

KS3

Recipes

Stuffed Burger pocket

Ingredient List

Meat patty

60g mincemeat
1/4 chopped onion
1 tbsp mixed herbs

Bread dough

60g plain flour
1/4 tsp yeast
30ml warm water

1 cheese slice
1 egg for glazing



Allergens

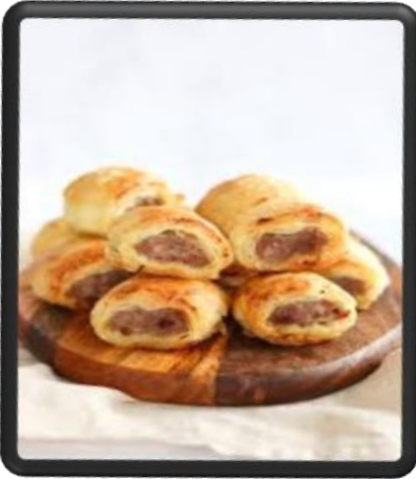
- Wheat (gluten)
- Milk Dairy
- Egg



Sausage Rolls

Ingredient List

- Pre-rolled puff pastry
- Sausage meat
- Egg



1. Pre-heat oven to 200°C and line baking tray with parchment paper.

2. Add pastry to baking tray and add sausage meat to one side.

3. Egg wash the edge and fold over meat to shape.

4. Using a fork crimp the edges to seal the pastry.

5. Egg wash the top and put into the oven to bake for 20 minutes until golden.

Allergens

- Egg
- Wheat (Gluten)
- Preservative (Sodium Metabisulphite)



Shortbread

Pre-heat oven to 180c

Allergens

- **Wheat (Gluten)**
- **Dairy**

Ingredient List

- 150g plain flour, plus extra for dusting
- 100g butter, chilled and cubed
- 70g caster sugar, plus 1 tbsp for sprinkling



1. Place flour and sugar in a bowl, mix together to evenly distribute.

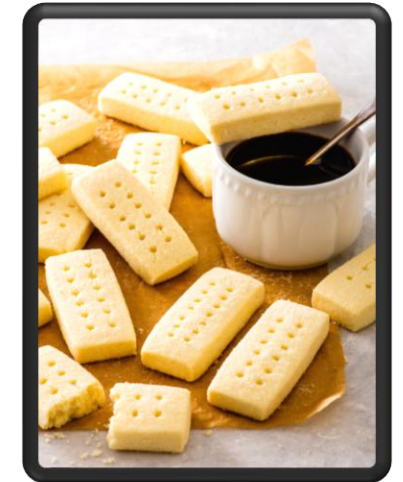
2. Add your butter (cubed) this will make it easier to rub in.

3. Rub in the butter until the mixture looks like breadcrumbs.

4. Bring the mixture together (squeeze), it should just make a dough. If it is too dry, try adding a drop of cold water.

5. Lightly flour work surface then using palm of hand push down the dough to around 1cm thickness

6. Cut dough out using cookie cutter and place on lined baking tray. Place into oven and bake for 15-20 minutes.



Vegetable Pizza

Allergens

- Wheat (Gluten)
- Dairy

Ingredient List

- 300g strong bread flour
- 1 tsp yeast
- 1 tsp salt
- 1tbsp oil
- 100ml passata
- 80g Cheese
- 200 ml warm water
- Chosen vegetables



1.Pre- heat oven to 200c

2.In a bowl add flour, yeast and salt.

3. Make a well and pour in 200ml of warm water, add in oil and bring together with a spoon to form a dough.

4.Lightly flour work surface add your dough and knead for 5 minutes until you have a smooth dough.

5.Lightly flour surface then use a rolling pin roll out dough into a large circle to fit pizza tray.

6. Add sauce over base using the back of a spoon. Add some vegetables and cheese.

7.Bake in oven for 8-10 minutes until crisp.



Swiss Roll

Ingredient List

- 2 large eggs
- 100g caster sugar
- 100g plain flour
- ½ teaspoon vanilla extract
- 2-3 tablespoons jam
- Extra sugar for rolling

Allergens

- Wheat (Gluten)
- Eggs

1. Heat oven to 180C line a baking tray with baking parchment.

2. Beat the eggs, sugar and vanilla extract together for 5-8 minutes with an electric hand whisk until thick and pale.

3. In same bowl weigh in your flour then gently fold in the flour, using a large metal spoon or spatula.

4. Pour the mixture onto the tray and gently ease into the corners. Put into oven and bake for 10-12 minutes.

5. While the sponge is baking, sprinkle 2 tbsp of sugar over a square of baking parchment. .

6. Turn the baked sponge onto the sugared paper. Peel off the lining paper and spread the sponge with jam.

7. Roll up from the short edge using the paper to help you then sprinkle with icing sugar to complete finished piece.



Apple crumble

Allergens

- **Wheat (Gluten)**
- **Dairy**

Ingredient List

• Filling

- 1 Apple
- 2Tbsp sugar

Topping

- Plain flour
- Butter
- Sugar



1. Pre-heat oven to 180c.

2. In a bowl weigh out flour and butter.

3. Using your fingertips rub the butter into the flour until it resembles breadcrumbs. Add in 2 TBSP of sugar.

4. Cut up your apple into thin slices and add to foil tray. Sprinkle over 1 TBSP of sugar.

5. On top of your apples evenly sprinkle over crumble mixture.

6. Place foil tray onto a baking tray then put into the oven and bake for 20-30 minutes.



Beef Taco's (wrap)

Allergens
• **Wheat (Gluten)**

Ingredient List

- 80g Mince
- ¼ Onion
- ¼ Pepper
- 1 Tbsp seasoning
- 1 wrap



1. Chop up onion and pepper then using a frying pan fry on number 4 until they softened.

2. Add mince to frying pan and fry until mince has browned.

3. Add 1 TBSP of seasoning along with 1 TBSP of water, mix making sure mince and vegetables are coated.

4. Add mixture to your wrap and fold.



Macaroni Cheese

Allergens

- **Wheat (Gluten)**
- **Milk (Dairy)**
- **Mustard**

Ingredient List

- 50g macaroni
- 15g butter
- 15g plain flour
- 150ml milk
- 50g cheese
- ½ tsp mustard powder

1. Half fill a saucepan with water and bring to the boil, add the macaroni and turn the heat down to simmer.

2. In a saucepan weigh out your butter.

3. In a smaller bowl measure out your flour and move to the side. Using a jug measure out milk and move to side.

4. Melt butter on a low heat, once melted tip in flour and stir until mixture forms a paste.

5. Add in small amounts of milk at a time and continue to stir until the roux sauce thickens.

6. Once sauce as thickened add in cheese and mix.

7. Drain macaroni add to sauce and stir to make sure all macaroni is covered.



Jam Tarts

Allergens

Wheat (Gluten)

Dairy

Ingredient List

- 85g Butter
- 170g self-raising flour
- Jam



1. Pre-heat oven to 200c

2. In a bowl weigh out flour and butter.

3. Using your fingers rub in the butter until mixture resembles breadcrumbs.

4. If needed add in 2 TBSP of water to help form a dough.

5. Lightly flour work surface and roll out pastry. Then using a pastry cutter cut out 10 circles.

6. Place cut circles into baking tin and add a tsp of jam into each case.

7. Bake in the oven for 20 minutes

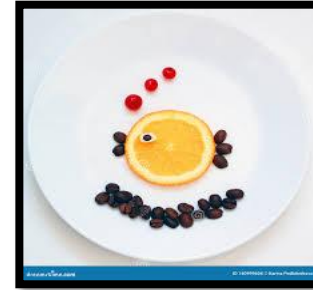


Fruit Creation

Task

You will be using the knife skills learnt in pervious lessons.

You will then use your creative skills to present your own fruit creation.



Allergens



Carrots (Chopping skills)

You will
demonstrate your
cutting skills
by applying your
knife skill
knowledge by using
the Bridge and Claw
technique.



Claw



Bridge

Butter experiment

- Allergens
- Dairy

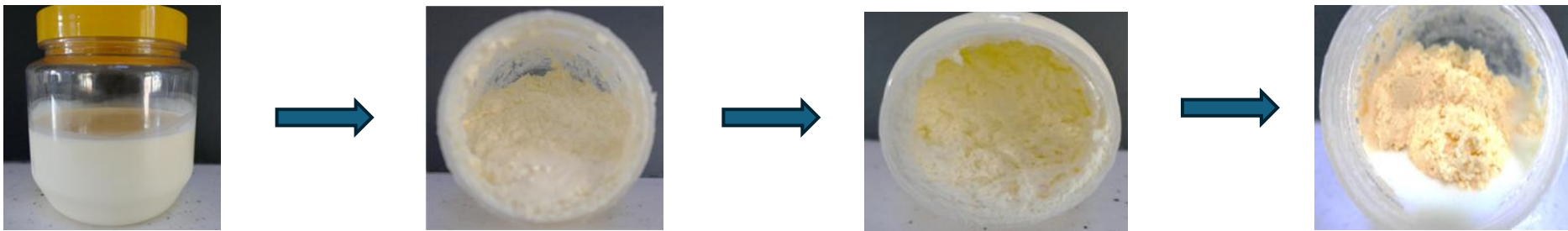
- Add some double cream into a container (about 100 ml). Make sure the container is only about a third to half full as there needs to be space for the cream to move.

- Shake the container hard until a solid lump of butter is formed. This can take a little while (10–15 minutes) so working as group you can take turns by passing the jar.

- Remove the butter from the remaining buttermilk using a sieve, add a pinch of salt to taste.

Explanation

Butter is a mixture of milk fat and water called an emulsion. By shaking the cream, the fat molecules start to stick together. Over time more fat molecules will stick together forming one single lump of butter.



Bread

Ingredient List

- 250g Strong white bread flour
- 4g fast action yeast
- 1 tsp sugar
- 1 tsp salt
- 1 tsp oil
- 160ml warm water

1. Pre heat oven to 200c and line baking tray with parchment paper .

2. In a bowl weigh your flour, sugar, oil, salt and yeast. (add yeast to one side of bowl and salt to the other) then mix using a spoon.

3. Using a jug measure 160ml of warm water, then adding slowly use a spatula/hand to mix to form a dough. Making sure all flour is incorporated.

4. Lightly flour work surface, then using your hands knead the dough for 10 minutes.

5. Manipulate your dough into your design that you have chosen.

6. Add to baking tray and bake for 20-25 minutes.

Allergens

- Wheat (gluten)



Mayonnaise

(Working as a pair)

Ingredient List

- 1 egg yolk
- ½ tsp Dijon mustard
- 100ml oil



Allergens

- Mustard
- Egg

1. Tip egg yolk into bowl and add ½ tsp mustard, whisk together until combined.

2. Whisking constantly add a small drop of oil at a time and whisk until fully combined.

3. Keep repeating step 2 you will notice the mix starting to thicken. You need to be patient as adding the oil too quick will cause your mayonnaise to split and curdle.



Beans on toast challenge

Allergens

- Wheat
- Soya

You will have a presentation task to create fine dining with just using beans and toast.

This presentation challenge involves taking the humble dish of beans on toast and transforming it into a visually appealing and imaginative culinary creation. You will demonstrate and showcase your creativity and presentation skills by using basic ingredients in an unexpected way.



Presentation is an essential part of a finished dish.



Yorkshire pudding

Ingredient List

- 100g plain flour
- 2 eggs
- 100ml milk
- $\frac{1}{4}$ tsp salt
- oil for tin

Allergens

- Egg
- Milk (dairy)
- Wheat (gluten)

1. Pre heat oven to 220c

2. Whisk flour, eggs, milk, and salt together until smooth and slightly thick.

3. Let batter rest while you prepare tin.

4. Add drop of oil evenly into each section of the tin and place into the oven to heat.

5. Pour mixture into a jug for easier and accurate pouring into sections.

6. After 10 minutes take tray from oven and pour mixture evenly into each section.

7. Put tray straight back into oven and cook for 20-25 minutes until risen and brown.



Pasta

Allergens

- Egg
- Wheat (Gluten)

Ingredient List

- 75g '00' pasta flour
- 2 eggs
- Extra flour for dusting



1. Place the flour into a bowl. Make a well in the centre and crack the eggs into it. Beat the eggs with a fork until smooth.

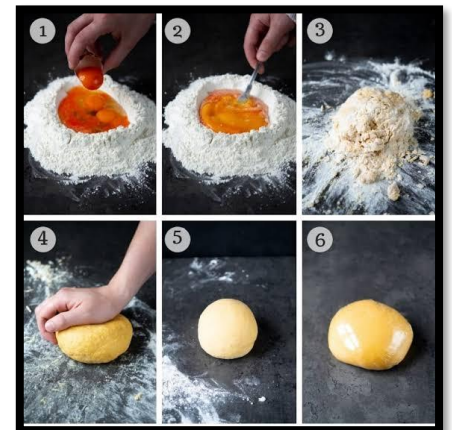
2. Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined.

3. Once combined knead the dough together until smooth. Wrap with clingfilm and leave to rest for 10 minutes.

4. Tip dough onto lightly floured surface and knead for 1-2 minutes.

5. Split dough into 2 equal pieces. Then taking one piece feed through the widest setting on the pasta machine repeat this step until you have a thin dough.

6. Cut dough as required this could be into lengths for spaghetti, tagliatelle. Or shapes for filled pastas.



Garlic Twists

Allergens

- **Wheat (gluten)**
- **Egg**
- **Dairy**

Ingredient List

- 200g plain flour
- 100g butter
- 80g grated cheese
- ½ tsp garlic powder
- 1 egg
- 2 tbsp water



1. Preheat oven to 200c and line baking tray with baking paper.

2. In a bowl add flour and butter, then using your fingers rub in the butter until mixture resembles breadcrumbs.

3. Add in cheese and garlic powder and mix well making sure all mixture is coated.

4. Crack in egg and 2 tbsp of water and bring the mixture together using your hand. (if needed add more flour if becomes too sticky or more water if dough is not forming.)

5. On lightly floured surface roll out your dough and cut into thin strips. Twist each strip by spinning one end and keeping the other end still.

6. Place twists onto lined baking tray and egg wash. Put into the oven and bake for 10 minutes.



Simple Vanilla Soufflee

Allergens

- Milk
- Eggs
- Wheat (gluten)

Preheat oven to 200c

Ingredient List

- Butter, for greasing
- 150ml full-fat milk
- 2 eggs, separated
- 25g caster sugar
- 25g plain flour
- 1 tsp vanilla extract
- Pinch of salt
- Icing sugar, for dusting (optional)



1. Grease 1/2 ramekins with butter and lightly coat with a little sugar.

2. Heat the milk in a saucepan until just warm.

3. In another saucepan, mix the egg yolks, flour and half the sugar until smooth.

4. Gradually whisk in the warm milk.

5. Cook over a medium heat, stirring constantly, until the mixture thickens. Remove from the heat and stir in the vanilla. Leave to cool for 5 minutes

6. In a clean bowl, whisk the egg whites with the salt until soft peaks form. Gradually whisk in the remaining sugar until stiff peaks form.

7. Gently fold the egg whites into the cooled mixture then spoon into the ramekins, filling them almost to the top.

8. Bake for 15-18 minutes until risen and lightly golden.



Cheesecake

Allergens

- Milk
- Wheat (gluten)

Ingredient List

- 70g digestive biscuits
- 40g butter melted
- 70g soft cheese
- 2 TBSP icing sugar
- 2 TBSP cocoa powder (optional)
- 70g double cream



1. In a bowl crush the digestive biscuits into fine crumbs using end of rolling pin.

2. Weigh butter into a saucepan and melt. Once melted add to crushed biscuits and mix.

3. Using a foil tray pour in biscuit mixture and press down firmly using the back of a spoon.

4. Place in the fridge while making the filling.

5. In a bowl, whip up the double cream until thick.

6. Add in cream cheese, icing sugar and vanilla extract and whisk until smooth.

7. Spoon the filling evenly over the biscuit bases.

8. Decorate as desired.



Chicken curry

Allergens

Ingredient List

- 100g chicken breast
- ¼ onion
- ¼ pepper
- 1 garlic clove
- 100g chopped tomatoes
- 1 tbsp curry powder
- 60ml Coconut milk
- 50ml water



1. Cut up the onion, garlic and pepper and set aside.

2. Cut the chicken pieces add to pan and fry until starts turning brown.

3. Add the onions, garlic and pepper fry till softened

4. Add the tomatoes, and curry powder cook for a few minutes.

5. Add the coconut milk and 50ml water stir and leave to simmer for 5 minutes on number 2/3.

