• 25g plain Flour• 250ml Milk• Black Pepper <p>Topping:</p> <p>2 sheets filo pastry Egg wash</p>	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Pre-heat oven 180C / Gas Mark 6. Peel and finely chop the onion and vegetables and cut chicken into bitesize pieces.
- Melt butter in a pan on a low heat, add chicken and cook for 5 minutes until sealed.
- Add onion and vegetables to pan and stir until cooked through.
- Remove filling from the heat and add to an oven proof dish.
- In the pan, create a volutê sauce. Heat the flour and butter together to make a roux and add the milk and stock cube whilst whisking continuously.
- Pour the sauce, when thickened, over your pie filling.
- Tear up your filo pastry and place on top of the filling, creating a pie.
- Egg wash the top of the pie.
- Cook the pie in the oven for twenty minutes. Make sure the pie is piping hot.



Want to upskill?
Here are some ideas...

>Make your own bread rolls as a side dish.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Samosa's

A traditional Indian starter packed with spice and flavour.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 1 TBSP of olive oil• 2 x cloves of garlic• 1 small carrot• 1 small onion• 1 medium potato• 50g of peas• 1 stock cube• 1 TBSP of chilli powder• Handful of coriander• 2 x sheets of filo pastry	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area
- Pre –heat oven 220C/Gas Mark 7
- Prepare the garlic and vegetables on a white chopping board. Onion, potato and carrot need to be peeled and diced into small pieces.
- Place the oil, garlic and all vegetables into a saucepan and cook on a gentle heat until the onion has browned.
- Add the vegetable stock and 100ml water and boil until the vegetables have softened. The vegetables should absorb the water so be careful not to boil them dry. If there is any water left once cooked drain all water using a colander.
- Remove from the heat and allow to cool.
- Stir in the curry powder and spices and coriander if using.
- Carefully open the filo pastry onto a dry worksurface.
- Cut into 10 cm wide strips.
- Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle and seal the edges with a little water. Repeat this process.
- Place on a lined baking sheet.
- Bake in a pre-heated oven for 15 - 20 minutes until golden and crispy.
- Wash up, clean and check equipment
- This dish is good served with noodles or rice when reheated at home.



Want to upskill?
Here are some
ideas...

>Make your own riata
to serve

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Gingerbread

A spicy, sweet treat made from a versatile dough.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 150g self raising flour• 1 ½ TBSP ground ginger• 50g soft brown sugar• 25g butter• 1 ½ TBSP of golden syrup• 2-3 TBSP water• Currants to decorate (optional)	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)• A cookie cutter

Method:

- Collect equipment, organise work area
- Pre – heat oven to 180C / Gas Mark 5
- Place the sugar, syrup and butter into a saucepan and heat gently until all has combined (stir continuously).
- Take off the heat and add in the flour and ginger.
- Mix together and add 2 – 3 tablespoons of water (if needed) to make it into a firm but not sticky dough.
- If time allows wrap in clingfilm and chill for 10 minutes.
- Roll out the dough on a floured worksurface until the thickness of a £1.
- Cut out shapes and place on a lined baking tray. Leave space between the biscuits.
- Push in currants to decorate if using.
- Place in a pre-heated oven at 180°C / Gas 5 for 10 minutes until slightly risen and golden brown.
- Leave to cool.
- Wash up, clean and check equipment



Want to upskill?
Here are some ideas...

- >Use glaze icing to decorate
- >Decorate with pre-made fondant icing

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Chicken Kiev

Juicy chicken stuffed with flavourful garlic butter and encased in crunchy breadcrumbs.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 2 x large, skinless chicken breasts• 3 x garlic cloves• 1 TBSP herbs• Salt and Pepper• 150g butter• 2 TBSP flour• 1 egg, beaten• 12 TBSP of breadcrumbs	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- Preheat oven to 200C / Gas Mark 6.
- Mix together crushed garlic, salt and freshly ground black pepper, herbs and butter in a small bowl and put to one side
- Place beaten egg, breadcrumbs and flour into 3 separate bowls.
- On a red chopping board make a slice into each chicken breast to make a pocket using a sharp knife.
- Stuff the butter and herb mixture into the pocket in the chicken breasts.
- Coat the chicken in the flour, then dip into the beaten egg, then the breadcrumbs to coat completely.
- Place on a lined baking tray with a lip and bake for 25 minutes, or until golden-brown and completely cooked through.
- Wash up, clean area and check equipment.
- Reheat at 200C for twenty minutes or until piping hot. Can be microwaved.



Want to upskill?
Here are some ideas...

- >Debone your own chicken breast
- >Prepare a side salad
- >Make your own breadcrumbs in the food processor.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Curry

A traditional Indian dish packed with aromatic flavours and a range of textures.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 1 x large, skinless chicken breast• 1 x garlic clove• 1 x onion• 1 x TBSP olive oil• 2 x TBSP curry paste of your choice• 300ml water• 1 x 400g tin of tomatoes• 3 x handfuls of fresh spinach (optional)	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- On a red chopping board slice the chicken into bitesize pieces.
- Prepare the vegetables on a white chopping board. Peel and slice onion, crush garlic, and open tins. Fry the onion, garlic and chicken in the oil for 2 minutes until the chicken is browned.
- Stir in the curry paste.
- Add the tomatoes and simmer for 20 minutes. You may need to add more water to get required consistency of sauce.
- Check the chicken is fully cooked.
- Take off the heat and stir through the fresh spinach if using.
- Wash up, clean area and check equipment.



Want to upskill?
Here are some ideas...

- >Debone your own chicken breast
- >Make your own curry paste
- >Make your own naan bread as a side dish

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Sausage Rolls

A bakers favourite, tasty sausage meat enrobed in flaky pastry

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 100g plain flour• 75g of hard margarine• 6 skinless sausages• Salt and pepper• 5 TBSP of water• 1 egg, beaten	<ul style="list-style-type: none">• A container to take your dish home in• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area. Pre-heat oven 200C/Gas Mark 6
- Sieve flour into a large bowl, add pinch of salt
- Divide the margarine into 4.
- Place one quarter of the margarine into the flour and rub in until it resembles fine breadcrumbs.
- Gradually add water and bring together using the palette knife.
- Lightly flour the table and roll pastry to a rectangle the length of the rolling pin.
- Score pastry into thirds and dot one quarter of the margarine onto the top two thirds of the pastry.
- Fold the bottom third of pastry up over the centre third of the pastry.
- Fold the top of the pastry down over the centre third. Turn pastry 90 degrees, seal edges with rolling pin, and roll again into a rectangle.
- Repeat this process twice more using the remaining margarine, and then once more without the fat.
- On a floured surface roll out pastry into an oblong – as thin as you can.
- Cut the pastry into three lengthways.
- Skin sausages on a red chopping board.
- Divide the sausage mixture into three and roll into long rolls the same length as the pastry.
- Place one roll of Sausage meat onto one strip of pastry. Brush the beaten egg along one long edge, then fold the pastry over and seal it as carefully as possible.
- Turn it over so that the sealed edge is underneath.
- Cut into 5cm sections and brush with beaten egg.
- Repeat with the other two strips of pastry.
- Place all the sausage rolls onto a baking sheet with sides and bake in the oven for 20-25 minutes.
- Allow to cool and store in the fridge.



Want to upskill?
Here are some ideas...

>Make your own chutney or spicy tomato ketchup to serve as a dip.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Victoria Sponge Cake

The ultimate party cake, this Victoria Sponge cake is a crowd pleaser.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 200g of butter (at room temp)• 200g caster sugar• 4 x eggs• 1 x tsp of vanilla essence• 250g self raising flour• 2 x tbsp of jam• 1 x tbsp of icing sugar	<ul style="list-style-type: none">• 2 x 18cm lined sandwich tin• A container to take your product home in• Items to decorate, such as fruit (optional)

Method:

- Preheat oven to 180C / Gas Mark 5
- Collect equipment and organise your work area
- Place softened butter and sugar into a large mixing bowl and cream together until pale and fluffy.
- In a small bowl beat the eggs.
- Beat the eggs into the butter and sugar mixture a little at a time, beating well after each addition of egg.
- Add the vanilla essence and beat well.
- Sieve in the flour a little at a time and gently mix in until the mixture is a dropping consistency.
- Divide the mixture equally between the tins and smooth the top.
- Bake for 20 - 25 minutes or until risen, golden brown and firm to the touch
- Leave to cool in the tin for a few minutes before removing and cooling on a cooling rack.
- Once cool add jam to the top of one and place the other on top.
- Dust the top with icing sugar.

Want to upskill?
Here are some ideas...

>Whip some cream and pipe onto the cake to decorate.

>Use some fresh fruit to present your cake.



Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Palmiers

This simple recipe for a basic, French pastry can be adapted to suit your tastes – experiment with different shapes and flavours, from lemon to chocolate.

Ingredients:	Equipment From Home:
<p><u>Ingredients</u></p> <ul style="list-style-type: none">• 1 ½ teaspoon cinnamon• 3 TBSP sugar• 50g of margarine <p><u>For Pastry</u></p> <ul style="list-style-type: none">• 100g plain flour• 75g HARD margarine• 3 TBSP cold water• Pinch of salt	<ul style="list-style-type: none">• A container to take your product home in• Items to decorate, such as fruit (optional)

Method:

- Pre-heat the oven to 180C or Gas Mark 5.
- Make your puff pastry (see sausage roll recipe) and roll into an A4 sized sheet.
- Brush margarine across the entire sheet of puff pastry.
- Mix together the cinnamon and sugar. Sprinkle on top of the margarine covered pastry, evenly.
- Roll the pastry up from each of the long sides of the pastry, until the edges meet in the middle.
- Slice the pastry into 2cm pieces.
- Place the palmiers onto a baking tray and bake for twenty minutes until golden brown.
- Remove from the oven and allow to cool.



Want to upskill?
Here are some ideas...

>Experiment with different flavourings.

>Decorate your palmiers in an original way.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Thai Fish Cakes

Make this Thailand-inspired fish dish enrobed in crunchy breadcrumbs with a soft, spicy center

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 185g tinned salmon, tuna or crab (or cheese for a fish free alternative)• 1 x tbsp of oil• 500g x potatoes• Butter and milk for mashing• 1 x TBSP sweet chilli sauce (optional)• 1 x egg• 50g plain flour• 150g of breadcrumbs	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- Pre-heat the oven to 200C / Gas Mark 6.
- Peel and chop the potatoes into even sized pieces.
- Boil in a large pan of water for approximately 20 minutes.
- Drain and mash, using the butter and milk, to a firm consistency.
- If using fish, drain and flake the fish and mix with the mashed potatoes and chopped parsley and sweet chilli sauce.
- If using onion and cheese, peel and chop the onion. Cook the onion until browned in a tablespoon of oil. Grate the cheese. Add both to the potatoes and mix well.
- Divide the mixture into four large or eight small balls and pat into cakes.
- Coat in flour, dip in egg and finely coat in the breadcrumbs.
- Place on a lined baking tray and cook for 20 – 30 minutes until golden
- Leave to cool and refrigerate.
- Wash up, clean and check equipment.

Want to upskill?
Here are some ideas...

>Fillet your own fish.

>Make your own breadcrumbs.

>Make your own sweet chilli sauce



Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Mini Pasties

Make these buttery, crumbly, traditional picnic favorite, with a choice of filling available to you.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 150g butter• 300g plain flour• 75ml water• 1 x egg to glaze• Filling of your choice, such as:<ul style="list-style-type: none">• >Cheese and beans• >Tomato and cheese• >Cheese and onion	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area
- Pre –heat oven 200C/Gas Mark 6
- Using fingertips, rub the butter into the flour until it resembles breadcrumbs.
- Add enough cold water a tablespoon at a time to make a stiff dough.
- Use hands to form a ball of dough and leave to rest.
- On a floured surface roll out the pastry until ½cm thick.
- Cut circles of pastry
- Divide filling between pasties – don't overfill.
- Brush the edge of the pastry with a little egg and crimp closed.
- Repeat until all the pastry and filling is used. Makes about 6 pasties.
- Place pasties on a lined baking tray and brush with a little of the remaining egg.
- Bake in the oven 200C/Gas Mark 6 for 25-30 minutes until golden brown and pastry is cooked
- Wash up, clean and check equipment

Want to upskill?
Here are some ideas...

>Design your own filling

>Decorate your pasty with pastry decorations



Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Ravioli

Fresh stuffed pasta makes a tasty base for a speedy, Italian inspired supper.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 1 x egg• 100g cream cheese• Small pot of pasta sauce • School will provide you with specialist pasta flour.	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
- Mix flour and salt into a bowl.
- Make a well in the centre and add 1 egg.
- Beat egg with a fork while drawing in the flour from the sides slowly to mix with it.
- When the mixture gets too thick to continue use your hands to combine to a dough. The dough should be soft, but not sticky – add a little flour if necessary.
- As soon as dough has formed a ball turn onto work surface and lightly dust with flour.
- Knead dough until smooth and elastic and no longer sticky. Leave under an upturned mixing bowl to prevent drying out until you are ready to roll and shape it.
- Using pasta machine roll and turn dough into flat strips.
- Use a circular pastry cutter to cut circles from the dough.
- Place ½ tsp cream cheese into the middle of each circle.
- Fold the circle of dough in half to cover the filling. Carefully push down around the filling and edges of the circle so the dough sticks together (use a little water to seal edges if needed). Press the edges with a fork if needed to help them to seal.
- Cook for 3 mins in boiling water or until the pasta floats.
- Drain pasta and stir through the pasta sauce. Place in container and store in the fridge.
- Wash up, clean and check equipment.

Want to upskill?
Here are some ideas...

>Make your own filling

>Make your own sauce



Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Beef Burger

A simple recipe which is easily adaptable, use this opportunity to show off your skills.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 500g minced beef• 1 x small onion• 1 x carrot• 50g breadcrumbs• 1 x egg• Salt, pepper and Worcestershire sauce	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)

Method:

- Collect equipment, organise work area.
 - Preheat oven to 200C / Gas Mark 6.
 - On a white chopping board peel and grate the onion and the carrot.
 - Mix together the minced beef, onion, carrot, breadcrumbs, egg and seasoning in a large mixing bowl. You will need to use your hands to ensure it is all fully combined.
 - Divide the mixture into 6 and shape into burger shapes.
 - Place on a lined baking tray. Make sure the baking tray has sides in case excess fat comes out of the burger.
 - Bake in the oven for 20 - 25 minutes, or until golden-brown and completely cooked through.
 - Wash up, clean area and check equipment.
- You must include an upskill with this dish. Chose one from the options to the right.

Use this space to make any notes on your recipe, such as what you liked and how you could change it:

Want to upskill?
Here are some ideas...

- >Make your own burger bun.
- >Mince your own beef (speak to your teacher first)
- >Make your own tomato chutney
- >Make your own side dish, such as potato wedges or coleslaw
- >Focus on presentation, as though your burger was to be served in a gastro pub.



Lemon Curd

Learn how to make a tangy curd. Perfect with a sweet dessert or to add to a savoury breakfast.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 2 x lemons• 100g caster sugar• 50g butter• 2 x eggs, beaten	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)• 1 x sterilised glass jar

Method:

- Put the lemon zest, juice, sugar and butter in a heatproof bowl over a pan of simmering water. Stir occasionally until the butter has melted. Then, using a small whisk or fork, stir in the beaten egg. Keep gently whisking the mixture over the heat for around 10 mins until thickened like custard.
- Pour the cooked curd through a sieve into a clean jug to remove the zest, then pour into sterilized jars. *Keeps in the fridge for up to 2 weeks.*

Want to upskill?
Here are some ideas...

>Make your own bread to serve

Use this space to make any notes on your recipe, such as what you liked and how you could change it:



Soft Cheese

Learn how to make a creamy soft cheese, seasoned with herbs of your choice.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 240ml of whole milk. Anything but whole milk will not work.• 5 x TBSP lemon juice• ½ tsp of salt• Seasonings of your choice	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)• Breadsticks to serve

Method:

- Prepare your area. For this task your area must be sterile.
- Add your milk to a saucepan and bring to the boil over a medium high heat.
- As soon as the milk boils, add the lemon juice, then remove the milk from the heat.
- The milk will start to curdle. You will notice curds forming and a yellowish liquid being left behind.
- Within a few minutes, all of your curds will have formed. Pour your liquid and curds through a cheesecloth and a sieve to strain any whey away.
- Rinse the curds with cold water and squeeze it in the cheesecloth to remove any leftover whey.
- Put the strained curds into a food processor and blend. You will see light, fluffy cream cheese start to form.
- Add your herbs and seasonings and blend briefly. Then serve.

Want to upskill?
Here are some ideas...

>Make your own breadsticks to serve

Use this space to make any notes on your recipe, such as what you liked and how you could change it:



Butter

Learn how to make traditional, butter at home.

Ingredients:	Equipment From Home:
<ul style="list-style-type: none">• 600ml high quality double cream.	<ul style="list-style-type: none">• A container to take your dish home in.• A presentation plate for your photograph (optional)• Bread to serve

Method:

- Prepare your area. Your area must be sterile for this recipe.
- Place your cream in a blender or food processor and process on full. The cream will thicken into whipped cream and will then become even thicker, until it separates.
- You will be left with butter and buttermilk. Strain the buttermilk into a separate container (you can take this home for baking) and collect the butter.
- Add seasonings to your butter such as salt, paprika, garlic or pepper and serve.
- You will be working in groups for this task.

Want to upskill?
Here are some ideas...

>Make your own bread to serve

Use this space to make any notes on your recipe, such as what you liked and how you could change it:



