



HEART OF ENGLAND
Creating Futures



Year 10 Food + Nutrition:

Food Technical Skills Book

NAME:



Always remember your named container to take your product home in.

Please adapt the recipes to suit your families' tastes and needs.

Lost book?

Check the school website for the PDF version:

Academic/Subjects: A-D/Design and Technology/foodtechnicalskills/yr10

Or

Ldrive/food/foodtechnicalskills/yr10

Technical Skills:

Personal Safety Rules for the Food Technology Rooms

1. Think safety of yourself and others. - Always follow the safety instructions given and use the equipment as taught.
2. Always tie long hair up and tuck ties in.
3. Tie up your apron.
4. Please don't run.
5. Stack the stools logically and sensibly.
6. Be Knife aware – carry them with the blade pointing to the ground and never leave them in the washing up bowl.
7. Use a wooden triangle for hot trays and pans.
8. Always use oven gloves to put things in and take things out of the oven.
9. Inform staff of any spillages.
10. Never mix electricity with wet hands.
11. Turn hobs and ovens off after use. – remember the grill as well.

Food safety for the Food Technology Rooms

1. Always put only protein foods in the blast chillers before school starts (Room open from 8.30am).
2. Always wear an apron, remove jewellery and tie up long hair.
3. Wash hands with soap and water, dry with a paper towel before you start the practical work.
4. Use separate chopping boards for raw and cooked food.
5. Licking fingers during food preparation should not happen.
6. Do not sneeze or cough over food.
7. Use a clean tea towel to dry equipment.
8. Make sure your food is cooked properly and to a hot enough temperature.
9. Always wipe down the tables with a damp dishcloth after use.
10. Put protein based food in the Blast chiller after cooking – or on the trolley for staff to do this.

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Fajitas

Ingredients	Equipment
1 small organic chicken breast	Juicer
½ red onion	Garlic crusher
½ green pepper	Sharp knife
4 small tomatoes	Chopping board
2 tortillas	Large bowl
Marinade	Wok
½ lime	Wooden spatula
small bunch of coriander	Newspaper
1 clove of garlic 2tsp oil	Plate
Guacamole and salsa: find your own recipe to enhance.	

Method

1. Juice the lime, peel & crush the garlic, de-seed and slice the chilli, chop the coriander
2. Remove any skin from the chicken and cut the meat into strips add to the marinade and refrigerate for 15 minutes.
3. Slice the onion and green pepper and chop the tomato
4. Make Guacamole and salsa
5. Add the chicken to the wok with the oil, and stir-fry for about 4 minutes. Check that the chicken is cooked. Add the onion, garlic, chilli, lime, coriander and green pepper and continue to cook for a further 2 minutes
6. Lay the tortilla flat on a plate
7. Put some chicken, pepper and onion in the centre of the tortilla, add some tomato and guacamole, and then roll up

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Cottage pie with lentils or beans

Ingredients	Equipment
250g mince beef	Colander
1 onion/1 carrot/2 mushrooms	Saucepan
1tbsp plain flour	Chopping board
1tbsp tomato puree	Vegetable knife
1tbsp Worcestershire sauce	Wooden spatula
1 stock cube	Deep sided frying pan
300ml water	Newspaper
50g puy or green lentils/beans	Wooden pan stand
Oven proof dish brought to cook in	
Topping	
3 large potatoes/sweet potatoes	
2-4 TBS milk	
50g butter	

Method

1. Preheat the oven, Electric 200°C/ Gas 6.
2. Peel all the vegetables. Then chop the onion, dice the carrot, and cut the potatoes into chunks
3. Place the potatoes in a saucepan of water, bring to the boil, and simmer for 20 minutes until soft
4. Meanwhile dry fry the beef with the onion and carrots until the mince is browned. Stirring with a wooden spatula
5. Stir in the flour, tomato puree and Worcestershire sauce.
6. Add the stock cube to the 300ml boiling water in a jug and stir
7. Pour the stock into the meat mixture and bring to the boil, and simmer for 5-10 minutes, until the carrot is soft
8. Drain the potatoes in a colander, return to the saucepan and mash with the milk
9. Spread the meat mixture into your ovenproof dish and spoon or pipe the mash over the top
10. Cook for 20-25 minutes, until golden brown

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Victoria Sponge Cake (3 egg)

Ingredients	Equipment
150g self-rising flour	Large mixing bowl
150g caster sugar	Measuring jug
150g margarine	Fork
3 eggs	Sieve
Jam	Tablespoon
100g butter	2 x cake tins
200g icing sugar	Triangle pan stand
	Plastic/wooden spoon/Electric mixer
	Spatula

Method

1. Heat oven to Gas 6/ Electric 200C. Line and grease 2 cake tins
2. Beat egg in the measuring jug, using a fork
3. In a mixing bowl, beat margarine and sugar together until light and fluffy
4. Gradually add the beaten egg a little at a time, taking care that the mixture does not curdle
5. Sieve the flour onto the mixture and FOLD IN GENTLY using the thin edge of the tablespoon
6. Divide the mixture equally between the two cake tins
7. Bake for 20 minutes until golden and firm when touched
8. Wash up all equipment thoroughly
9. Cream butter and Icing sugar together to make butter icing
10. When cakes are cool sandwich together with jam and butter icing

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Quiche

Ingredients	Equipment
200g plain flour	Rolling pin
50g white fat or Trex	Vegetable knife
50g block margarine	Chopping board
50-75g Cheese (grated)	Measuring jug
100g onion/mushrooms/peppers/sweetcorn	Fork
50g e.g. bacon, ham, chicken, Quorn, tuna	Small bowl
2 eggs – beaten	Flour dredger
125ml milk	Grater
Salt and pepper to taste	Scissors
Ovenproof Dish to Cook in	Newspaper/tin plate
	Triangle pan stand

Method

1. Pre heat oven to electric 180C/ Gas 5
2. Collect all equipment, wash hands, and put apron on
3. Sprinkle the work surface with flour and roll out the pastry. Lift over the rolling pin and line the flan dish. Neaten edges
4. Prepare the ingredients for the filling. Chop vegetables and grate cheese. Chop meat
5. Sprinkle into the flan dish
6. Beat the eggs in a small bowl, add the milk and seasoning. Pour over the filling
7. Bake until golden brown and not wobbly, 20-30 minutes
8. Clean and tidy up

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Chicken and Mushroom Pie

Shortcrust Pastry	Filling	Equipment
300g Plain flour	2 Chicken breasts	Large mixing bowl
75g White fat e.g. Trex	1 Onion	Tablespoon
75g Block margarine	4 Mushrooms	Sharp knife
3 TBS cold water	1 TBS Oil	Chopping board
Ovenproof Dish	Sauce	Newspaper/Tin plate for rubbish
	50g Margarine	Saucepan
	50g Plain flour	Wooden spatula
	250ml Milk	Rolling pin
		Pastry brush
		Triangle pan stand

Method

1. Pre-Heat the Oven 200C/ Gas 6.
2. Rub the fat into the flour until it resembles breadcrumbs
3. Add small amounts of cold water until a dough is formed
4. Place in the fridge to rest for 20 minutes
5. Dice the onion and fry in the oil. Slice the mushrooms and add to the pan. Cut up the chicken breast into small chunks, add to the pan. Leave to cook on a low heat

Make the sauce using the 'all in one method'

1. Divide the dough into thirds – one third will be used for the top of the pie and the remaining dough will form the base
2. Roll out the dough and line the base of the oven proof dish. Place the filling over the pastry
3. Roll out the remaining pastry and place over the filling and seal the edges
4. Brush with a little milk and sprinkle with sugar to glaze
5. Bake for 20 minutes until golden brown

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Fruit Pie

Pastry	Filling	Equipment
300g Plain Flour	400g fruit e.g. 2-3 cooking apples e.g. Bramley	Large mixing bowl
75g White Fat e.g. Trex	1-2 TBS sugar	Sharp knife
75g Block Margarine		Chopping board
3 TBS Water		Newspaper/Tin plate for rubbish
		Saucepan
Ovenproof Dish		Tablespoon
		Rolling pin
		Pastry brush
		Triangle pan stand

Method

1. Preheat the oven Electric 200C/Gas 6
2. Prepare the fruit – peel and slice the apples, cook in a saucepan in a minimal amount of water until softened. Add sugar to taste. Leave to cool
3. Rub the fat into the flour until it resembles breadcrumbs
4. Add small amounts of cold water until a dough is formed
5. Divide the dough into thirds – one third will be used for the top of the apple pie and the remaining dough will form the base
6. Roll out the dough and line the base of the oven proof dish. Place the fruit filling over the pastry
7. Roll out the remaining pastry and place over the fruit and seal the edges
8. Brush with a little milk and sprinkle with sugar to glaze
9. Bake for 20 minutes until golden brown

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Fish Pie

Ingredients	Cheese Sauce	Equipment
350g fresh fish	25g margarine	Wooden spoon
50g mushrooms	25g plain flour	Potato peeler
1 egg	275ml milk	Vegetable knife
Salt and pepper	100g cheese	Chopping board
Fresh Parsley		Newspaper
Worcestershire sauce		Saucepan with lid
4 medium sized potatoes		Small saucepan
1-2 TBS milk		Colander
25g margarine		Potato masher
Ovenproof Dish		Wooden triangle
		Fork

Method

1. Pre-heat the oven to Electric 200C/ Gas 6
2. Peel and cut potatoes into small pieces.
3. Add potatoes to a saucepan and cover with water. Add ¼ teaspoon salt. Bring to the boil, then turn down the heat and simmer for 15 – 20 minutes until the potatoes are cooked.
4. Meanwhile cook your fish by either Steaming, Poaching or wrapping in foil on a baking tray in the oven.
5. Hard boil the egg for several minutes, then slice.
6. Chop the mushrooms and two teaspoons of parsley.
7. Make cheese sauce: Place flour, margarine and milk in a saucepan. Stir continuously over a moderate heat, bring to the boil, and then simmer for two minutes. Remove onto a pan stand and stir in the cheese, add a shake of salt and pepper and stir.
8. Grease your ovenproof dish, and add the flaked fish, mushrooms, 2 tsp's parsley, hard-boiled egg, Worcester sauce/vinegar, and mix with the Cheese sauce. Add salt and pepper.
9. Drain potatoes using a colander. Return the potatoes to the saucepan, add margarine and milk and mash until creamy.

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10. Place mash on top of your filling, smooth the top, and mark with a fork.
11. Bake for 15-20 minutes or until golden brown. Serve garnished with parsley

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Meat Lasagne

Ingredients	Equipment
All in One White Sauce	Peeler
40g margarine	Chopping board
40g Plain flour	Newspaper
1 pint milk	Can opener
Seasoning.	Vegetable knife
Bolognese sauce	Garlic crusher
250g minced beef/vegetarian mince	Saucepan
1 onion and 1 carrot	Wooden spatula
6 mushrooms	Jug
1 clove garlic	Named Ovenproof dish (approx. 25cm x 20cm x 5cm deep) & foil
2tbsp oil	
1x400g can chopped tomatoes	
1tbsp tomato puree	
Salt and pepper and mixed herbs. Stock cube	

Method

1. Peel and chop the onion and carrot, crush the garlic. Wash and slice the mushrooms
2. Heat the oil in a large pan. Fry the onions and garlic for 3-4 minutes. Then add the mince and cook gently until it is brown
3. Crumble the stock cube into the jug pour over the boiling water and stir. Open the can of tomatoes
4. Stir into the saucepan the mushrooms, stock, canned tomatoes tomato puree, mixed herbs and salt and pepper
5. Bring to the boil, then lower the heat and simmer very gently for 30 minutes or more stirring occasionally

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White sauce and layering the Lasagne

1. Put oven on Electric 190C/ Gas 5
2. Grease your ovenproof dish
3. Put the flour and butter into a saucepan, then pour in the milk
4. Place over a medium heat until it is simmering, whisking continuously with a hand whisk until the sauce has thickened
5. Check the sauce is smooth and the right consistency, then season with salt, pepper and nutmeg. Remove the pan from the heat onto a triangle pan stand
6. Pour one third of the bolognaise sauce into the bottom of your ovenproof dish, then one third of the white sauce over the bolognaise. Sprinkle with one-third of the cheese. Cover with a layer of lasagne sheets, not overlapping them
7. Repeat the layers of bolognaise sauce, white sauce, cheese and lasagne sheets, then repeat the layers once more, finishing with the cheese
8. Bake the lasagne for about 30 minutes, or until bubbling and golden brown

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Ginger and Carrot Soup

Ingredients	Equipment
20g Fresh Ginger	Chopping board
1tbsp vegetable oil	Sharp knife
1 onion (chopped)	Newspaper
2 cloves of garlic (crushed)	Large saucepan + lid
½ tsp ground nutmeg	Large bowl
850g stock	Electric hand blender
500g carrots (preferably organic)	Measuring Jug
400g cannellini beans	Wooden spatula
Topping	
4tbsp almonds in their skins, cut into slivers	
Sprinkle of nutmeg	

Method

1. Heat the oil in a large pan, add onion, ginger and garlic, fry for 5 mins until starting to soften. Stir in nutmeg and cook for 1 min
2. Pour over the stock, add carrots, beans and their liquid. Cover and simmer for 20-25 mins until the carrots are tender
3. Scoop 1/3 of the mixture into a bowl and blitz the remainder with a hand blender until smooth
4. Return to the pan and heat until bubbling. Serve with topping of nutmeg and almonds

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Cheese Scones

Ingredients	Equipment
200g Self Raising flour	Large bowl
50g block margarine	Baking Tray
100g grated British cheese	Chopping board
125ml milk	Sharp knife + butter Knife
Optional Extras	Palette knife
1tbsp pesto sauce or Pinch of mustard	Jug + pastry brush
4 sun dried tomatoes	Flour dredger
50g chopped olives	Pan stand

Method

1. Preheat Oven Gas 7/ Electric 220C.
2. Add the flour and margarine (cut into small chunks) to the food processor. Process until the mixture looks like breadcrumbs
3. Add flavourings – grated cheese, and optional extras.
4. Gradually add the milk and process to form a soft NOT sticky dough, (No dry ingredients should be left at the bottom of the bowl)
5. Lightly flour the work surface and tip out the mixture. Pat out gently so the mixture is about 2-3 cm deep
6. Cut out scones using a plain cutter. Lightly knead trimmings together. Pat out and recut again. Place onto the baking tray
 - a) If doing cheese put a little grated cheese on top
 - b) Brush the others with milk on top
7. Bake in the oven for approximately 12 minutes. They should be golden brown and risen when cooked

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Fish cakes

Ingredients	Equipment
450g Floury Potatoes	Chopping board
350g Salmon Fresh or Tinned	Sharp knife
2 tsp Tomato ketchup	Saucepan and lid
1 tsp English Mustard	Newspaper for rubbish
Lemon	Zester
1 heaped TBS Chopped Parsley	Jug
1 heaped TBS Chopped Dill	Colander
3 TBS Plain flour	Tablespoon
Egg	3 plates or bowls
100g dried breadcrumbs	Triangle pan stand
4 TBS sunflower oil	Baking tray with foil
Salt and Pepper	Sheet of baking parchment
	Vegetable peeler
	Masher
	Large mixing bowl
	Fork

Method

1. Preheat the oven Gas 5/ Electric 180C
2. Peel the potatoes and cut into chunks. Place them into a saucepan and cover with water, put the lid on and bring to the boil. Cook for 12-15 minutes until tender
3. Meanwhile, put the salmon onto the foil placed on a baking tray, season and loosely wrap. Bake in the oven for 15 minutes
4. When cooked remove from the oven and leave to cool for a few minutes, then break into large flakes
5. Drain the potatoes, and leave to steam-dry for a few minutes, then mash.
6. Zest ½ lemon, and cut the other half into wedges to serve

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7. Place the potato, ketchup, mustard, zest, herbs and salt and pepper into a large mixing bowl and stir. Mix in the salmon, taking care not to break it up too much. Shape into 4 large fish cakes
8. Put the flour, egg and breadcrumbs on 3 separate plates or bowls
9. Dip the fishcakes into the flour, dust off any excess, then dip in the egg, and finally coat in breadcrumbs
10. Place them onto the baking parchment on the baking tray, and bake in the oven for 15-20 minutes, until golden browns

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Swiss Roll

Ingredients	Equipment
2 eggs	Large mixing bowl
50g/2oz caster sugar	Electric whisk
50g/2oz S.R. Flour	Tablespoon
2-3TBS jam	Swiss roll tin
(for chocolate Swiss roll remove 25g of S.R. flour and add 25g of cocoa powder)	Greaseproof paper
	Sharp knife
	Palate knife
	Spatula
	Sieve
	Cooling rack

Method

1. Light the oven, Gas 6/ Electric 200C
2. Line a Swiss roll tin with greaseproof paper, then grease the paper
3. Sieve the flour onto a plate
4. Whisk the eggs and sugar until thick, ribbon texture
5. Gently fold in the flour using a tablespoon
6. Pour into the tin and scrap around bowl with a spatula
7. Bake for 8-10 minutes until golden brown and firm. Do not overcook, or it will break when you try to roll it up
8. While the cake is baking, spread caster sugar over a piece of greaseproof paper. Mix the jam with a spoon to soften it
9. When the Swiss roll is cooked, tip it on to the sugared paper. Peel off the lining paper, and trim the edges
10. Spread quickly with the softened jam using a palate knife, then roll it up using the paper to help you

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The Whisking Method

1. This method is used for making sponge cakes. A sponge is a cake which contains no fat. As these cakes contain no fat they soon become stale, so they should be eaten within a day of being made. The ingredients used are flour, eggs, and caster sugar only.
2. Flour: self-raising flour is used to give extra lightness, though plain flour could be used. It must be well sieved.
3. Sugar: Caster sugar is essential for this light mixture.
4. Eggs: these should be at room temperature. If cold, they will take longer to whisk.

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Speedy Home-Made Bread

Ingredients	Equipment
375g Strong white bread flour	1 measuring jug
12.5 Margarine or oil	1 large bowl
1 teaspoon (tsp) salt	1 pastry knife
3g Fast Action Yeast	1 plastic bag
225ml Water or Milk (Warm)	1 tray greased

Method

1. Preheat oven, Electric 230C/ Gas 8
2. Place flour into a large mixing bowl
3. Rub fat into the flour, stir in the salt
4. Mix in the water and bring together to form a dough.
5. Turn onto a lightly floured surface and knead for 10 minutes until the dough is smooth, elastic, pliable and no longer sticky
6. Shape dough into rolls
7. Cover with plastic bag and leave in a warm place, until they have doubled in size
8. Remove bag and bake until golden brown and they sound hollow when tapped
9. Cool on a wire rack

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Chelsea Buns

(Page 179 Stork Book)

Short time enriched dough	Filling	Equipment
50g margarine	25g margarine	Large mixing bowl
450g Strong Bread flour	40g caster sugar	Measuring jug
1x5ml spoon sugar	75g dried fruit	Fork
1x5ml spoon salt	1x5ml mixed spice	Small bowl
225ml warm milk	Glaze	Rolling Pin
7g dried fast action yeast	3x15ml hot water	Palette knife
1egg	3x15ml caster sugar	Triangle pan stand
		Pastry brush

Method

1. Pre-heat the oven Electric 180C/ Gas 5
2. Rub the margarine into the flour. Add salt, sugar and yeast
3. Mix in the egg and slowly add the warm milk until the dough is soft
4. Turn onto a lightly- floured work surface and knead for about 10mins
5. Place into a bowl, cover with cling film and prove for 10mins
6. Roll into a rectangle – 30x23cm
7. Brush with the melted margarine. Mix sugar with the dried fruit and spice
8. Sprinkle with the mixture over the rectangle – make sure this is evenly spread
9. Roll up lengthways like a Swiss roll
10. Cut into 8 pieces- lay them into a tin or baking tray upmost – showing the roll
11. Cover and leave to prove further for 15-20mins
12. Bake in a preheated oven for 20-25 mins – until they are Golden Brown
13. To make the glaze, dissolve sugar in the warm water and brush over the buns as soon as they come out of the oven

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Lemon Meringue Pie

Ingredients	Equipment
Shortcrust Pastry	Saucepan
50g margarine	Food processor
50g lard	Large mixing bowl
200g Plain flour	Measuring jug
Cold water to mix	Small bowl
Tablespoon	Rolling Pin
Filling	Spatula
2 medium egg yolks	18cm Flan tin
100g Caster sugar	Triangle Pan Stand
1 large lemon	Zester
150ml water	Piping bag and nozzle
25g cornflour	Greaseproof paper
Meringue	Baking beans
2 medium egg whites	Juicer
125g caster sugar	Sharp knife
	Wooden spoon
	Electric whisk

Method

1. Pre-heat the Oven Electric 190C/ Gas 5

Make the pastry

2. Rub the margarine into the flour, (or use a food processor) until it looks like breadcrumbs
3. Mix in the cold water until it forms a ball, wrap it in cling film and put it into the fridge to chill

Make the filling

4. Separate your eggs, putting the whites into a large clean mixing bowl, and the yolks into the saucepan
5. Zest the lemon then cut in half and juice it

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Line the tin and bake blind

6. Roll out the pastry and line the flan tin
7. Bake blind by putting greaseproof paper onto the base of the pastry and adding the baking beans
8. Put it into the oven for 10 minutes, then remove the greaseproof paper and baking beans and place back into the oven for a further 5 minutes
9. Reduce heat of oven to electric 150C gas 2

Create the meringue topping

10. Put the 2 egg yolks, 100g caster sugar, juice and zest of the lemon and 150ml water into a saucepan and mix well with a wooden spoon
11. Put the cornflour and a little cold water into a small bowl and mix together until smooth, then add it to the lemon mixture stir well, and bring to the boil
12. Pour the lemon mixture into the baked flan case
13. Make the meringue by whisking the 2 egg whites in a large clean mixing bowl until stiff, then gradually whisk in the caster sugar
14. Put the meringue into a piping bag and pipe over the top of the flan

Cook the product

15. Return the flan to the oven and bake for about 25 minutes, until crisp and pale golden brown

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Puff Pastry

Ingredients	Equipment
250g strong flour	Food processor
225g cold butter	Rolling pin
150ml cold water	Measuring jug
Pinch of salt	Ruler

Method

- Put the flour and a pinch of salt into the food processor. Steadily pour in water. When dough comes together, cover with cling film and chill for 20 mins.
- Lightly flour the work surface and roll the dough into a 25cm circle, Put the butter between two pieces of baking parchment and soften it by tapping it with a rolling pin. Cut the butter in half and repeat the process until the butter is pliable but still cold. Reshape to the size of a post card.
- Put the butter in the centre of the pastry and fold over the right and left sides of the circle, overlapping in the middle. Press the dough with your rolling pin to make it longer and then lightly mark into thirds. Fold the bottom third up to cover the middle third and the top third down. Seal the dough gently by pressing down on the edges with your rolling pin. Give the dough a quarter turn.
- Roll the dough out to a long rectangle keeping the edges square and the sides straight. Mark the dough into thirds again, fold the bottom third up and the top third down. Seal the edges and give the dough a quarter turn. Repeat one more time, cover and chill for 20 mins.
- Repeat step 4 twice more, chilling each time. Chill for one hour before using.

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Red pepper and goats cheese palmiers

Ingredients	Equipment
500g puff pastry	Butter knife
100g goats cheese	Baking Tray
200g roasted red peppers from jar	Chopping board
50g walnuts	Sharp knife
	Palette knife
	Rolling pin
	Flour dredger
	Pan stand

Method

8. Preheat Oven Gas 6/ Electric 200C.
9. Roll out pastry
10. Spread cheese over pastry, chop peppers and walnuts and sprinkle onto cheese.
11. Roll up 1 edge of pastry into centre, then repeat with opposite edge to meet in the middle. Cut into 20 slices.
12. Bake in oven for 10 – 12 minutes until golden.

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Pasta recipe

Ingredients	Equipment
6 large free-range eggs	Large bowl
600g Tipo 'OO' flour or strong bread flour	Fork
	Food processor
	Cling film
	Pasta maker or rolling pin
	Flour shaker

Method

- Place the flour on a board or in a bowl. Make a well in the centre and crack in the eggs. Beat the eggs with a fork until smooth. Using the tips of your fingers, mix the eggs into the flour, incorporating a little at a time, until everything is combined. Knead the pieces of dough together – with a bit of work and some love and attention they'll all bind together to give you one big, smooth lump of dough.
- You can also make your dough in a food processor. Bung everything in and whiz until the flour looks like breadcrumbs, then tip the mixture onto your work surface and bring the dough together into one lump using your hands.
- Once you have made your dough you need to knead and work it with your hands to develop the gluten in the flour, otherwise your pasta will be flabby and soft when you cook it, instead of springy and al dente.
- Knead and you will know when to stop – it's when your pasta starts to feel smooth and silky instead of rough and floury. Then wrap it in cling film and put it in the fridge to rest for half an hour before use. Make sure the cling film covers it well or it will dry out and go crusty round the edges (this will give you crusty lumps through your pasta when you roll it out).

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How to roll your pasta

9. When it comes to rolling, the main problem you will have is getting the pasta thin enough to work with. Roll lots of small pieces of pasta rather than one big one. You'll be rolling your pasta into a more circular shape than the long rectangle you get with a machine.
10. If using a machine to roll your pasta, make sure it is clamped firmly to a clean work surface before you start.
11. Dust your work surface with some flour, take a lump of dough the size of a large orange and press it flat with your fingers. Set the pasta machine at its widest setting and roll the lump of pasta dough through it. Lightly dust the pasta with flour if it sticks at all. Click the machine down a setting and roll the pasta dough through again. Fold the pasta in half, click the pasta machine back up to its widest setting and roll the dough through again. Repeat this process five or six times. It might seem like you are getting nowhere, but in fact you are working the dough, and once you have folded and fed it through the rollers a few times, you will feel the difference. It will be smooth as silk.
12. Now it is time to roll the dough out properly, working it through all the settings on the machine, from the widest down to around the narrowest. Lightly dust both sides of the pasta with a little flour every time you run it through. When you have got down to the narrowest setting, to give yourself a tidy sheet of pasta, fold the pasta in half lengthways, then in half again, then in half once more until you have a squarish piece of dough. Turn it 90 degrees and feed it through the machine at the widest setting. As you roll it down through the settings for the last time, you should end up with a lovely rectangular silky sheet of dough with straight sides – just like a pro! If your dough is a little cracked at the edges, fold it in half just once, click the machine back two settings and feed it through again. That should sort things out. Whether you are rolling by hand or by machine you will need to know when to stop. If you are making pasta like Tagliatelle, lasagne or Stracchi you will need to roll the pasta down to the

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thickness of between a beer mat and a playing card; if making a stuffed pasta like ravioli or tortellini, you will need to roll it down slightly thinner or to the point where you can clearly see your hand or lines of new

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Tomato sauce

Ingredients (you might want to half recipe)	Equipment
1 tsp Olive oil	Spatula
2 chopped onions	Sharp knife
2 cloves garlic	Chopping board
1 TBS tomato puree	Newspaper/Tin plate for rubbish
2 x 400g Chopped tomatoes	Saucepan
1 tsp Dried oregano	Tablespoon

Method

10. Heat the olive oil in a large sauce pan, add onions and cook on a low heat until soft. Add the garlic and tomato puree. Cook for a few minutes then add the chopped tomatoes and oregano. Season generously and simmer for 20 mins, then allow to cool.
11. Store in sterilised jars in the fridge for up to 1 week, or transfer to a container and freeze for up to 2 months.

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Simple pizza base

Ingredients	Equipment
600g strong bread flour	Large bowl
1 tsp fast action yeast	jug
2 TBS olive oil	Baking tray
500ml warm water/milk	Flour sifter
1 tsp salt	

Method

12. Put the flour, yeast and 1 tsp salt into a large bowl. Stir in 500ml of slightly warm water and the oil. You should end up with a wettish dough that is rough and lumpy. Scrape down the sides of the bowl, cover. Leave dough to rise for at least 1 hour or until it has doubled in size.

13. When ready to cook bring dough up to room temperature. Heat the oven to 200C Electric/ Gas 7. Dust 2-4 baking sheets with semolina. Dust the work surface with flour, then divide the dough into 2 or 4 pieces. Knead each piece on the floured surface, incorporating enough flour to stop the dough being sticky.

Roll each piece into a pizza shape and lift onto the baking sheets. Leave to rise for 10 minutes whilst you sort toppings. Top the bases with your chosen ingredients, drizzle with olive oil, sprinkle with salt and bake following the timings for each topping (18 mins for a large pizza or 12 mins for individual) or until crust is crisp and the topping is bubbling.

Technical Skills:	
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