



HEART OF ENGLAND
Creating Futures



Year 9 Food + Nutrition: Food Technical Skills

Name:

Teacher:



Technical skills

1. General practical skills
2. Knife skills
3. Preparing fruit and vegetables
4. Use of the cooker
5. Use of equipment
6. Cooking methods
7. Preparing, combining and shaping
8. Sauce-making
9. Tenderising and marinating
10. Dough
11. Raising agents
12. Setting mixtures

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

Please adapt the recipes to suit your families' needs.

Please share ingredients with your friends.

Lost book?

Check the school website for the e-version:

- [Academic/Design and Technology/Recipe Books/2018 Year 9 Food Technical Skills Book](#)
- L drive/food/foodtechnicalskills/yr 9 (*only from inside school*)



Personal Safety for the Food 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 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.
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.



Mushroom Risotto

dop:

Technical skills: 2, 4

| Ingredients | Equipment |
|---------------------------------|-----------------------------------|
| 1 onion | Chopping board |
| 150g chestnut mushrooms | Knife |
| 2 cloves garlic | Tin plate/Newspaper (for rubbish) |
| 1 Tbsp cooking oil | Wooden spatula |
| 250g risotto rice | Garlic crusher |
| Stock cube | Jug |
| 1 – 1 ½ pints boiling water | Large saucepan |
| 1 Tbsp parmesan cheese (grated) | Grater |
| 2 tsp thyme (chopped) | Triangle Pan Stand |
| | Named container |

Method

1. Peel and chop the onion, slice the mushrooms, peel and crush the garlic
2. Put oil into the saucepan and using the wooden spatula fry the onion and garlic until soft
3. Add the mushrooms, and fry for another 2 minutes
4. Stir in the rice
5. Mix the stock cube with boiling water in the jug
6. Add a little of the stock to the rice and keep stirring till the stock is absorbed
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty
8. Stir the parmesan and thyme into the rice



Oriental Beef Stir Fry

dop:

Technical skills: 2, 4

| Ingredients | Equipment |
|-----------------------------|------------------------------------|
| 225g Thin Beef frying steak | Wok or deep sided frying pan |
| 3 Mushrooms | White chopping board |
| ½ Carrot | Red chopping board |
| 1 garlic clove | Wooden spatula |
| 2cm (½ inch) Ginger | Garlic crusher |
| 50g Broccoli | Zester |
| 2 heads of pak choi | Newspaper or tin plate for rubbish |
| 3 spring onions | Wooden pan stand |
| 1 red chilli | Juicer |
| ½ Lime | Tablespoon |
| 1 Tbsp oil | Vegetable peeler |
| 1 Tbsp soy sauce | Vegetable knife |
| | Named container |

Method

1. Using the red chopping board thinly slice the steak into strips
2. Using the white chopping board peel and chop the vegetables into similar sized pieces, and quarter the pak choi
3. Peel and thinly slice the ginger, peel and crush the garlic, chop the chilli
4. Zest and juice the lime
5. Heat the oil in a wok or deep sided frying pan
6. Add the strips of beef, ginger, garlic and chilli and cook for 3-4 minutes until browned
7. Add the carrot, spring onions, broccoli and pak choi and cook for a further 3-4 minutes
8. Stir in the soy sauce, lime juice and zest through the beef and vegetables



Fish Fingers

dop:

Technical skills: 4, 7

| Ingredients | Equipment |
|------------------------|--------------------|
| 500g white fish fillet | Chopping board |
| 100g plain flour | Sharp knife |
| 3 large eggs | Baking tray |
| 200g breadcrumbs | Fork |
| oil | Jug |
| Pinch of Tumeric | Tin plates |
| NAMED CONTAINER | Triangle pan stand |

Method

1. Preheat the oven Gas 6 / Electric 200°C
2. Cut fish into thumb sized fingers
3. Beat eggs with a fork
4. A production line is needed. A separate plate is needed for each ingredient. (a) Flour, (b) beaten egg and (c) breadcrumbs.
5. Dip fish finger into flour and shake off excess
6. Roll fish finger in beaten egg until coated
7. Roll Fish finger in breadcrumbs until totally covered
8. Place on baking tray and brush with oil
9. Bake for 10 – 12 minutes until golden brown and the fish flakes.



Swiss Roll

dop:

Technical skills: 4, 7, 11, 12

| Ingredients | Equipment |
|---|--|
| 2 eggs | Large mixing bowl |
| 50g caster sugar | Electric whisk |
| 50g S.R. Flour - for chocolate swiss roll replace 25g of flour with 25g of cocoa powder | Swiss roll tin Greaseproof paper Palette knife |
| 2-3 Tbsp jam | Spatula |
| | Sharp knife |
| | Sieve |
| | Triangle Pan Stand |
| | Named Container |

Method

1. Light the oven, Gas 6 / Electric 200°C
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 a thick, ribbon texture
5. Gently fold in the flour using a tablespoon
6. Pour into the tin and scrape 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



Chicken Tandoori Wraps

d.o.p

Technical skills: 2, 7, 9

| Ingredients | Equipment |
|--|--|
| 2 Chicken breasts OR 100g Prawns OR Quorn pieces OR Own choice | Small bowl |
| 1 tsp Curry powder | Chopping board |
| 50g Ginger 4 Tomatoes | Vegetable knife |
| Salt and Pepper | Vegetable peeler |
| ½ Red Onion | Large mixing bowl |
| 1 Chilli | Baking tray lined with foil |
| 4 garlic cloves | Newspaper for rubbish |
| Small pack of coriander, leaves only Chapatis or wraps to serve | Hand blender or Magi mix with small bowl fitted |
| 250g Greek-style natural yogurt | Triangle pan stand |

NAMED CONTAINER AND FOIL

Method

13. Turn on oven to Electric 180°C / Gas 4
14. Peel the ginger, deseed the chillies, and peel the garlic
15. Using a Magi Mix with small bowl fitted OR Use a small bowl and hand blender, whizz the chillies, garlic and ginger until finely chopped
16. Add the yogurt and $\frac{3}{4}$ of the coriander, whizz again until well mixed, add salt and pepper
17. Weigh out 175g of the yogurt mixture into a large mixing bowl and stir in the curry powder
18. Chop the chicken (if using) into small chunks, add either chicken, prawns, Quorn or own choice to the mixing bowl and mix well to coat
19. Place chicken, prawns, Quorn or own choice onto the baking tray lined with foil, and bake for 30 mins



20. Chop the onion and deseed and slice the tomatoes. Place in the remaining yogurt mixture with the remaining coriander and stir
21. Lay the chapatis or wraps on a plate
22. Remove baking tray from the oven onto a pan stand
23. Divide the chicken/prawns/Quorn, and salad mixture between chapatis/wraps and roll up



Jam Tarts

dop:

Technical skills: 5, 7, 10

| Ingredients | Equipment |
|---------------------------------|---------------------------------|
| <u>Shortcrust Pastry</u> | |
| 200g Plain flour | Rolling pin |
| 50g butter or margarine | Flour dredger |
| 50g lard or Trex | Large Mixing bowl |
| 50g Jam, curd or marmalade | Jug |
| | Pastry brush |
| | Bun tin |
| | Cutters (one large, one medium) |
| | Icing sugar/Caster sugar Shaker |
| | Triangle pan stand |
| | Named container |

Method

1. Preheat the oven Gas 6 / Electric 200°C
2. Place flour, butter and lard into a mixing bowl and rub in until it looks like breadcrumbs. Add water and bring together into a ball to make the pastry
3. Roll out the pastry, and using the cutters cut out 12 large circles for jam tarts
4. Line the base of the bun tin with the large circles, and place 1 tsp jam into each
5. Cook for 15 minutes, until golden brown
6. Wash up



Quiche

dop:

Technical skill: 7

| Ingredients | Equipment |
|--|---------------------------------------|
| 250g fresh or frozen short crust pastry | Rolling pin |
| OR | Vegetable knife |
| 200g Plain flour | Chopping board |
| 50g Margarine | Measuring jug |
| 50g Lard or Trex | Fork |
| Filling | Small bowl |
| 50-75g Cheese (grated) | Flour dredger |
| 100g e.g. onion/mushrooms peppers/sweetcorn | Newspaper or tin plate for rubbish |
| 50g e.g. bacon, ham, chicken, Quorn, tuna | Grater |
| 2 eggs – beaten | Scissors |
| 200ml milk | Greaseproof paper and Baking beans |
| Salt and pepper to taste | Ovenproof flan dish from home |

Method

1. Put oven on to Electric 180°C/Gas 5
2. Rub fat into flour to make breadcrumbs (by hand or use a food processor) add water to form a ball
3. Flour your work surface, and roll out the pastry into a large circle. Lift over the rolling pin and line your flan dish
4. Scrunch up a piece of greaseproof paper and place inside the pastry case, and put some baking beans on top
5. Put it into the oven to **Bake Blind** for 10 minutes, then remove the paper and beans and return to the oven for a further 5 minutes
6. Prepare the ingredients for the filling. Chop vegetables and grate cheese. Chop meat.



7. Sprinkle into the pastry case
8. Beat the eggs in a small bowl, add the milk and seasoning. Pour over the filling.
9. Bake until golden brown and not wobbly, 20-30 minutes



Vegetarian Pizza

dop:

Technical skill: 4, 7, 10, 11

| Ingredients | Equipment |
|---|-------------------------------------|
| Base | |
| 200g bread or plain flour | Large mixing bowl |
| 1tsp yeast | Flour dredger |
| ½tsp salt | Rolling pin |
| 150ml warm water | Baking tray |
| Topping | |
| 100g grated cheddar cheese | Palette knife |
| 3Tbsp tomato puree or pizza sauce | Grater |
| with optional extras – 2Tbsp sweetcorn, quorn, mushrooms | Sharp knife |
| 2 Tbsp pineapple pieces | Newspaper or tin plate for rubbish. |
| ½ red or green pepper | Chopping board |
| | Triangle pan stand |
| | Named container to fit pizza |

Method

1. Prepare the baking tray and put the oven on Gas 6/ Electric 200°C
2. Make up dough – mix flour, yeast, and salt add enough warm water to give a soft dough, knead and then put into the mixing bowl and microwave for 10 seconds on high. Roll out to a 20cm round 1cm thick
3. Place on a baking tray with baking parchment on or flour the tray
4. Spread tomato puree over the base to the edge, using a palette knife
5. Sprinkle the cheese over evenly and add the optional extras diced
6. Bake until the base is cooked and the cheese has melted to a golden brown



Vegetarian Lasagne

dop:

Technical skill: 3, 7, 8

| Ingredients | Equipment |
|--|-----------------------------|
| Sauce | |
| 1 tsp mixed herbs | Chopping board |
| 1 onion | Pan stand |
| 1 carrot | Vegetable knife |
| 1 Tbsp tomato puree | Garlic crusher |
| 2 celery sticks | Small bowl |
| 1 garlic clove | Wooden spatula |
| 100g lentils (tinned or carton <i>NOT</i> dried) | Tin opener |
| 1Tbsp oil | Potato peeler |
| 1 tin chopped tomatoes (400g) | Jug |
| Black pepper | Saucepan with lid |
| 6 Lasagne sheets | Named ovenproof dish & foil |
| White sauce | |
| 200ml reduced fat crème fraiche | |
| 25g grated parmesan cheese | |
| 100ml semi-skimmed milk | |

Method

1. Put ovens on Electric 190°C/ Gas 5
2. Peel and chop the onion and carrot, then slice the celery and peel and crush the garlic
3. Put the oil into a saucepan and fry the onion, garlic, carrot, and celery stirring with the wooden spatula until soft
4. Add the lentils, tin tomatoes, herbs and tomato puree
5. Pour in just enough water to cover the mixture and bring to the boil, then lower the heat and simmer for 15 minutes with the lid on



6. Mix the crème fraiche, milk, pepper and half the grated cheese together in a small bowl till you have a smooth sauce
7. Place half the lentil mixture into your ovenproof dish, cover with lasagne sheets and put half the crème fraiche sauce over the top; then repeat this
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes until golden brown



24.

Vegetable Samosas

dop:

Technical skills: 2, 3, 4

| Ingredients | Equipment |
|--|---|
| 1 small carrot | Frying pan |
| 2-3 Tbsp water | Pastry brush |
| 1 small potato | Colander |
| 25g frozen peas | wooden spatula |
| 1 small onion | Vegetable peeler |
| 1 Tbsp fresh coriander | Chopping board |
| 1 tsp garam masala | Vegetable knife |
| 25g butter | Newspaper or tin plate for rubbish |
| ½ red chilli | Baking tray covered with baking parchment |
| 1 pack of filo pastry OR Shortcrust pastry (if none available) | Triangle pan stand |
| ½ tsp turmeric | Named container |
| 1 Tbsp oil | |

Method

1. Preheat the oven Gas 6 / Electric 200°C
2. Peel and dice the potato and carrot (pea sized)
3. Peel and chop the onion, put them all into the frying pan with the oil and fry for 5-6 minutes
4. Add the chilli, turmeric and garam masala then cook for a further 1 minute
5. Add 2-3 Tbsp water to the mixture, and fry gently for 5 minutes, then add the peas and coriander
6. Remove from the heat and allow to cool on a pan stand
7. Lay the filo pastry on the work surface, and cut into 10cm wide strips. Melt the butter in a small bowl



8. Brush each sheet with melted butter and place 2-3 on top of each other
9. Place 1 Tbsp of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat the process
10. Place on a baking tray covered with baking parchment and repeat with all the other strips of pastry
11. Brush the samosas with melted butter, and bake for 10 minutes



Cottage Pie

d.o.p

Technical skill: 4, 5

| Ingredients | Equipment |
|-----------------------------|-------------------------------------|
| 250 minced beef | Vegetable knife |
| 1 onion | Chopping board |
| 1 carrot | Wooden spatula |
| ¼ savoy cabbage | Deep sided frying pan |
| 3 medium potatoes | Measuring jug |
| 1 Tbsp plain flour | Newspaper or tin plate for rubbish. |
| 1 Tbsp tomato puree | Wooden pan stand |
| 1 Tbsp Worcestershire sauce | Colander |
| 1 stock cube | Saucepan and lid |
| 300ml water | Ovenproof dish from home |

Method

1. Pre heat the oven to Electric 200°C / Gas 6
2. Peel all the vegetables. Then chop the onion, dice the carrot, shred the cabbage.
3. Slice the potatoes and put them into a bowl of cold water
4. 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. During the last 5 minutes of cooking the vegetables add the cabbage
9. Spread the meat mixture into your ovenproof dish and place the sliced potatoes over the top
10. Cook for 20-25 minutes, until golden brown



Scotch eggs

dop:

Technical skills: 7, 12

| Ingredients | Equipment |
|---------------------------------------|---|
| 5 Eggs | Chopping board |
| 25g Plain flour | Jug |
| 5 Large Sausages or 200g Sausage meat | Saucepan and lid |
| 80g Stuffing mix/breadcrumbs | Newspaper for rubbish |
| Salt and Pepper | Sharp knife |
| | Baking tray and a sheet of baking parchment |
| | Triangle pan stand |
| | Fork |
| | 5 plates or bowls |
| | Cling film |
| | Brush |
| | Named container |

Method

1. Preheat the oven gas 6/ electric 200°C.
2. Put 4 eggs into a saucepan cover with water and bring to the boil, lower the heat and simmer for 10 minutes
3. Beat the egg in a jug with the fork
4. Drain and shell the 4 eggs
5. A production line is needed to do this job. Place each ingredient on a separate plate or bowl. 1. Shelled eggs, 2. Plain flour (seasoned with salt and pepper), 3. Sausages (with skins removed) use 1¼ for each Scotch egg, 4. Bowl of beaten egg, 5. Stuffing mix



Production line

1. Roll the egg into the flour
2. Flatten out 1¼ sausages between two pieces of cling film on your chopping board, until it's about 10cm in diameter. Use the heel of your hand
3. Open the cling film and place the floured egg in the centre. Bring the sausage meat up around the egg
4. Using the cling film to coax it into place
5. Twist the cling film to get an even egg like shape. Unwrap and fill in any gaps
6. Dip the Scotch egg into the beaten egg a roll around so that it is full coated
Roll the Scotch egg into the stuffing mix completely covering it
7. Lay your completed egg onto the baking parchment on the baking tray
8. Give them a light brushing of oil, and bake in the oven for 25 minutes until golden brown



Sticky Toffee Pudding

dop:

Technical skills: 4, 6, 8

| Ingredients | Sauce | Equipment |
|-----------------------|-----------------------|----------------------|
| 90g dates | 3 Tbsp double cream | Saucepan with lid |
| 90g sugar | 100g soft brown sugar | Measuring jug |
| 90g SR flour | 70g butter | Tablespoon |
| 25g butter | | Sharp knife |
| ½ tsp vanilla essence | | Teaspoon |
| ½ tsp bicarb of soda | | Electric mixer |
| 1 egg | | Chopping board |
| 125ml water | | Mixing bowl |
| | | Wooden spoon |
| | | Spatula |
| | | Named ovenproof dish |

Method:

1. Oven Gas 5/ Electric 180°C
2. Grease baking dish
3. Chop dates and put into the saucepan with the water and bring to the boil, then switch off. Add bicarb of soda and put lid on and leave for a few minutes to soften the dates
4. Beat together the butter, egg, flour, sugar and vanilla essence until light and fluffy using a hand mixer
5. Mix in date mixture
6. Bake in dish until risen and golden brown
7. Heat sauce ingredients in a saucepan – bring to the boil stirring all the time and simmer for 3 minutes. Pour over cooled sponge



Salmon Fish Cakes

dop:

Technical skills: 7

| 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 |
| 1 heaped Tbsp Chopped Parsley | Jug |
| 1 heaped Tbsp Chopped Dill | Colander |
| 3 Tbsp Plain flour | Tablespoon |
| Egg | 3 plates or bowls |
| 100g dried breadcrumbs | Triangle pan stand |
| 4 Tbsp sunflower oil | Baking tray |
| Salt and Pepper | Vegetable peeler |
| Foil | Lemon Zester |
| | Masher |
| | Large mixing bowl |
| | Fork |
| | Named container |

Method

1. Preheat the oven Gas 5 / Electric 180°C
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 $\frac{1}{2}$ lemon, and cut the other half into wedges to serve
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 brown
11. Wash up



Chicken Tagine with Apricots

d.o.p

Technical skills: 4, 7, 8

| Ingredients | Equipment |
|---|------------------------------------|
| 8 small chicken thighs | Chopping board |
| 2 medium onions | Vegetable knife |
| 1 tsp ground cumin | Garlic crusher |
| 1 tsp ground cinnamon | Saucepan and lid |
| 1 tsp ground ginger | Wooden spatula |
| 3 Tbsp oil | Newspaper or tin plate for rubbish |
| 2 garlic cloves | Wooden triangle pan stand |
| 300ml water | Jug |
| 1 lemon juiced | Lemon juicer |
| Stock cube | Named container |
| 2 Tbsp honey | |
| Salt and pepper | |
| Pinch Saffron threads, crushed OR Turmeric | |
| 10 ready-to-eat dried apricots, cut into quarter's | |
| Small handful chopped coriander | |
| Optional | |
| Flaked almonds | |

Method

1. Season the chicken with salt and pepper
2. Heat ½ of the oil in a large saucepan, brown the chicken on both sides, then remove from the pan onto a tin plate
3. Add the remaining oil to the pan with the onions, garlic and some salt and pepper. Sauté for 10 minutes until softened and golden
4. Add the spices, sauté for 1 minute, then add the chicken, apricots, lemon juice, honey and half the coriander



5. Crumble the stock cube into the 300ml boiling water in a jug, stir, then add it to the pan
6. Bring to the boil then lower the heat and simmer for 30 minutes, or until the chicken is cooked through



Thai Green Chicken Curry

dop:

Technical skills: 4, 6

| Ingredients | Equipment |
|---|-------------------------------------|
| 450g boneless skinless chicken (breast or thighs) | Wooden pan stand |
| 225g new potatoes | Saucepan and lid |
| 100g green beans | Chopping board |
| 1 Tbsp oil | Vegetable knife |
| 1 Tbsp Thai green curry paste | Wooden spatula |
| 400ml can coconut milk | Garlic crusher |
| 1 clove of garlic | Measuring jug |
| 1 tsp caster sugar | |
| Optional – strips of lime zest | Newspaper or tin plate for rubbish. |
| fresh kaffir lime leaves | Wok or high sided frying pan |
| | Named container |

Method

1. Wash and cut potatoes into chunks, put into a saucepan of boiling water and cook for 5 minutes. Add the green beans and cook for a further 3 minutes. Drain and put to one side
2. Cut the chicken into bite sized pieces
3. Heat oil in a pan and cook the garlic for a few seconds. Spoon in the curry paste and stir it around for a few seconds to cook the spices.
4. Pour in the coconut milk and let it come to the boil
5. Stir in the fish sauce and sugar, then pieces of chicken. Turn the heat down to a simmer and cook, covered for about 8 minutes until the chicken is cooked
6. Tip in the potatoes and beans and let them warm through in the hot coconut milk, then add a few pieces of lime zest.



Fruit Pie

dop:

| Ingredients | Equipment |
|------------------------------------|-----------------------------------|
| Pastry | Saucepan |
| 300g Plain flour | Large mixing bowl |
| 75g White fat e.g. Trex | Sharp knife |
| 75g Block margarine | Chopping board |
| 3 Tbsp Water | Tablespoon |
| Filling | Newspaper/Tin Plate (for rubbish) |
| 400g fruit e.g. 2-3 cooking apples | Rolling pin |
| 1-2 Tbsp Water | Pastry brush |
| | Triangle pan stand |
| | Wooden spoon |
| | Ovenproof dish or plate |

Method

1. Preheat the oven, Gas 6/ Electric 200°C
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 pie and the remaining dough will form the base
6. Roll out the dough and line the base of the oven proof dish
7. Place the fruit filling over the pastry
8. Roll out the remaining pastry and place over the fruit and seal the edges
9. Brush with a little milk and sprinkle with sugar to glaze
10. Bake for 20 minutes until golden brown



Mary Berry Lasagne: Bolognese Sauce

d.o.p:

Technical skill: 3, 7, 8

| Ingredients | Equipment |
|--------------------------------------|------------------------------------|
| 250g minced beef or vegetarian mince | Chopping board Vegetable peeler |
| 1 onion | Can opener |
| 1 carrot | Vegetable knife |
| 6 mushrooms | Saucepan and lid |
| 1 clove garlic | Wooden spatula |
| 1 400g can chopped tomatoes | Jug |
| 2 Tbsp oil | |
| 100ml boiling water | |
| 2 tsp mixed herbs | |
| 1 Tbsp tomato puree | |
| NAMED CONTAINER | |

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



Mary Berry Lasagne: White Sauce

d.o.p:

| Ingredients | Equipment |
|--------------------------------|--|
| Butter for greasing | 2 Saucepans |
| 50g Parmesan cheese, grated | Wooden spoon |
| 6 Sheets lasagne | Triangle pan stand |
| White Sauce Ingredients | Hand whisk |
| 40g margarine | Ovenproof dish |
| 40g plain flour | Grater |
| 1 pint milk | Tin plate |
| Salt and pepper, nutmeg | Named ovenproof dish (approx. 25cm x 20cm x 5cm deep) & foil |

Method

1. Put ovens on Electric 190°C /Gas 5. Grease your ovenproof dish
2. Put the milk into a saucepan and bring to the boil.
3. Make the white sauce: Melt the margarine in a separate saucepan over a medium heat until it is foaming. Sprinkle in the flour
4. Using a hand whisk, whisk the mixture (roux) for 1 to 2 minutes. Remove the pan from the heat onto a triangle pan stand
5. Gradually add the hot milk, whisking constantly. Return to a medium heat and whisk until boiling and thickened
6. Check the sauce is smooth and the right consistency, then season with salt, pepper and nutmeg.
7. Pour one third of the bolognese sauce into the bottom of your ovenproof dish, then one third of the white sauce over the Bolognese. Sprinkle with one-third of the cheese. Cover with a layer of lasagne sheets, not overlapping them
8. Repeat the layers of bolognese sauce, white sauce, cheese and lasagne sheets, then repeat the layers once more, finishing with the cheese
9. Bake lasagne for about 30 minutes, or until bubbling & golden brown



Chelsea Buns

dop:

Technical skill: 7, 10

| Dough Ingredients | Filling Ingredients | Equipment |
|----------------------------|---------------------|-------------------|
| 50g margarine, | 25g margarine | Large mixing bowl |
| 450g Strong Bread flour | 40g caster sugar | Measuring jug |
| 1 tsp sugar | 75g dried fruit | Rolling Pin |
| 1 tsp salt | 1 tsp mixed spice | Fork |
| 225ml warm milk | | Small bowl |
| 7g dried fast action yeast | Glaze | Flour Dredger |
| | 1 egg | Sharp Knife |
| | 3 Tbsp hot water | Palette knife |
| | 3 Tbsp caster sugar | Pastry brush |
| | | Named cake tin |

Method

1. Pre Heat Oven Electric 180°C / 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 20-25mins – 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