

Vegetable soup

Recipe:

- 1 potato
- 1 carrot
- 1 onion
- 1 stick of celery
- 1 vegetable or chicken stock cube

Method:

- Prepare the vegetables using the claw and bridge action. Chop the carrots into a small dice (Brunoise)
- Chop the onions into a medium dice (Macedoine)
- Peel and chop the potato into a medium dice (Macedoine)
- Place in pan with water and stock cube, bring to the boil and simmer until vegetables are soft
- Blitz with hand blender until smooth consistency is formed.

Scones

Recipe:

- 225g self raising flour
- 50g block margarine
- 50g caster sugar
- 1 egg
- 2 tablespoons of natural yogurt
- Flavouring's e.g. cheese, raisins, cherries, dates



Objective

Learn how to make a batch of scones using the rubbing in method.

Method

1. Rub fat into flour until it looks like breadcrumbs, add sugar and mix.
2. Stir in any flavourings.
3. Make a well in the flour and add the beaten egg and yoghurt, just enough to make the breadcrumbs form into clumps when mixed together with a knife.
4. Using your hands squeeze together to form a dough, pat out to 2 cm thick.
5. Cut out. Place on a baking tray and glaze with egg.
6. Bake at gas mark 6 or 200°C for 15-20 minutes or until golden brown.

Pizza Dough

Recipe:

- 300gm Plain Strong Flour
- 1 tbsp of vegetable oil
- 1 teaspoon of salt
- 1 teaspoons of dried yeast
- 150ml of warm (tepid) water.
- Tomato puree
- 100g cheese
- Topping of your choice

Method:

1. In a large bowl place flour and add salt, oil and yeast.
2. Add water and mix with a knife to form a dough.
3. Knead for 10 - 15 minutes



Cauliflower Cheese

1 medium cauliflower
50gm butter
100gm grated cheese

500ml milk
50gm Plain flour
Salt & pepper

Method:

1. Remove all leaves from cauliflower. Remove hard centre from middle of cauliflower, break into florets.
2. Place in a pan of boiling water and cook for 10 minutes
3. Drain well
4. Make sauce by melting the butter in a saucepan over a gentle heat
5. Add flour and mix in. Cook for a few minutes over a gentle heat without colouring.
6. Remove from heat to cool the roux, gradually add milk and stir until smooth. Return to heat and bring up to the boil stirring all of the time until it begins to thicken.
7. Remove from heat, add grated cheese and stir.

Chilli Con Carne (Serves 4)

Recipe

- 500gm Minced beef or lamb
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 1 tbsp plain flour
- 300ml water
- 1 stock cube appropriate to meat.
- 2 tbsp tomato purée
- Salt and pepper
- 1x400g cans red kidney beans drained and rinsed
- 400g can of chopped tomatoes
- Chilli powder to taste.

Method

- Put meat into pan and cook until brown, stirring and breaking up any large lumps. Drain any fat away. Add the onion, chilli and garlic and cook until softened but not coloured.
- Add flour stir and cook out, add stock and chopped tomatoes and puree, stir and simmer for 20 mins.
- Open and drain the kidney beans add to sauce and heat through.

Lasagne

Recipe

Meat Sauce

- 200g minced beef
- 1 small onion
- 1 clove of garlic
- 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
- ½ level teaspoon mustard
- 75g cheese

Pasta

- 6 sheets ready to use lasagne

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.
- Add the tomatoes, tomato puree, crumbled Oxo cube, herbs, salt and pepper.
- Bring the mixture to boil, stirring constantly.
- Simmer gently on a low heat for 30 mins.
- 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.

Quiche

Recipe:

- 160gm plain flour
- 40gm lard
- 40gm hard margarine or butter
- 2 tbsp cold water

For the filling:

- 100g Bacon, chopped
- 75g Cheese, grated
- 2 medium eggs
- 150ml milk
- Salt and pepper

Method:

- Pre-heat the oven to 190°C, 375°F, Gas Mark 5
- Rub fat and flour and salt together until it looks like breadcrumbs.
- Add 2 tbsps of cold water bring together using a table knife until it forms clumps squeeze together to form a ball.
- Line an 18cm (7in) flan dish or sandwich tin with pastry
- If using bacon, fry it lightly, then cool.
- Place half the cheese in the pastry case and cover with bacon
- Beat the eggs and milk together, season and pour over the cheese and bacon
- Sprinkle on the remaining cheese
- Bake for about 40minutes until set and golden brown

Cornish Pasty

Objective; to develop knowledge and Understanding of fats in the making Of Shortcrust Pastry.

Recipe:

- 300 gm Plain Flour
- 80gm lard
- 80gm Block Margarine.
- 3 tbsp cold water,
- 1 tsp salt.

Filling

- 1 Finely diced potato (raw)
- 100g Raw minced beef or lamb
- 1 Chopped onions or leeks
- 50g Finely diced Swede (raw) (optional)
- 50gm frozen peas.
- 1 Diced carrot.
- 1 oxo cube

Method:

- Weigh out pastry ingredients, place in mixing bowl and rub fats together using finger tips until the mixture resembles breadcrumbs.
- Prepare the onion, carrot it to small dice .
- Place prepared vegetables into a large mixing bowl, add meat, potatoes, peas, oxo cube and 4 tbsp of water, mix together.
- Add cold water to your pastry mix, using a knife mix together until large clumps of dough are formed, using your hand pull the dough together into 2 balls, knead until smooth.
- Roll out each ball to a thickness of 5mm, cut rounds out of the pastry using a saucer. Water edges and place a small pile in centre of round. Fold in half and flute edges, brush with egg wash. Cook in a moderate oven 190°C for 45 minutes.

Lemon Drizzle

Recipe:

155g SR flour
1t baking powder
155g caster sugar
20g cornflour
155g butter, plus
more for greasing
tin
3 eggs
1 lemon

For the drizzle:

100g granulated
sugar
Juice of 2 lemons

Method:

1. Preheat the oven to 180°C. Grease loaf tin and line with baking paper.
2. Sift the flour, baking powder, sugar and cornflour into the food processor. Pulse the mixture for about 4 seconds until evenly mixed. Add the butter, eggs and lemon zest and juice and process briefly until evenly blended (about 10 seconds).
3. Pour the mixture into the loaf tin and level the top.
4. Bake for 35-40 minutes.
5. Let the cake cool in it's tin.

Drizzle:

1. In a measuring jug stir the sugar into the lemon juice and mix well.
Prick the surface of the loaf all over with a fork.
Pour the drizzle over the loaf and allow it to set.

Carrot Cake Muffins

Recipe:

- 250g (9oz) carrots
- 150g (5oz) margarine
- 200g (7oz) light soft brown sugar
- 2 large eggs
- 200g (7oz) self-raising flour
- Half a teaspoon of salt
- 2 teaspoons of ground cinnamon
- 2 teaspoons of baking powder
- 125g (4½ oz) raisins
- 75g (2¾ oz) chopped walnuts
- 2 tablespoons of milk

- Container to take muffins home in

Pre heat the oven to 180°C.

Prepare muffin tray

Method:

1. Wash the carrots and cut off their tops. Grate them on the side of the grater with the biggest holes.
2. Put the margarine into a saucepan and heat it slowly until it has just melted. Pour it into a large bowl.
3. Break the eggs into a small bowl and beat them. Stir the carrots and sugar into the margarine. Then add the beaten eggs.
4. Put a sieve over the bowl. Shake the flour, salt, cinnamon and baking powder through the sieve, onto the mixture.
5. Use a wooden spoon to beat the mixture, until it is smooth. Mix in the raisins and walnuts, then stir in the milk.
6. Spoon the mixture into the tin. Smooth the top with a spoon. Tap the tin on the work surface to make the mixture level.

Bake the cake for 20-25 minutes. Test one by sticking a skewer into it. When it comes out it should have no mixture sticking to it.

Put the muffin tin on a wire rack and leave it for ten minutes. Remove the muffins from the tin and allow to cool.

Swiss Roll

Recipe:

3 Eggs

75gm Caster sugar

75gm Self Raising flour

$\frac{1}{2}$ jar Jam

Method:

- Pre-heat oven, gas 6 / 200°C.
- Grease a Swiss roll tin, line with greaseproof paper, grease the paper.
- Sieve the flour onto a plate.
- Whisk eggs and sugar until thick. The mixture should leave a trail for 10 seconds.
- Gently fold in flour using a metal spoon
- Pour into Swiss roll tin
- Bake for 8 - 10 minutes until golden brown and firm. Do NOT over cook, or it will break when you roll it.
- Spread a little sugar onto greaseproof paper.
- Soften jam using a knife.
- When Swiss roll is cooked, tip onto the sugared paper, gently peel off paper.
- Spread with jam.
- Roll up, using paper to help. Leave to cool on tray. Cut off edges to present neatly.