

GCSE FOOD STUDIES  
RECIPE BOOK



NAME:

SET:

TEACHER

## Knife Skills- soup prep

### Ingredients

- 1 large potato
- 1 large onion
- 1 leek
- 1 large carrot
- 1 turnip
- 1 stalk of celery



### Method

Using the sheet, prepare the vegetables showing a variety of cutting techniques  
When all prepared, take a photograph and place in to a freezer bag.  
Clean up all equipment and the area with hot soapy water

## Vegetable soup

### Ingredients

- 1 carrot
- 1 onion
- 1 potato
- 1 stick celery or 1 small piece of leek
- 1 turnip
- 25g frozen peas
- 2 good quality stock cubes
- 1 tablespoon tomato puree
- 1 tablespoon cooking oil or 1/2 oz marg or butter
- 1 - 2 teaspoons cornflour ( if soup is greasy)



### Method

1. Wash, peel and re-wash all vegetables.
- 2 "Square off" the vegetables. Slice thinly, cut into julienne strips and then into brunoise i.e. tiny dice.
3. Peel the onion, cut in half through the root, then cut into tiny dice.
4. Place the oil, butter or marg in a large pan and add all the vegetables except the peas.
5. Place over a LOW heat and cook gently until the vegetables look glazed (shiny). TAKE CARE NOT TO LET THE VEGETABLES BROWN - KEEP THE HEAT LOW.
6. Remove from the heat. Add the two stock cubes ( there is no need to dissolve them) and one pint of hot water. Add the tomato puree.
7. Place pan back onto the heat and bring slowly up to the boil. Add peas.

8. Reduce the heat carefully until soup is barely simmering. Allow to simmer for at least 20 minutes. You should be able to add at least another 1/2 to 1 pint of water depending on the amount of vegetables you have.

9. If at the end of 20 minutes the soup looks greasy, blend a rounded teaspoon of cornflour with a little cold water to make a runny paste. Carefully add this to the soup stirring all the time.

Remember the saying " A soup boiled is a soup spoiled". Keep the heat low at all times. If the soup is bubbling you will burn your tongue and not be able to taste the soup properly.

# Filleting a chicken

## Ingredients

1 whole chicken



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



Turn chicken over and make a cut along the backbone and then across the top of the thighs. Loosen the oyster piece of meat.



Turn back over and cut down between the leg thighs and the breast on each side.



Hold the leg and pop out the joint and cut around the meat and skin so the leg is loose. Repeat on the other side



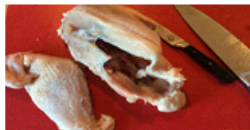
Turn back over and cut all around the leg and cut around the oyster meat. Repeat for the other leg



Holding leg, look for the line of fat between the thigh and drumstick. This is where the joint will be. Cut through to make a thigh and drumstick. Repeat on other leg.



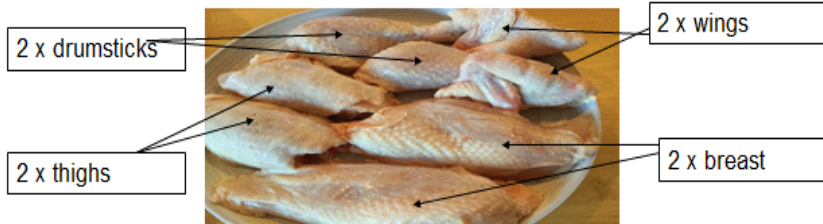
Turn chicken the breast side up and using the knife cut carefully along one side of the breast bone. Cut carefully so you are removing as much meat as possible. Continue cutting around until you have removed the breast meat.



Repeat on the other side.

Remove the wings.

Save the carcass to make chicken stock.



## Chicken pie

### Ingredients

100g chicken breast  
3 mushrooms  
30g frozen peas  
 $\frac{1}{4}$  onion  
1 vegetable stock cube  
1 level tablespoon plain flour  
pinch salt and pepper  
75ml milk  
50ml double cream  
1 tablespoon oil



### Method

- 1) Peel and finely chop onion
- 2) Chop mushrooms into eight equal size pieces.
- 3) Chop chicken on a red chopping board into pieces about the size of a grape
- 4) Heat oil over a medium heat in a frying pan for 30 seconds. Then add the onion and cook for a further 3 - 4 minutes until soft.
- 5) Add the mushrooms to the pan and cook for further 2 minutes.
- 6) Add the plain flour and stir well.
- 7) Add the milk/cream mixture and stir. Add salt and pepper to the pan. Taste the sauce and add a pinch more salt and pepper if you think it needs it.  
Simmer the sauce gently for 2 minutes - it should thicken  
Add the chicken pieces to the pan and simmer for 4 minutes  
Remove from the heat after 4 minutes. WARNING - the chicken might not be completely cooked through, but it will continue to cook in the oven. Do not taste the sauce at this stage as you run the risk of food poisoning.
- 8) Now make the pastry lid/cases. Place flour and margarine in a mixing bowl and rub together to form breadcrumbs.
- 9) Add VERY cold water a teaspoonful at a time, sprinkling it around the breadcrumb mixture. Mix together with a palette knife to form a dough. Add more water if necessary but be careful not to add too much.
- 10) Lightly flour the surface and roll out the pastry to about the thickness of a £1 coin.
- 11) Poke a small hole in the lid using the point of a sharp knife. Egg wash the underside of the leaves and place on the lid. Glaze the whole lid with egg wash. Bake for 20-25 minutes. Serve with mashed potato and vegetables for a delicious and healthy homemade meal.

## Chicken Goujons

### Ingredients

200-250g chicken breast fillets  
1 egg  
1 tablespoon of milk  
180g fine white breadcrumbs (for an even healthier version, use wholemeal breadcrumbs)



### Method

- 1) Preheat oven to 220°C
- 2) Prepare self and area
- 3) In your glass bowl, pour out the fine breadcrumbs.
- 4) In a measuring jug beat together egg and milk.
- 5) Cut your chicken fillets in to even strips.
- 6) Dip the strips of chicken into the egg/milk mixture and then roll in the breadcrumbs and place on baking tray.
- 7) Place tray in preheated oven for 20-25 minutes, and chicken strips are golden brown and cooked throughout (temperature must be above 72°C)
- 8) Place in container and enjoy at home with your family.

## Vol au vents- chicken, mushroom and boursin

### Ingredients

- 1 block of puff pastry
- 20g butter or margarine
- 100g button mushrooms
- 2 skinned and finely diced chicken thighs
- small pack Boursin cheese
- 1 tsp of oil, school will provide

### Method

- 1) In pan, add 1 tsp of oil and add chicken thighs and cook for 5-8 minutes. Test with a food probe to check it reaches 75c.
- 2) Then chop mushrooms and gently fry in a little butter or marg.
- 3) Drain off excess liquid and stir in the Boursin cheese.
- 4) Pour chicken and mushroom mixture over puff pastry stacks which are hollowed out.



# Chocolate bombs

## Ingredients

8oz (227g) finely chopped good quality chocolate, dark, milk or white, (make sure it's specialized for baking use).

## Equipment

Hemisphere mold(s) with 8 cavities, each cavity is about 3"/7cm in diameter, 1 1/2"/4cm in depth.



## Method

1. To temper the chocolate (getting it to the perfect temperature for using), in a microwave-safe bowl, heat 6 ounces of the chocolate (3/4 of the total amount), stopping the microwave and stirring every 10 seconds until two-thirds of the way melted, 1 to 2 minutes. Remove from microwave and keep stirring until melted all the way.
2. Add remaining ounces of chocolate, and stir continuously until melted. Return to the microwave for no more than 5 seconds at a time to complete melting if necessary. The chocolate temperature should be between 88F to 91F/31C to 32.8C.
3. Divide the melted, tempered chocolate equally among the 8 cavities of a hemispheres mold.
4. Swirl the mold around to cover the cavities or use a spoon to make sure that every bit is covered.
5. Turn the mold upside down on top of a baking sheet and shake it well, letting all excess chocolate drip on the baking sheet. Don't skip this step or you'll end up with thick spheres that won't melt during presentation.
6. Turn the mold right side up, and use a spatula or scraper to scrap off any excess chocolate on the surface of the mold, and to straighten the edges of the half spheres.
7. Place the molds in the freezer until set; about 5 minutes.
8. Let the molds rest at room temperature for about 5 minutes, then turn the mold upside down and gently push down the chocolate hemisphere, while pulling on the edges of the mold to release.



## Chocolate mousse

### Ingredients

200g plain dark chocolate or 200g dark chocolate chips  
300ml single cream  
2 small free-range eggs  
2 tablespoons of orange juice



### Method

1. Roughly grate the chocolate onto the plate or chop it into small pieces.
2. Put the cream in the saucepan and over a low heat, slowly bring it to the boil. Be careful it doesn't boil over.
3. Put the grated chocolate into the liquidiser or into the container and pour the hot cream over it. Whisk it for 30 seconds.
4. Break the eggs into the liquidiser or container, add the orange juice and whisk again.
5. Pour the mousse into the glasses, cover with cling film and chill in the fridge for a couple of hours.

THERE ARE RAW EGGS IN THIS RECIPE. SO, IF YOU'RE VERY, VERY YOUNG OR VERY, VERY OLD OR IF YOU'RE PREGNANT IT'S NOT A BRILLIANT IDEA TO EAT RAW EGGS.

## Strawberry mousse

### Ingredients

250g fresh strawberry, halved if large  
25g caster sugar  
140g mini marshmallow  
200ml double cream



### Method

- 1) Put all but 2 strawberries into a pan along with 100ml water and the sugar.
- 2) Over a medium heat, cook strawberries until soft enough to mash, about 3 mins. Take off the heat and squash the berries, using a fork, until pulpy.
- 3) Add the marshmallows, then stir them into the hot strawberries until they dissolve.
- 4) Leave to cool for 5-10 minutes.
- 5) Whip the cream until it holds its shape.
- 6) Fold the cream into the cooled strawberry mix, then spoon into one bowl or separate pots and chill for about 2 hrs, or until set. Cut the reserved strawberries in half and use to decorate.

## Lemon Mousse

### Ingredients

- 4 medium free-range eggs, separated
- 250g/8oz caster sugar
- 3 lemons, zest and juice only
- 5 tbsp cold water
- 15g/ $\frac{1}{2}$ oz powdered gelatine
- 300ml/ $\frac{1}{2}$  pint double cream



### Method

1. Using an electric whisk, whisk together the egg yolks, sugar, lemon zest and juice until the sugar has dissolved and the mixture has thickened a little. (If you do not have an electric whisk, whisk by hand in a glass bowl set over a pan of hot water. When the mixture has thickened, remove the bowl from the pan and whisk until cool.)
2. Place the cold water into a heavy-based saucepan, sprinkle in the gelatine and place over a gentle heat, without stirring, until the gelatine has melted. Remove from the heat and leave to cool slightly.
3. In a separate bowl, lightly whip the cream until soft peaks form when the whisk is removed. Stir the melted gelatine into the cream and fold into the egg yolk mixture.
4. Whisk the egg whites in a separate bowl with an electric hand-whisk until soft peaks form when the whisk is removed.
5. Place the bowl with the egg yolks inside a bigger bowl filled with ice-cold water. Gently fold the whipped egg whites into the egg yolk mixture with a metal spoon. Stir the mixture until it begins to thicken, then pour into a glass bowl and refrigerate for one hour, or until set.

## Bread- finishing and shaping

### Ingredients

500g strong white or wholemeal flour, plus extra for dusting  
2 tsp salt  
7g sachet fast-action yeast  
3 tbsp olive oil  
300ml water

### Method

1) Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.

2) Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

3) Tip onto a lightly floured work surface and knead for around 10 mins.

4) Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film.

5) Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

6) Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

7) Place it on the baking parchment to prove for a further hour until doubled in size.

8) Heat oven to 200c.

9) Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.

10) Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath.

11) Cool on a wire rack.



## Cheese, potato and onion pie (Lid must be decorative)

### Ingredients

#### Pastry:

- 200g Plain flour
- 50g butter, cold
- 50g lard
- 8 teaspoons cold water

#### Filling:

- 1 large onion, diced
- 250g potato, peeled and diced
- 200ml milk
- 250g grated extra mature cheddar
- 1 rounded tsp mustard powder
- salt & pepper, available from school
- 1 egg
- 1tsp butter/margarine

### Method

#### Pastry:

- 1)Sieve flour in to a mixing bowl, cut butter and lard into cubes and rub in to flour until it resembles breadcrumbs.
- 2)add water gradually, usually 2 tablespoons at a time and stir in with a butter knife until a dough is form.
- 3)wrap in clingfilm and chill for 30 minutes
- 4) sprinkle flour on worktop and roll out till the thickness of £1 coin and line pie dish

#### Filling:

- 1)Place potatoes in a pan and cover with water and bring to boil and then simmer for 10-15 minutes.
- 2)Slice and dice the onions and place in a mixing bowl.
- 3)Add mustard, milk, seasoning and egg and mix.
- 4)Add cooked potatoes and butter then mash all the ingredients together.



## Jaffa cakes

### Ingredients

#### Jelly:

- 1 x 135g packet orange jelly
- 150ml/5fl oz boiling water
- 1 small orange, finely grated zest only

#### Sponge:

- unsalted butter, for greasing
- 1 large free-range egg
- 25g/1oz caster sugar
- 25g/1oz self-raising flour, sifted

#### Topping:

- 180g/6½oz plain chocolate, good quality



### Method

1. For the jelly, break the jelly into pieces and place in a small bowl. Pour over the boiling water and stir until the jelly is completely dissolved. Add the orange zest, then pour into a shallow 30x20cm/12x8in tray. Chill in the fridge for 1 hour, or until set.
2. Meanwhile, preheat the oven to 180C/160C Fan/Gas 4 and grease a 12-hole, shallow bun tin with butter.
3. For the sponge, whisk the egg and sugar together for 4-5 minutes until pale and fluffy, then gently fold in the flour. Fill each well in the bun tin three-quarters full (about a dessert spoonful per hole) and smooth the tops. Bake for 7-9 minutes, or until well risen and the top of the sponges spring back when lightly pressed. Leave to cool in the tray for a few minutes then finish cooling on a wire rack.
4. To assemble, break the chocolate into pieces then melt in a bowl set over a pan of gently simmering water. Remove the bowl from the heat and leave to cool and thicken slightly.
5. Turn the jelly out onto a sheet of non-stick baking parchment. Cut 12 discs from the orange jelly using a 5cm/2in round cutter. Sit one jelly disc on top of each sponge.
6. Spoon the melted chocolate over the jelly discs. Using the tips of the tines of a fork or a skewer, lightly press to create a criss-cross pattern on top of the chocolate, then leave to set completely.

# Marshmallows

## Ingredients

1 large egg whites  
3 leaves of gelatine  
160g white caster sugar  
1 teaspoon liquid glucose  
1/2 vanilla pod, seeds scraped  
sunflower oil, for the tin

## For dusting

25g icing sugar  
1 tbsp cornflour

## Method

- 1) Whisk the egg whites in a large metal bowl using electric beaters. Whisk until soft peaks form then set aside. Put the gelatine in a deep bowl or jug and cover with 200ml cold water to soften.
- 2) Put the caster sugar, liquid glucose and 300ml water in a large, high-sided saucepan. Cook over a medium-high heat until the mixture reaches 130C on a sugar thermometer. Be very careful when you work with hot sugar. Take the pan off the heat then add the gelatine and the water they were soaked in to the hot sugar. Take care or wear oven gloves as the sugar can bubble up and spit. Stir until the gelatine has dissolved then carefully pour the mixture into a heatproof jug.
- 3) Return the beaters to egg whites and whip up further until stiff peaks form. Keep whisking while you slowly pour in the warm syrup in a steady stream. Keep beating the mixture until it is smooth and shiny, then add the vanilla seeds. Continue to use the electric beaters for around 8-10mins or until the mixture is noticeably thicker.
- 4) Line a 25cm x 35cm roasting tin (or any large and deep rectangular dish) with cling film and brush with sunflower oil. Mix the icing sugar and cornflour together then sieve a third of the mixture into the tray to coat the inside. Pour in the marshmallow mixture, level with a spatula and leave to set for 2 hours.
- 5) Spread a large sheet of baking parchment over your surface and sieve another third of the cornflour sugar mix over it. Uprturn the set marshmallow onto the dusted sheet and peel away the cling film. Dust with a little more of the cornflour sugar and dust a large sharp knife with it too.
- 6) Cut the marshmallows into small squares approx. 3cm x 3cm sieving a little more cornflour sugar over all cut sides and knife as you go. You may not need all of it but they need to be coated on all sides otherwise they will stick. Serve straightway or keep in an airtight container for up to 2 days, separated with layers of baking parchment.



## Duchess potatoes

### Ingredients

400g potatoes, peeled and cut into even 4cm chunks  
25 g unsalted butter  
1 tsp ground nutmeg  
1 tsp ground white pepper  
25 ml double cream  
1 tbsp milk  
1 large egg yolk



### Method

1) In a large pan, cover potatoes with water. Bring to the boil, reduce the heat and simmer gently for 15min until completely tender and a knife can be inserted with no resistance. Drain (reserving pan) into a colander and set aside to steam dry.

2) Press potatoes through a ricer into the pan or mash until smooth. With a handheld electric whisk, beat in the butter, nutmeg, pepper, cream, milk, yolk and plenty of salt until smooth.

3) Line one large baking sheet with baking parchment. Spoon potato mixture into a piping bag fitted with a 2cm (3/4in) star or flower nozzle. Pipe 8-10 swirls, each about 6.5cm (2 1/2in) wide, on to the sheets, spacing apart. Chill for 20min.

4) Preheat oven to 200°C . Cook the potatoes for about 15-20min until light golden. Cool on sheets for 5min before carefully removing to a warm serving dish with a palette knife.

## Cookies

### Ingredients

- 110g (4 oz) plain flour
- 1 teaspoon baking powder
- 50g (2 oz) butter or margarine
- 50g (2 oz) caster sugar
- 25g (1 oz) chocolate chips (or use grated or chopped chocolate)
- 1 teaspoon vanilla essence
- 1 egg beaten



### Method

1. Sift the flour and baking powder together.
2. Rub in the butter or margarine until the mixture resembles breadcrumbs.
3. Stir in the sugar, vanilla essence, chocolate chips and beaten egg and mix to a smooth dough.
4. Turn the dough out onto a floured surface and knead for 2 minutes.
5. Shape the dough into a long roll, 5cm./2in. in diameter.
6. Wrap in foil or cling film, then chill in the refrigerator for about 15 mins
7. Bake in oven for 10 mins, they will be soft when the time is up. They will firm up when cool.



## Savoury scones- recipe donated by the amazing Clodagh McKenna

### Ingredients

225g white plain flour  
1 tbsp baking powder  
pinch of sea salt  
50g salted butter, chilled and cubed  
125g mature cheddar cheese, grated  
2 fresh jalapeño chillies  
125-150ml milk



### Method

- 1) Sieve the flour and baking powder into a large bowl. Rub the butter into the flour mixture using your fingertips until it resembles fine breadcrumbs.
- 2) Then stir in half of the grated cheese, followed half of the finely chopped jalapeño chillies. Gradually pour in the milk and use a fork to make a soft dough. You could also use buttermilk if you wish.
- 3) Press out the dough with your hand gently until it's the thickness of 1cm (use a food ruler).
- 4) Cut into six triangles and place on a floured baking tray and sprinkle the remaining cheese and jalapeños on top.
- 4) Bake in a preheated oven at 200°C / Gas Mark 6 / 400°F for 15 minutes. Then transfer to a cooling rack for 10 minutes.

## Sweet scones

### Ingredients

250g S.R flour  
1 level tsp Baking powder  
50g marg  
50g sugar  
50g dried fruit  
125 mls milk mixed with one egg



### Method

1. Pre - heat oven to 200c

2.Sieve flour and baking powder into bowl and rub in margarine with finger tips until it resembles breadcrumbs.

3.Add other dry ingredients.

4.Add milk gradually and mix together quickly with knife to form a soft but not sticky dough. Knead lightly.

5.Press into a small round at least  $1\frac{1}{2}$  - 2 cm thick.

6.Cut with the smallest fluted cutter (3 - 4 cm) approx. Place on baking tray. Brush with leftover milk/egg mix.

7.Quickly re-shape scraps to make more.

8.Bake in pre-heated oven for 7 - 12 minutes until the bottom of each scone is brown. Use the knife test to check they are cooked in the centre.

10.Remove and cool immediately on wire rack.

11.Clean all equipment and worktop with hot soapy water and dry all to remove moisture.

## Christmas cake

(Makes 3 mini cakes or one 1kg 6-7" cake, double quantities for 2kg 8" cake, triple quantities for 3kg 10" cake).

Ingredients	
Small amount of fruit juice	105g margarine
50g glace cherries quartered	105g dark brown sugar
125g mixed fruit	105g plain flour
125g sultanas	$\frac{1}{2}$ tsp mixed spice
Zest of $\frac{1}{4}$ orange	1 egg
$\frac{1}{4}$ tsp cinnamon	

### Method

- 1 Soak all dried fruit overnight in fruit juice. Drain and discard remaining liquid before use.
  - 2 Line all tin(s) following instructions.
  - 3 Heat oven to 160°C
- 4 Whisk margarine & sugar together with electric whisk until light and fluffy.
  - 5 Whisk in egg slowly - add a little flour if mixture curdles.
  - 6 Fold in remaining flour, spices and fruit.
  - 7 Share between three tins and make a small dip in the middle.
- 8 Cook for 40 minutes and use a skewer to test that the cake is cooked - clean skewer!  
Larger cakes will take longer to cook - 60/70/80 minutes to test initially.
  - 9 Cool in the tin. Wrap in cling film to store.
- 10 Cakes should be kept in a cool place in a sealed container prior to decorating.

## Lining a round cake tin



Draw around base of cake tin on greaseproof or baking paper.



Cut out base.



Measure a double strip of paper 2cm longer and 2cm taller for the side of the tin.



Fold over 1cm on the cut edge of the paper, then snip along the entire length.







Oil the inside of the cake tin, then place the paper, cut edge to the base in the tin. Use a



Place the circle of greaseproof onto the top of the snipped edge in the base of the tin.

brush to make sure the snipped edge sticks to the base.	
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**Decorating the Christmas cake**

Ingredients	
100g marzipan paste	100g fondant/roll out icing
Small amount apricot jam	Coloured icing or good quality food colouring
Method	
<p>1</p>  <p>Trim the bottom to help level the cake if required. Turn your cake upside down to get a flat top.</p>	<p>2</p>  <p>Brush the cake over - top and sides, with apricot jam that has been heated with a small amount of water and put through a sieve.</p>
<p>3</p>  <p>Make sure your workspace is crumb free then dust with icing sugar. Also dust your rolling pin. Flatten the marzipan using a downwards pressing motion, turning 90 degrees a few times.</p>	<p>4</p>  <p>Roll marzipan out with even pressure, turning as you go to a thickness of a £1 coin into a circle large enough to cover the whole of the cake.</p>
<p>5</p>	<p>6</p>



Either roll the marzipan around the pin or fold in half. Using the rolling pin, lift the marzipan and unroll it onto the cake starting at the back or place the marzipan on top and unfold.



Mold it down around the sides using the flats of your hands to smooth the marzipan into place.

7



Trim away the excess marzipan from the base of the cake using a sharp knife. Keep your knife upright against the side of the cake.

8



Repeat the same rolling process used for the marzipan with the white fondant icing

9






Brush the cake all over with water and then place the icing on top and around the cake.

10



Mold it down around the sides and trim off the base. It is very important that you keep your knife upright against the side of

	<p>the cake, so that you don't undercut the icing around the edge.</p>
<p>11</p>  <p>Decide which design you would like to use for your cake. Always remember - 'Less is More!' Mixing small amounts of coloured icing or food colouring with the white base icing gives you more subtle colours for your decoration.</p>	<p>12</p>  <p>Roll out small amounts of the coloured icing slightly thinner than that you have used to cover the cake and carefully stamp out the shapes. With a damp brush moisten the position on the cake where you wish to place your icing cutout and build up your design.</p>
	<p>Finish or your cake with ribbon around the base of the cake.</p>

## Fish goujons

### Ingredients

1 plaice or lemon sole, filleted, skinned and cut into strips

75g/2½oz plain flour

2 free-range eggs

150g/5½oz panko breadcrumbs

### Method

1. For the fish, or a large, deep, heavy-bottomed pan two-thirds full with vegetable oil. Heat the oil to 190C or until a breadcrumb sizzles and turns golden-brown when dropped into it **(CAUTION: Hot oil can be dangerous. Don't leave unattended)**.
2. Sprinkle the flour onto a plate. Beat the eggs in a bowl. Sprinkle the panko breadcrumbs onto a separate plate. Dredge the fish in flour, dusting off any excess, then dip them in the egg, then roll in the breadcrumbs until coated.
3. Cook in the frying pan for 2-3 minutes until golden-brown.
4. Drain on paper towels and serve with a wedge of lemon.





# HOW TO FILLET A FISH



A fishmonger will scale the fish. Place knife behind pectoral fin, making a diagonal downward cut through the bone. Repeat on the other side & discard the head.



Remove the tail - Place knife where the tail fin joins the body, make a straight cut down through the flesh & bone. Discard the tail.



Cut the fillet - start at the head, run a fillet knife along the backbone in a smooth motion. Cut around the rib cage to separate the fillet.

What is special about a fillet knife?



Trim - Cut away the thin belly portion of the fillet. Although it is fine to eat it generally cooks quicker than the rest of the fillet & is higher in fat.

What else could the belly be used for?



**FOOD SAFETY**  
 What aspects of food safety should we consider when handling fish?  
 How can we check for readiness when cooking?

**WHY FILLET YOUR OWN FISH?**  
 Better Quality/Freshness/Lower Cost

**CHECKING FOR FRESHNESS**  
 Firm flesh - should spring back when pressed  
 Eyes - Should be shiny & clear  
 Smell - Like the ocean not fishy



Repeat the process. You will find the bones running along the middle of the fillet. Remove these with tweezers.



Remove the skin - Skin side down, place knife at the tail end between skin and flesh. Run knife slowly along fillet with blade angled slightly downward, firmly gripping skin as you cut.

# Quiche

## Ingredients

### Pastry:

250g plain flour  
125 g fat (use 60g lard and 60g marg)  
3 tbs water (approx)

### Fillings (CHOOSE ONLY 1 TO MAKE)

#### Traditional:

3 rashers of bacon(diced)  
1 onions (chopped)  
100g grated cheese  
2 eggs  
300ml pint milk

#### Salmon and Broccoli:

1/2 head broccoli cut into small florets  
1 - 1½ large tins pink salmon  
100g grated cheese  
2 eggs  
300ml pint milk

#### Cheese and Leek:

1 large leeks, trimmed, washed, cut in half lengthways and sliced thinly  
250g grated cheese  
2 eggs  
1 pint milk

1. Make pastry: rub fat in till mixture looks like breadcrumbs
2. Carefully add water to make a firm but not sticky dough. Knead lightly, roll out and line large metal trays (from store room)
3. Crimp edges of pastry.
4. Prepare different fillings as follows:

Traditional: Lightly 'dry' fry bacon pieces until fat runs then add onion and lightly fry to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

**Salmon and Broccoli:** Blanch the florets of broccoli (tip into boiling water for 2 minutes, then drain and refresh in cold water). Open tin(s) of salmon, remove any bones and black skin. Mash with a fork. Place salmon and broccoli in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

**Cheese and Leek:** Fry the leeks in a little butter, marg or olive oil until the colour looks vivid and leeks have started to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

5. When cooked allow to cool.
6. Remove from tin, lay on silver flats and garnish with parsley.



## Shortbread

### Ingredients

70g butter  
25g caster sugar  
90g plain flour



### Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/ $\frac{1}{2}$ in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with icing sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

## Millionaire shortbread

### Ingredients

#### Base:

50g caster sugar  
100g margarine (block)  
150g plain flour

#### Filling:

1 small can condensed milk  
50g / 2oz sugar  
100g / 4oz margarine  
1x15ml sp / 1 tblsp golden syrup

#### Topping :

200g chocolate pieces



### Method

1. Set oven to 200c
2. Lightly grease tin.
3. Place sugar, margarine and flour into a mixing bowl.
4. Cut margarine into small pieces before rubbing into sugar and flour with fingertips.

5. Rub in until mixture has the appearance of breadcrumbs then continue to over - rub until the mixture binds together.
6. Knead gently until soft and pliable. Place in tin and using hands press out to fit the tin. Smooth and level with the back of a table spoon
7. Stab with a fork and bake for approx. 15 mins until the mixture is pale golden. Leave to cool.

#### Fillings:

1. Place all ingredients in a saucepan.
2. Place over a medium heat and stirring all the time with a wooden spoon, bring to the boil.
3. Boil gently for 5 mins - keep stirring.
4. Pour over the shortbread base. Leave to set.

#### Topping:

1. Break up the chocolate and melt in a bowl over warm water - do not get any water into the chocolate. Keep heat low.
2. Pour over the set caramel. Leave to set.
3. Cut into even sized pieces when cold.

## Fruit pavlova

### Ingredients

3 egg whites

150g caster sugar

2 level teaspoons corn flour

few drops vanilla essence

2 teaspoons lemon juice

250ml whipping or double cream

fresh fruit to decorate - strawberries, kiwi fruit, mango, blueberries etc.



### Method

1. Draw 6 x 10cm circles on baking parchment. Turn baking parchment over and place on baking tray.
2. Separate the eggs one at a time, using a clean bowl for each egg white (any trace of egg yolk and the whites will not whisk)
3. Whisk the egg whites until they stand in stiff peaks (turn the bowl upside down to check consistency)
4. Still whisking, add the sugar a tablespoon at a time - the mixture should become thick and glossy and with a marshmallow type texture.
5. Add the sieved corn flour to the final spoon of sugar. Carefully fold this into the mixture with the lemon juice and vanilla essence.
6. Either spoon or pipe the meringue into nest shapes following the guidelines on the baking parchment.
7. Bake in a cool oven (120° - 140°C) for approximately an hour until crisp and lightly coloured. (When meringue nests are cooked they will peel off the parchment paper easily).
8. Cool the meringue nests on the baking sheet, then peel off parchment.
9. Whip cream until it stands in soft peaks. Spoon or pipe into meringue nests. Decorate generously with prepared fruit.

## Decorated swiss roll

### Ingredients

#### Decorative paste:

- 1 egg white
- 20 g unsweetened cocoa powder
- 20 g flour
- 30 g sugar
- 30 g butter

Note: You can substitute cocoa powder with flour and add a few drops of food colouring



#### Swiss roll:

- 4 eggs
- 120 g flour
- 120 g sugar
- 1 pinch of salt

#### Method:

Let's start preparing the decorative paste. Mix all ingredients together and pour into a piping bag to pipe your own design on a paper parchment.

1. Place the printed pattern you are going to use on a tray.
2. Place paper parchment over it.
3. Pipe following the design on the pattern under the paper parchment.
4. Decorative paste is ready, take to the freezer for 15 minutes, whilst preparing the swiss roll.
5. Pour the swiss roll mix over it and bake, as indicated below.
6. Preheat the oven to 200c
7. Place the eggs and sugar into a bowl and whisk until very light, fluffy and thickened.
8. Sift the flour over the mixture and fold in carefully/
9. Take the decorated paste out of the freezer, line a Swiss roll tin with the decorated baking parchment.
10. Pour mixture into the lined tin and smooth with a spatula until evenly spread out.
11. Bake the sponge for 10 minutes.

12. Turn the sponge out onto the parchment paper, then peel off the parchment on the bottom of the sponge.



# Lasagne

## Meat Sauce

1 onion

1-2 cloves garlic

1-2 sticks celery

1 carrot

100g / 4oz mushrooms

1 tin tomatoes (400g)

1tblsp tomato puree

1 stock cube

Seasoning / herbs- available from school

200g minced beef, lamb, turkey or T.V.P. / meat substitute plus 1x15ml sp / 1tblsp oil

Several sheets of lasagne



## Cheese Sauce

600ml milk

50g flour

50g margarine

100g cheese (grated)

Seasoning

## Method:

### Meat Sauce

Onion - peel, chop finely

Garlic - peel, chop / crush finely

Celery - wash, trim ends, slice finely

Carrot - peel, grate finely

Mushrooms - wipe, slice thinly

Tomatoes - chop roughly, retain juices

1. Place minced meat in saucepan and heat gently, stirring with a wooden spatula until the meat is brown.

2. Add prepared vegetables, tomato juices, tomato puree, crumbled stock cube, seasoning, herbs. Put lid on pan.

3. Bring to simmer and continue to simmer for 30 mins or until the desired consistency is reached. Stir occasionally. If the mixture becomes a little dry add a small amount of water.

### Cheese Sauce

1. Place milk in a saucepan and add flour and margarine.

2. Place over a medium heat and stirring all the time with a wooden spoon, bring to the boil. (The sauce will be thick)
3. Reduce heat and simmer for 1 - 2 mins. Keep stirring.
4. Remove from the heat.
5. Add  $\frac{3}{4}$  of the cheese and the seasoning. Stir in.

Place half of the mince in the ovenproof dish.

Add half of the cheese sauce.

Cover with lasagne sheets, breaking to fit the dish if necessary.

Place the rest of the mince on top.

Pour over the rest of the cheese sauce.

Sprinkle the rest of the cheese on top and place in the oven for 15 minutes.

## Chocolate and orange cake

### Ingredients

100g unsalted butter, softened, plus extra for greasing  
50g good quality cocoa powder  
90ml boiling water  
3 large free-range eggs  
4 tbsp milk  
175g self-raising flour, sifted  
1 tsp baking powder, sifted into the flour  
300g golden caster sugar  
Finely grated zest and juice of 1 orange

### For the icing and filling

150g quality chocolate, broken into small pieces  
150ml double cream  
3 tbsp apricot jam

### For decoration

100g good quality dark chocolate (55-60 per cent cocoa solids) made into curls

### Method

- 1) Preheat the oven to 180°C. Grease 2 x 20cm round sandwich tins and line the bases with baking paper.
- 2) To make the sponges, measure the cocoa and boiling water into a large bowl and mix to a paste. Add the remaining ingredients and beat again until combined.
- 3) Divide the sponge mixture evenly between the prepared tins. Bake in the preheated oven for about 20-25 minutes until the sponges are well risen and shrinking away from the sides of the tin.
- 4) Remove the sponges from the oven, turn out of their tins onto a cooling rack and leave to cool completely.



- 5) For the icing and filling, put the chocolate and cream in a bowl, then stand over a pan of simmering water for 10 minutes until melted (don't let the bowl touch the water), stirring from time to time.
- 6) Set aside to cool until it thickens to a spreadable consistency.
- 7) To finish, spread the tops of both sponges with the apricot jam. Spread the top of one sponge with half the icing and put the other sponge on top.
- 8) Cover the top of the cake with the remainder of the icing, then, with a small palette knife, make large S shapes in the icing to give a swirl effect. Scatter the top liberally with the chocolate curls and enjoy!

## Cheese and vegetables pasties

### Ingredients

1 block of shortcrust pastry  
60g butter  
1 onion, thinly sliced  
1 carrot, thinly sliced  
1/2 swede, peeled and diced  
1 large potato, peeled and diced  
125g mushrooms, chopped  
2 tablespoons water  
1 teaspoon Marmite, available from school  
60ml milk  
1 egg, to bind  
125g grated Cheddar cheese  
salt and pepper to taste  
1 egg, beaten, to glaze



### Method

1. Preheat oven to 200 C / Gas mark 6.
2. Divide pastry into four equal portions and roll each one out in a square shape. Set pastry aside to rest.
3. Place a large frying pan over medium heat. Add butter and allow to melt. Add onion and saute for 5 minutes, until translucent and beginning to brown. Add carrot, swede, potato, mushrooms and water. Lower heat and cover pan. Allow mixture to cook for 10 minutes, stirring occasionally.
4. In a small bowl, dissolve marmite in milk. Whisk in 1 egg. Stir this mixture into cooked vegetables. Continue to stir until mixture thickens. Add cheese, and salt and pepper to taste. Set aside to cool.
5. Place 1/4 of filling on one half of each pastry square. Fold pastry diagonally and seal edges. Brush tops of pastry with beaten egg.
6. Place pasties on a baking tray and bake in preheated oven for 30 minutes, until pastry is golden brown.

## Puff pastry

### Ingredients

200g flour  
150g fat  
100ml COLD WATER



### Method

Sieve flour into a mixing bowl.

Add water gradually (2 tablespoons at a time) and mix through with a knife until a dough is formed.

On a floured surface roll out the dough 30cm in length and 15cm in width.

Grate half the block of frozen butter over the pastry and fold the top half over and then the bottom half up. Turn 90 degrees and repeat....

Then grate over the remaining butter and fold again.

Repeat this over 4 times to create lamination.

## Chicken and salmon en croute

### Ingredients- chicken en croute

100g buffalo mozzarella, chopped

6 fresh basil leaves, shredded

10 sun-blush tomatoes, chopped

2 x chicken breasts

4 pieces puff pastry, 15cm/6in square, 3mm/ $\frac{1}{8}$ in thick

1 egg, beaten



### Method

1. Preheat the oven to 200C/400F/Gas 6.

2. Mix the mozzarella, basil and sun-blush tomatoes together in a bowl.

3. Cut a pocket in each of the chicken breasts and stuff with the mozzarella mixture.

4. Place a stuffed chicken breast into the middle of each square of puff pastry and brush the edges with beaten egg.

5. Then place another sheet of pastry over the top ensuring the edges meet. Brush the top with the left over egg and score the top to make it a decorative top.

6. Place on baking tray and bake for 20-25 minutes until golden brown and risen. Remember to check the temperature of the chicken with a food probe.

## Salmon en croute

### Ingredients

1 tbsp olive oil

1 large shallot, finely chopped

70g chestnut mushroom, finely chopped

1 garlic cloves, finely chopped

juice  $\frac{1}{2}$  lemon

50g packet watercress, chopped

1 tbsp snipped dill

1 tbsp snipped chive

2  $\frac{1}{2}$  tbsp half fat crème fraîche

6 sheets filo pastry each about 38 x 30cm (125g total weight)

2 x 350g skinned salmon fillets



### Method

- 1) Heat the oil in a large non-stick frying pan. Tip in the shallot and fry for 2-3 mins to soften, then add the mushrooms and garlic, and stir-fry over a high heat for another 3-4 mins, or until the mushrooms and shallots are golden.
- 2) Pour in the lemon juice - after a few seconds, that should have evaporated too. Remove from the heat, then stir in the watercress so it wilts in the warmth from the pan. Stir in the dill and chives, and season with a little salt and pepper. Leave to cool.
- 3) Heat oven to 200C
- 4) When the mushroom mix is cool, stir in the crème fraîche.



- 5) Lay one of the filo sheets on the worktop with the short end facing you. Brush all over with a little of the remaining oil. Layer up 4 more of the filo sheets in the same way, brushing each with a little of the oil.
- 6) Lay one of the salmon fillets, skin-side up, across the width of the filo, positioning it about one-third of the way up. Season it with pepper. Spoon and spread the cooled mushroom mix over the top of the fillet.
- 7) Lay the other salmon fillet on top, skin-side down. Season again. Fold the short end of pastry nearest to you over the salmon, then bring the other end over to completely enclose the salmon, lifting it so the join can tuck under it. Fold both pastry ends over as neatly as you can.
- 8) Brush the outside with a bit more of the remaining oil.
- 9) Scrunch up the last sheet of filo, pressing it lightly on top in big folds (see step 4), then carefully brush with the last of the oil.
- 10) Bake for 25 mins until the pastry is crisp and golden. Check while it cooks and if the top starts to brown too quickly, lay a sheet of foil very loosely over it.

# Hummus with rosemary flatbread

## Ingredients

### Hummus:

1 x 400g can chickpea, don't drain

1 tbsp tahini paste

1 fat garlic clove, chopped

3 tbsp 0% fat Greek yogurt

A squeeze lemon juice

### Flatbread:

1 tsp sugar

2 tbsp olive oil, plus extra for greasing

300ml/10½ fl oz warm water

3½ tsp dried yeast

500g/1lb 2oz strong bread flour, plus extra for dusting

1 small bunch rosemary, leaves only, finely chopped

salt and freshly ground black pepper



## Method

### Hummus:

- 1-Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid. Tip the chickpeas, tahini, garlic and yogurt into a food processor or blender and whizz to smooth.
2. Whizz in a tbsp of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl.
3. Stir in a squeeze of lemon juice and season to taste- place in container and store in fridge. Clean up area.

### Flatbread:

- 1.Preheat oven to 220c. Place the sugar, oil and warm water into a bowl. Add the yeast and gently stir to dissolve the yeast.
- 2.Pour the flour into a bowl and make a well in the centre. Gradually add the yeast mixture to the flour, mixing it in with your hands until all the liquid is absorbed. It will be quite lumpy at this stage.

3. Knead the dough until smooth, then roll into a ball. Put some oil onto your hands and roll the ball around to cover it with oil.
4. Place the oiled ball of dough into a large floured dish. Cover with a cloth or some cling film and leave in a warm (but not hot) place to rise for one hour. The dough should have risen to three times its original size in this time.
5. Roll the dough into one large 2cm/1in thick rectangle. You may bake the loaf like this, or cut the dough into smaller pieces to make individual loaves.
6. Place the bread onto the oiled pan or tray and prick it all over with a fork.
7. Sprinkle over the rosemary and seasoning and bake in the oven for 15 minutes.

# Low fat potato dauphinoise and stuffed chicken

## Ingredients

25g butter

1 tsp olive oil

1 medium onion, halved and finely sliced

1 clove garlic, crushed

900g Maris Piper potatoes (or King Edward potatoes), peeled weight

1 level tsp cornflour

1 level tsp Dijon mustard

800ml semi-skimmed milk

100ml reduced-fat crème fraîche

50g reduced-fat mature Cheddar, grated



## Method

1-Pre-heat the oven to 200c. Use 10g of the butter to grease a large ovenproof dish. Heat the rest of the butter with the oil in a large pan, then cook the onion over a low heat until soft. Add the garlic and cook for another minute.

2-Slice the potatoes evenly to a thickness of about a £1 coin. Add to the pan.

3-Mix the cornflour and mustard with a splash of milk until smooth, then mix with the rest of the milk. Add to the pan with the crème fraîche and heat until simmering - stir very gently a few times, to prevent the potato slices sticking together. Simmer for about 6 minutes, until the potatoes are just starting to soften.

4-Use a slotted spoon to lift out and drain the potatoes, then put in layers in the dish. Level the top.

5-Pour in enough of the milk mixture to cover all of the potatoes except for the top layer.

6-Sprinkle the cheese evenly over the top layer of potatoes. Bake for 45-60 minutes, or until the potatoes are soft but not mushy, and the top is golden brown and slightly crispy. Serve warm.

## Ingredients

2 chicken breasts  
25g butter, at room temperature  
1 garlic clove  
200g breadcrumbs  
1 egg

## Method

1. Preheat the oven to 200°C.
2. Peel and chop the garlic clove, finely.
3. Break the butter in your glass bowl and mix in the chopped up garlic.
4. Put your chicken onto the chopping board and carefully tenderise with the rolling pin, to flatten the chicken out. Be careful the chicken doesn't tear.
5. Using your table knife spread the garlic butter on the other side of the chicken.
6. Roll the chicken up. Crack your egg into a dish and beat with a fork. Coat the chicken in the beaten egg.
7. Coat the chicken in your breadcrumbs, then place onto a baking tray. Do this to your second piece of chicken.
8. Put into the oven for 25 minutes. Remember to use a food probe to check the temperature.



# Portuguese custard tarts

## Ingredients

- 1 whole egg
- 2 egg yolks
- 115g caster sugar (golden if you have it)
- 2tbsp cornflour
- 400ml whole milk
- 2 tsp vanilla
- 1 box readymade puff pastry



## Method

1. Preheat oven to 200oC
2. Lightly grease a muffin tin
3. Crack 1 whole egg and 2 egg yolks only into a saucepan and add the sugar and cornflour. Mix to a paste.
4. Measure 400ml milk in a jug and gradually add the milk until well combined
5. Place the saucepan on a medium heat and continually whisk until it thickens. When thickened turn off the heat and stir in the vanilla.
6. Pour the custard in a mixing bowl and cover with cling film.
7. Roll out the pastry and cut down the middle into 2 pieces.
8. Place one piece on top of the other piece.
9. Roll the pastry into a very tight log and cut into 12 even slices.
10. Roll each slices into a disc and place into the muffin tin
11. Spoon the custard mix into each pastry disc and repeat until all 12 are done.
12. Place in the oven for 25 minutes

## High fibre muffins

### Ingredients

125g wholemeal flour

3 level tbsp light muscovado sugar

2 level tsp baking powder

1 medium free-range egg, beaten

50g low-fat plain yoghurt

50ml oil, plus a little extra for greasing

2 ripe bananas (175g), roughly mashed



### Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Line a six-hole muffin tin with muffin cases or grease it.
2. Mix together the flour, sugar and baking powder in a bowl. In a separate bowl, beat together the egg, yoghurt and oil. Make a well in the flour, pour in the liquid and mix well. Stir in the mashed bananas, taking care not over-mix.
3. Spoon the mixture into the prepared cases and bake for 20-30 minutes, or until a skewer inserted into the centre comes out clean. Transfer the muffins to a wire rack to cool.
4. Clean up

## Truffles

### Ingredients

100g milk chocolate

25g butter

25g icing sugar

50g madeira cake, crumbled



### Method

- 1- Melt chocolate and butter in a metal bowl on a sauce pan of water.
- 2- Take off heat and add icing sugar and crumbled cake.
- 3- Roll into balls and chill for 10-15 minutes.
- 4- Then either dip into melted chocolate and decorate or roll in chocolate sprinkles before chilling.
- 5- Clean up!



## Cheese twists- using standard component

### Ingredients

350g pack ready-rolled puff pastry

250g grated parmesan

flour, to roll pastry on- from the flour dredger



### Method

- 1) Heat oven to 220c.
- 2) Unroll a sheet of puff pastry, scatter over a couple of handfuls of grated Parmesan, then fold in half.
- 3) On a lightly floured surface, roll out to the thickness of a £1 coin.
- 4) Cut into 1cm strips, then twist the strips 3-4 times.
- 5) Lay on a baking sheet, scatter over more cheese and bake for 12 mins, or until golden.
- 6) Leave to cool, then keep in an airtight container for up to 2 days.

## Chelsea buns- this make 16 chelsea buns

### Ingredients

11b (500g) strong plain flour  
1 sachet easy blend/quick acting yeast  
 $\frac{1}{2}$  level teaspoon salt  
2oz (50g) caster sugar  
4oz (100g) marg or butter  
1 egg  
4 fluid ounces (100mls) milk made up to 8 fluid ounces (200mls) with hot water.

### Chelsea buns filling:

4oz (100g) dried fruit  
2oz (50g) caster sugar  
2oz (50g) margarine

### Method

1. Sieve flour into bowl. Add salt.
2. Place yeast in a small basin. Add 2 tbs of your measured flour. Measure milk into jug and make up to 8 fluid ounces (200mls) with HOT water. Add all this liquid to the yeast and flour in the basin. Leave to ferment i.e. froth or go bubbly.
3. Rub the marg into the remainder of the flour and stir in the sugar.
4. Beat egg.
5. When yeast mixture is frothy add to the flour mixture with the beaten egg.
6. Combine all dough ingredients thoroughly and knead for 10 minutes.
7. Allow to prove (rise).
8. Knock back dough to its original size.
9. To shape the Chelsea buns:

Roll to a rectangle. Spread with margarine (melted if block). Sprinkle with sugar and dried fruit and roll up like a Swiss roll. Cut into 3 cm slices. Place on a baking tray close together with cut edge upwards.



10. Allow to prove (rise) in warm place until joined together and doubled in size.
11. Bake for approx. 20 minutes Gas 6/7 or 200/210C until golden brown and sound hollow when tapped on the base.
12. Cool slightly then brush with a sugar glaze (sugar and water boiled together until thickened and sticky)

# Profiteroles

## Ingredients

### Pastry:

65g plain flour  
50g block marg or butter  
2 eggs  
125ml cold water

### Filling:

250ml whipping or double cream

### Chocolate sauce:

15g cornflour  
15g cocoa powder  
25g) butter  
35g caster sugar  
250ml milk  
OR 3 - 4 Mars bars melted with a little butter and cream



## Method

- 1 Put marg or butter and water in pan. Slowly bring to boil making sure marg melts first.
- 2 When boiling IMMEDIATELY add flour. Return to heat for 1 minute to form a soft ball of dough. Transfer dough to mixing bowl
- 3 When cool add well beaten egg A LITTLE AT A TIME making sure mixture remains stiff enough to pipe.
- 4 Spoon mixture into piping bag fitted with a small plain nozzle.
- 5 Pipe 'blobs' onto greased baking trays.
- 6 Place in pre-heated oven (220c) for at least 20 - 30 minutes.  
(Do not open oven door for first 15mins). Test by 'dropping' onto tray. Should "sound" crisp like a biscuit.
- 7 Quickly put on cooling trays to cool. Pierce to release steam.
- 8 When cool, pipe whipped cream into centres.

N. B. i) Traditional profiteroles should be piled into a large pyramid shape and chocolate sauce poured over.

ii) For examinations / assignments. Place 3 profiteroles in each dish pour chocolate sauce over.

iii) For speed, dip each profiterole into melted cooking chocolate and serve individually - ideal for buffets.

Savoury profiteroles can be made. Same pastry. Fill centres with a cheese or mushroom sauce - Delicious for finger buffets.

## Homemade cheese

### Ingredients

500ml whole milk

1 lemon

Pinch of salt



### Method

- 1-Pour the milk into a saucepan and stir in a pinch of salt.
- 2-Bring to the boil over a medium heat, stirring occasionally.
- 3-Squeeze the lemon and place the juice in a small bowl.
- 4-When the milk begins to boil turn off the heat, stir the lemon juice into the milk and the milk will curdle (separate) and it will turn into curds and whey.
- 5-Line a sieve with muslin cloth and pour the milk through to catch the curds.
- 6-Wrap the cloth around it and squeeze as much liquid out as possible.
- 7-Open the cloth and add flavouring to the cheese.
- 8-Store in a container and place in the fridge.

Please note: eat within a few days, please keep stored in the refrigerator.

TEACHER WILL PRINT OUT RECIPE FOR YOU TO STICK HERE

## Cheesecake- chocolate, rum & raisin or lemon

### Rum & raisin

#### Ingredients

150g digestive biscuits

75g marg or butter

50g sultanas or raisins

2 drops rum essence- DO NOT BRING INTO SCHOOL,  
SCHOOL WILL PROVIDE THIS!

6 tbs cold water (90mls)

125g Philadelphia cheese or 1 small tub mascarpone  
cheese

250 mls whipping cream

100g caster sugar

2 drops rum essence- DO NOT BRING INTO SCHOOL, SCHOOL WILL PROVIDE THIS!



Decorate: small amount of whipped cream (optional) and either red grapes, chocolate leaves or fanned strawberries.

1. Crush digestive biscuits in food processor or in a mixing bowl with the end of a rolling pin. Melt marg or butter gently. Add crushed biscuits and press into base of loose bottomed tin or spring clip tin.

2. In a small pan place sultanas or raisins, rum essence and water. Bring to boil and simmer for a couple of minutes until the fruit has 'plumped up'. Do not allow water to boil dry! Place pan in a bowl of cold water to cool as quickly as possible.

3. Whip cream and add to softened philly or mascarpone cheese. Add sugar, rum essence and when sultanas or raisins are cold fold them lightly into mixture.

4. Pour mixture over biscuit base and allow to set.

5. Decorate with red grapes, chocolate leaves or fanned strawberries on whirls of cream (if using)

Note: These can be made individually for dinner parties - you may need to reduce the amount of biscuits/butter used for the base.

## Lemon Cheesecake

### Ingredients

- 6 ozs (150g) digestive biscuits
- 3 ozs (75g) marg or butter
- 8 ozs (250g) cottage cheese
- 1/4 pint (125mls) double cream
- 2 ozs (50g) castor sugar
- 1 lemon



Decorate: extra whipped cream and/or kiwi fruit, strawberries or grapes

### Method

- 1 Crush digestive biscuits in a polythene bag.
- 2 Melt marg or butter in a pan over a low heat. When melted, remove from heat and stir in the biscuits.
- 3 Press into base of foil lined flan tin/dish.
- 4 Cool.
- 5 Sieve cottage cheese into a large bowl.
- 6 Add castor sugar, lemon zest (rind) and juice of lemon.
- 7 Whip cream until stiff (be careful) and fold into cottage cheese mixture.
- 8 Pour mixture over biscuit base.
- 9 Refrigerate and allow to set.
- 10 Decorate attractively to show portion control with slices of kiwi fruit or halved grapes.

NB. Other seasonal fruit e.g. strawberries can be used to decorate.



## Chocolate cheesecake

### Ingredients

55g Butter

125g Digestive biscuits

150g Plain chocolate

25g Icing sugar

250g Mascarpone cheese



### Method

1. Mix the butter and biscuits together and press evenly into a 15cm (6 inch) cake tin. Leave to chill for 15 minutes.
2. Add the chocolate to a glass bowl and place into a bath of hot water to melt. Once melted stir in the icing sugar.
3. Mix the Mascarpone cheese into the chocolate, evenly spread onto the biscuit base.
4. Delicious served with pouring cream.

## Homemade butter

### Ingredients

50ml Double Cream

### Method

1. Pour the double cream into a Jar and close the lid
2. Shake the jar, until you hear a heavy thumping sound.
3. It will take about 8 minutes
4. On one tray place the butter, in the other bowl pour the butter milk
5. Carry out a "comparison test" with another shop bought butter on a cracker.



### The Science Part

- When you whisk the cream, you add in lots of air. This makes the cream puff up and become bigger.
- Cream is a special mixture called a colloid. It is a mixture of fat globules suspended in a liquid.
- The fat globules are a bit like water balloons. When you shake the cream, the fat globules crash into each other. They burst like water balloons and the fat clumps together to form a big lump of butter.
- The butter might not taste the same as you get from the shop because it doesn't have any additives or preservatives.
- The liquid left is called buttermilk

## Pasta

### Ingredients

100g "00" flour

1 egg

$\frac{1}{4}$  tsp salt



### Method

1. Weigh the flour into a medium bowl.
2. Add the salt.
3. Make a well in the centre of the flour and crack the egg into it. Mix with a knife.
4. Press the dough into a rough ball and on the work surface knead it as you would bread.
5. Kneading.
6. Push the dough away from you with the heel of your hand, then fold the end of the dough back on itself so that it faces towards you and push it out again.
7. Continue folding the dough back a little further each time and pushing it out until you have folded it back all the way towards you and all the dough has been kneaded.
8. Give the dough a quarter turn then continue kneading folding and turning for 5-10 minutes. The dough should be very smooth and elastic.
9. Wrap the dough in cling film and leave to rest for 15-20 minutes at room temperature. It can then be rolled out by hand or using a pasta machine.

## Tomato ragu

### Ingredients

1 onion  
1 clove garlic  
1x15ml spoon oil  
2 x 400g canned chopped tomatoes  
handful of fresh basil  
black pepper



### Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional You may wish to serve the tomato ragu with pasta if so:  
after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain; mix the cooked pasta and tomato sauce together.

### Top tips

- Use dried herbs if you do not have fresh.
- Add  $\frac{1}{2}$  red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna.
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden

## Fruit Tart

Pastry: 125g plain flour  
75g block marg  
1 level tbs caster sugar  
1 egg yolk

Filling: either 1 tin fruit (in its own juice) (eg mandarins, peaches, apricots)

Or Fresh fruit: (Grapes, kiwi, banana, strawberries)

Plus: 2 tsps arrowroot

1-2 tbs sugar (if using fresh fruit)



### Method

1. Make Pate sucre (sweet pastry). Allow to refrigerate before rolling out!
2. Roll out pastry and use to line a flan ring
3. Bake blind. Allow at least 10 mins with greaseproof and 5-10 mins without. Do not over brown edges.
4. Allow flan case to cool thoroughly.
5. Drain tinned fruit (reserve juice) - prepare fresh fruit NB. Some fruits eg. Banana must be sprinkled with lemon juice to prevent browning. Strawberries hulled grapes halved and depipped.
6. Carefully lift flan case onto serving plate before filling!
7. Arrange fruit attractively in flan case. Place round' sides of fruit upwards.
8. Make arrowroot glaze - in a small pan blend arrowroot with a small amount of liquid (fruit juice or water) until smooth. Add sugar if using all water.
9. Bring to boil stirring all the time. Liquid should 'clear' when cooked.
10. Allow to cool slightly. Pour or brush over fruit to form a glaze.

## Spicy BBQ chicken wings and drumsticks

### Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 chicken wings and 2 drumsticks
- 1/4 cup melted butter
- 1/4 cup hot pepper sauce



### Method

1. For the marinade, put all of the marinade ingredients into a large bowl and stir to combine. Add the chicken pieces (drumsticks and wings) and allow to marinate (20 minutes) while you preheat the oven to 200C/180C Fan/Gas 6.
2. Put the chicken drumsticks on a roasting tray and roast for 20-30 minutes, or until the skin is golden and the chicken is cooked through. (To check, pierce the drumstick at its thickest part, next to the bone. The juices should run clear and use a food probe to check the temperature).

## Chocolate caramel shortbread

### Ingredients

#### Base

50g caster sugar

100g margarine (block)

150g plain flour

#### Filling

1 small can condensed milk

50g sugar

100g margarine

1x15ml sp / 1 tblsp golden syrup

#### Topping

200g chocolate covering

### Method

1. Set oven to 170° c / gas mark 3.

2. Lightly grease tin.

3. Place sugar, margarine and flour into a mixing bowl.

4. Cut margarine into small pieces before rubbing into sugar and flour with fingertips.

5. Rub in until mixture has the appearance of breadcrumbs then continue to over - rub until the mixture binds together.

6. Knead gently until soft and pliable. Either - roll out on a lightly floured surface until the size of the tin. Place in tin and press down. Or Place in tin and using hands press out to fit the tin. Smooth and level with a palette knife or back of tablespoon.



7. Stab with a fork and bake for approx. 15 mins until the mixture is pale golden. Leave to cool.

### Filling

1. Place all ingredients in a saucepan.

2. Place over a medium heat and stirring all the time with a wooden spoon, bring to the boil.

3. Boil gently for 5 mins - keep stirring.

4. Pour over the shortbread base. Leave to set.

### Topping

1. Break up the chocolate and melt in the microwave or in a bowl over warm water - do not get any water into the chocolate. Keep heat low.

2. Pour over the set caramel. Leave to set.

3. Cut into even sized pieces when cold.



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