**Jam**

**This is a great way to use up a glut of fruit which is ripe in summer/autumn**

**For example you could use strawberries/blueberries/red currants/black currants/gooseberries/plums/apples/pears**

225g fruit (of choice or a combination)

225g preserving sugar

75-100ml water

1. Preheat the oven to gas 2 or 100 oC and place clean jars on the shelf. This will sterilise them
2. Wash and de stalk the fruit. Remove any bruised fruit.
3. Place the fruit and water in a pan and stew on the hob until very tender. (10 minutes)
4. This stage will extract the pectin from the fruit (which is essential for the setting process)
5. Add the sugar and rapidly boil until 105 oC has been reached (use a jam thermometer). This is the setting point of the jam.
6. Carefully pour the jam into the hot jars. Place a waxed disc on top and then screw on the lid. This should be done when it is hot so any oxygen is the jar is “driven out” and a vacuum is created.

Fruits with high pectin level (will set easily)=

Fruits with low pectin level (may not set aswell)=

**Extension Questions**

Explain how the fruit is preserved- why doesn’t it go mouldy?

Why do jam jars have tamper evident lids?

List 3 different ways fruit could be preserved?

How could you use up a glut of vegetables?

**Roasted Vegetable and Pasta Medley**

**Extension Questions**

How is heat transferred in this product?

Which nutrients are present in this product?

**Ingredients**

1 pepper- red or green- cut into strips

1 medium courgette – in season in summer

1 onion- cut into wedges

1 small sweet potato or parsnip- peeled and cut into cubes

2 tbsp oil

**100g pasta**

**For the Mornay sauce** (Béchamel sauce flavoured with cheese)

50g unsalted butter

50g plain flour

500ml milk

½ tsp dried mustard powder

100g mature Cheddar cheese

1. Preheat the oven to gas 6 or 200oC
2. Prepare the vegetables as listed above. Place on baking tray and drizzle over the oil
3. Roast for 20-25 minutes until browned (caramelised) and tender (soft)
4. Whilst the vegetables are in the oven, boil the pasta until it is al dente
5. In the meantime make the Mornay Sauce by:
   1. Melting the margarine in s small pan
   2. Add the flour and stir with a wooden spoon, cook for 1 minute, stirring all the time. This is called a roux.
   3. Gently, add the milk, continually whisking at all times. Do this until all the milk is added. Then add in the grated cheese and mustard powder.
6. Assemble the dish by putting the pasta and vegetables into an oven proof dish. Pour over the sauce.
7. To finish, place under the grill with a little extra cheese on top until golden.
8. Serve with a salad

**Roasted Mediterranean Vegetable Flan**

**For the pastry:**

150g of plain flour (white/wholemeal/50:50)

75g vegetable fat “perfect for pastry” block margarine or butter

8 tsp water (cold) to bind

**Filling**

1 pepper cut into strips

1 courgette- diced

**Extension Questions**

List the functions of the ingredients in pastry?

Give 3 tips for making “perfect pastry”

Explain the term coagulation

1 clove garlic- crushed

2 mushrooms- sliced

Basil from the garden

2 eggs

150ml milk

100g grated cheese

1. Preheat the oven to gas 6 or 200oC
2. Prepare vegetables as listed above. Place on baking tray and drizzle with oil. Roast for 15-20 minutes.
3. In the meantime, make the pastry.
4. Using a food processor, rub in the fat into the flour. Add enough water to bind.
5. Roll out and fine flan ring
6. Whisk the eggs (using a fork) with the milk. Season with Salt and pepper.
7. Next grate the cheese and place in bottom of pastry case
8. Remove vegetables from the oven and place on top of cheese
9. Pour over the milk and egg filling.
10. Bake for 20-25 minutes in the oven until the mixture has **coagulated** (set)
11. Serve warm or cold with a salad

**Fish Pie – Protein**

Ingredients

350g potatoes peeled, boiled and mashed- LOVE FOOD HATE WASTE- bring left over mashed potatoes (will also save time in lesson)

250g fish e.g haddock, salmon, cod, hake, Pollock

50g peas or sweetcorn

Dill (or other herb)

**For the Mornay sauce** (Béchamel sauce flavoured with cheese)

25g unsalted butter

**Extension Questions**

Describe how you would ensure a perfectly smooth sauce

Research the term “sustainable fishing”

25g plain flour

250ml milk

50g mature Cheddar cheese

1. Preheat the oven to gas 5 or 180oC
2. Peel, boil and mash potatoes (if you haven’t done already). Mash with a little milk or butter to make creamy. Set aside.
3. Next, make the Mornay Sauce by:
   1. Melting the margarine in s small pan
   2. Add the flour and stir with a wooden spoon, cook for 1 minute, stirring all the time. This is called a roux.
   3. Gently, add the milk, continually whisking at all times. Do this until all the milk is added. Then add in the grated cheese and dill.
4. Prepare the fish, using a blue board. Dice into chunks. Add the fish to the mornay sauce and allow to poach in the liquid. Turn the pan right down. Do not over stir or the fish will break up.
5. Pour the fish mixture into an ovenproof dish and top with the creamy mashed potato.
6. Bake in the oven for 20-25 minutes until the potato has turned golden.

**Fish Cakes – Protein**

350g potatoes peeled, boiled and mashed- LOVE FOOD HATE WASTE- bring left over mashed potatoes (will also save time in lesson)

200g canned tuna/salmon or cooked fish e.g haddock

25g butter

Bunch of parsley (from the garden)

200g dried breadcrumbs or stale bread turned into breadcrumbs using the food processor

**Extension Questions**

List 3 other foods which are “enrobed”

Why are we advised to eat 2 portions of fish per week?

1 egg

50g flour

Flour for shaping the fish cakes

1. Preheat the oven to gas 6 or 200oC
2. Peel, boil and mash potatoes (if you haven’t done already). Mash with a little milk or butter to make creamy. Set aside.
3. Add the drained tuna or salmon to the potato. Season and add chopped parsley
4. Set up the pane station
   1. Place the flour on a paper towel
   2. Beat the egg in a small bowl
   3. Place the breadcrumbs on a plate
   4. Keep the flour, egg, breadcrumbs in that order
5. Place the fish/potato mixture and shape into a fat sausage on a chopping board. Cut into 8 even sized pieces and shape into rounds.
6. Dip each round, firstly in the flour, then egg and finally breadcrumbs. This is called **Enrobing**
7. Bake for 15-20 minutes in a hot oven until golden and crisp.
8. You could shallow fry these fish cakes in a little hot oil, but this increases the fat content.

**Lemon, Garlic and Thyme roasted chicken legs – Protein**

**1 whole chicken** – which the students will portion into breast/thigh/drumstick/wing. The portions which are not used in the lesson will be frozen and used over the next few weeks to make a range of different products. This portioning of a chicken is a requirement of the exam board and actually works out cheaper than buying all the portions separately.

**Extension Questions**

How could you adapt this product to have influences from:

India

Mexico

North Africa

Greece

**2 cloves garlic**

**1 lemon**

**½ onion- cut into wedges**

**Seasoning – pepper/salt/chilli flakes**

**1 tbsp oil**

1. Preheat the oven to gas 6 or 200oC
2. Arrange the onion wedges crushed garlic on the tray and place chicken legs on top. Drizzle with oil. Sprinkle on the seasonings and slice the lemon and place on tray.
3. Bake for 25-30 minutes until cooked all the way through.

**Five Spice Chicken and Roasted Vegetables**

2 chicken breasts and 2x wings (From freezer in school)

1 tub of cherry tomatoes

1 onion

1 sweet potato

1 courgette

*For the marinade:* 2 tbsp oil, sesame seeds, 1 tsp Chinese five spice, ½ tsp chilli powder optional.

1. Take half of the oil, and mix with the five spice and other marinade ingredients. Brush over the chicken fillets and put in the refrigerator.
2. Wash the vegetables. Peel the sweet potato and chop each of the vegetables into 8 chunky pieces. The onions should be chopped into wedges, and the courgette and sweet potato into discs.
3. Coat them with the other tbsp of oil and roast them for 20 minutes.
4. In the meantime remove the chicken from the fridge and brown in a frying pan 10 minutes. Then place on to the baking tray with the vegetables and bake in the oven for the remaining 10 minutes of the roasting time so the vegetables can absorb some of the juices. Test the chicken with a food thermometer to see that it gets above 75°C in the centre.

**Extension Questions**

Describe how to use a food probe correctly (4 marks)

Name 3 spring vegetables and 3 winter vegetables

**Chunky Vegetable and Bean Goulash – Complementation of Proteins**

Vegetables- These can be changed for other vegetables e.g. courgette

1 onion, chopped \* 2 cloves garlic, crushed \*1 red pepper- deseeded and chopped \* 3 carrots, chopped \* 2 sticks of celery- chopped \* 175g mushrooms, sliced

1 tin of tomatoes

½ pint stock (vegetable)

2 tbsp. paprika

2 tsp fried herbs

400g butter beans (drained and rinsed)

**Extension Questions**

How is the heat transferred in this product?

400g cannellini beans (drained and rinsed)

2 tsp cornflour

Chopped coriander (to serve)

Casserole Dish

1. Preheat oven to 180°C/160°C fan/gas mark 4. Put all ingredients, except canned beans, cornflour, coriander and soured cream, into a large, flameproof, ovenproof casserole and stir to mix.
2. Cover and bake in oven for 1 hour. Remove from oven; stir in canned beans. Re-cover and return to oven; bake for a further 30 minutes or until vegetables are tender. Remove from oven.
3. Blend cornflour with 1 tbsp cold water in a small bowl. Stir into vegetable mixture. Heat gently on top of stove, stirring continuously, until mixture comes to the boil and thickens slightly. Simmer gently for 2 minutes, stirring.
4. Sprinkle coriander over top and garnish with a swirl of soured cream, if you like. Serve with cooked brown rice or couscous.

**Roast Vegetable and Chickpea Tagine- Complentation of Proteins**

**Extension Questions**

What are proteins made up of?

What is protein needed for in the body?

Explain what complementation of proteins means

1 tbsp rapeseed oil

1 tsp cumin

1 tsp groung corriander

½ tesp cinnamon

6 small shallots, halved

1 red pepper- de seeded

225g sweet potato- peeled and cut into small chunks or wedges

2 acrrots

1 tin of chopped tomatoes

225ml stock (stock cube and water)

115g chickpeas in water- drained and rinsed

4-6 ready to eat apricots

1. Preheat oven to 200ºC/180ºC fan/gas mark 6. Combine rapeseed oil and ground spices in a small dish.
2. Place shallots, red pepper, sweet potato and carrots in a medium non-stick roasting tin. Add oil mixture to vegetables; toss together to mix well. Shake tin to level vegetables into a single layer.
3. Roast in oven for about 25 minutes or until vegetables are tinged brown and almost tender, stirring once or twice. Add tomatoes, stock (the amount you add depends on juiciness of tomatoes), chickpeas and apricots to roasting tin; stir to mix. Cover with foil; roast in oven for a further 15–20 minutes or until hot and bubbling, stirring once.
4. Sprinkle over chopped coriander (if using); serve on its own or with couscous, wholemeal bread or some baked potatoes.

**Chilled Lemon Flan – Protein- Coagulation**

300ml double cream

1 large can (397g) condensed milk- Not evaporated milk or carnation caramel

3 medium lemons or 2 large lemons

250g digestive biscuits

110g butter

Fruit to decorate

1. In a large mixing bowl, crush the biscuits with the end of a rolling pin. Melt the butter in the microwave and then pour into the crushed biscuits. Stir well so they are all coated. Press firmly into the bottom of the lined flan dish.
2. Wash the bowl. Whip the cream in the clean bowl until soft peaks are formed.
3. Add the condensed milk and mix thoroughly
4. Finely grate the zest of the lemons. Be careful not go grate the white “pith” aswell, as this is bitter.
5. Using a juicer, squeeze the lemons
6. Add the juice and zest to the cream and condensed milk mixture. Mix thoroughly, the mixture will thicken as you do this.
7. Pour the mixture on top of the biscuit base and refrigerate.
8. Decorate with fruits. Raspberries would be a good choice

Please note: Oranges are not acidic enough and so the mixture

would not thicken.

**Extension Questions**

Why does the lemon thicken the mixture? Use page 109 of the text book to help you explain this.

How could you make this recipe less energy dense?

**Bread Rolls – Protein- Gluten**

250g Strong plain flour (white/brown/50:50)

¼ tsp salt

125ml warm water

½ tbsp. oil

½ tsp sugar

1. packet of dried yeast
2. Preheat the oven to gas 6 or 200oC
3. Place the flour, salt, sugar and yeast in a large mixing bowl. Make sure the yeast is not next to the salt.
4. Measure the water accurately and then add the oil.
5. Bind the dry ingredients together by using the warm water and oil.
6. Tip onto work top and knead for 5-7 minutes until the appearance is smooth, stretchy and elastic
7. Divide the mixture into 4 and shape them into bread rolls
8. Leave to rise in a warm place for 10 minutes
9. Glaze with milk and seeds
10. Bake in the centre of the oven for 15 minutes until golden. When tapped underneath the bread roll should sound hollow

**Extension Questions**

Explain the function of the ingredients

Which countries are the following breads from?

Soda Ciabatta Naan Stollen

Bagel Chapatti Brioche Bara Brith

Pita Crumpets Baguette

Pumpernickle Rye

**Quiche – Protein Coagulation**

Ingredients:

Pastry

200g plain flour

100g block fat (or butter)

1-2 tablespoons cold water

Flan tin (20cm) and container to take product home

Filling

2 eggs

150ml milk

75g grated cheese

1 slice ham/bacon (50g)

1 tomato (25g)

1 onion (100g)

½ teaspoon mixed herbs

1. Set oven 200°C/Gas Mark 6.

2. Put flour & fat in bowl. Rub fat into flour.

3. Add water & mix to a stiff dough, adding more water if needed.

\*or use food processor to make pastry\*

4. Turn pastry onto floured table, knead lightly until smooth.

5. Roll pastry, line flan dish.

6. Chop onion, mushrooms & bacon. Gently fry and then put into pastry case.

7. Add grated cheese.

8. Beat egg & milk. Pour over filling.

7. Add sliced tomato & herbs. 10 Bake 20 minutes, until set.

**Extension Questions**

Explain what coagulation is

List 4 other foods which coagulate

**Lemon Meringue Pie- Protein- Functions of Eggs**

**For the biscuit base- To be made at home and bought into school**

150g crushed biscuits, mixed with 75g melted butter and pressed into the base of a flan dish.

**For the Pie Filling**

2 large lemons

250ml cold water

30g cornflour

25g caster sugar

**Extension Questions**

Which nutrients are in eggs?

Explain how eggs are a very versatile ingredient when cooking

40g butter/ block fat

1. large egg yolks

**For the meringue**

1. large egg whites

100g sugar

1. Oven on 150°C/Gas Mark 2.
2. Zest and juice the lemons. Carefully crack the eggs and separate, putting the whites in a clean large glass bowl and two of the yolks in a small glass bowl.
3. In a small pan add lemon juice, zest and make up to 250ml with water. Add cornflour and sugar (25g) and blend. Put the saucepan on the hob and bring to the boil, stirring all the time. As soon as the mixture has boiled and thickened remove from the heat.
4. Add the butter to the saucepan and finally the egg yolks. Do not put back on the heat.
5. Place the lemon filling into the pastry case/ biscuit base and spread out evenly.
6. Whisk the egg whites until they form soft peaks.
7. Beat in 1 tablespoon of sugar at a time until all is added and it forms stiff peaks. Stop whisking when all the sugar is in to prevent over beating.
8. Spread or pipe the meringue mixture over the filling. 11.Cook for 45 minutes until the meringue has turned pale beige and is crisp on the top

**Minced Beef Cobbler –Raising Agents**

400g minced beef

1 clove garlic (optional)

1 large can tomatoes

I stock cube/ 200ml water

1 tablespoon tomato puree

1 onion

100g mushrooms

For the cobbler (savoury scone top)

200g self-raising flour

**Extension Questions**

There are three raising agents in this recipe. Explain what they are.

½ tsp baking powder

50g margarine

125ml milk

75g grated cheese

1 teaspoon herbs

1. Set oven, 200ºC or Gas No 6.
2. Base: Peel and chop the onion and garlic. Add mince, onion, garlic (and other vegetables) to a large saucepan and stir over a low heat until the meat has browned
3. Make the stock with boiling water Remove saucepan from the heat, add tomatoes, puree, stock, mixed herbs, salt and pepper.
4. Bring to the boil and simmer for 15 minutes.
5. Topping: Sift the flour to incorporate air. Rub fat into flour. Add the grated cheese and baking powder. Make a well in the centre. Gradually pour in half the milk, mix with a knife, and continue to add milk to form a soft dough (you may not need all the milk).
6. Turn onto floured table. Press out to 3cm thick. Cut into eight equal pieces.
7. Add the meat to the dish and arrange the scones around the edge
8. Bake for 20 minutes until the top is golden.

**Fruit Flan- Raising Agents**

50g Sugar

2 eggs

50g Self Raising Flour

100g Soft fruits e.g strawberries, raspberries

1 packet of Quick Gel

1. Preheat Oven: Gas Mark 7/200oC. Collect equipment and ingredients. Grease the flan ring
2. Whisk the eggs and sugar until thick and creamy (10 mins). When the whisk is lifted from the mixture a trail should be left behind
3. Using a large metal spoon, fold in the flour to the egg and sugar mixture pour the mixture into the flan ring.
4. Bake for 10-12 minutes until golden brown and firm to touch. In the meantime, prepare the quick gel according to the instructions on the packet.
5. Take time to carefully remove the cake from the flan ring. Leave to cool. Place flan on a plate. Slice the fruit and arrange in a pattern on top of the cake. Gently cover the fruit with quick gel.

**Extension Questions**

Name the raising agent and describe how it works.

How could you adapt this recipe to suit different special diets? E.g coeliac/egg allergy/lactose intolerant

**Tarte Tatin – Pastry Making**

Ingredients

200g plain flour

150g fat (½ block marg and ½ lard)- for the pastry

Water to bind

Pinch of salt

4 crisp eating apples

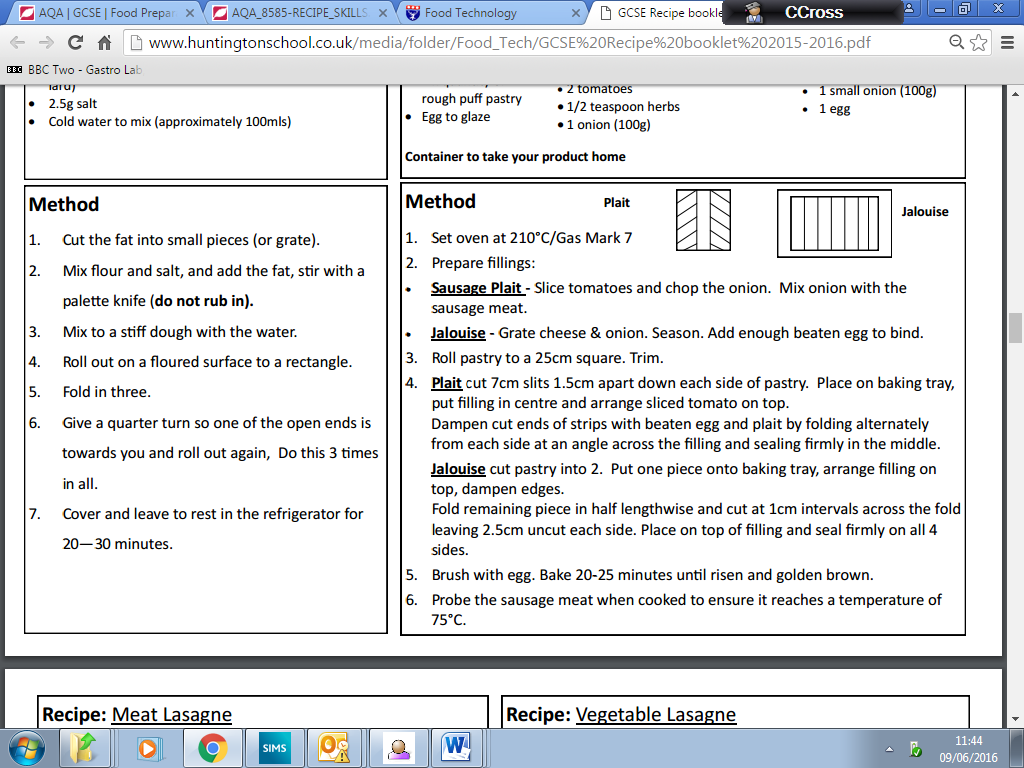
1 lemon, juice and grated rind

75g unsalted butter- for the apples

150g caster sugar **1 large round plate to take the tart home on.**

1. Make the pastry- See next recipe and refrigerate or freeze until next lesson
2. Pre-heat the oven to electric 2000C gas 6.
3. Chop the apples into halves, and core. Toss the apples in half the lemon juice.
4. Spread the butter on the base of the frying pan, sprinkle with the sugar and arrange the apples cut side up tightly together in the bottom of the pan.
5. Cook over a high heat for about 10 minutes until the apples are caramelized and a light golden brown. Remove from the heat.
6. Roll out the pastry into a round whilst the apples are cooking and place over the top of the cooked apples, tucking in the edges so that it will create a rim when the tart is turned out.
7. Place in the oven and bake for 20-25 minutes until the pastry is golden brown.
8. Leave the tart in the tin for 10 minutes before turning out onto the plate. Loosen the edges of the tart and invert onto a plate, rearrange any apples that may have been dislodged.

**Rough Puff Pastry – Raising Agents** (ingredients list on previous page In red)

1. Cut the fat into small pieces.
2. 2. Mix flour and salt, and add the fat, stir with a palette knife (do not rub in).
3. Mix to a stiff dough with the water.
4. Roll out on a floured surface to a rectangle.
5. Fold in three.
6. Give a quarter turn so one of the open ends is towards you and roll out again, Do this 3 times in all.
7. Cover and leave to rest in the refrigerator for 20—30 minutes. (The pastry can be frozen at this stage also)

**Rough Puff Pastry Sausage Plait**

1. Set oven at 210°C/Gas Mark 7
2. Prepare fillings for the sausage plait - Slice tomatoes and chop the onion. Mix onion with the sausage meat.
3. Roll pastry to a 25cm square. Trim to make symmetrical
4. Plait cut 7cm slits 1.5cm apart down each side of pastry. Place on baking tray, put filling in centre and arrange sliced tomato on top. Dampen cut ends of strips with beaten egg and plait by folding alternately from each side at an angle across the filling and sealing firmly in the middle.
5. Brush with egg.
6. Bake 20-25 minutes until risen and golden brown.
7. Probe the sausage meat when cooked to ensure it reaches a temperature of 75oC

**Extension Questions**

What is the special function of the fat?

Why can you not re roll this type of pastry?

**Sweet dough- Chelsea Buns – Raising Agents**

250g strong plain flour

**Extension Questions**

How could you modify the flavours?

Recap-Functions of the ingredients in bread

15g fresh yeast

25g sugar

½ teaspoon salt

1 teaspoon mixed spice

25g butter

100ml milk

1 egg

**For the filling**

25g butter • 50g sugar • 100g mixed dried fruit and mixed peel

1. Set oven 200°C/Gas Mark 7. Grease tin.
2. Make dough by mixing flour, salt and sugar.
3. Rub butter into the flour. Add the yeast
4. Gently warm the milk and butter. Add the warm (not hot) milk to the egg and mix well.
5. Add the liquid to the flour and mix to form a dough. Turn dough onto a floured surface and knead for 5 minutes.
6. Melt butter
7. Roll the dough into a rectangle 30cm by 20cm.
8. Spread with melted butter and sprinkle the sugar and dried fruit over the dough.
9. Roll up (like a Swiss Roll) 8. Cut into 9 equal slices.
10. Place on a greased tray cut side down.
11. Cover with oiled cling film and prove in a warm place for 30 minutes, until doubled in size.
12. Remove the cling film and bake 15-20 minutes until golden. 12. Brush with sugar glaze, whilst still warm.

**Choux Pastry-Raising Agents (steam)**

60g butter- cut into cubes

**Extension Questions**

Explain how the choux becomes hollow when cooked

125ml water- from school

75g plain flour

2 eggs

To fill

Savoury ideas

Smoked salmon, dill and cream cheese

Cheddar Cheese, cream cheese and chopped herbs

Goats Cheese and red onion chutney

Sweet Ideas

Cream (middle) and Chocolate (top)

Lemon curd and cream mixed to make a tangy creamy center

Preheat the oven to 200°C or gas mark 6.

Melt the butter in the water in a saucepan.

Sift the flour onto a piece of paper.

Beat the eggs in a small bowl.

When the water starts to boil, remove from the heat and shoot in the flour.

Return to the heat and beat the mixture briskly until it is smooth and leaves the side of the pan.

Whisk in the egg, a little at a time, to form a smooth paste.

Place small spoons of choux pastry onto the baking sheet. Bake for 15 minutes, until golden and risen.

Slit with a knife and place on a cooling rack.

Fill and decorate the next lesson

**Cheesecake – Setting Agents (Gelatine)**

200g biscuits

100g butter, melted in school

2 tsp gelatine

2 tbsp water

250g full fat soft cheese

250g sour cream

100g caster sugar

2tbsp lemon juice

150g strawberries (or other fruit chopped)

1. Sprinkle the gelatine over the cold water. Leave to swell for 10 minutes
2. In the meantime, beat cream cheese until soft.
3. Add sour cream and beat until well combined.
4. Add sugar, lemon juice and vanilla.
5. Beat until sugar has dissolved. Stir in the chopped fruit. Reserve some for decoration.
6. Dissolve gelatine over hot water. Do this by placing the small plastic bowl in a pan which has just boiled water in it.
7. Add to cheese mixture and mix.
8. Pour filling into prepared base and chill until set. Decorate with fruit when the cheesecake has set.

**Extension Questions**

Why would the gelatine mean that some religions cannot eat this product? Which religions?

**Lasagne- Gelatinisation of starch**

500g mince (or lentils/quorn/chickpeas)

1 onion- chopped at home

1 garlic clove- crushed at home

1 carrot – chopped at home

2 celery sticks – chopped at home

1 x 10ml spoon oil

1 can chopped tomatoes (400g)

1 tsp spoon mixed herbs

**Extension Questions**

Explain what is happening at the following temperatures.

60oC

80oC

100oC

1 tsp spoon tomato puree

50g Butter

50g Flour

500ml Milk

100g cheese

Black pepper

8-10 lasagne sheets

1. Fry the mince, onion, garlic, carrot and celery in the oil until soft – about 4 minutes until the mince has turned brown.
2. Add the tin of tomatoes, herbs and tomato puree.
3. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
4. To make the roux sauce- gently melt the butter in a small sauce pan. Add the flour and mix well to make a “roux”. Whisking constantly, gradually add the milk a little at a time until all the milk is incorporated. Add the grated cheese and season.
5. Place an oven proof dish or foil tray on a baking tray spread some mince mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top. Sprinkle a little extra cheese on top.

When you get home, you will need to place the lasagne in the main oven 180°C/Gas Mark 6 for 30-40 minutes until the pasta is soft and it is piping hot.

**Caramelised onion and cheese tart – Caramelisation and Natural sugars**

1 tbsp oil

2 onions, peeled and finely chopped

225g filo pastry

50g butter, melted

75g goats cheese (or other cheese like Cheshire/Lancashire)

1 tsp dried herbs

1. Heat the oven 190°C/Gas Mark 6
2. Finely chop the onions. Saute them over a gentle heat, stirring regulary until the onions are soft and starting to caramelise
3. In another small pan, melt the butter gently- caution do not boil or it may burn easily. (you could use the microwave to melt the butter)
4. Unwarp the filo pastry. Place one sheet on a large baking tray and brush it with melted butter. Repeat the process until all the pastry has been used up.
5. Spread the onions over the pastry but leave a 1 cm margin around the edge.
6. Crumble or break up the cheese and scatter it on top. Sprinkle with dried herbs.
7. Bake in the oven for 10-15 minutes until crisp

**Treacle Tart - Shortcrust Pastry- Shortening**

150g plain flour

75g fat (50:50 butter:lard)

Water to bind

100g syrup

25g breadcrumbs (1 slice of bread)

½ lemon grated

1. Rub the fat into the flour using your fingertips. Add a pinch of salt. Add enough water to make a stiff dough.
2. Roll out and line an 18cm ovenproof plate or dish with the pastry
3. Using a food processor, make breadcrumbs
4. Warm the syrip and mix with breadcrumbs, lemon juice and rind.
5. Pour ontop pastry and decorate with pastry trimmings. Bake for 20 minutes.

**Soft Cheese – Food preservation and Micro organisms in food production**

500ml whole milk

1 lemon

1 pinch salt

Flavours e.g chives, chopped pineapple, peeled and crushed garlic

1. Pour the milk into a saucepan and stir in a pinch of salt. Bring to the boil over a medium heat, stirring occasionally.
2. Squeeze the lemon and extract the juice
3. When the milk begins to boil, turn off the heat and stir the lemon juice into the milk. The milk will curdle (turns into curds and whey)
4. Line a sieve with a muslin cloth and pour through the milk. The cloth will catch the curds and the whey will go into the bowl.
5. Gather the cloth around the cheese and squeeze out as much liquid as you can.
6. Open the cloth and add any flavourings to the soft cheese

**Chicken or Fish Goujons - Bacterial Contamination- Safe use of probe**

225g Chicken breast/white fish e.g coley/mozzarella/halloumi

1 egg

50g flour

3 slices of bread OR 75g cornflakes (makes a very crispy coating)

Flavours e.g. lemon zest/herbs/chilli flakes

1. Preheat the oven to 200oC or gas mark 6. (Adult)
2. Grease or line a baking tray.
3. Cut the meat/fish/cheese into little finger-sized pieces. **For the Cornflake coating**: Place the corn flakes, lemon zest and herbs into the small plastic bag. Press everything together to crush the flakes into crumbs. Pour onto a plate.
4. **For the breadcrumb coating:** Make the bread into breadcrumbs by using a food processor.
5. Beat the egg in a shallow bowl. Spread the flour on a paper towel.
6. Toss each piece of fish in the flour. Then dunk in the egg and roll in the crumbs. Sit on a baking sheet and continue with remaining fish.
7. Cook the coley goujon for 10-15 minutes, until golden. If using chicken, they will take 20 minutes to cook.

**Extension Questions**

Name the bacteria commonly associated with:

Poor personal hygiene

Raw Meat

Cooked Rice

List 3 symptoms of food poisoning

**Summer Fish Parcels- Sustainable fishing**

2 small trout or salmon fillets

1 courgette

1 small carrot

½ head of broccoli

1 tbsp olive oil.

Marinade: 1 lime or lemon, 1 tsp coriander seeds crushed, 1 tsp of peppercorns, crushed, 1 garlic clove crushed and chopped, 2 tbsp olive oil, chopped fresh coriander, salt and pepper

1. Halve the lemon or lime, slice one half into four slices, and put to one side. Squeeze the juice from the other half of the fruit into a bowl and stir in the olive oil, garlic and the crushed seeds with a fork.
2. Place the fish fillets on a large plate and brush over the marinade, topping with the citrus slice and the chopped fresh coriander. Season and refrigerate.
3. Slice the carrot and courgette into batons of about 1 cm. Cut small broccoli florets away from the main stalk. Mix in a bowl and coat with some olive oil.
4. Cut out four 30 cm squares of either foil or greaseproof paper and grease with oil.
5. Place a square onto a baking tray, make a pile in the centre of the square using a quarter of the vegetables, then place a fish fillet complete with lemon slice on top. Lift the corners of the paper or foil and gather together in one hand. Twist the paper or foil to seal it.
6. Repeat for the other three fillets and place in the middle of the oven for 20–25 minutes at gas mark 6/200°C. To serve, lift the parcels onto the individual plates and allow people to unwrap their own parcel.

**Extension Questions**

Research the following symbols on food

Fairtrade \* Red Tractor \* Soil Association \* Vegetarian

**Pasta- Secondary Processing**

100g 00 grade flour (or strong plain flour)

1 egg

1. Weigh the flour and add to the food processor. Add the egg and pulse the machine until the mixture looks like breadcrumbs. Process it until the mixture forms a soft ball of dough.
2. Knead the dough on a floured worktop and then refrigerate (for 20 minutes or longer)
3. Split the dough in half and roll until it is 5mm thick. Pass each piece through the pasta machine starting on the widest setting and then moving down to the thinnest. You can use a rolling pin if you don’t have a machine.

Pupils will also have to research and plan their own recipes to suit different tasks which will include:

* Special Diets e.g coeliacs, allergy, lactose intolerant
* Products to suit different cultures
* International Cuisine
* Foods to suit different religions
* British Cuisine
* Adapting recipes to make then lower in fat/salt/sugar or higher in fibre/fruit and vegetables etc.

**Cheshire Recipes- Regional Food – Examples**

**Cheshire Lamb Crumble**

1 lb minced lamb

 1 medium onion,

 1 tbsp tomato puree

 1/2 pt veg stock or water

 salt and black pepper

 50g hard margarine

100g flour

 50g Cheshire cheese, crumbled

Cook the minced lamb with onions and puree in the stock in a pan for about 15 mins .

Transfer to an oven proof dish

Rub the fat, flour and seasoning together to make a crumble topping. Add crumbled Cheshire cheese

Cover the meat mixture with crumble topping and bake for about 30 mins 180 C gas 4/ 5

**Swede and Cheshire Cheese bake**

25g plain flour

seasoning to taste

1 lb diced swede ,

25g margarine or butter

150g Cheshire cheese, crumbled

600ml single cream

Coat the diced swede in the chosen seasoning and flour

Place alternate layers of swede and crumbled cheese in a dish dot with margarine or butter and cover with cream

Cover with foil

Bake for 75- mins on 160C gas ¾

**Cheshire Cheese Soup**

1 pint of chicken stock

1 lb potatoes, diced

2 leeks chopped

1 tbsp oats

100g Cheshire cheese,

Season to taste

Bring all the chopped vegetables to the boil in the stock and simmer for 20 mins.

Liquidise or sieve if you want to be traditional.

Add 1 tbsp oatmeal and simmer for five mins. Add the crumbled cheese before serving.

**Chester Pudding**

4 tablespoons breadcrumbs  
4 tablespoons flour  
4 tablespoons shredded suet  
4 tablespoons blackcurrant jam/jelly  
2 tablespoons caster/superfine sugar  
a pinch of bicarbonate of soda  
a little milk  
a little salt

1. Mix together the flour, breadcrumbs, suet, salt and sugar.  
   Make a well in the middle of the mixture and put the jam into it.
2. Warm the milk slightly and stir the bicarbonate of soda into it.  
   Pour this over the mixture with the jam in and mix all together
3. Turn into a well-greased pudding basin and steam for 3 hours.  
   Serve with heated blackcurrant jam as a sauce.