

Skegness Academy

Y10 Recipe Book

Term 1



Charcuterie Board



Serves 2

Preparation time: 35–45 minutes

Cooking required: No

Milk/dairy
Sesame
Gluten

Ingredients

Meats

- 50g salami, thinly sliced
- 50g ham, folded or rolled

Cheeses

- 50g cheddar cheese
- 50g brie or mild soft cheese

Fruits

- 6 strawberries
- 10 grapes
- 1 small apple

Vegetables

- 1 small carrot
- 1–2 cucumber
- 4 cherry tomatoes

Extras

- 6 crackers
- 2 tablespoons hummus

Equipment

Chopping board



Small serving board
or large plate



Sharp knife



Vegetable peeler



Small bowl
(optional)



Paper towel



Step-by-step storyboard

1

Prepare the workspace (5 minutes): Wash hands thoroughly, clean the work surface, and gather all ingredients and equipment.



2

Prepare the fruit (10 minutes): Wash the strawberries and grapes. Remove the strawberry tops and slice each strawberry into halves.



3

Wash the apple and cut it into thin wedges. Place the prepared fruit on a plate.



4

Prepare the vegetables (10 minutes): Wash the carrot, cucumber and tomatoes. Peel the carrot if desired.



5

Cut the carrot into thin sticks (batons), slice the cucumber into thin rounds, and leave the cherry tomatoes whole.



6

Prepare the cheese and meat (5 minutes): Cut the cheddar into small cubes, slice the brie into bite-sized pieces, and fold or roll the ham slices.



7

Fold the salami slices into halves or quarters for an attractive presentation.



8

Assemble the charcuterie board (10–15 minutes): Place cheeses on opposite sides, arrange meats beside them, add fruit in small groups, swirl vegetables around the board, put hummus in a small bowl or directly on the board, position crackers near the hummus, and fill empty spaces with grapes or cucumber slices for a balanced appearance.



Preparation skills

- Measuring
- Mixing
- Arranging
- Shaping



Knife skills

- Chopping
- Slicing Chop
- Dicing Chop
- Peeling



Cooking techniques

- No cooking required.



Food safety

- Wash hands before cooking and after handling packaging
- Clean the work surface before preparation
- Wash all fruit and vegetables before cutting
- Use a clean chopping board and equipment
- Keep salami, ham, cheese and hummus chilled until needed
- Keep raw and ready-to-eat foods separate
- Use care with the sharp knife and ask an adult for help if needed
- Refrigerate leftovers promptly.



Learning focus: Safe knife handling: Slicing and chopping techniques; Food presentation and arrangement; Colour, texture, and balance in food design.

Puff Pastry Pizzas



Serves 2



Vegetarian



Prep time: 20 minutes



Cook time: 15-35 minutes



Gluten/wheat
Milk/dairy

Ingredients

- 160g ready-rolled light puff pastry
- 3 tbsp tomato purée
- 1" tsp tomato ketchup
- ½ tsp dried oregano
- 37.5g mozzarella or cheddar
- Toppings of choice: sweetcorn, olives, peppers, red onion, cherry tomatoes, spinach, basil



Equipment

Oven



One baking tray



Baking parchment



Cutlery knife



Chopping board



Grater



Mixing bowl



Spoon



Measuring spoons



Step-by-step storyboard

1

Wash hands and clean the work area.



2

Heat the oven to 200°C / 180°C fan / gas mark 6.



3

Unroll the pastry and cut it into three equal squares. Place them on one parchment-lined baking tray.



4

Score a 1cm border around each pastry square using a cutlery knife. Do not cut all the way through.



5

Bake the pastry for 15 minutes in the oven, until puffed but not fully cooked.



6

Make the pizza sauce: mix 3 tbsp tomato purée, 1" tsp tomato ketchup, 1" tsp dried oregano and ½ tbsp water.



7

Prepare toppings: grate the cheese and chop vegetables or herbs into small pieces.



8

Press down the pastry centre with the back of a spoon. Add sauce, cheese and toppings, then bake for a further 5-8 minutes in the oven. Serve carefully.



Preparation skills

- Ready-Made
- Measuring
- Mixing
- Grating
- Pureeing
- Shaping
- Rolling



Knife skills

- Chopping
- Trimming
- Slicing Chop
- Dicing Chop



Cooking techniques

- Baking
- Toasting



Food safety

- Wash hands before cooking and after handling packaging
- Wash fresh vegetables and herbs before chopping
- Keep puff pastry chilled until needed
- Ask an adult for help with the hot oven and trays
- Use oven gloves when removing the tray
- Ensure pizzas are piping hot before serving
- Cool leftovers promptly, refrigerate and reheat thoroughly once only

Poached Salmon with Hollandaise Sauce



Serves 1



Up to 30 minutes



Fish
Egg
Milk/dairy
Mustard

Ingredients

- 1 salmon fillet
- 1 bay leaf
- 2 tbsp black peppercorns
- Salt
- 1 large egg yolk
- 1/2 tbsp water
- 1 tbsp lemon juice
- 1/2 tsp Dijon mustard
- 1 tsp finely chopped tarragon



Equipment

Saucepan
Deep frying pan or poaching pan
Heatproof bowl
Whisk
Slotted spoon
Tray
Kitchen paper
Measuring spoons
Knife



Step-by-step storyboard

1

Bring a saucepan of water to the boil. Set to simmer while you prepare the salmon.



2

Add the bay leaf and black peppercorns to the simmer water.



3

Add the salmon, making sure the water covers it.



4

Poach for 8 minutes, until the salmon is firm.



5

Transfer the salmon to a tray and pat dry. Sprinkle lightly with salt.



6

In a heatproof bowl over the saucepan, whisk the egg yolk with the water, lemon juice, Dijon mustard, tarragon and cayenne until slightly thickened.



7

Gradually add the melted butter, whisking constantly until fully incorporated. Keep the heat low and avoid overcooking.



8

When the sauce is thick and emulsified, remove it from the heat. Serve the salmon with hollandaise and garnish with tarragon, salad leaves and a lemon slice.



Preparation skills

- Measuring
- Mixing
- Whisking



Knife skills

- Chopping
- Slicing Chop



Cooking techniques

- Boiling
- Poaching
- Emulsifying



Food safety

- Wash hands before cooking and after handling packaging
- Keep raw salmon separate from ready-to-eat food
- Use clean equipment and wash hands after handling raw salmon
- Keep the salmon chilled until needed
- Ask an adult for help with the hot pan and saucepan
- Use care around hot water and steam
- Ensure the salmon is fully cooked before serving
- Serve hollandaise immediately and refrigerate leftovers promptly.

Mini Meringue



Serves 1



Up to 20 minutes



Egg

Ingredients

- 2 egg whites
- 100g caster sugar



Equipment

Oven



Glass mixing bowl



Whisk



Measuring scales



Piping bag



Baking tray



Baking parchment



Wire rack



Step-by-step storyboard

1

Heat the oven to 140°C.



5

Whisk until the mixture is thick, shiny, white and forms stiff peaks.



2

Separate two eggs, discarding the yolks.



6

Add the meringue mixture to a piping bag.



3

Place the egg whites in a glass bowl and begin to whisk.



7

Pipe small shapes onto a lined baking tray.



4

Add small amounts of sugar at a time while whisking.



8

Place the meringues in the oven until crispy on the outside and soft on the inside. Avoid burning or over-baking so they do not turn brown, then place them on a wire rack to cool.



Preparation skills

- Measuring
- Mixing
- Whisking
- Piping



Knife skills

No knife skills required.



Cooking techniques

- Baking
- Cooling



Food safety

- Wash hands before cooking and after handling packaging
- Keep eggs chilled until needed
- Use clean equipment
- Ask an adult for help with the hot oven and tray
- Use oven gloves when removing the tray
- Cool meringues on a wire rack before serving
- Store leftovers in a clean, covered container

Poached Strawberries



Serves 1



Up to 20 minutes



No major allergens listed.

Ingredients

- 2 strawberries



Equipment

Saucepan



Food thermometer



Slotted spoon



Chopping board



Knife



Timer



Serving plate



Step-by-step storyboard

1

Wash your hands and clean the work area.



2

Wash the strawberries carefully.



3

Heat water in a saucepan until it is between 80–86°C.



4

Check the water temperature before adding the strawberries.



5

Place the strawberries, whole, into the pan.



6

Poach for 3–4 minutes.



7

Remove the strawberries from the pan with a slotted spoon and place them on a chopping board.



8

Chop as desired and serve.



Preparation skills

- Measuring
- Ready-Made
- Shaping



Knife skills

- Chopping
- Slicing Chop



Cooking techniques

- Poaching



Food safety

- Wash hands before cooking and after handling packaging
- Wash the strawberries before preparation
- Use clean equipment
- Keep the strawberries chilled until needed
- Ask an adult for help with the hot saucepan
- Use care around hot water and steam
- Serve promptly and refrigerate leftovers

Chocolate Fondant



Serves 2

Up to 40 minutes

Milk/dairy
Egg
Gluten/wheat

Ingredients

- 60g butter for brushing
- 100g cocoa powder for dusting
- 50g dark chocolate chopped into small pieces
- 50g butter cut into small pieces
- 50g caster sugar
- 1 egg
- 50g plain flour



Equipment

Fondant moulds



Glass bowl



Saucepan



Baking tray



Whisk



Spoon



Measuring scales



Oven



Step-by-step storyboard

- 1** First get your moulds ready. Using butter, coat the inside of the moulds generously. Once done, add a spoon of cocoa powder into the mould so it costs less. Then tip any excess back into the tub.



- 2** Place a glass bowl over the simmer water and slowly melt the dark chocolate into the bowl from the heat and stir until smooth. Cool for ten minutes.



- 3** In a separate bowl whisk the egg together with the caster sugar, until thick and pale, and then the whisk. Sift the plain flour into the egg mixture and then beat.



- 4** Pour the melted chocolate into the egg mixture in thick, beating the mixture between all the ingredients until all the ingredients is added and the mixture is completely combined into a loose cake batter.



- 5** Tip the mixture from the moulds into the oven. Chill for 20 minutes.



- 6** Once chilled, bake for 8-10 minutes.



- 7** Take out of the oven, leave for one minute, before unmoulding.



- 8** Present with your chosen accompaniment.



Preparation skills

- Measuring
- Mixing
- Whisking
- Folding
- Melting
- Pouring

Knife skills

- Chopping

Cooking techniques

- Bain Marie
- Melting
- Baking
- Cooling

Food safety

- Wash hands before cooking and after handling packaging
- Use clean equipment
- Take care around the hot saucepan, simmering water, steam and oven
- Keep the egg, butter and chocolate chilled until needed
- Ask an adult for help with hot equipment
- Use oven gloves when removing the tray
- Leave the fondant for one minute before unmoulding
- Chill the filled moulds for 20 minutes as instructed.

Honey Tuile



Serves 2

Up to 20 minutes

Milk/dairy
Gluten
Honey

Ingredients

- 35g butter
- 35g honey
- 35g caster sugar
- 35g plain flour



Equipment

Bain-marie
Mixing bowl
Whisk
Tuile mould
Palette knife
Baking tray
Baking parchment
Oven
Cooling rack



Step-by-step storyboard

- 1** Melt the butter and honey together in a bain-marie.



- 2** Add the caster sugar and plain flour.



- 3** Mix all the ingredients together with a whisk until smooth.



- 4** Spread the mixture onto a tuile mould.



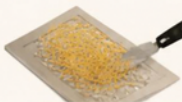
- 5** Place the mould on a baking tray.



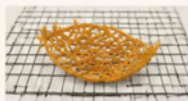
- 6** Bake at 180°C for about 8 minutes.



- 7** Carefully remove the tuile from the mould before it cools.



- 8** Shape or fan the tuile while it is still warm, then place it on a cooling rack.



Preparation skills

- Measuring
- Mixing
- Whisking
- Shaping
- Rolling



Knife skills

No knife skills required.



Cooking techniques

- Baking
- Bain Marie
- Cooling



Food safety

- Wash hands before cooking and after handling packaging
- Use clean equipment
- Take care around the hot bain-marie, oven and tray
- Ask an adult for help with hot equipment
- Use oven gloves when removing the tray
- Shape the tuile carefully while warm
- Cool completely on a rack before serving
- Store leftovers in a clean, covered container.

Easy Tuille Biscuits



Serves 2



Up to 20 minutes



Gluten/wheat: plain flour
Milk/dairy: butter
Egg: egg white

Ingredients

- 20g plain flour
- 10g cocoa powder
- 30g butter
- 1 egg white
- 12g sugar

Equipment

Mixing bowl



Whisk



Tuille mould



Palette knife



Baking tray



Baking parchment



Oven



Cooling rack



Step-by-step storyboard

1

Preheat the oven to 180°C.



2

Add the plain flour and cocoa powder to a bowl.



3

Add the butter, egg white and sugar.



4

Combine all the ingredients until smooth.



5

Spread the mixture onto the tuille mould with a palette knife.



6

Place the mould on a baking tray.



7

Bake for about 8 minutes at 180°C.



8

Remove from the oven and carefully remove the biscuits from the mould while still warm. Shape them while warm if desired, then cool on a rack.



Preparation skills

- Measuring
- Mixing
- Whisking
- Shaping



Knife skills

No knife skills required.



Cooking techniques

- Baking
- Cooling



Food safety

- Wash hands before cooking and after handling packaging
- Use clean equipment
- Keep the egg white and butter chilled until needed
- Take care around the hot oven and tray
- Ask an adult for help with hot equipment
- Use oven gloves when removing the tray
- Shape the biscuits carefully while warm.
- Cool completely on a rack before serving.