

Meatballs



<https://www.youtube.com/watch?v=FWWHtN6wDvw> – 8.42 minutes Jamie Oliver meatballs

Container with a lid apron.

No nuts or nut-based ingredients.

1 packet minced meat / Quorn / falafel mix– beef, pork, chicken.

1 onion

1 carrot

1 can tomatoes

2-3 tablespoon tomato puree

1 oxo cube (low salt versions are good)

Optional extras:

- Meatballs – garlic, chilli, basil, rosemary, rhyme, paprika, onion, egg, cheese, chutney.
- Tomato Sauce – celery, courgette, mushroom, peppers, olives, herbs, spices, pumpkin, sweetcorn, etc.

Meatballs

- Preheat the oven to 180c.
 - Chop all meatballs flavours / vegetables as small as possible – BRUNOISE.
1. Put the meat into the bowl, add any other flavours / ingredients that you are using.
 2. Using your hands mix together and then form into small balls.
 3. Place onto a baking tray and bake at 180c for 20 minutes.

Tomato Sauce

1. Chop / peel / slice all vegetables.
2. Add a few drops of water to the large saucepan and fry the vegetables until soft – 10 – 15 minutes. Keep adding water if the vegetables stick.
3. Add the tinned tomato, oxo cube, herbs / spices and stir through.
4. Pour in half a can of water and stir through.
5. Cook on a low heat for as long as possible OR at least 15 minutes.

To assemble

Pour the sauce into your container and dot the meatballs over the top.

Never assume a pan handle or oven tray is cold! You cannot tell by looking at it!



Image from Google images

Each portion (226 grams) contains

Energy	Fat	Sat fat	Sugar	Salt
758kJ 181kcal	11g	4.4g	7.7g	0.71g
9%	15%	22%	9%	12%

of an adult's reference intake
Typical values per 100g: Energy 337kJ / 80.5kcal

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	337	758	9	8400
Energy kcal	80	181	9	2000
Fat	4.7g	11g	15	70g
Saturated fat	2g	4.4g	22	20g
Carbohydrate	3.8g	8.5g	3	260g
Sugar	3.4g	7.7g	9	90g
Fibre	1.1g	2.4g		
Protein	6.4g	14g	29	50g
Salt	0.32g	0.71g	12	6g

This pack contains 4 servings.
RI = Reference intake of an average adult (8400kJ / 2000kcal)

Number of portions:

4

£ 0.53 per portion

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (brunoise, jardinière, bridge, claw), using the hob correctly and safely, handling and cooking high risk ingredients, testing for readiness, maillard reaction, rendering fat, shaping and rolling raw meat, even quality, use of temperature probe, dovetailing, frying, baking, reduction sauce, following written instructions, washing and drying equipment, independence.

Buttermilk Scones



<https://www.youtube.com/watch?v=e1LYWF8T8g0> – how to make butter

Container with a lid, apron
No nuts or nuts-based ingredients

- 250g self-raising flour (or ½ wholemeal & ½ Sr to increase fibre)
- 1 pot of cream (250ml) to make the butter & buttermilk
- 50 – 80g butter – made from the cream
- 100ml buttermilk – made from the cream!
- 1tsp baking powder
- 100g grated cheese (or low-fat cheese / use less to reduce the saturated fat)

Let's make butter and buttermilk

1. Pour the double cream into a large bowl.
2. Using the electric whisk or hand whisk, whisk the cream until it separates into solids and liquid.
3. Continue on until the solids thicken – **this is your butter!**
4. **Squeeze out the excess buttermilk.**
5. Pour the liquid – **buttermilk**, into your measuring jug.
6. Chill your butter before using OR chill your scones before cooking.

To make the scones -

1. Preheat the oven to 180c.
2. flour and line a baking tray.
3. Using your fingertips **rub** the butter into the flour until it resembles **fine breadcrumbs**.
4. Add the baking powder – **level tsp**
5. Add your flavourings **if** using.
6. Pour in the **buttermilk** a **tablespoon** at a time and mix to make a soft dough. Save a little of the milk.
7. Place the dough on a floured work surface.
8. Pat out the dough until 1.5cm thick.
9. Shape into **petticoat tails**.
10. Place the scones onto the baking tray, brush the tops with a little milk and bake for 12 – 15 minutes, until golden brown.
11. After baking, place the scones on a cooling rack.



Never assume a pan handle or oven tray is cold! You cannot tell by looking at it!



Image from Google Images

Nutrition 10 portions				
Energy (kJ/kcal)	180	110	110	100
10%	20%	30%	7%	12%
* as an ability reference value				
Typical values per 100g Energy (kJ/kcal) 412/98				
Nutrient				
Typical values	per 100g	per portion	% RI	RI
Energy (kJ)	412	110	14	2400
Energy (kcal)	110	30	14	2000
Fat	29g	7g	14	70
Saturated fat	19g	5g	30	100
Carbohydrate	73g	20g	40	200
Fibre	1.6g	0.4g	1	10
Protein	1.8g	0.5g	10	50
Salt	0.2g	0.05g	1	5g

This pack contains 10 portions
RI = Reference intake of an average adult (8400 kJ/2000 kcal)

Number of portions:

8

£ 0.19 per portion

A little bit of Science –

The baking powder will produce carbon dioxide gas to raise the cakes.

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, rubbing in, using electric whisk, mixing, rubbing in, shaping and moulding dough, resting, squeezing, even shaping, glazing, using the oven correctly and safely, testing for readiness, evenness, quality finish, following written instructions, washing and drying equipment, independence.

Bolognaise /Chili



<https://www.youtube.com/watch?v=-gF8d-fitkU> – Jamie Oliver Bolognaise – 5.27 minutes

Container with a lid apron.

No nuts or nut-based ingredients.

- 1 large onion
- 1 can tomatoes
- 1 packet of mince (use lean meat to reduce the saturated fat) / lentils/ Quorn/ TVP
- 2 tablespoons tomato puree
- 1-2 clove garlic – optional
- 1 teaspoon oregano / basil - optional
- 1 oxo cube - beef/vegetable – low salt versions are a good choice
- ½ can water

Vegetables of own choice – carrot / pepper / courgette / aubergine – aim for at least 2

Chili – chili (fresh, dried), 1 can red kidney beans – remember they contribute to 1 of your 5 a day

1. Chop, slice, and peel all ingredients set to one side – large bowl. **Waste onto the tray.**
2. **Dry** fry the mince until it is **golden brown**, sieve off the excess fat and set to one side.
3. **Dry** fry the vegetables until soft and golden (if they stick to the pan add a small amount of water). Remove from the pan and put back into the bowl.
4. Put **all** ingredients into the pan – browned meat, the garlic, tomato puree, the tinned tomatoes, stock cube the herbs / spices and the water and stir until the mixture is boiling.
5. **Turn down** the heat and simmer for as long as possible or at least 15 minutes.
6. Check for seasoning.
7. At home – serve with whole meal pasta or brown rice to increase the fibre.



Image from Google images

Chilli

Each portion (177 grams) contains				
Energy 466kJ 111kcal	Fat 2.2g	Sat fat 1g	Sugar 5.2g	Salt 0.48g
6%	3%	5%	6%	8%
of an adult's reference intake				
Typical values per 100g: Energy 264kJ / 63.1kcal				

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	264	466	6	8400
Energy kcal	63	111	6	2000
Fat	1.2g	2.2g	3	70g
Saturated fat	0.5g	1g	5	20g
Carbohydrate	6.1g	11g	4	260g
Sugar	2.9g	5.2g	8	90g
Fibre	2.5g	4.4g		
Protein	7.2g	13g	26	50g
Salt	0.27g	0.48g	8	6g

This pack contains 6 servings.
RI = Reference intake of an average adult (8400kJ / 2000kcal)

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (brunoise, macedoine, bridge, claw) draining, using the hob correctly and safely, handling and cooking high risk ingredients, testing for readiness, maillard reaction, rendering fat, following written instructions, washing and drying equipment, independence.

Mexican Sunshine



<https://www.youtube.com/watch?v=ZIF-6CFsYxk> – Beth's Tarte Au Soleil, 5.25 minutes

Container with a lid or a baking tray with tinfoil / clin film, apron.

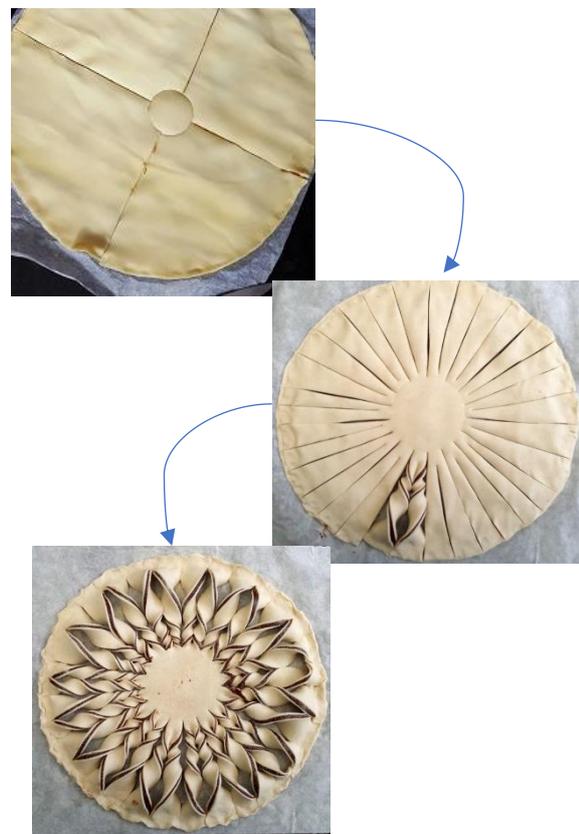
No nuts or nut-based ingredients.

- 500g pack of puff pastry
- 1 small onion
- 1 pepper
- 2-3 slices ham or chicken
- 150g cheese, grated
- 75g sweetcorn
- 1 egg, beaten – to glaze
- 100ml Tomato passata or 2tbsp tomato pasta sauce
- 1 tsp paprika, ½ tsp hot chilli powder, 1 tsp dried mixed herbs or 1tsp chilli mix / fajita mix
- Optional – peppers, mushroom, asparagus, sweetcorn, olives, black beans.

1. Pre heat the oven to 200°C.
2. Dust work surface with flour, cut the pastry block in half and reserve one half for later.
3. Roll out the pastry to a thickness of 5mm.
4. Using a plate – cut out 2 circles.
5. Place one of the pastry circles onto the baking tray.
6. Spread over tomato passata- leaving a 1cm border around the edge of the pastry.
7. Add herbs and spices, onion, sweetcorn, peppers and chicken/ham.
8. Sprinkle with a layer of cheese.
9. Cover with the second layer of pastry.
10. Place a cup in the centre of the pastry and make 8 to 10 even cuts all the way around the pastry.
11. Brush on some beaten egg.
12. Twist each segment twice to make it resemble a sun like shape.
13. Bake for 20 minutes until golden brown.



Image from Google images



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Safe working within a food room, working in an organised approach, cleaning away, washing and drying, handling and rolling pastry, twisting and manipulating dough, bridge and claw technique, handling and preparing raw ingredients, timing and making judgements, pre-heating the oven, assessing when a food product is cooked.

Chocolate Brownies



<https://www.youtube.com/watch?v=KETPZPm6148> – 5.08 minutes, Jamie Oliver

These are to be eaten as a part of a balanced diet, as you can see by the ingredients they are not a healthy option, but there are always ways to make foods healthier to eat.

Brownie Tin, apron
No nuts or nuts-based ingredients

- 185g butter for lower saturated fat try Polyunsaturated margarine
 - 185g dark chocolate – economy is good
 - 85g plain flour (or wholemeal to increase fibre)
 - 40g cocoa powder
 - 3 large eggs
 - 275g sugar
1. Pre-heat the oven to 180c.
 2. Line your tin with foil or baking paper.
 3. Put the 185g butter and 185g dark chocolate into a large bowl.
 4. Half fill a small saucepan with water, then sit the bowl on top so it rests on the rim of the pan, not touching the water.
 5. Heat over a low heat until the butter and chocolate have melted, stirring occasionally to mix, once melted take off the heat to allow to cool.
 6. Break 3 eggs into a large bowl and tip in 275g sugar, mix until thick and creamy, like a milk shake.
 7. Pour the cooled chocolate mixture over the eggy mousse, then gently fold together.
 8. Fold in the flour and cocoa powder.
 9. Pour the mixture into the prepared tin, scraping every bit out of the bowl with the spatula.
 10. Put in the oven and set your timer for 25 mins.
 11. If the brownie wobbles in the middle, it's not quite done, bake for another 5 minutes until the top has a shiny, papery crust and the sides are just beginning to come away from the tin.

The brownies will remain in the tins and to be sliced into squares at home!



Image from Google images



Double Boiler

Top Tip –

Check the water is not touching the bottom of the bowl – this may burn the chocolate.

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, how to prepare a baking tin, using the oven correctly, double boiler, chocolate work, whisking (aeration), coagulation (egg setting) testing for readiness, mixing, folding, preheating the oven, following written instructions, washing and drying equipment, independence.

Devonshire Apple Cake



<https://www.youtube.com/watch?v=kp2BBgalHIQ->
Treasure, 0.47 minutes

Amy

Cake tin / brownie tin, apron
No nuts or nuts-based ingredients

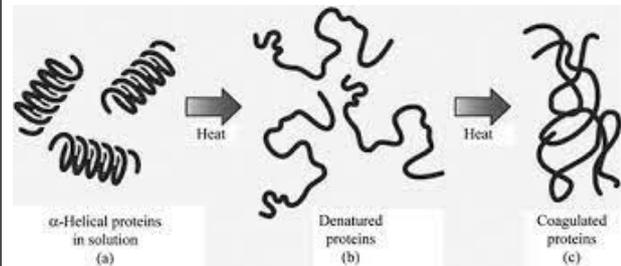
- 225g self-raising flour (or ½ wholemeal & ½ SR to increase fibre)
- 2 tsp ground cinnamon / nutmeg / mixed spice / ginger – optional
- 115g butter (use polyunsaturated margarine to lower saturated fat), plus extra for greasing
- 115g light brown sugar
- 2 large eggs
- 6-8 tbsp milk
- 225g apples / pears OR other fruits – canned / frozen / fresh – berries, peaches, banana
- 100g sultanas / dried fruit - optional

The cake will remain in the cake tin and to be sliced at home!

1. Heat the oven to 180.
2. Grease and line a deep 20cm cake tin with baking parchment.
3. Mix the flour and cinnamon together in a large bowl.
4. Add the butter and rub into the flour using your fingers, until it resembles fine breadcrumbs.
5. Stir in the light brown sugar.
6. Beat in the egg followed by 6 - 8 tbsp of milk – you want to achieve a smooth, thick batter.
7. Peel, core and grate the apples / pears.
8. Add the apples and sultanas and mix to combine.
9. Scrape the batter into your prepared tin and gently level out.
10. Sprinkle over the demerara sugar and bake in the oven for 30-40 minutes or until golden and a skewer inserted into the middle comes out clean.



Image from Google images



When eggs are heated the runny yolk and white (albumen – which is the major source of protein) turn solid. The proteins in the egg start to thicken, a process known as coagulation. Egg whites coagulate at 60°C, egg yolks 65°C, with full coagulation occurring at 70°C.

This coagulation 'sets' the cake mixture.

<https://www.ifst.org/>

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, handling high risk ingredients, lining a cake tin, mixing, shaping, rubbing in, knife skills - macedoine, coring, peeling, mixing, baking, using the oven correctly and safely, testing for readiness, following written instructions, washing and drying equipment, independence.

Macaroni Cheese / Vegetable Bake



<https://www.youtube.com/watch?v=9aeCJGmEXqE> – Gordon Ramsey – 2.10 minutes

Container with a lid / oven dish, apron.

No nuts or nut-based ingredients.

250g pasta (wholemeal will increase the fibre) or cauliflower / broccoli
40g butter (for lowering the saturated fats you could try polyunsaturated margarine)
40g plain flour
1pint milk – semi skimmed is good
250g grated cheddar (you could try low fat or low salt cheese)

Optional extras - think – can I add at least 1 vegetable?

50g grated parmesan, sweetcorn, peas, carrots, cooked bacon, ham, tuna.

1. Cook the pasta / vegetables in a large saucepan of boiling water for 10 - 15 minutes; drain well and set aside. You want them to begin to go soft – remember they will cook again in the oven!
2. **Melt** the butter over a medium heat in a saucepan.
3. Add the **flour** and stir to form a **roux**, cook for 2 minutes.
4. **Gradually** whisk in the milk, a **little** at a time.
5. Cook for 10-15 minutes to a thickened and smooth sauce.
6. Remove the sauce from the hob, **add ¾ of the cheese** and stir until the cheese is well combined and melted.
6. Add the **pasta / vegetables** to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar.

At home – bake on 180c for 20 -30 minutes or until piping hot.

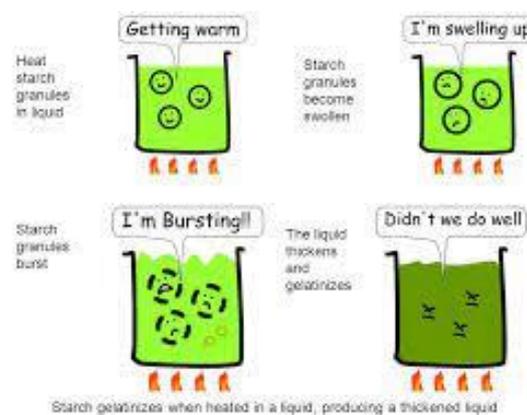


Image from Google images

A little bit of Science –

When starch is mixed with water and heated, the starch granules swell and eventually rupture, absorbing liquid, which thickens the mixture.

On cooling, if enough starch is used, a gel forms. This process is used in the production of blancmange.



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Boiling, draining, making a bechamel sauce (gelatinisation), roux, grating, using the hob correctly and safely, mixing, knife skills if using vegetables – florets, jardinière, julienne, testing for readiness, following written instructions, washing and drying equipment, independence.

Macaroni Cheese / Vegetable Bake



<https://www.youtube.com/watch?v=9aeCJGmEXqE> – Gordon Ramsey – 2.10 minutes

Container with a lid / oven dish, apron.

No nuts or nut-based ingredients.

250g pasta (wholemeal will increase the fibre) or cauliflower / broccoli
40g butter (for lowering the saturated fats you could try polyunsaturated margarine)
40g plain flour
1pint milk – semi skimmed is good
250g grated cheddar (you could try low fat or low salt cheese)

Optional extras - think – can I add at least 1 vegetable?

50g grated parmesan, sweetcorn, peas, carrots, cooked bacon, ham, tuna.

1. Cook the pasta / vegetables in a large saucepan of boiling water for 10 - 15 minutes; drain well and set aside. You want them to begin to go soft – remember they will cook again in the oven!
2. **Melt** the butter over a medium heat in a saucepan.
3. Add the **flour** and stir to form a **roux**, cook for 2 minutes.
4. **Gradually** whisk in the milk, a **little** at a time.
5. Cook for 10-15 minutes to a thickened and smooth sauce.
6. Remove the sauce from the hob, **add ¾ of the cheese** and stir until the cheese is well combined and melted.
6. Add the **pasta / vegetables** to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar.

At home – bake on 180c for 20 -30 minutes or until piping hot.

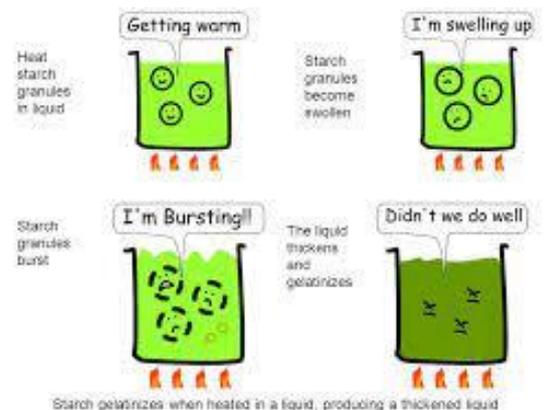


Image from Google images

A little bit of Science –

When starch is mixed with water and heated, the starch granules swell and eventually rupture, absorbing liquid, which thickens the mixture.

On cooling, if enough starch is used, a gel forms. This process is used in the production of blancmange.



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Boiling, draining, making a bechamel sauce (gelatinisation), roux, grating, using the hob correctly and safely, mixing, knife skills if using vegetables – florets, jardinière, julienne, testing for readiness, following written instructions, washing and drying equipment, independence.

Bad Boy Burritos



<https://www.youtube.com/watch?v=5T7ZcTS6e9k> - Chicken Burritos

Container with a lid, apron

No nuts or nuts-based ingredients

- 1 container / tin foil
- 4 skinless, boneless chicken thighs / 2 chicken breast / Tofu / TVP
- Packet of fajita mix
- 2 x 2tbsp olive oil
- 1 red onion
- 1 red pepper
- 1 x 400g tin of pinto or black beans / refried beans are also good!
- 100g easy cook rice
- 1 lime – optional
- 1 little gem lettuce – optional
- 4 large flour tortillas

Method

1. Heat oven to 190c.
2. Prepare all ingredients – julienne the peppers and onions, open cans, put a pan of water onto boil, etc.
3. Rub the olive oil (2 tbsp) and half the fajita mix onto the chicken, place on a lined baking tray and cook for **15 minutes**.
4. Pour the rice into the boiling water and cook per packet instructions, approx. 15 minutes. Drain and cool (put into your container / dish).
5. Using the same pan as the rice - Fry vegetables until softened, 8/10 minutes.
6. Chop your cooked chicken and add to the frying vegetables along with the remaining fajita mix and cook for further 3 minutes. Finish with lime juice.
7. Assemble your burrito. Place rice and beans evenly between the 4 tortillas, top with chicken fajita mixture roll in tin foil / place into your container.



Image from Google Images

The main principles of healthy eating are:

1. including plenty of a range of fruit and vegetables – at least 5 A DAY
2. including plenty of fibre-rich foods, especially wholegrains
3. including a range of protein-sources especially beans, peas and lentils
4. including some dairy foods or fortified alternatives
5. choosing mainly unsaturated fats and oils, and
6. minimising foods and drinks that are high in fat, salt and sugars.



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (even sizes – julienne, bridge, claw), how to prepare an onion / pepper, using the hob and oven correctly and safely, handling and cooking high risk ingredients, testing for readiness, Maillard reaction, filling and rolling, following written instructions, seasoning, washing and drying equipment. independence.

Bread Art



<https://www.youtube.com/watch?v=MW1bZ68e64> – 4.08 minutes

OVEN TRAY / APRON / CLING FILM OR FOIL No Nuts or Nut Based Ingredients

- 250g Strong plain Flour (or ½ Wholemeal & half Strong Plain)
- 1 - tsp Sugar
- 1/2tsp Salt
- 2tbsp Olive Oil – vegetable is fine to use
- 2tsp Yeast / 1 sachet
- 1/4pint Warm water – school

TOPPINGS –

- 1tsp salt
- 2tbsp olive oil
- Vegetables of your own choice –

Onion, spring onion, garlic, peppers, mushrooms, courgette, asparagus, tomatoes, sweetcorn, chilli's, olives, sundried tomatoes, capers.

herbs – Rosemarie, basil, chives, sage, thyme, etc.

1. Pre-heat the oven to 200c.
2. In a large bowl put ALL of the; sugar, salt, oil, yeast and water but only HALF of the flour.
3. Mix using the wooden spoon for 5 minutes.
4. Add the last HALF of flour and stir in. You may need to either add more warm water OR more flour in order to make a slightly sticky but firm dough.
5. Knead on a floured table for 15 minutes.
6. Place the dough onto your oven tray and press out.
7. Using your fingers DOCK the dough (press your fingers into the dough to make dimples).
8. Smear over the olive oil and then the salt.
9. Leave to prove.
10. Whilst proving - Prepare the vegetable toppings.
11. Using the vegetables, decorate the Bread.
12. Place into the hot oven and cook – 10 - 15 minutes.



Images from Google

THE CHEMISTRY OF BREAD-MAKING

Baking bread may seem like a very simple process. It's a combination of only four different ingredients: flour, water, yeast, and salt. However, there's a lot of science in how these four ingredients interact, and how varying them varies the bread's characteristics.

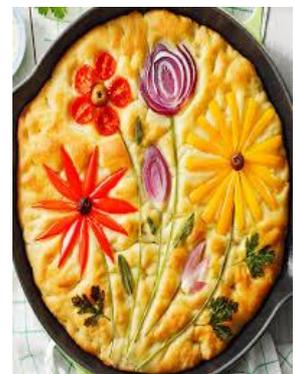
1 MIX INGREDIENTS → **2 KNEAD THE DOUGH** → **3 LEAVE TO FERMENT** → **4 BAKE THE BREAD**

FLOUR, WATER & SALT
PROTEINS: Specifically gliadin and glutenin. When water is added, these proteins form a network that traps gas.
GLUTEN: The network of proteins that traps gas.
THE ROLE OF SALT: Adds flavor to bread. Helps gluten fibers bind together. Makes dough more elastic.

STARCH & SUGAR
STARCH: Composed of many long molecules (chains) of glucose. When water is added, starch is broken down into glucose. Along with other sugars, this can be used by the yeast for fermentation, and is also involved in the Maillard-browning, browning reactions that help to form the bread's crust.

YEAST & FERMENTATION
YEAST: A single-celled fungus that helps convert sugar in the bread into carbon dioxide. The buildup of carbon dioxide forces the bread to rise. Smearing means that the rise stops suddenly. Gas doesn't break evenly, so the bread rises and falls again. The lactic acid produced by bacteria can sometimes give a sour taste.

OTHER INGREDIENTS
SODIUM BICARBONATE (NaHCO₃): BAKING SODA. Releases carbon dioxide when heated. Helps the dough rise. Used in some breads to make them soft and moist.
SODIUM ACETATE (CH₃COONa): BAKING SODA. Helps the dough rise. Used in some breads to make them soft and moist.



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, knife skills (even sized chunks appropriate for cooking time, julienne, bridge, claw), how to prepare an onion, using the oven correctly and safely, grating, preparing vegetables, handling dough, rolling, shaping and moulding, proving, yeast-based dough, quality and evenness, testing for readiness, following written instructions, washing