Harris Academy

Home Economics Department



S1 Recipe Book

Recipes (Linked to Significant Aspects of Learning)

Central to the progression of learning is the development of practical, organisational and problem solving skills

The Food Experience

Preparing food appropriate to learning

Keeping Safe & Hygienic

Preparing food safely & hygienically

Let’s Get Cooking

* Fruit Smoothie
* Fresh Fruit Salad
* Chocolate Crispies
* Easy Pizza
* Apple Crumble
* Fairy Cakes

Healthy Body, Healthy Mind

* Rock Buns
* Couscous Salad
* Scotch Broth
* Spiced Oat Biscuits
* Mexican Wrap
* Tuna Pasta Salad

Developing Healthy Choices

Linking food & health

Preparing food appropriate to learning

Nutritional Needs

Varied diet

Individual needs

Food Safety

* Sausage Rolls
* Minestrone Soup
* Queen Cakes
* Chilli Pitta Pockets
* Rice Salad
* Creamy Ginger

Fruit Crunch

Keeping Safe & Hygienic

Principles of food safety & hygiene

Minimising risk

Preparing food safely & hygienically

The Food Experience

Preparing food appropriate to learning

 Celebration Cooking

* Yule Log
* Easter Nests

Food & Textile Technology

Creativity

Design

Dexterity

Developing appropriate items

The Food Experience

Preparing food appropriate to learning

The Food Experience

Preparing food appropriate to learning

Keeping Safe & Hygienic

Preparing food safely & hygienically

Developing Healthy Choices

Linking food & health

Preparing food appropriate to learning

Nutritional Needs

Varied diet

Individual needs

Additional Cooking

* Couscous & Quinoa (Microwave Cooking)
* Jam Buns

Nutrition: HWB 29 -32 Safe & Hygienic Practices HWB 33 Food & the Consumer HWB 34 – 37 Food & Textiles TCH 10 -11

Summer Fruit Smoothie

Learning Intentions

- I will be beginning to develop knowledge setting up for practical lessons

- I will be developing the ability to use a blender safely

Success Criteria

- Through listening and following instructions I was able to prepare myself and my work area for cooking

- After watching the demonstration I was able to use the blender safely, making my smoothie with no lumps

Equipment

Chopping board

Vegetable knife

Measuring spoons

Measuring jug

blender

Ingredients

½ banana

25g mixed berries

15mls natural yoghurt

75mls semi-skimmed milk

15mls honey

Method

1. Accurately measure the milk in a measuring jug.
2. Using the measuring spoons, measure the honey and natural yoghurt.
3. Peel and roughly chop the banana.
4. Add the chopped banana and mixed berries into a blending cup.
5. Whizz all the ingredients together until smooth.
6. Pour into container.

Fresh Fruit Salad

Success Criteria

- I prepared my fruit salad by following instructions and using a knife safely to prepare the fruit

- I can identify the two safety holds used during the preparation of my fruit salad

Equipment

Chopping board

Vegetable knife

Mixing bowl

Tablespoon

Plate

Measuring spoons

Learning Intentions

- I am beginning to develop my food preparation skills

- I will be learning about the different safety holds when using a knife

Ingredients

½ red eating apple

½ banana

Piece melon

1 pineapple slice

25g grapes

30mls fruit juice

Method

1. Measure fruit juice into a large bowl.
2. Wash the apple and grapes.
3. Quarter, core and chop apple.
4. Half the grapes.
5. Peel and slice the banana.
6. Cut the melon into bite size pieces.
7. Cut the pineapple slice into 8 pieces
8. Now mix all the prepared fruit into the large bowl and mix together.
9. Pour into a container and chill.

Chocolate Crispies

Peer Assessment

Learning Intentions

- I will be developing my ability to work safely at the cooker – hob

- I will be learning about safety when working with boiling water

- I will be developing an understanding of how to peer assess my partner

Success Criteria

- I controlled the heat of the hob and melted the chocolate safely

- I removed the pan of boiling water from the heat and disposed of it safely

- I now have an understanding of peer assessment and why we do this

- I followed instructions and peer assessed my partner. I now know the importance of peer assessment and am confident I

Equipment

Pan & pan stand

Wooden spoon

Heatproof bowl

Bun tin

6 cupcake cases

Spoon

Knife

Spatula

Ingredients

100g chocolate

25g sultanas (optional)

100g rice crispies/cornflakes

Method

1. Half fill a pan with water and bring to the boil.
2. Collect the rice crispies or cornflakes and the sultanas.
3. Put the chocolate into the heatproof bowl and place over the pan of water and melt the chocolate.
4. Once the chocolate has melted, remove the pan from the heat and place it onto a pan stand.
5. Pour the rice crispies or cornflakes and sultanas into the chocolate and stir with a wooden spoon until well coated.
6. Carefully remove the pan to the sink and empty the boiling water.
7. Working quickly so that the chocolate does not begin to set, use a tablespoon and knife to divide the mixture evenly between the cases.
8. Set aside and leave to cool.

Easy Pitta Pizza

Success Criteria

- My food preparation skills are developing – I can now chop an onion

- I was able to assemble my pizza to the best of my ability and am happy with the end result

- I followed instructions carefully and managed to use the grill safely without burning myself

Learning Intentions

- I will be developing the ability to prepare an onion

- I will be developing knowledge of how to assemble and make a simple snack

- I will be continuing to develop the ability to work safely at the cooker - grilling

Ingredients

Additional topping x 2

15ml sweetcorn

1 pineapple ring

1 mushrooms

1 tablespoon mixed peppers

Equipment

Chopping board

Vegetable knife

Measuring spoons

plate

Round bladed knife

Spoon

1 pitta bread

25g grated cheese

15ml pizza topping

¼ onion

pinch mixed herbs

Method

1. Remove the grill pan and cover with a piece of foil.
2. Set the grill to a medium setting (remember to leave grill door open).
3. Finely chop the onion. If using pineapple or mushroom slice finely.
4. Spread the pizza topping over the pitta bread.
5. Top with prepared ingredients then sprinkle the grated cheese and herbs over the top.
6. Place the pizza onto the grill pan and grill until the bread has warmed through and cheese has melted.

Apple Crumble

Success Criteria

- I demonstrated how to rub in fat to flour and I did this well – I did not need any assistance

- I have gained in confidence using the cooker and can now use the hob, grill and oven safely

Equipment

Mixing bowl

Plate

Tablespoon

Round bladed knife

Chopping board

Vegetable knife

Peeler

Measuring spoons

Baking tray

Ovenproof dish

Pan stand

Learning Intentions

- I will be beginning to develop skills in food preparation - rubbing in fat to flour

- I will be further developing my ability to use a cooker safely - baking

Ingredients

100g tinned apples

75g plain flour

25g wholemeal flour

50g margarine

50g sugar

 Oven temperature 190°/Gas 5

Method

1. Set oven.
2. Place the apple into an ovenproof bowl and set aside.
3. Measure flour into large bowl.
4. Measure sugar onto plate.
5. Cut margarine into small pieces and place in bowl with flour.
6. Rub the margarine into the flour until mixture looks like breadcrumbs.
7. Stir in the 50g of sugar.
8. Carefully sprinkle the crumble mix over the apples and place on a baking tray.
9. Bake for approximately 20 minutes until golden brown in colour and shrinking away from the sides.

Fairy Cakes

Learning Intentions

- I will be demonstrating the use of handy measures when measuring flour and sugar

- I will be further developing my food preparation skills – creaming

Success Criteria

- I can measure flour and sugar using handy measures and can explain the reason why handy measures are used

- I can now cream margarine and sugar together correctly to form a light creamy mixture

Equipment

Mixing bowl

Sieve

Plate

Cup

Round bladed knife

Fork

Tablespoon

Wooden spoon

Bun tin (between 2)

6 cupcake cases

Pan stand

Cooling wire

Ingredients

50g SR flour

50g Caster sugar

50g Margarine

1 egg

Oven Temperature 180oC/Gas 4

Method

1. Set the oven to the correct temperature.
2. Collect the sugar and margarine on a plate.
3. Sieve flour and baking powder into the mixing bowl. Add the sugar and margarine.
4. Beat the egg in a cup with a fork and add to the mixing bowl.
5. Using an electric mixer, mix all the ingredients together until the mixture is smooth and creamy.
6. Deposit the mixture evenly between the paper cases using a tablespoon and knife.
7. Bake for approximately 15 minutes until golden in colour and springy to touch.
8. Remove from the bun tin and cool on a wire rack.

Rock Buns

Learning Intentions

- I will be demonstrating my ability to accurately weigh and measure ingredients

- I will be demonstrating how to rub in correctly

- I will be developing an understanding of what consistency means in baking

Equipment

Mixing bowl

Sieve

Measuring spoons

Tablespoon

plate

Round bladed knife

Cup

Baking tray

Pan stand

Cooling wire

Palette knife

Success Criteria

- I can weigh and measure ingredients accurately using the correct equipment

- I can rub in fat to flour correctly to achieve fine breadcrumbs

- I can explain what it means to have the correct consistency and its link to accurate weighing and measuring

Ingredients

25g wholemeal flour

75g SR flour

2.5mls baking powder

50g margarine

50g caster sugar

5mls mixed spice

2x15ml egg and milk mixture

25g dried fruit

 Oven Temperature 190°C/Gas 6

Method

1. Place the wholemeal flour into the mixing bowl.
2. Sieve the SR flour and baking powder on top.
3. Collect the sugar and dried fruit on a plate.
4. Collect the egg and milk mix in a cup.
5. Add the margarine to the flour and rub in until it looks like fine breadcrumbs. Stir in the sugar and fruit.
6. Add the egg and milk mixture to the bowl and using the round bladed knife, mix together. The mixture should be soft and a little sticky.
7. Using a tablespoon, spoon 6 lumps of the mixture onto the baking tray, evenly spaced.
8. Bake in the oven for approximately 12-15 minutes until golden in colour.
9. Remove and cool on a wire rack before storing.

Couscous Salad

Teacher Observation

Success Criteria

- I have shown confidence following a recipe during an assessment.

- I have demonstrated safe practice and accuracy when using a knife when preparing ingredients.

Learning Intentions

- I will be developing confidence when working independently during an assessment.

- I will be further developing knife skills when preparing this recipe.

Equipment

Measuring jug

Mixing bowl

Grater

Plate

Fork

Chopping board

Vegetable knife

Ingredients

50g. Couscous

Piece carrot

Piece cucumber

Piece red Pepper

15mls French Dressing

Pinch Cayenne Pepper

1 Sprig Parsley

75mls Boiling Water

25g Sultanas (Optional)

1 Tablespoon Chickpeas

Method

1. Measure 75ml boiling water into a jug
2. Place couscous into the boiling water.
3. Stir with a fork and then set aside for 10 minutes to allow the water to be absorbed.
4. Wash the pepper, cucumber and carrot.
5. Slice and dice the pepper and cucumber.
6. Wash, pat fry and finely chop parsley.
7. Peel and grate the carrot.
8. Add all the vegetables into a mixing bowl along with the salad dressing, cayenne pepper, chick peas and sultanas.
9. Fluff the couscous using a fork to separate the grains.
10. Add the couscous to the bowl and fold all the ingredients together.
11. Place in an appropriate container.

Scotch Broth

Learning Intentions

- I will be continuing to develop my knife skills to help build confidence in vegetable preparation

- I will be learning to control cookery processes – boiling & simmering

Success Criteria

- I prepared my vegetables according to the recipe without support

- I managed to control the cookery process successfully and can explain the difference between boiling and simmering

Ingredients

Equipment

Chopping board

Vegetable knife

Peeler

Measuring jug

Large pan/pan stand

Plate

Wooden spoon

Piece carrot

½ onion (depending on size)

Small piece turnip

Small piece leek

50g pearl barley

50g frozen peas

400mls vegetable stock

Seasoning

Method

1. Wash, peel and rewash the carrot turnip.
2. Wash the leek.
3. Cut the carrot and turnip into small dice.
4. Slice the leek and chop the onion
5. Place all the vegetable into the pan and add the barley and stock.
6. Bring to the boil then reduce the heat and simmer for 20 minutes.
7. Place the peas into the soup and season to taste
8. Simmer for a further 5 minutes then remove onto a pan stand.
9. Carefully pour the soup into a heatproof carton and allow to cool.

Spiced Oat Biscuits

Success Criteria

- I achieved a good consistency of dough and can explain how I achieved this

- I divided my biscuit mixture evenly and shaped them according to the recipe. I am happy with the result.

Learning Intentions

- I will be demonstrating my ability to make a dough that is the correct consistency

- I will be continuing to develop my ability to divide and shape a mixture correctly

Ingredients

Equipment

Mixing bowl

Sieve

Wooden spoon

Tablespoon

fork

Measuring spoons

Baking tray

Pan stand

Cooling wire

Palette knife

75g porridge oats

50g plain flour

2.5ml mixed spice

50g margarine

1 tablespoon syrup

Oven Temperature 190°C/Gas 5

Method

1. Set the oven to the correct temperature.
2. Measure all ingredients into a mixing bowl.
3. Using wooden spoon beat all ingredients together to form a soft dough.
4. Divide the mixture into 6 even pieces and shape into balls.
5. Place each ball onto a baking tray and lightly flatten with a fork.
6. Bake for approximately 15 – 20 minutes until golden brown.
7. Remove from the oven and allow the biscuits to sit on the tray for 2 or 3 minutes.
8. Using a palette knife, lift the biscuits onto a cooling wire.
9. The biscuits will be soft when they come out of the oven, but they will harden on cooling.

Sweet Chilli Chicken Wrap

Teacher Observation

Success Criteria

- I used healthy ingredients to prepare my snack and was able to discuss the health benefits

- I have prepared a snack that is quick and easy and now know that food can be sources ready cooked for quickness

Learning Intentions

- I will be considering the health benefits of making a popular snack

- I will be developing the ability to prepare a snack using ingredients that do not need to be cooked

Ingredients

Equipment

Chopping board

Vegetable knife

Mixing bowl

Plate

Cup

tablespoon

Measuring spoons

Round bladed knife

1 tortilla wrap

A few pieces of cooked chicken

¼ red onion

1 tomato (Between 2)

Small piece cucumber

Lettuce leaf

10ml sweet chilli sauce

5ml mayonnaise

Method

1. Wash and pat dry the lettuce, cucumber and tomato.
2. Using half the tomato, cut in half again then slice thinly.
3. Thinly slice the onion.
4. Cut the cucumber in half lengthways and then thinly slice.
5. Roll up the lettuce leaf and cut into thin strips – this is called chiffonade.
6. Place all the salad vegetables in the mixing bowl and stir together.
7. Cut the chicken pieces into thin strips and set aside.
8. Mix the chilli sauce and mayonnaise together.
9. Place the wrap onto a piece of foil and spread with the chilli sauce mix.
10. Spoon the salad onto the wrap, careful not to have it too close to the edges. Top with the sliced chicken.
11. Fold the bottom of the wrap then roll it up tightly.
12. Use the foil to secure the wrap in place then chill.

Tuna Pasta Salad

Learning Intentions

- I will be continuing to think about the health benefits of simple snack foods that can be eaten hot or cold

- I will be continuing to expand my knowledge of preparing simple, healthy snack foods

Success Criteria

- I am further developing my knowledge of the health benefits of simple snack foods by the foods I am preparing

- I have prepared another simple snack food and I am becoming more confident in my ability to use different healthy ingredients.

Equipment

Mixing bowl

Plate

Wooden spoon

Fork

Tablespoon

Chopping board

Vegetable knife

Colander (between 2)

Pan & pan lid (between2)

Pan stand (between 2)

Ingredients

50g pasta

1 spring onion

Piece red pepper

25g tuna fish

2 tablespoons mayonnaise

1.25ml salt

Method

1. Half fill the pan with water, add the salt, cover and bring to the boil.
2. When water is boiling carefully remove lid and add pasta. Cook for approximately 15 minutes.
3. Collect the tuna and mayonnaise in a mixing bowl and set aside.
4. Wash the spring onion and pepper.
5. Slice the pepper then finely dice. Thinly slice the spring onion.
6. Add the vegetables to the mixing bowl.
7. Test pasta for readiness using a fork.
8. Drain pasta into a colander and rinse under cold water. Shake off excess water and place the pasta back into the pan.
9. Divide the pasta between the two mixing bowls and mix together until well coated in the tuna mixture.
10. Place salad in serving dish.

Sausage Rolls

Learning Intentions

- I will be developing skills in rolling out pastry correctly to achieve the correct shape

- I will be developing my ability to identify high risk foods and explore ways to test food for readiness

Success Criteria

- I have learned how to roll out pastry and with practice, I will achieve the correct shape

- I can identify the high risk food in this recipe and now know the best method for testing meat for readiness

Ingredients

Equipment

Red chopping board

Round bladed knife

Rolling pin

Cup (between 2)

Kitchen scissors (between 2)

Pastry brush (between 2)

Baking tray (between 2)

Pan stand (between 2)

Portion frozen puff pastry

Portion sausage meat

Egg wash to glaze

Vegetarian Option

¼ Onion

50g Grated Cheese

Oven Temperature 190°C/Gas 6

Method

1. Set the oven to the correct temperature and sprinkle the baking tray with water.
2. Dust the table with flour and roll out the pastry to the width of the red chopping board (rectangle) set aside.
3. Sprinkle some flour onto the red chopping board and shape the piece of sausage meat into a long sausage shape to the same length of the pastry.
4. Place the rolled out sausage down the middle of the pastry.
5. Dampen along one of the long edges of the rolled out pastry.
6. Fold the pastry over to cover the sausages and so that the long edges are together.
7. Seal and neaten the long edge. Place the seal underneath.
8. Cut into 6 equal pieces and glaze with a little egg and milk wash.
9. Place the mini sausage rolls onto the baking tray and using the kitchen scissors, snip the top of the sausage rolls to make a pattern.
10. Bake until golden brown in colour then test for readiness.

Quick Cook Minestrone Soup

Learning Intentions

- I will be expanding my knowledge of high risk foods and how to prevent cross contamination

- I will be continuing to develop my knowledge of how to test different foods for readiness

Success Criteria

- I identified and followed safe and hygienic practices when preparing my soup to prevent cross contamination

- I cooked my soup for the correct amount of time and confidently tested it for readiness

Ingredients

Equipment

Red chopping board

White chopping board

Vegetable knife

Wooden spoon

Peeler

Kitchen scissors (between 2)

Pan & pan stand

Measuring jug

25g spaghetti

¼ onion

Piece carrot

piece celery

300mls veg stock

50mls chopped tomatoes

7.5mls tomato puree

1.25ml mixed herbs

Pinch sugar

15mls vegetable oil

1 rasher bacon

Method

1. Wash the carrot and celery then prepare the vegetables as follows:
	* 1. Onion - peel and finely chop
		2. Carrot - peel and finely dice
		3. Celery - slice
2. Measure the vegetable stock in a jug and add chopped tomatoes, tomato puree, mixed herbs and sugar.
3. Collect the spaghetti and break it into small pieces (approx. 2cm long) place onto a plate
4. Using scissors, cut the fat off bacon then slice finely.
5. Heat the oi in the pan and lightly fry the bacon and vegetables for 3-4 minutes. Remove from the heat and add the contents of the jug.
6. Bring to the boil, add the broken pasta then simmer for 15 minutes until pasta is cooked.
7. Remove from heat and transfer carefully into a container.

Queen Cakes

Teacher Observation

Success Criteria

- I can explain why it is important to follow safe and hygienic practices when touching high risk foods

- I was confident mixing all my ingredients together using the all-in-one method and achieved the correct consistency

Learning Intentions

- I will be further developing my understanding of the importance of good hygiene when using high risk foods

- I will be continuing to develop my food preparation skills when completing this recipe; all-in-one method

Equipment

Mixing bowl

Cup

Round bladed knife

Fork

Spoon

Electric Mixer (between 2)

Bun tin (between 2)

6 cupcake cases

Pan stand

Cooling wire

Ingredients

50g SR flour

5ml baking powder

50g Caster Sugar

50g margarine

1 tablespoon sultanas

1 egg

 Oven temperature 180°C/Gas 4

Method

1. Set the oven to the correct temperature.
2. Collect the flour and baking powder on a plate.
3. Beat the egg in a cup with a fork and add to the mixing bowl.
4. Add the sugar and margarine to the mixing bowl and cream together until soft and lighter in colour.
5. Sieve flour and baking powder into the mixing bowl and add the beaten egg.
6. Using a wooden spoon beat all the ingredients together until the mixture is smooth and creamy. Fold in the sultanas.
7. Deposit the mixture evenly between the paper cases using a tablespoon and knife.
8. Bake for approximately 15 minutes until golden in colour and springy to touch.
9. Remove from the bun tin and cool on a wire rack.

Chilli & Pitta Bread

Learning Intentions

- I will be consolidating my knowledge of working with high risk foods

- I will be further developing my knowledge of cookery processes – stewing

Success Criteria

- I can identify different types of high risk foods and am confident working hygienically to prevent cross contamination

- I have learned a new cookery process and through discussion I can explain what is meant by stewing

Ingredients

Equipment

White chopping board

Plate

Vegetable knife

Wooden spoon

Pan & pan stand

Measuring jug

1 pitta bread

½ onion

50g mince

2.5mls chilli powder

3 tbsps. Chopped tomatoes

50g kidney beans

100mls beef stock

Method

1. Measure stock into a jug and add chopped tomatoes, chilli powder and kidney beans.
2. Peel and finely chop onion (vegetarians chop pepper and mushrooms too).
3. Brown mince in pan carefully until evenly browned.
4. Add onion and cook for 2 minutes - vegetarians add 15ml oil and all vegetables to pan and cook for 3 minutes)
5. Add contents of jug and bring to boil.
6. Reduce heat and simmer for 15 minutes
7. Cut the pitta bread in quarters and place in a bag.
8. Place chilli mince in a foil dish, cover and store appropriately.

Rice Salad

Equipment

Pan & pan stand (between 2)

Sieve (between 2)

White chopping board

Vegetable knife

Mixing bowl

Plate

Grater

Wooden spoon

Tablespoon

Peeler

Learning Intentions

- I will be reinforcing my knowledge of working with high risk foods to prevent cross contamination

- I will be further developing my knowledge of safe food storage

Success Criteria

I am confident working with high risk foods and can work safely and hygienically to prevent cross contamination

I can explain when rice becomes a high risk food and where it should be stored

Ingredients

50g long grain rice

1 spring onion

2 tablespoons frozen peas

Piece carrot

1 spring onion

1 x 15ml French dressing

1 x 15ml chopped parsley

Method

1. Half fill the saucepan with water and bring to the boil.
2. Place the rice into the sieve then rinse under cold water. Set the sieve and rice onto a place and set aside.
3. Add the rice to the boiling water and cook for approximately 15 minutes or until soft.
4. Wash and pat dry the spring onion, carrot and parsley.
5. Peel and grate the carrot – add to the bowl.
6. Thinly slice the spring onion and roughly chop the parsley – add to the bowl.
7. Place the frozen peas in the pan of rice for the last 5 minutes of cooking.
8. Drain the rice in a sieve and rinse under cold water. Divide the rice between the two bowls.
9. Add the French dressing and mix all the ingredients together.
10. Place in a container.

Creamy Ginger Fruit Crunch

Success Criteria

- I applied what I learned during my time in S1 to prepare my dessert safely and hygienically

- I assembled my dessert correctly and I am proud of what I have achieved as it looks appealing to eat

Learning Intentions

- I will be considering everything I have learned in this unit to prepare my dessert in a safe and hygienic manner

- I will be learning to layer a dessert correctly to make it look appealing to eat

Ingredients

Equipment

Measuring jug

Mixing bowl

Rolling pin

Plate

Tablespoon

4 tablespoons (50g) chopped/pureed fruit

4 ginger biscuits

6 tablespoons (100ml) whipped cream

4 tablespoons (50ml) natural yoghurt

Method

1. Crush the ginger biscuits carefully in a mixing bowl or clear plastic bag.
2. In a jug, carefully mix together the cream, yoghurt and ½ the ginger nut crumbs.
3. Keep a little of the fruit back for decoration then divide the fruit in half.
4. Layer twice as follows –
5. ½ the fruit in the bottom of the serving dish
6. ½ the mixture evenly over the fruit
7. Sprinkle the remaining ginger nut crumbs over the top and decorate with the remaining fruit.

Couscous & Quinoa with Roasted Vegetables

in a Lemon & Coriander Dressing

Learning Intentions

- I will be expanding my knowledge of cookery processes by using a microwave

- I will be considering safety precautions when using a microwave

Success Criteria

- I have expanded my knowledge of cookery processes by using a microwave

- Through discussion I can identify at least two safety issues when using a microwave

Equipment

Measuring jug

Foil dish

Baking tray

Chopping board

Vegetable knife

Fork

Measuring spoons

tablespoon

Ingredients

25g quinoa

25g couscous

50ml vegetable stock

¼ red onion

Piece red, green and yellow pepper

Piece courgette

10ml olive oil

10ml fresh coriander

10ml lemon juice

Oven Temperature 200°C/Gas 7

Method

1. Pour the couscous into the stock and stir. Set aside to absorb the liquid.
2. Wash and pat dry the peppers and cut each piece into 3. Cut the onion into three chunks.
3. Wash and pat dry the courgette and cut into quarters lengthways then each quarter into 3.
4. Place the vegetables into a foil dish and drizzle with oil then onto a baking tray.
5. Roast in the oven for approximately 10 minutes then remove.
6. Stir the quinoa through the couscous – cover with a paper towel and heat for 30 seconds in the microwave.
7. Add the vegetables to the jug and the chopped coriander and lemon juice.
8. Carefully fold all the ingredients together and pour back into the foil dish.

Jammy Buns

Success Criteria

- I worked independently to create this recipe and am gaining confidence in my ability to cook

- I have identified two food preparation techniques used in this recipe and can explain what they are

Learning Intentions

- I will be working independently to demonstrate the techniques I have learned during S1

- I will be able to identify at least two food preparation techniques used in this recipe

Ingredients

Equipment

Mixing bowl

Plate

RB knife

Measuring spoons

Baking tray

Cooling wire

Pan stand

100g SR flour

50g margarine

50g caster sugar

15ml egg and milk mix (add more if needed)

1 pinch salt

2x15ml raspberry jam

 Oven Temperature 200°C/Gas 7

Method

1. Lightly flour a baking tray and set aside.
2. Add the flour and salt into a large mixing bowl.
3. Rub the margarine into the flour using fingertips to achieve a crumbly texture.
4. Stir in caster sugar.
5. Add the egg and milk mixture then mix with a round bladed knife - add more milk if the mixture does not form into soft dough.
6. On a floured surface, knead the mixture and roll into a sausage shape.
7. Cut into 6 equal pieces and roll each on into a ball.
8. Place each ball onto the prepared baking tray.
9. Press each ball in the centre to make a well and then put the jam in the middle.
10. Bake for 10-12 minutes until well risen and golden. Cool on a wire rack.

Easter Nests (Paired Task)

Learning Intentions

- I will be revisiting my knowledge of cooker safety and using boiling water

- I will be working with my partner to make Easter nests are made well

Success Criteria

- I am confident using the cooker and demonstrated this during the task

- I worked well with my partner and shared tasks evenly to achieve a quality product we are both proud of

Ingredients

Equipment (Between 2)

Pan & pan stand

Wooden spoon

Heatproof bowl

Bun tin

12 cupcake cases

Spoon

Knife

Spatula

75g rice crispies

100g chocolate

Piece fondant icing

Method

1. Half fill a pan with water and bring to the boil.
2. Collect the rice crispies and set aside.
3. Put the chocolate into the heatproof bowl and place over the pan of water and melt the chocolate.
4. Once the chocolate has melted, remove the pan from the heat and place it onto a pan stand.
5. Pour the rice crispies into the chocolate and stir with a wooden spoon until well coated.
6. Carefully remove the pan to the sink and empty the boiling water.
7. Working quickly so that the chocolate does not begin to set, use a tablespoon and knife to divide the mixture evenly between the cases. Make a slight dip in the middle to look like nests.
8. Roll out the fondant to egg shapes and place into the nests.
9. Set aside and leave to cool.

Yule Log

Learning Intentions

- I will be continuing to develop my food preparation techniques – coating

- I will be demonstrating creativity when decorating a yule log to the best of my ability

Success Criteria

- I have coated my yule log to the best of my ability and have learned a new technique

- I modelled pieces for my cake using fondant and created a design unique to myself which I am proud of

Equipment

Plate

Round bladed knife

Spoon

Fork

Cake board

Cake decorations

Ingredients

Small chocolate Swiss roll

100g chocolate butter icing

Piece fondant icing

Icing sugar for dusting

Method

1. Make one or two decorations using the fondant icing.
2. Place the Swiss roll onto the cake board and fully coat with buttercream.
3. Score the buttercream with a fork to look like a log.
4. Place on decorations.
5. Sprinkle with some icing sugar.