



HEART OF ENGLAND
Creating Futures



Year 9 Food + Nutrition: Food Technical Skills 2022-23

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.
Small amounts of herbs, oils etc. will be available in school.
Please share ingredients with friends.**

Lost book?

Check the school website for the e-version:

- [Academic/Design and Technology/Recipe Books/2022-23 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
<i>OPTIONAL</i> 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	Vegetable knife
1 red chilli	Juicer
½ Lime	Tablespoon
1 Tbsp oil	Vegetable peeler
1 Tbsp soy sauce	Triangle pan stand
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
150g white fish fillet	Chopping board
25g plain flour	Sharp knife
1 large eggs	Baking tray
75g 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 egg 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	Swiss roll tin
2-3 Tbsp jam	Greaseproof paper
	Palette knife
NAMED CONTAINER	Spatula
	Sharp knife
	Sieve
	Triangle Pan Stand

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
1 Chicken breasts OR 50g Prawns OR Quorn pieces OR Own choice	Small bowl
1 tsp Curry powder	Chopping board
25g Ginger	Vegetable knife
1 Tomatoes	Baking tray lined with parchment
Salt and Pepper	Vegetable peeler
½ Red Onion	Large mixing bowl
1 Chilli	Triangle pan stand
1 garlic clove	Newspaper for rubbish
150g Greek-style yoghurt	Hand blender or Magi mix with small bowl fitted
Chapatis or wraps	
Small pack of coriander leaves	
NAMED CONTAINER AND FOIL	

Method

1. Turn on oven to Electric 180°C / Gas 4
2. Peel the ginger, deseed the chillies, and peel the garlic
3. 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
4. Add the yogurt and ¾ of the coriander, whizz again until well mixed, add salt and pepper
5. Weigh out 100g of the yogurt mixture into a large mixing bowl and stir in the curry powder
6. 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
7. Place chicken, prawns, Quorn or own choice onto the baking tray lined with foil, and bake for 30 mins



8. Chop the onion and deseed and slice the tomatoes. Place in the remaining yogurt mixture with the remaining coriander and stir
9. Lay the chapatis or wraps on a plate
10. Remove baking tray from the oven onto a pan stand
11. 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
NAMED CONTAINER	Bun tin
	Cutter
	Triangle pan stand

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



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
OVENPROOF DISH OR PLATE	Wooden spoon

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



Quiche

dop:

Technical skill: 7

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

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
2Tbsp pineapple pieces	Newspaper or tin plate for rubbish.
½ red or green pepper	Chopping board
	Triangle pan stand
<u>NAMED CONTAINER TO FIT PIZZA</u>	

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
1Tbsp 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 (400g)tin chopped tomatoes	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



Vegetable Pasties

dop:

Technical skills: 2, 3, 4

Ingredients	Equipment
200g shortcrust pastry	Bowl
50g onion, spinach or mushroom	Rolling pin
50g mature cheddar	Pastry brush
2 tsp parmesan	Cutter for pastry
Pinch of ground nutmeg	wooden spatula
	Tablespoon
	Chopping board
	Vegetable knife
	Newspaper or tin plate for rubbish
	Triangle pan stand
	Named container

Method

1. Preheat the oven Gas 6 / Electric 200°C
2. Peel and chop the onion or chop the spinach. Slice mushrooms if using.
3. Grate cheese into bowl and add nutmeg and parmesan.
4. Add the vegetables and mix together
5. Using a flour dredger flour the work surface. Roll out pastry to a long rectangle.
6. Cut out 6 circles with the cutter
7. Brush the edges with water. Place 1 Tbsp of filling into each circle.
8. Fold over edges and squeeze them. Brush the tops with more water and make holes with a fork.
9. Place on a baking tray covered with baking parchment for 15-20 mins.



Cottage Pie

d.o.p

Technical skill: 4, 5

Ingredients	Equipment
250g minced beef	Vegetable knife
1 onion	Chopping board
1 carrot	Wooden spatula
3 medium potatoes	Deep sided frying pan
1Tbsp plain flour	Measuring jug
1Tbsp tomato puree	Newspaper or tin plate for rubbish.
1Tbsp Worcestershire sauce	Wooden pan stand
1 stock cube	Colander
25g butter or margarine	
250ml 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.
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 250ml 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. Spread the meat mixture into your ovenproof dish and place the sliced potatoes over the top
9. Melt butter and brush over top of potatoes.
10. Cook for 20-25 minutes, until golden brown



Scotch eggs

dop:

Technical skills: 7, 12

Ingredients	Equipment
3 Eggs (2 x hard boil, 1 x coating)	Chopping board
25g Plain flour	Jug
3 Large Sausages or 100g Sausage meat	Saucepan and lid
50g Stuffing mix/breadcrumbs	Newspaper for rubbish
Salt and Pepper	Sharp knife
	Baking tray and a sheet of baking parchment
NAMED CONTAINER	Pastry brush
	Fork
	5 plates or bowls
	Cling film
	Triangle pan stand

Method

1. Preheat the oven Gas 6/ Electric 200°C.
2. Put 2 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 2 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.
7. Roll the Scotch egg into the stuffing mix completely covering it
8. Lay your completed egg onto the baking parchment on the baking tray
9. Give them a light brushing of oil, and bake in the oven for 25 minutes until golden brown



Salmon Fish Cakes

dop:

Technical skills: 7

Ingredients	Equipment
200g Floury Potatoes	Chopping board
100g Salmon Fresh or Tinned	Sharp knife
1 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
2 Tbsp Plain flour	Tablespoon
Egg	3 plates or bowls
75g dried breadcrumbs	Fork
4 Tbsp sunflower oil	Baking tray
Salt and Pepper	Vegetable peeler
Foil	Lemon Zester
NAMED CONTAINER	Masher
	Large mixing bowl
	Triangle pan stand

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 2 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



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
OVENPROOF DISH		Spatula
NAMED CONTAINER		

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 boil stirring all the time and simmer for 3 minutes. Pour over cooled sponge.



Chicken Tagine with Apricots

d.o.p

Technical skills: 4, 7, 8

Ingredients	Equipment
4 small chicken thighs	Chopping board
1 medium onion	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	
5 ready-to-eat dried apricots, cut into quarter's	
Small handful chopped coriander	

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



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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
200g boneless skinless chicken (breast or thighs)	Wooden pan stand
100g new potatoes	Saucepan and lid
50g 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	Wok or high sided frying pan
Optional – strips of lime zest	Newspaper or tin plate for rubbish.

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
OVENPROOF DISH OR PLATE	Wooden spoon

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
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 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
8. Repeat the layers of bolognaise 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