

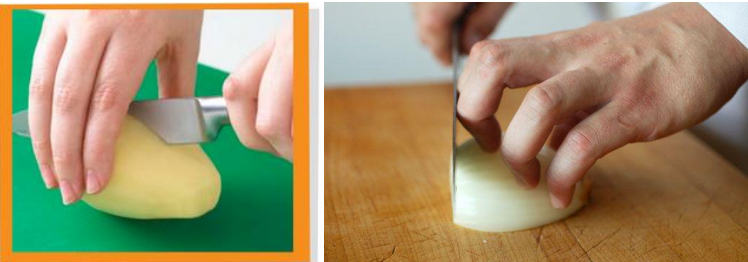


Fruit Salad



Ingredients:

1 Apple
½ banana
1 orange
Handful grapes
Your choice; Slice of
melon/pineapple
2 tablespoons orange juice



Equipment needed

- Chopping Board
- Knife
- Colander

Practical Skills

Chopping (Bridge and Claw),
peeling, mixing, presentation
skills

Key words:

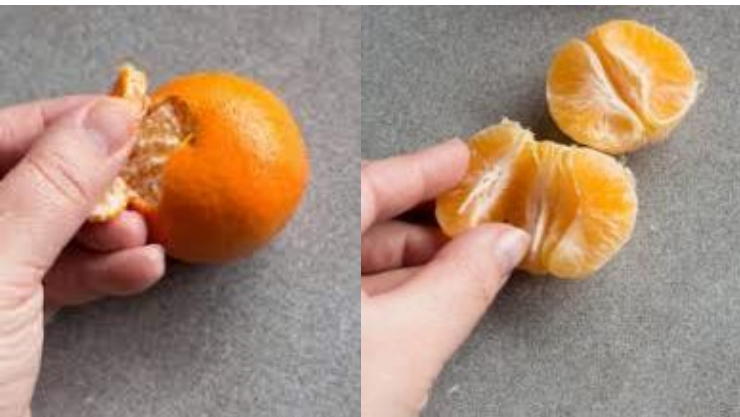
Bridge hold: Hold food between the fingers and thumb creating a bridge

Claw hold: Partly curling your fingers together into a claw shape

Enzymic browning: Oxidation reaction causing some food to turn brown

Method

1. Get ready to cook! Collect your equipment; 1 white chopping board and 1 sharp knife. Place the sharp knife at the back of your chopping board.
2. Wash all fruit which wont be peeled: apple and grapes.
3. Peel the orange and separate into segments.
4. Pull the grapes off the stalks. Using bridge hold, slice into half lengthways.
5. Slice your pineapple/melon into bitesize pieces.
6. Peel the banana and slice carefully into small, equal sized coin shapes.
7. Remove the stalk from the apple. Using bridge hold, cut the apple into half. Place the flat side down onto the board and cut into half down the core. Remove to core and then slice the apple.
8. Place apple into the container and coat in 2 tablespoons orange juice ensuring you cover the fruit to stop the **enzymic browning**. Add all fruit into container.
9. Mix together. Get tidying 😊



Peel the orange and separate the segments



Remove grapes from stem and cut into half lengthways



Peel banana and slice $\frac{1}{2}$ into bitesize circles



Cut apple into quarters and remove core. Cut into bitesize pieces



+



Place apple into foil tray and add 2 table spoons orange juice. Mix well. Add all other fruit and then mix.



Well done!
Tidying up time



Pasta Salad



Ingredients:

- 60g Pasta
- 2 TBSP Mayonnaise
- 30g cheese
- 4cm Cucumber
- 1 TBL spoon Sweetcorn or peas
- 1 grated carrot
- 1 slice Ham

Equipment needed

- White chopping Board and knife
- Mixing Bowl
- Colander (to share for 2),
- Tablespoon (to mix)
- Peeler (carrot)
- Saucepan with lid (to share for 2)

Practical Skills

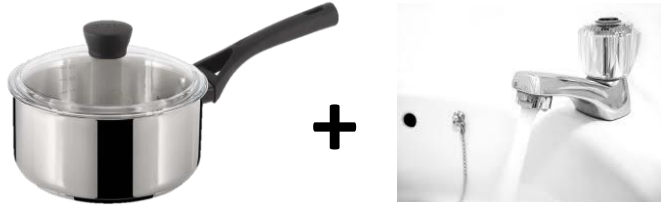
Chopping (Bridge and Claw), peeling, boiling, draining, combining, measuring

Method:

1. Half fill saucepan with cold water and place on the hob. Turn **correct dial** to no.6 and place lid on saucepan.
2. When the water is boiling, add the dried pasta (for two). Boil for 10-12 minutes **with lid off** and then drain into a colander in the sink. Rinse until cold.
3. Prepare the additional ingredients:
 - weigh the cheese;
 - weigh the sweetcorn;
 - slice the cucumber length ways and slice evenly into half moons;
 - peel and grate the carrot (large circles);
 - Slice the ham;
4. Place the prepared vegetables, cheese and pasta into mixing bowl. Add mayonnaise/dressing. Mix together.
5. Add to foil container.
6. Start cleaning and tidying.



Pasta Salad



Half fill saucepan with cold water and place on the hob. Turn to no.6, lid on saucepan.



When the water is boiling, add pasta (for two). Boil 10-12 minutes with lid **off** and then drain in colander and rinse until cold



weigh the cheese;
weigh the sweetcorn;
slice the cucumber;
Slice the ham;



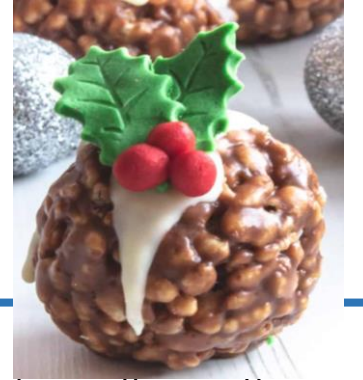
Add to foil container.

Place prepared vegetables, cheese, ham and pasta into mixing bowl. Add mayonnaise. Mix together.

Well done!
Tidying up time



Chocolate crispies Christmas puds



Ingredients:

- 50g Milk Chocolate
- 15g Butter Unsalted
- 50g Mini Marshmallows
- 30g Rice Krispies
- 20g White Chocolate

Equipment needed

- Mixing Bowl
- Wooden spoon
- Saucepan
- Baking tray
- Tablespoon

Practical Skills

Melting, mixing, shaping, decorating

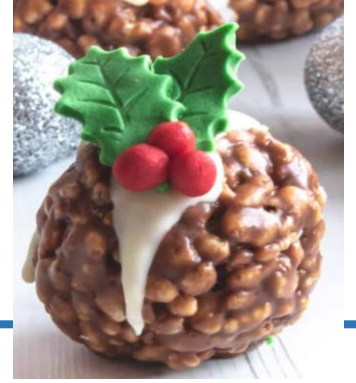
Method:

1. Add the chocolate and the butter into a saucepan, and gently melt over a low to medium heat.
2. Add the mini marshmallows and gently stir until they've melted and combined.
3. In a large mixing bowl, add the Rice Krispies. Pour over the marshmallow and chocolate mixture and stir together until fully coated. Leave the mix to cool slightly.
4. Using a tablespoon divide the mixture into equal amounts, and roll each into a pudding ball. Dampen your hands a little before rolling, it helps your puddings to not stick to your hands too much.
5. Place on a baking tray lined with baking parchment. Allow the puddings to cool.
6. Melt the white chocolate in the microwave. Place in a piping bag or freezer bag, and set aside to cool.
7. Make holly leaves, and roll the red into small balls for the berries.
8. When the puddings are chilled, snip the end off the piping bag or freezer bag and drizzle the white chocolate over the top. Decorate with the holly leaves and berries.

<https://crumbcorkscrews.com/rice-krispie-christmas-puddings/>



Chocolate crispies Christmas pud



- 50g Milk Chocolate
- 15g Butter Unsalted
- 50g Mini Marshmallows
- 30g Rice Krispies or Coco Pops
- White choc (for decoration)



Key words:

Melt: from solid to liquid

Shaping: give a particular shape

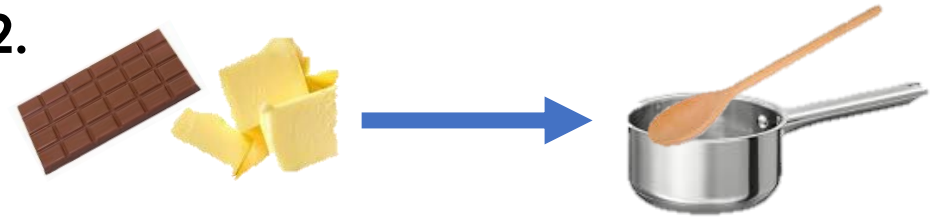
Decorating: make look more attractive

Practical Skills

Melting, mixing, shaping, decorating

Method:

1. Add 100g chocolate + 25g butter in saucepan, and **melt** on low heat, **hob no.2**.



2. Add 90g mini marshmallows and stir until melted. Remove from heat- place on pan stand.

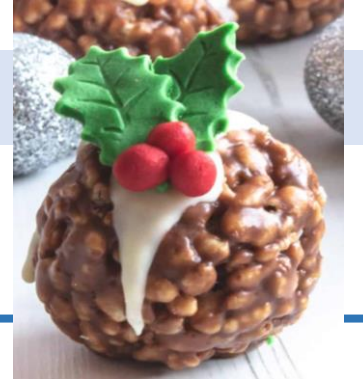


3. Rice Krispies into **saucepan**. Pour over marshmallow + chocolate mixture. Stir together until fully coated.





Decorating chocolate crispies puds



Ingredients:

- 20 g White Chocolate
- Red and green icing

Key words:

Melt: from solid to liquid

Shaping: give a particular shape

Decorating: make look more attractive

Practical Skills

Melting, mixing, shaping, decorating

Method:

4. Dampen your hands .

Use tablespoon: divide + **shape** the mixture into 6 equal balls.



4. Place on baking tray lined with parchment.



5. collect 3 holly leaves, and roll 10 red small balls for berries.



6. Melt the white chocolate in the microwave and drizzle the white chocolate over the top with a spoon. **Decorate** with the holly leaves and berries.





Ratatouille



Ingredients:

½ onion
1 clove garlic
50g broccoli
½ pepper
2 tablespoons sweetcorn
½ courgette
100g tinned chopped tomatoes
1 teaspoon tomato puree
1 x tablespoon spoon oil
¼ tsp mixed herbs

Equipment needed

White chopping board, knife, garlic press, saucepan, wooden spoon.

Practical Skills

Measure, peel, chop, fry, simmer, boil.

Method

1. Prepare the vegetables:
 - peel and large slice the onion;
 - peel and crush the garlic;
 - Large dice the pepper;
 - measure the sweetcorn
 - weigh the broccoli and cut into bitesize pieces.
2. Heat the oil in a pan (number 4). Fry the vegetables in the oil for 5 minutes or until lightly golden.
3. Add tomato puree, tomatoes and herbs.
4. Bring to the boil and then simmer gently on no.2, for 15-20 minutes until thick and the vegetables are cooked through. **WASH UP WHILE WAITING!**



Ratatouille



peel and slice the onion; large dice the pepper.



peel and crush the garlic



measure the sweetcorn, weigh the broccoli and cut into bitesize pieces.

1 tsp
Oil per
person



¼ tsp

Hob no.4

All
vegetables
and garlic



Heat the oil in a pan (number 4). Fry the vegetables in the oil for 5 minutes or until lightly golden.



1 tub
tomatoes
Per pair

1 tsp
Tomato
Puree



¼ tsp herbs
Per pair

• Add tomato puree, tomatoes and herbs.



Bring to the boil and then simmer gently on no.2, for 15-20 minutes until thick and the vegetables are cooked through.



cheesy scones

Ingredients:

250g self raising flour
1 x 5ml spoon mustard powder
40g butter or hard baking fat
75g hard cheese
125ml semi-skimmed milk
½ tsp baking powder

Equipment needed

Baking tray (between 2), pastry brush, weighing scales, sieve, mixing bowl, palette knife, measuring jug, cutter, cooling rack

Practical Skills

Weigh. Measure. Peel, chop, fry, combine, reduce, bake, layer.

Rub in: using fingertips and thumbs to coat flour particles with butter.

Method

1. Preheat the oven to 220°C
2. Sieve the flour into the bowl. Add seasonings.
3. Rub in the butter or baking fat into the flour until it resembles breadcrumbs.
4. Add and stir in the cheese.
5. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
6. Mix to form a soft dough, starting with a palette knife.
7. Lightly flour the work surface, then use hands to pat the dough down to 1½cm thick.
8. Shape the scones using a cutter, between 4 and 5 scones.
9. Place the scones on a lined baking tray and brush each top with a little milk.
10. Bake for 12 – 15 minutes, until golden brown. Place onto a cooling rack.





cheesy scones



Preheat the oven to 220°C

250g flour

40g
butter



Sieve the flour into the bowl. Add seasonings. Rub in the butter or baking fat into the flour until it resembles breadcrumbs.



75g
cheese

Add and stir in the cheese.

125ml
milk



Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk). Mix to form a soft dough, starting with a palette knife.



Lightly flour the work surface, then use hands to pat the dough down to 1½cm thick. Shape the scones using a cutter, between 4 and 5 scones.



Place the scones on a lined baking tray and brush each top with a little milk. Bake for 12 – 15 minutes, until golden brown. Place onto a cooling rack.



Chicken goujons per pair



VIDEO LINK

<https://hungryhealthyhappy.com/crispy-chicken-goujons/>

Ingredients:

- breadcrumbs (made from 2 slices)
- ½ tsp smoked paprika
- ¼ garlic powder
- 1 chicken breast
- 30g plain flour
- 1 egg

Equipment needed

Two small bowls, 1 large plastic bowl, fork, sharp knife, red chopping board, baking tray foil tray x2.

Practical Skills

Measure, weigh, boil, drain, slice and dice, melt, whisk

Method

1. Preheat the oven to 200°C.
2. Make breadcrumbs by tearing bread into quarters and then blitzing in food processor.
3. Add breadcrumbs to a plastic bowl with seasoning and mix.
4. Add the flour into a small bowl.
5. Crack and then beat the egg in a small bowl.
6. Cut the chicken into strips lengthways on a RED chopping board.
7. **ENROBING:** Coat the chicken in the **flour**. Dip into beaten **egg**. Roll in the **breadcrumb** mixture.
8. Place onto a tray with a little greaseproof paper.
9. Repeat steps for enrobing for all the chicken pieces. Thoroughly wash and dry your hands.
10. **BAKE** in the oven for 15-20 minutes, until golden brown and cooked through.



Chicken goujons per pair



Main oven 200c

Preheat the oven to 200°C



Make breadcrumbs by blitzing in food processor, put into a plastic bowl with seasoning and mix.



1 egg



50g flour

Add the flour into a small bowl. Crack and beat egg in another small bowl.



Chicken strip
Into flour
Then beaten egg
Then breadcrumbs
Repeat



Bake for 15-20 minutes

Cut the chicken into strips lengthways on a RED chopping board.

ENROBING: Coat the chicken in the flour. Dip into beaten egg. Roll in the breadcrumb mixture. Place on tray with greaseproof paper.

BAKE in the oven for 15- 20 minutes, until golden brown and cooked through.