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**Harris Academy**

**Home Economics**

**S2 Recipe Book**

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Curriculum for Excellence

Significant Aspects for Learning

Recipes (Linked to Significant Aspects of Learning)

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

Nutrition

* Chicken fajitas
* Potato Wedges (paired task)
* Fruit Crumble (2 lessons)

Pan Fried Vegetable Couscous (teacher observation)

* Sweet & Spicy Vegetarian Stir Fry

Developing Healthy Choices

Linking food & health

Preparing food appropriate to learning

Nutritional Needs

Varied diet

Individual needs

Food & textile Technology

* Spaghetti Carbonara
* Mini Mandarin cheesecake
* Butterfly cakes x 2 lessons

(Peer assessment)

* Gingerbread Men (2 lessons)
* Eve’s Pudding (paired task)

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

Consumerism

* Jam Sponge Pudding
* Cereal Bars (teacher observation)
* Sausage Rolls
* Quick Choc Chip Cookies
* Hearty Minestrone Soup (2 Lessons)
* Chocolate Truffles

Keeping Safe & Hygienic

Principles of food safety & hygiene

Minimising risk

Preparing food safely & hygienically

The Food Experience

Preparing food appropriate to learning

 Globetrotters

* Pizza (2 lessons)
* Quesadillas
* Chow Mein

(Teacher observation)

* Samosa (2 lessons)
* Tiffin

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

Chicken Fajitas

Equipment

Frying pan

Pan stand

Red chopping board

White chopping board

Vegetable knife

Wooden spoon

Plate

Round bladed knife

Measuring spoons

Success Criteria

- I can identify the high risk foods used in this recipe and their storage

- I can identify the main nutrient of this recipe and give at least one reason why the body needs it

Learning Intentions

- I will be revisiting food hygiene and safety rules learned in 1st year

- I will be developing my knowledge of cooking foods that contain nutrients needed for growth and development

Ingredients

1 Flour Tortilla

Piece Onion

Piece Red Pepper

Piece Green Pepper

Portion cooked chicken

15ml Salsa

15ml Sour Cream

10ml Oil

Method

1. Wash and pat dry the peppers then de-seed and cut into thin strips.
2. Thinly slice the onion.
3. Cut chicken into smaller pieces and set aside.
4. Heat oil in frying pan and add all the vegetables. Pan fry for two minutes
5. Add the cut chicken and heat through – approximately 3 minutes.
6. Spread the salsa and sour cream on the tortilla.
7. Spoon the chicken and vegetables onto the tortilla.
8. Carefully fold the sides of the tortilla to prevent the filling falling out and roll up.

Potato Wedges & Salsa (Paired Activity)

Success Criteria

- I am confident using a bender and demonstrated working safely

- I worked safely and hygienically when preparing this recipe and can suggest reasons why this is important

Learning Intentions

- I will be revisiting how to use a blender safely

- I will be demonstrating safe hygiene practices when preparing this recipe with my partner

Equipment

White chopping board

Vegetable knife

Measuring Jug

Baking tray

Parchment paper

Hand blender

Salsa

100g Plum Tomatoes

2.5ml Balsamic Vinegar

5ml Olive Oil

2.5ml Chilli Powder

Sprig Parsley

Piece onion

Piece red Pepper

Piece cucumber

1 Garlic Clove

Ingredients

Two Large Potatoes

15ml Olive Oil

Oven Temperature 220°C/Gas 8

Method

1. Place parchment paper onto baking tray and set aside.
2. Wash and pat dry the potatoes. Cut each on into around 8-10 wedges.
3. Place wedges onto parchment paper and drizzle with oil. Rub the oil into the wedges. Alternatively place the wedges in a bowl with the oil and rub together.
4. Bake in the oven for approximately 30 – 35 minutes. Test for readiness.
5. Add plum tomatoes, balsamic vinegar, olive oil chilli powder and seasoning into measuring jug
6. Wash, pat dry and dice the pepper and cucumber then roughly chop garlic and parsley. Add all ingredients to measuring jug
7. Place the hand blender into measuring jug and switch on. Blend then check consistency and continue if necessary.
8. Divide mixture evenly between two containers.
9. Remove wedges from oven. Divide between two containers.

Fruit Crumble

Equipment

White chopping board

Vegetable knife

Peeler

Mixing bowl

Tablespoon

Plate

Round bladed knife

Baking tray

Success Criteria

- I carried out my rubbing in task and created a nice crumble mix that was well incorporated

- I demonstrated how to core and slice my apple to the best of my ability

Learning Intentions

- I will be demonstrating my ability to make a crumble mix using the rubbing in method

- I will be further developing my knife skills when coring and slicing an apple

Ingredients

75g Plain Flour

25g Wholemeal Flour

50g Margarine

50g Sugar

1 small cooking apple

Tablespoon mixed berries

Oven Temperature 200C/Gas 6

Method

1. Weigh the flour into a large mixing bowl and collect sugar onto a plate.
2. Place margarine in bowl with flour and cut into small pieces.
3. Rub margarine into flour until mixture looks like breadcrumbs
4. Wash, peel and core the apple. Very thinly slice and place in the bottom of an oven proof dish
5. Add the mixed berries then sprinkle with ½ the sugar.
6. Stir the remaining sugar into the flour mixture and then sprinkle mixture evenly over fruit.
7. Place on a baking tray and bake for approximately 20 minutes until golden in colour and shrinking from the sides.

Pan Fried Vegetable Couscous with Feta Cheese

Success Criteria

- I prepared my vegetables correctly and as a result am becoming more confident in my knife skills

- I can state the key nutrients in this recipe and their functions

Learning Intentions

- I will be further strengthening my knife skills by preparing a selection of vegetables correctly

- I will be continuing to explore key nutrients in recipes and their functions

Ingredients

Equipment

White chopping board

Vegetable knife

Mixing bowl

Measuring jug

Measuring spoons

Fork

Frying pan

Pan Stand

50g. Couscous

15ml Olive Oil

75ml vegetable stock

Piece yellow pepper

Piece courgette

¼ red onion

1 mushroom

1.5ml garlic powder

25g Feta Cheese

Basil leaves

Method

1. Measure the vegetable stock into a jug then pour in the couscous. Stir then set aside to allow the couscous to absorb the stock.
2. Wash and cut the pepper and courgette into 1cm pieces.
3. Cut the red onion into similar sized chunks.
4. Clean the mushroom and cut in half. Slice into even pieces.
5. Heat the oil in the frying pan, add the garlic powder and all the vegetables and gently sweat (lid on) for 5 minutes until softened.
6. Remove the vegetables from the heat and place in the mixing bowl.
7. Cut feta cheese into cubes and tear basil leaves and place into the mixing bowl.
8. Fork the couscous and add to the mixing bowl.
9. Carefully fold all ingredients together and place into a container.

Sweet and Spicy Vegetarian Stir Fry

Success Criteria

- I confidently demonstrated each cookery process safely and without support

- Through discussion about health in theory lessons I was able to identify the vegetarian substitute in this recipe

Equipment

Wok/non-stick frying pan

Large pan (between 2)

Pan stand

White chopping board

Vegetable knife

Measuring spoons

Fork

Colander

Learning Intentions

- I will be expanding my knowledge of cookery processes by revisiting stir frying & boiling

- I will be continuing to develop my understanding of using vegetarian options in cooking

Ingredients

Piece onion

Piece pepper

Piece carrot

Piece Quorn fillet

15ml oil

1.25ml chilli powder (or 2.5ml for spicy)

15ml honey

5ml soy sauce

Portion noodles

Method

1. Half fill a pan with water and bring to the boil.
2. Add the noodles and re-boil. Cook for two minutes then remove from heat, stir and drain. Set aside till needed.
3. Wash and pat dry the pepper and carrot. Cut into thin strips
4. Thinly slice the onion.
5. Cut the Quorn into thin strips.
6. Heat the oil in the wok and add the onion, Quorn and chilli powder.
7. Stir fry for 2 minutes.
8. Add the pepper and carrot and stir fry a further 2 minutes.
9. Add the honey and noodles. Stir fry a further 2 minutes.
10. Add the soy sauce and stir through.
11. Remove from the heat and serve.

Spaghetti Carbonara

Learning Intentions

- I will be able to confidently identify the high risk food in this recipe

- I will confidently demonstrate good food hygiene skills when preparing this dish

Success Criteria

- I confidently identified the high risk food in this recipe and can explain why it is high risk

- I successfully demonstrated good food hygiene practices when preparing this dish

Equipment

Large pan (between 2)

Pan stand

Red chopping board

White chopping board

Vegetable knife

Food scissors

Garlic crushers

Frying pan

Wooden spoon

Colander

Ingredients

50g spaghetti

½ rasher bacon

¼ onion

1 clove garlic

50g cream cheese

15ml oil

Method

1. ½ fill a pan with water and bring to the boil.
2. Once boiling, add the spaghetti, return to the boil.
3. Cook till al dente then drain.
4. Finely chop the onion and crush the garlic.
5. Remove the fat and cut the bacon into strips.
6. Heat the oil in a frying pan and add the onion, garlic and bacon.
7. Gently fry until the bacon is cooked.
8. Remove from the heat and stir in the cream cheese.
9. Add the drained pasta and return to the heat.
10. Heat through, coating the pasta with the sauce then serve.

Mini Mandarin Cheesecakes (Paired Activity)

Success Criteria

- I confidently melted the butter without boiling it

I assembled my cheesecake to the best of my ability -

* the base was firm and supported the layers
* I need to practice more as the layers were not distinct

Learning Intentions

- I will be continuing to enhance my food preparation skills – melting

- I will be revisiting my ability to assemble my product - layering

Equipment - base

2 circular moulds

Rolling pin

Mixing bowl

Small pan & pan stand

Wooden spoon

Tablespoon

Baking tray

Greaseproof paper

Equipment - topping

Wooden spoon

Tablespoon

Electric Mixer

Small bowl

Spatula

Plate

Round bladed knife

Ingredients

25g butter

50g digestive biscuits

75g tinned mandarins

50g low fat cream cheese

50mls fresh double cream

10g icing sugar

Method

1. Place the greaseproof paper and moulds onto a baking tray.
2. Crush the biscuits and melt the margarine then mix together.
3. Divide the biscuit mix between the two moulds and press down to an even thickness using a metal spoon. Place in the fridge and allow to firm.
4. Set aside two mandarins and cut the remaining segments. Pat dry slightly to remove excess juice.
5. In a small bowl gently beat the icing sugar and cream cheese. Do not over beat as the cheese will become too thin.
6. Whisk the cream into soft peaks.
7. Add the whipped cream and mandarins to the soft cheese and carefully fold together.
8. Spoon on top of the biscuit base and top with a mandarin segment. Allow to set in the fridge.
9. Carefully remove from the moulds and serve.

Butterfly Cakes

Success Criteria

- I identified safety issues when using an electric mixer and used it properly

- I deposited my mixture as evenly as I could and am happy with the end result

- I created the wings for my butterfly cakes and I did this well

Equipment

Mixing bowl

Electric mixer

Sieve

Metal spoon

Round bladed knife

Cup

Bun tin

6 cupcake cases

Learning Intentions

- I will be demonstrating confidence when using an electric mixer

- I will demonstrate how to deposit my mixture evenly to create even sized cakes

- I will be learning how to create the wings for my butterfly cakes

Ingredients

50g SR flour

5ml baking powder

50g Caster sugar

50 margarine

1 egg

5ml vanilla essence

Spoonful butter icing

Oven Temperature 180°C/Gas 4

Method

1. Weigh sugar into a bowl and sieve in the flour and baking powder. Add the margarine.
2. Beat the egg in a cup and add to the bowl along with the vanilla essence.
3. Using an electric mixer, combine all the ingredients together until light and creamy. Check consistency and adjust if necessary.
4. Evenly deposit the mixture between the cupcake cases ensuring no spillages.
5. Bake for approximately 15 minutes then remove and cool on a cooling wire.
6. Cut the tops off the cupcakes and fill with buttercream.
7. Cut the leftover tops in half and set into the buttercream to look like wings. Dust with icing sugar.

Giant Gingerbread Man (Paired Activity)

Learning Intentions

- I will be learning to use a template to create my gingerbread man

- I will be revisiting techniques on how to decorate sweet treats using sweet ingredients

Decoration

Small bag royal icing

Small piece sugar paste

Selection sweets

Success Criteria

- After watching a demonstration I created the shape of my gingerbread man by carefully cutting round a template

- I used a combination of icing and sweets to create my design and I am happy with the end result

Ingredients

Equipment

Food processor

Sieve

Plate

Metal spoon

Round bladed knife

Cup

Measuring spoons

Rolling pin

Template

Baking tray

350g plain flour

5ml bicarbonate of soda

2x5ml ground ginger

5ml ground cinnamon

125g margarine

175g sugar

1 egg

4x15ml golden syrup

Oven Temperature 180°C/Gas 4

Method

1. Sieve flour, spices and bicarbonate of soda into the bowl of the food processor. Add butter and mix until it looks like fine breadcrumbs.
2. Add sugar and mix gently.
3. Lightly beat egg and syrup together then add to the processor and mix until it forms a dough.
4. Wrap in cling film and chill for approximately 15 minutes.
5. Lightly flour the work surface and roll out the dough to an even 1cm thickness.
6. Using the template and knife, cut out the gingerbread man.
7. Carefully transfer to a baking tray and bake for around 15 minutes until golden brown.
8. Allow to cool slightly on the baking tray then remove onto a wire rack.
9. Decorate with icing and sweets.

Jam Sponge Pudding (Peer Evaluation)

Success Criteria

- I have worked independently to make a steamed pudding and enhanced my ability to use different cookery process

- I can identify and explain at least two hazards of microwave cooking

Learning Intentions

- I will be further developing my knowledge of cookery processes by revisiting using a microwave to make a tasty dessert

- I will be reviewing my understanding of safe cooking practices when using a microwave

Equipment

Mixing bowl

Electric whisk

Cup

Fork

Metal spoon

Spatula

Small plastic bowl

Piece greaseproof paper

Ingredients

50g SR flour

50g caster sugar

50g margarine

5ml vanilla extract

1 egg

2x15ml jam

Method

1. Collect the jam and soften it. Spoon into the bottom of the small bowl.
2. Weigh sugar into the mixing bowl and sieve in the flour.
3. Add the margarine.
4. Beat the egg in a cup and add to the bowl along with the vanilla essence.
5. Using an electric mixer, combine all the ingredients together until light and creamy. Check consistency and adjust if necessary.
6. Evenly deposit the mixture on top of the jam ensuring that all the jam has been covered.
7. Cover the bowl with a piece of greaseproof paper and microwave on full power for 2-3 minutes.
8. Remove and allow to cool slightly in the bowl.

Fruity Cereal Bars

Success Criteria

- I confidently demonstrated how to melt ingredients and combine them

- I followed instructions and can now press and smooth ingredients into a tray to make a simple tray bake

Learning Intentions

- I will be reinforcing my ability to melt ingredients and combine them together

- I will be learning to press and smooth ingredients into a tray to make a tray bake

Ingredients

Equipment

Small pan

Mixing bowl

Measuring spoons

Wooden spoon

Metal spoon

Foil flan case

50g margarine

25g soft brown sugar

2 x 15ml golden syrup

75g rolled oats

25g rice crispies

50g mixed fruit

Method

1. Preheat the oven to 180°C/Gas 4
2. Lightly grease a foil flan case
3. Collect all the dry ingredients into a mixing bowl.
4. In a small pan, add the margarine, sugar and syrup.
5. Melt on a medium heat, stirring to combine all the ingredients.
6. Once combined and completely melted remove from the heat and add in the dry ingredients.
7. Mix well to coat all the cereal and fruit
8. Spoon the mixture into the prepared tin and smooth with the back of a metal spoon.
9. Bake for approximately 20 minutes or until golden around the edges.
10. Cool completely in the tin before removing.
11. Cut into even sized pieces and store appropriately.

Large Sausage Rolls

Success Criteria

- I demonstrated how to roll pastry to the correct shape and size and have improved the technique

- I considered the knowledge gained over the year to ensure I prepared and cooked my food safely

Equipment

Baking tray (between 2)

Red chopping board

White chopping board

Fork

Rolling pin

Food scissors

Vegetable knife

Mixing bowl

Cup (between 2)

Pastry brush (between 2)

Ingredients

Learning Intentions

- I will be further developing my ability to roll out pastry evenly

- I will be reinforcing my knowledge of food safety and its importance when cooking with raw meat

Small block ready-made puff pastry

1 portion sausage meat

Piece of onion

Pinch mixed herbs

Egg Wash to Glaze

Vegetarian Option

Piece of onion

50g Grated Cheese

Oven Temperature 190°C/ Gas 7

Method

1. Lightly flour a baking tray and set aside.
2. Roll out pastry to the length of the rolling pin (rectangle).
3. Finely dice the onion and place in a mixing bowl along with the sausage meat and herbs then mash together with a fork to combine.
4. Sprinkle some flour onto the red board and roll out the sausage and place on the pastry
5. Place the rolled out sausage down the middle of the pastry.
6. Dampen along one of the long edges of the rolled out pastry.
7. Fold the pastry over to cover the sausages roll to neaten.
8. Cut into 2 equal pieces, using a clean, sharp knife.
9. Place onto the baking tray and use scissors to snip tops and make a pattern. Glaze with the egg wash and bake until golden brown.
10. Test for readiness then cool and store appropriately.

Simple Chocolate Chip Cookies

Success Criteria

- I can confidently demonstrate the creaming method to produce a light and fluffy mixture

- I produced even sized cookies by portioning the mixture correctly and am happy with the results

Learning Intentions

- I will be reinforcing my ability to cream ingredients together

- I will be reinforcing my ability to divide a mixture and portion it evenly to ensure an even bake

Equipment

Mixing bowl

Plate

Wooden spoon

Measuring spoons

Baking Tray

Cooling Wire

Ingredients

50g soft margarine

50g soft brown sugar

7.5ml golden syrup

75g SR flour

15ml chocolate chips

Oven temperature 160°C/Gas 3

Method

1. Lightly flour a baking tray and set aside.
2. Cream the butter and sugar together until soft and creamy.
3. Add the syrup and ½ the flour. Mix together.
4. Add in the remaining flour and chocolate chips. Mix well to evenly distribute the chocolate chips.
5. Divide the mixture into 6 even sized balls.
6. Place well apart on the baking sheets - do not flatten them.
7. Bake for about 10 minutes until pale and golden in colour.
8. Leave to cool on the tray for a few minutes and then remove onto a wire to cool completely.

Hearty Minestrone Soup

Success Criteria

-I confidently demonstrated my food preparation techniques and have learned the terms for vegetable cuts

- I can explain the difference between boiling and simmering and can control these processes during cooking.

Learning Intentions

- I will be expanding my knowledge of food preparation techniques by learning terms for cuts of vegetables

- I will be demonstrating confidence in my knowledge of cookery processes when preparing this recipe

Ingredients

Lesson 2

½ rasher bacon (optional)

15ml oil

300ml vegetable stock 50ml chopped tomatoes

15ml tomato puree

1.25ml garlic powder

2.5ml mixed herbs

5 strands spaghetti

Equipment

White chopping board

Vegetable knife

Peeler

Large pan & lid

Jug

Measuring spoons

Wooden spoon

Lesson 1

¼ onion

Piece of carrot

Piece of celery

Piece cabbage leaf

Pasta/spaghetti

Method

1. Wash the carrot, celery and cabbage leaf.
2. Prepare vegetables as follows –
	* Onion – finely diced
	* Carrot – peel and macedoine
	* Celery – sliced (paysane)
	* Cabbage – chiffonade

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1. Collect stock, chopped tomatoes, puree, garlic and mixed herbs in a jug.
2. Trim the fat and cut the bacon into small pieces.
3. Heat the oil in a pan, add the onions and bacon and fry for 3 minutes.
4. Add the carrot and cook for a further 2 minutes.
5. Add the celery, cabbage and stock and bring to the boil – reduce to a simmer. Cover and cook for 10 minutes, stirring occasionally.
6. Add a handful of pasta or break up the spaghetti into small pieces and add to the pan. Cook a further 10 minutes.
7. Remove from the heat and serve.

Chocolate Truffles (Paired Activity)

Success Criteria

- I can portion and shape mixtures evenly and am confident I can reproduce this recipe at home

- I ensured I coated my truffles evenly to produce a well finished product I am happy with

Learning Intentions

- I will be securing my knowledge of how to portion and shape a mixture evenly

- I will be demonstrating confidence when coating my truffles to ensure an even cover and well finished product

Equipment

Small pan

Pan stand

Mixing bowl

Wooden spoon

Rolling pin

Metal spoon

Plate

8 paper cases

Ingredients

25g margarine

4 tablespoons condensed milk

10 digestive biscuits

15ml drinking chocolate

To Coat

Coconut

Chocolate strands

Method

1. Using a rolling pin, crush the biscuits until they resemble breadcrumbs.
2. In the small pan, add the margarine, chocolate, icing sugar and condensed milk.
3. Over a medium heat, melt the ingredients, stirring to combine.
4. Add melted mixture to the bowl and mix with the biscuit crumbs ensuring the biscuit crumbs are well incorporated.
5. Divide the mixture between 2 and shape each portion into 4 even balls.
6. Coat each truffle ball by dropping the truffles into bags of coconut or chocolate strands.
7. Place in paper cases and allow to set.

Eve’s Pudding (Paired Activity)

Success Criteria

- I can beat together ingredients to produce a creamy mixture

- I can demonstrate how to check the consistency of a mixture and explain how to make adjustments

- I can confidently identify ways to test cakes for readiness

Equipment

Mixing bowl

Sieve

Plate

Cup

Round bladed knife

Spatula

Metal spoon

Baking tray

Learning Intentions

- I will be reinforcing my knowledge of food preparation techniques – beating

- I will further develop the ability to check the consistency of a mixture

- I will demonstrate confidence in my ability to test for readiness

Ingredients

50g SR flour

5ml baking powder

50g Caster Sugar

50g soft margarine

1 egg

2.5ml vanilla essence

100g tinned apples

Milk (if needed)

Oven Temperature 180°C/Gas 4

Method

1. Weigh sugar into a bowl and sieve in the flour and baking powder. Add the margarine.
2. Beat the egg in a cup and add to the bowl along with the vanilla essence.
3. Using a wooden spoon, combine all the ingredients together until light and creamy. Check consistency and adjust if necessary.
4. Cut the apples into smaller pieces and divide between two oven proof dishes.
5. Carefully deposit the sponge mix between the two dishes ensuring the apples are completely covered.
6. Place onto a baking tray and bake for approximately 15 minutes until golden brown. Test for readiness and remove to cool.

Pizza

Learning Intentions

- I will be demonstrating how to make dough confidently

- I will be learning about faults in dough making

- I will be developing my knowledge of flavour combinations to create a pizza that looks good and tastes nice

Success Criteria

 - I made my pizza dough to the best of my ability

- Through discussion I am now able to identify faults in dough making

 - I chose ingredients that I like and made my pizza look and taste good

Ingredients

Equipment

Chopping board

Vegetable knife

Mixing bowl

Measuring jug

Round Bladed knife

Rolling pin

Baking tray

Measuring spoons

Baking tray

Topping

2x15ml pizza topping

¼ onion

1.25ml mixed herbs

50g cheese

Base

100g SR flour

25g margarine

Pinch salt

75ml milk

Oven Temperature 190°C/Gas 5

Method

1. Lightly dust a baking tray with flour and set aside.
2. Weigh the flour into a bowl and add a pinch of salt.
3. Rub the flour into the margarine to form fine breadcrumbs.
4. Add ¾ of the milk and combine to form soft dough. Add more milk if needed.
5. Turn onto a floured table and knead slightly. Roll out dough.
6. Place on baking tray and make an edge.
7. Spread pizza topping on top of base.
8. Finely dice the onion and place on top of the topping.
9. Sprinkle with herbs and grated cheese.
10. Place in the oven and bake for approximately 15 minutes until golden brown.

Cheese & Pepper Quesadillas (Paired Task)

Success Criteria

- By checking the temperature is correct I can confidently fry ingredients safely

- I demonstrated good food preparation skills and am confident in my ability to assemble a simple snack

Equipment

Chopping board

Plate

Vegetable knife

Measuring spoons

Frying pan

Pan stand

Wooden spoon

Baking tray

Learning Intentions

I will be revisiting cookery processes previously learned over the year – frying

I will be reviewing my ability to assemble a simple snack that is quick and easy to make

Ingredients

¼ green pepper

¼ red/yellow pepper

½ spring onion

2.5ml ground cumin

2.5ml coriander

2.5ml lime juice

15ml oil

50g grated cheese

2 tortillas

2x15ml salsa

Oven Temperature 180°C/Gas 4

Method

1. Place a piece of greaseproof paper onto a baking tray and set aside.
2. Wash, pat dry and thinly slice the peppers and spring onion.
3. Wash and roughly chop the coriander.
4. Heat the oil in the pan and gently fry the peppers and spring onion.
5. Add the cumin and lime juice and cook for approximately 5 minutes or until the peppers soften. Do not burn – check cooker temperature.
6. Place one flour tortilla onto a baking tray and spoon over the pan fried vegetables. Top with the coriander and cheese.
7. Place the 2nd tortilla on top then bake for approximately 10 minutes.
8. Remove from the heat and cut the tortillas into quarters.

Vegetable Chow Mein

Success Criteria

- I confidently prepared my dish using techniques I already know and am happy with the result

- I followed the recipe to the best of my ability –

* I needed no help
* I needed some help
* I found the task difficult and needed more help than I thought

Learning Intentions

- I will be revising food preparation techniques I have learned in my practical lessons

- I will be developing my ability to follow a recipe independently to complete this dish

Ingredients

Equipment

Pan & Pan stand

Sieve

Vegetable knife

Chopping board

Wooden spoon

Plate

Measuring spoons

Wok/frying pan

Portion noodles

15ml sesame oil

½ onion

Small piece ginger

60g beansprouts

Piece red pepper

Piece green pepper

1 spring onion

Piece carrot

25ml soy sauce

Method

1. Set up table and collect ingredients.
2. Fill saucepan with water and place onto boil. Once boiling add noodles. Cook for 1 minute until soft. Drain and set aside.
3. Wash and slice red and green pepper, onion, ginger, carrot and spring onion.
4. Heat oil in a wok then add onion, pepper, carrot and ginger. Stir fry for 2-3 minutes.
5. Add noodles and bean sprouts. Stir fry for 2 minutes.
6. Add spring onion and soy sauce and stir fry for 2 minutes.
7. Season and serve.

Vegetable Samosas (between 2)

Learning Intentions

- I will be demonstrating confidence when rolling pastry

- I will be developing skills in how to assemble finger food

Success Criteria

- I demonstrated how to roll out pastry to the best of my ability.

* It was evenly rolled
* My rolling out still needs work

- I have begun to develop the ability to assemble finger food and I am pleased with the result

Ingredients

Equipment

Chopping board

Vegetable knife

Grater

Measuring spoons

Rolling pin

Baking Tray

Greaseproof paper

Small block ready-made pastry per person

15ml oil

Piece onion

Piece potato

Piece carrot between 2

5ml curry powder

15ml frozen peas

1.25ml salt

Oven temperature 190°C/Gas 6

Method

1. Place a piece of baking paper onto a baking tray and set aside.
2. Wash and grate the potato and carrot. Dice the onion.
3. Heat the oil in a frying pan and add curry powder, onion, carrot and potato. Cook for about 3 minutes to soften the vegetables.
4. Stir in peas and salt and leave to cool slightly.
5. Divide the pastry into 4 equal pieces.
6. Roll each piece into a ball and roll out into a circle of 15cm.
7. Dampen the edge of one half of the pastry using a pastry brush.
8. Fill the cases with a tablespoon of your mixture and press the edges together to seal into a semi-circular shape.
9. Brush with a little milk and set onto the baking tray
10. Bake for 15 minutes until golden brown.
11. Remove and cool on a cooling wire.

Tiffin

(Paired Task and Teacher Led Self-Evaluations)

Learning Intentions

- I will be revisiting how to melt chocolate safely

I will be revisiting my ability to combine ingredients evenly

- I will be developing the ability to self-evaluate my progress in Home Economics

Success Criteria

- I am confident in my ability to safely melt chocolate

- I can confidently combine ingredients

- Through discussion I can self-evaluate and am able to identify areas of strength and areas for improvement

Equipment

Small pan x 2

Pan stand

Mixing bowl

Glass/metal bowl

Wooden spoon x 2

Plate

Rolling pin

Knife

Chopping board

Metal spoon

Ingredients

50g margarine

15ml soft brown sugar

1 rounded tablespoon cocoa

2 tablespoons golden syrup

100g digestive biscuits

75g raisins

100g milk chocolate

Method

1. Fill a pan with water (less than ½ full) and bring to the boil.
2. Break the chocolate into small pieces and place in a bowl.
3. Place over the boiling water and melt.
4. Place the biscuits in a mixing bowl and roughly crush them using a rolling pin.
5. Slowly melt the margarine, sugar, syrup and cocoa powder in a small pan until all ingredients are combined.
6. Pour the warm butter mixture on top of the crushed biscuits and add the raisins.
7. Mix together until all ingredients are combined.
8. Pour mixture into a flan case and press down evenly.
9. Pour the melted chocolate over the top and spread evenly.
10. Chill in the fridge before cutting into even triangle wedges.

Tuna Pesto Pasta Bake

Success Criteria

- I have worked well in practical lessons and am confident in my ability to follow a recipe without support

- I am confident in my ability to grill foods correctly and can identify safety rules when using a grill

Learning Intentions

- I will be demonstrating how efficient I have become in practical lessons

- I will be demonstrating following a recipe with confidence

- I will be revisiting cookery processes – grilling

Ingredients

Equipment

Large pan & lid (between 2)

White chopping board

Vegetable knife

Grater

Plate

Mixing bowl

Measuring spoons

Fork

Wooden spoon

Pan stand

Colander (between 2)

50g pasta

40g tinned tuna

7.5ml olive oil

2x15ml spoons green pesto

25g cheddar cheese

1 tomato

15ml sweetcorn

15ml frozen peas

Method

1. ½ fill a medium pan with water and bring to the boil.
2. Add the pasta to boiling water, return to the boil and simmer for 10-12 minutes until pasta is al dente.
3. Flake the tuna onto a plate and set aside.
4. Cut the tomato into 8 pieces and add to the tuna along with the peas and sweetcorn.
5. Grate the cheese and set aside separately.
6. Drain the pasta and place in a bowl. Add the pesto and oil and mix together to coat all the pasta.
7. Carefully mix in the tuna and tomato and pour into a heat proof serving dish.
8. Top with the grated cheese and place under the grill until the cheese has melted (3 – 5 minutes).