

# Minestrone Soup

## Recipe:

- $\frac{1}{2}$  can chopped tomatoes
- $\frac{1}{2}$  onion
- $\frac{1}{2}$  carrot
- $\frac{1}{2}$  stick of celery
- $\frac{1}{2}$  potato
- 25g French beans
- 250 ml stock
- Salt & pepper
- 1T pasta

## Method:

1. In a large saucepan heat the oil and saute the onion, carrot, celery until they begin to colour.
2. Add the potato and stir to coat with oil.
3. Add tomatoes and French beans, then the stock.
4. Bring to the boil, cover and simmer for 10 minutes.
5. Add the pasta, stir and simmer for another 10 minutes.

# Meatballs in Tomato Sauce (Serves 4)

## Recipe:

For the Meatballs:

- 500g (1lb) minced lean beef or lamb
- 2 level teaspoons of dried herbs
- 1 egg
- 1 tablespoon of flour
- Vegetable oil for cooking

For the Tomato Sauce:

- 1 onion
- 1 clove of garlic
- 400g (14oz) can of chopped tomatoes
- 1 tablespoon of fresh chopped basil
- 1 tablespoon of tomato purée
- Salt and ground black pepper

## Method:

- Put the meat into a bowl and break it up with a fork. Crack the egg into a cup then add it, along with the mixed herbs and flour.
- Pick up some of the mixture and shape it into a ball, about the size of a table tennis ball. Make 15 more.
- Heat three tablespoons of oil in a frying pan and add eight meatballs. Turn them often, until they are brown all over.
- Put a paper towel onto a plate and lift the browned meatballs onto it. Brown the other eight meatballs and put them on the plate.
- Chop the onion and peel and crush the garlic. Heat a tablespoon of oil and fry them until they are soft.
- Add the tomatoes, basil, purée and salt and pepper. Let it boil, then turn down the heat and bubble it gently for ten minutes.
- Add the meatballs. Put a lid onto the pan and leave the sauce to bubble gently for 20 minutes, stirring occasionally.

# Chicken Goujons and Mayonnaise

## Recipe:

- 2 Chicken breasts
- 2 eggs
- 100gm bread crumbs
- 25gm of flour, seasoned.
- Mayonnaise
- 2 egg yolks
- 175ml Olive oil
- 175ml sunflower oil
- lemon juice, to taste
- 2 garlic cloves, crushed to a paste

## Method:

- Cut chicken breast in to tin stripes
- Coat in flour, dip into beaten eggs
- Coat in bread crumbs
- This can be repeated to create a thicker layer of crumb.
- Bake in the oven 200°C for 15-20 minutes.
- For the garlic mayonnaise,
- Using a food processor, place the egg yolks into the bowl with the salt and freshly ground white pepper. On a slow setting whisk together while very gradually trickling in the sunflower oil, followed by the olive oil. Once the mixture is becoming very thick, add a little lemon juice.
- Continue beating, adding the oil a little faster and speeding up the beating speed. Add more lemon juice, salt and freshly ground black pepper to taste. Set aside in the fridge.

Lo; to develop knowledge and understanding of panning and the use of egg yolks as an emulsifier.

# Fish cake practical

## Recipe:

- 500gm potatoes
- 100gm white fish
- $\frac{1}{2}$  finely diced onion.
- Milk to poach
- 25gm butter
- Parsley
- Salt and pepper
- 100g Bread crumbs
- 2 Egg
- 50gm flour.

## Method:

- Wash and peel potatoes, cut into even sizes (3-4csm cubes). Boil until soft (knife easily goes through). Finely dice onion.
- In a frying pan soften onion in a small amount of butter, add fish and  $\frac{1}{2}$  cover with milk. Poach (6-8 minutes) until fish flakes. When cooked put to one side.
- When potatoes are cooked, drain, put back in the pan and shake, add butter, some of the milk liquor, salt, pepper and parsley. Mash until lump free.
- Add onion and flaked fish, gently mix together.
- Flour hands and shape into 4 disc's about 2 cm thick.
- Cover with flour, dip into egg wash and coat in bread crumbs.
- Shallow fry in pan until golden brown on both sides, drain on kitchen paper.

# Chicken and Bacon Tagliatelle

## Recipe:

400g (14oz) dried tagliatelle  
50g margarine or butter  
450g chicken, with out  
bones  
4 rashers of bacon  
100g mushrooms  
1 onion  
2 level tea spoon of chopped  
parsley  
300ml milk  
4 tablespoons of crème  
fraiche  
1 chicken stock cube  
1 heaped tablespoon of flour

## Method:

- Prepare onion by dicing. Slice the mushrooms finely.
- Snip any rind off the bacon then cut into pieces. Put a pan of water onto boil
- Chop the chicken into small chunks. Melt the margarine or butter in another saucepan and stir the chopped chicken
- Cook the chicken for 5 minuets until it looses its pinkness. Cut one piece in half and check it is cooked the whole way through
- Add the bacon to the chicken and cook for 3 minutes more. Then add the mushrooms and onions to the pan
- Cook the mixture for two minutes then stir in the flour. Cook it for a minute the take the pan of the heat
- Gradually add the milk, stirring it all the time. Add stock cube and put the pan back on the heat and let it bubble gently until the sauce thickens
- Add the crème fraiche and parsley turn the heat low while the pasta cooks
- Cook the pasta. Drain it and put it back into its pan. Stir the sauce in.

# Chicken Pie.

## Recipe:

- 400gm Chicken.  
(Breast, thigh or a mixture of both, boneless.)
- 100gm mushrooms.
- 1 onion.
- 100gm bacon.
- 1 stock cube.
- 50ml Vegetable oil
- 1 pt milk.
- 2 tbsp of plain flour
- Salt and pepper.

## Pastry

- 200gm Plain Flour
- 50gm Lard
- 50gm Block margarine.
- 2 tbsp of cold water
- Salt.
- 1 egg

## Method:

- Preheat oven 200°C.
- Weigh out flour, lard and margarine, add salt. Place in mixing bowl, rub together using finger tips until it looks like breadcrumbs.
- Add cold water 1 tbsp at a time, bring together using a table knife, add more water and repeat until you form large clumps of dough. Bring together using your hand. Knead until smooth on a floured surface. Put in fridge to chill.
- Dice onion, slice mushrooms. Cut chicken and bacon into bit size pieces.
- Heat oil in pan and add onions and mushrooms, cook until onions are soft add chicken and bacon, cook until meat is white all over and is sealed.
- Take pan off of heat, place on a pan stand. Add flour enough to absorb all of the liquid in the pan. Add a small amount of milk and stir in until it has been absorbed, repeat with more milk until you have a thin consistency. Return to a low heat and cook until the mixture begins to thicken and the flour is cooked out and you have a coating consistency to the sauce. Add stock cube and season to taste.
- Roll out pastry slightly wider than pie dish. Use remaining pastry to make a collar around dish. Add filling to dish. Glaze pastry collar with egg wash. Lay pastry top on and flute edges, trim excess pastry. Make 3 slits in top and decorate with pastry leaves. Finish by glazing with egg wash in preheated oven and bake for 30 to 40 minutes.

# Lemon Meringue Pie

## Method:

### Recipe:

- Grated rind and juice of 1 large lemon
- 250ml cold water
- 115gm plus 6 tbsp castor sugar
- 30gm butter
- 3tbsp Cornflour
- 3 eggs, separated

### Pastry

- 150gm Plain flour
- Salt
- 30gm lard or white vegetable fat
- 35gm blocked margarine
- 1 egg.

- Make shortcrust pastry by rubbing fat and flour together using your finger tips add 1-2 tbsp of cold water and bring together to form a stiff dough. Roll and line dish.
- Using a piece of greased proof paper and spare pastry blind bake base for 15 minutes in a hot oven 200°C. Remove from oven and place on a cooling wire.
- In a small saucepan put lemon zest, juice, sugar, water and slackened cornflour using a whisk bring to the boil to thicken, it should coat the back of the spoon.
- Remove from the heat onto a pan stand. Add egg yolks and butter whisk together put in the base of pastry case.
- In a clean large bowl whisk egg whites until they peak, carefully fold in castor sugar. Pipe on top of lemon, place in oven 220°C until the meringue begins to colour.

# Bakewell tart

## Recipe:

- Pastry
- 160gm plain flour
- 40gm Lard
- 40gm Hard Margarine or butter

### For the Filling:

- 2 tablespoon jam or lemon curd
- 75g margarine
- 75g caster sugar
- 100g ground almonds
- 50g ground rice
- 1 medium egg (beaten)
- Few drops of almond essence (optional)
- Blanched almonds

## Method:

- Pre-heat the oven to 190°C, 375°F, Gas Mark 5
- Line an 18cm (7in) flan tin with  $\frac{2}{3}$  of the pastry, reserving the remainder for the top
- Spread the base with jam or lemon curd
- Cream the margarine and sugar
- Mix together the ground almonds and ground rice, add to the creamed mixture alternately with the beaten egg
- Spread the mixture over the jam, then decorate with a lattice of pastry strips and blanched almonds. Bake for about 35-40 minutes

# Cheesecake

## Recipe:

- 50gm butter
- 100gm digestive biscuits, crushed

## For topping:

- 200g cream cheese
- 25gm caster sugar
- 1egg separated
- 3 tablespoons of hot water
- 1sachet of gelatine
- 150mldouble cream
- 150gm fruit to puree
- 75g Icing sugar.
  
- 1 loose bottom cake tin or shallow pie dish

## Method:

- Lightly grease a 20cm/8in loose bottomed cake tin. Melt the butter in a saucepan add the crushed biscuits and mix well to coat evenly. Press evenly over the base of the tin and chill until set.
- In a mixing bowl beat the cream cheese with the sugar using a wooden spoon. Add egg yolk and cream.
- Put a small amount of boiling water in a small bowl and sprinkle gelatine over the top stir until it has dissolved. Cool slightly and turn into the cream cheese mixture. Mix together well and add cream.
- Whisk the egg whites until standing in soft peaks and fold into cheese mixture. Pour over the biscuit base and chill until firm.
- Remove the cheese cake from the tin, whip the cream up until stiff and pipe around the top of the cheesecake

# Chocolate Trifle

## Recipe:

- 250gm Plain Flour
- 25gm cocoa powder
- 2 tsp baking powder
- $\frac{1}{2}$  tsp bicarbonate of soda
- 100gm milk chocolate chunks
- 2 eggs beaten
- 284ml carton of soured cream
- 85gm soft brown sugar
- 85gm butter, melted
  
- 1 tin black cherries or other soft fruit
- 2 rounded tbsp custard powder
- 2 rounded tbsp sugar
- 1 pt milk.
- 150gm white chocolate
- 1 tub of mascarpone cheese
- 300ml double/whipping cream
- 12 muffin cases.
- Trifle dish to make it in.

## Method:

- Preheat oven 200°C.
- Combine flour, cocoa, baking powder, bicarbonate of soda and chocolate.
- In a separate bowl mix together eggs, soured cream sugar and melted butter.
- Add soured cream mixture to the flour and stir until just combined, **do not** over mix. Spoon mixture into cases and place in oven for 20 minutes.
- In a small bowl place custard powder and a small amount of your milk, mix together to form a smooth paste. Heat milk. Once boiled add to custard mixture, stir and return to pan. Heat stirring all the time until it thickens.
- Remove from heat. Add chunks of chocolate and melt. Soften cheese and add to custard mixture stir until smooth.
- Remove muffins from case and slice, use slices to line the bottom and side of trifle dish. Cover with fruit using some of the juice to soften the sponge.
- Top with custard mixture, whip up cream and place on top of custard.

# Chocolate Choux Buns

## Recipe:

- 150ml Cold Water
- 50gm Butter
- 60gm plain flour
- 2 eggs
- Fillings:
- 300ml double cream
- 200gm plain chocolate

## Method:

- Pre-heat oven 200°C, gas 6.
- Grease tray and run under tap, shake off droplets.
- Sieve flour into bowl.
- Melt margarine and water in a pan, bring to boil, turn off heat.
- Quickly add flour and beat the mixture quickly with a wooden spoon, beat until the paste is smooth and leaves the side of the pan. Add beaten eggs a little at a time. Until the mixture falls off of the spoon.
- Place teaspoons of mixture on baking tray, leaving room for expansion.

# Homemade pasta

## Recipe:

200g Plain flour

3 eggs

## Method:

1. Place the flour in a bowl and make a well in the centre.
2. Crack the eggs into a measuring jug and beat with a fork until smooth.
3. Using your finger tips slowly mix the eggs into the flour until everything is combined and has formed a dough ball.
4. Knead the pasta to develop the gluten in the flour. Keep kneading the dough for approx 5 minutes until the dough is soft and silky.
5. Wrap it in cling film and leave for approx 30 minutes to rest.
6. Rolling the pasta:  
Divide your dough into 3-4 pieces. Take one piece. Put the pasta machine on the widest setting and roll the lump of pasta dough through it.
7. Do this 3 times, folding the dough over each time you roll it out.
8. Click the machine to the next setting and repeat step 7.
9. Keep folding the pasta in between each roll and work your way down to the thinnest setting.
10. Cut pasta to the required shape.

# Lasagne

## Recipe:

### Meat Sauce

- 200g minced beef
- 1 small onion
- 1 clove of garlic
- 1 tbsp plain flour
- 1 large can chopped tomatoes
- 1 level tablespoon tomato puree
- 1 teaspoon mixed herbs
- 1 red Oxo cube
- 100g mushrooms
- salt and pepper

### Cheese sauce

- 400ml milk
- 25g margarine
- 25g plain flour
- $\frac{1}{2}$  level teaspoon mustard
- 75g cheese

### Pasta

- 100g Flour
- 2 eggs

## Method:

- Put meat into sauce pan on a very low heat, until juices begin to come out.
- Peel and chop onion and garlic, add to meat and stir.
- Turn heat up under meat and stir until browned.
- Remove from heat, add enough flour to soak up all of the juices.
- Add the tomatoes, tomato puree, crumbled Oxo cube, herbs, salt and pepper.
- Bring the mixture to boil, stirring constantly.
- Wash and slice the mushrooms and add to the meat mixture.
- While the meat is cooking make the cheese sauce by the roux method. Add most of the cheese, saving a little for the top.
- When the meat sauce is cooked put layers of meat, lasagne and cheese sauce into an oven proof dish, finishing with a layer of cheese sauce. Sprinkle with remaining cheese.
- Bake in the oven Gas 5, 190°C for about 45 minutes, until the top is golden brown and bubbling.

### Roux Sauce

- Melt the fat in a small saucepan over a gentle heat until just melted. Add enough flour to absorb the fat and form a ball in the bottom of the pan.
- Stirring continuously add the milk a little at a time ensuring that all of the liquid has been absorbed before more is added. Do this until all milk is used.
- Continue to stir until the liquid begins to boil, remove from the heat.