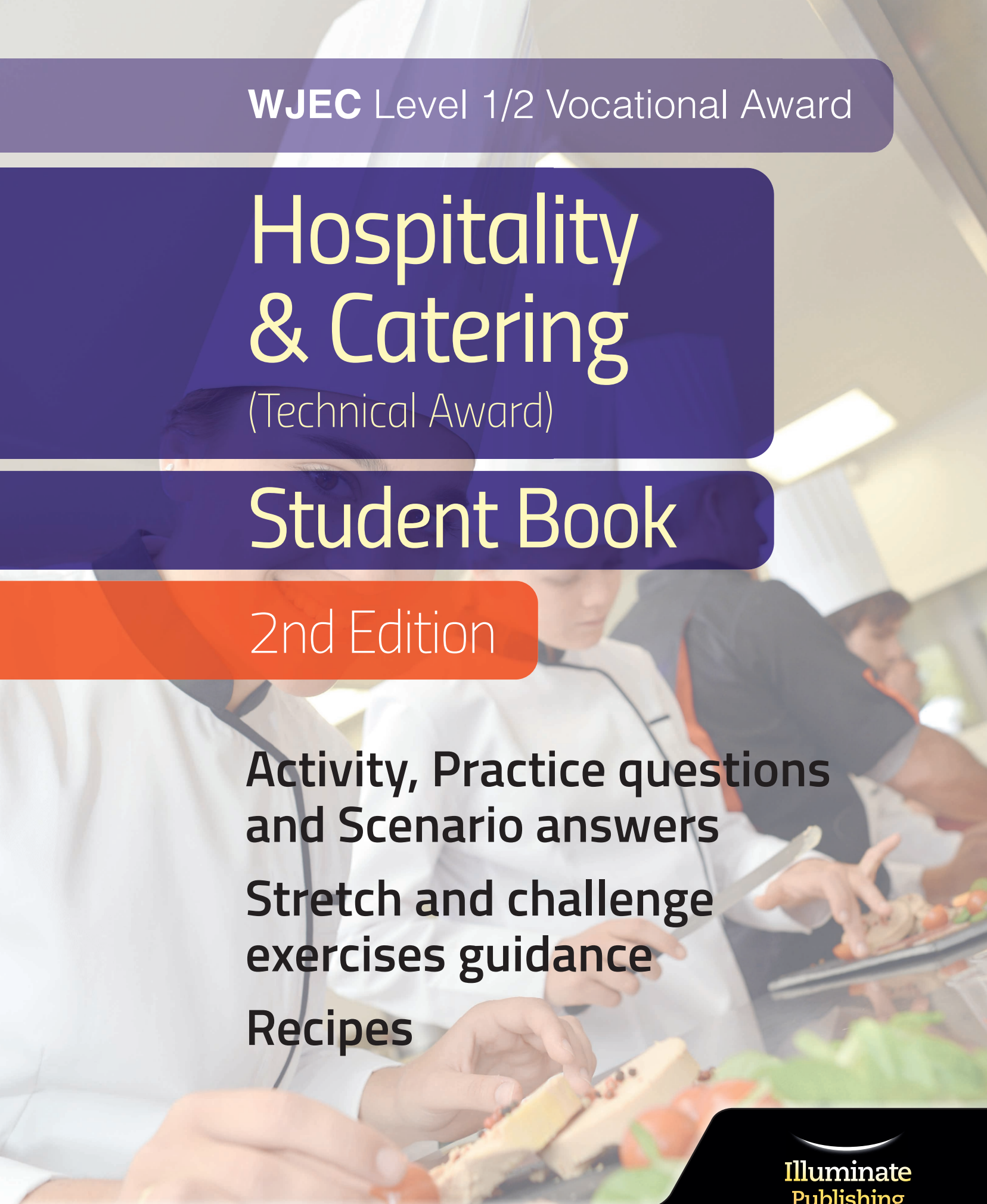
WJEC Level 1/2 Vocational Award

Hospitality & Catering

(Technical Award)

Student Book

2nd Edition



Activity, Practice questions and Scenario answers

Stretch and challenge exercises guidance

Recipes

Illuminate Publishing

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Activities and Practice questions answers and Stretch and challenge exercises guidance

(Please note: Guidance provided for Stretch and challenge exercises outlines the topics to include in answers to achieve a good mark if you gave them (with details, reasons and examples) in an exam. This guidance is designed to help and instruct you, but should not be considered to be the only answers you could give.)

1.1.1 Hospitality and catering providers

Practice questions (page 20)

1. **Name three types of counter food service.** *(3 marks)*

   Cafeteria, free-flow, multi-point, buffet, fast food, seated, carvery

2. **List four examples of establishments where hospitality and catering is carried out in the residential commercial sector.** *(4 marks)*
   - Hotels, motels and hostels
   - Bed and breakfasts (B&Bs), guest houses and Airbnb Inns and pubs
   - Farmhouses
   - Family holiday campsites, caravan parks, lodges, pods and cabins
   - Glamping sites
   - Cruise ships
   - Long-distance trains
   - Motorway services

3. **List three examples of hospitality and catering services provided in the residential commercial sector.** *(3 marks)*
   - Accommodation, housekeeping, turn-down service
   - Food and beverages in dining rooms or restaurants, 24-hour room service, restaurant, bar, cafeteria, takeaway packed-lunch service
   - Banqueting and formal meals for special occasions
   - Business/study/training facilities, e.g. conference facilities, meeting rooms, internet access
   - Transport catering service (before, during and after a journey)
   - Rooms: single, double, king, family, suite (en-suite bath/shower room; shared facilities)
   - Leisure facilities, e.g. spa, gym, swimming pool
   - Function facilities, e.g. weddings/wedding receptions, parties, charity fundraising events, etc.

4. **List four examples of establishments where hospitality and catering is carried out in the non-residential commercial sector.** *(4 marks)*
   - Restaurants, bistros and dining rooms
   - Cafés, tearooms and coffee shops
   - Takeaway and fast food outlets
   - Pubs and bars
   - Clubs and casinos
   - Street food
   - Pop-up restaurants
   - Mobile/road-side food vans
   - Visitor and tourist attractions, e.g. theme parks, museums, National Trust properties, spas
   - Sport stadiums
   - Concert/gig venues
   - Airlines
   - Vending machines

5. **List three examples of establishments where hospitality and catering services are provided in the residential non-commercial sector.** *(3 marks)*
   - National Health Service (NHS) hospitals
   - NHS nursing and care homes
   - Hospices
   - Emergency services
   - Prisons
   - Colleges, university residences, boarding schools
   - Army, Navy, Air Force
   - Hostels and shelters
   - Private nursing and care homes

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6. **List three examples of hospitality and catering job roles required in the non-residential, non-commercial sector.**
(3 marks)
   - Managers
   - Administrators
   - Receptionists
   - Porters
   - Security staff
   - Staff serving food at counter
   - Kitchen brigade

1.1.2 Working in the Hospitality and Catering industry

Activity: Name these French terms (page 24)

Bain-marie – a pan or container that holds hot or boiling water, into which another pan, bowl or dish is placed to warm or cook the food inside it

Canapé – a small appetiser; usually a piece of bread, pastry or cracker with a savoury topping, held in the fingers and eaten with drinks

Coulis – a purée made from fruit or vegetables and served as a sauce

Jus lie – a sauce made from cooked meat juices that have been slightly thickened with cornflour or arrowroot

Ragoût – a main dish made from pieces of meat stewed with vegetables and well seasoned

Roux – a cooked mixture of butter (or other fat) and flour, that will thicken a sauce when a liquid is added to it and the sauce is heated, e.g. bechamel

Sauté – to fry some ingredients, e.g. vegetables, meat, in a small amount of fat for a short time

Vol-au-vent – a small round puff pastry, usually filled with a savoury mixture, e.g. prawns or chicken in a white sauce

Activity: Which personal attributes do they need? (page 27)

Head Chef	
Personal attributes	**Skills needed for the job role**
Good communication: with colleagues so that everyone knows what they are required to do	Wide range of knowledge, practical skills and experience of catering for different groups of customers
Team player: able to get on with other people in the kitchen and work with them to make the business successful	Good knowledge of the business and how it is run
Friendly and welcoming	Ability to multi-task
Helpful and approachable: especially to colleagues who may require some advice or guidance	Good organisational skills
Well organised and good attention to detail	Ability to respond appropriately to problems that arise
Reliable	ADDITIONAL SKILLS THAT WOULD BE USEFUL:
Able to remain calm under pressure	Ability to teach and pass on practical skills to junior chefs to enable them to develop their own skills
A sense of humour	

Answers for fast-food restaurant worker, waiter/waitress, bartender, commis chef, restaurant manager, kitchen porter will vary.

Case study (page 28)

1. Joe has a cheerful personality which will put customers at ease, make them feel special and welcome, and will make them feel he is listening to their needs and requirements.

   Drew's appearance and attitude will make customers feel uneasy and that they are a nuisance, rather than valued. They will feel dissatisfied before they have even chosen or eaten their food and it will prejudice their attitude to the whole restaurant.

2. Joe is likely to encourage customers to revisit the restaurant and recommend it to others, thus encouraging more custom for the business. Drew is likely to cause the exact opposite. People do not like surly and begrudging customer service!

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3. Joe is likely to receive compliments from customers, especially in reviews that the customers may make on social media, which will be noticed by the management. This will make him a desirable future employee for other businesses or for promotion within his present place of employment.

   Drew is likely to receive negative comments from customers and staff, which will also be noticed by the management, and he is unlikely to receive promotion or find it easy to move to another job if his job reference is not good.

4. Joe will fit in well with other work colleagues and is likely to be supportive and nice to work with – he will acquire a positive reputation among other employees at the restaurant.

   Drew is likely to alienate other work colleagues, especially if his poor time-keeping causes them to have to cover for him or work late on their shift while they wait for him to arrive. His poor attitude is unlikely to encourage other members of staff to help him out if he has a problem.

Practice questions (page 29)

1. List three personal attributes that a person would need to work in each of the following job roles:

a) A trainee (apprentice) chef in a busy restaurant kitchen *(3 marks)*

- Hard working
- Punctual and reliable
- Hygienic
- Willing to learn and develop skills
- Ability to take criticism and act on it
- Good team member
- Calm and composed
- Good commitment to completing a task
- Ability to multi-task
- Enthusiastic
- Flexible/adaptable to different situations

b) A housekeeping manager in a hotel *(3 marks)*

- Well organised and methodical
- Hard working
- Punctual and reliable
- Willing to delegate
- Ability to listen to staff feedback and act on it
- Good attention to detail
- Good team leader
- Calm and composed
- Enthusiastic
- Flexible/adaptable to different situations

2. Give a reason for each of your answers in 1a). *(3 marks)*

(Reasons are given in brackets)

- Hard working (hours are long and there is a lot to do)
- Punctual and reliable (to enable all tasks to be completed on time / to support your co-workers)
- Hygienic (need to be clean and work hygienically when working with food)
- Willing to learn and develop skills (to be a more useful employee and to gain promotion)
- Ability to take criticism and act on it (to learn and avoid future mistakes / to improve skills)
- Good team member (to support co-workers / to ensure all the work gets done well and meets customer expectations)
- Calm and composed (to cope with the stresses of the job and be able to deal with and solve problems)
- Good commitment to completing a task (to maintain the good reputation and success of the business)
- Enthusiastic (to help develop and promote the success of the business)
- Flexible/adaptable to different situations (to be able to help out where needed, especially in times of staff shortage, etc.

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1.1.3 Working conditions in the hospitality and catering industry

Practice questions (page 31)

1. **List three employment rights that employees and workers in the hospitality and catering industry have.** *(3 marks)*
   - How long they work per day and week (working hours)
   - Frequency of breaks during a working day
   - Rate of pay – National Minimum Wage
   - National Living Wage (for workers over 25 years old)
   - Protection against discrimination
   - Statutory sick pay
   - Holiday entitlement and pay
   - Flexible working
   - Protection against unfair dismissal
   - Workplace pension

2. **What is meant by a 'work–life balance' and why is it important?** *(2 marks)*
   - Work–life balance means a person making time for themselves, their family, leisure and personal activities as well as the demands of their job.
   - It is important for making sure that a worker's physical and mental health are maintained in good condition.

1.1.4 Contributing factors to the success of hospitality and catering provision

Activity: Work out the gross profit (page 34)

Vegetable soup and bread	Seafood risotto
Ingredients cost: £1.00	Ingredients cost: £5.00
Selling price: £5.50	Selling price: £14.50
GP = £4.50 (£5.50 – £1.00)	GP = £9.50 (£14.50 – £5.00)

Activity: Work out the net profit (page 34)

Vegetable curry and rice	Chicken pie and vegetables
Ingredients cost: £1.75	Ingredients cost: £4.25
Overheads: £4.80	Overheads: £4.75
Total costs = £6.55 (£1.75 + £4.80)	Total costs = £9.00 (£4.25 + £4.75)
Selling price: £8.95	Selling price: £12.00
NP = £8.95 – £6.65 = £2.40	NP = £12.00 – £9.00 = £3.00

Stretch and challenge (page 35)

Students should link the information about the geographical location of the restaurant to the ways in which the restaurant can save on costs and get the best value for money:

- Proximity to the sea and the potential to purchase seasonal freshly landed seafood daily and at a discounted price for quantity orders.
- The possibilities of making deals with local farmers and producers for seasonal foods throughout the year, with the emphasis for customers on the food being locally sourced and therefore environmentally sustainable and in season – a seasonally cyclic menu could be planned around this.
- The chefs could develop recipes such as soups, pies, pasta sauces, smoothies, etc., that make use of left-over or unused ingredients, to prevent waste and save on costs.
- The restaurant could make use of the large back garden in order to grow some foods such as fresh herbs, fresh green beans, etc.
- Some of the back garden could also be used for extra customers during the summer months to help increase profits.

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Practice questions (page 43)

1. Why are the following important for the success of a hospitality and catering business? (Give two reasons for each.)

a) Social media *(2 marks)*

b) Market research questions when planning to open a new restaurant *(2 marks)*

c) Customer service *(2 marks)*

d) Keeping up with trends *(2 marks)*

a) Social media is important because:

- Businesses can get feedback from customers
- Customers send photos and reviews to people in their social network, which helps to promote the business
- Live videos of customer experiences help businesses to see how they are doing
- Businesses can advertise to a large number of people
- Businesses can help customers to locate their premises, book accommodation and meals in advance, check-in online, open their room with their mobile phone

b) Market research is important because it enables a business to find out about:

- The competition
- Demographics (number of people in an area, age groups, lifestyles, needs and wants)
- What customers like to eat
- How much customers are willing to pay for their food

c) Customer service is important as:

- An essential part of the image of a business
- Customers will talk to other people about their experiences and may recommend the business depending on their experience of it
- Good customer service produces happy customers
- Happy customers will return to the business and become loyal to it

d) Keeping up with trends is important:

- To keep up with the competition
- To keep up with developments in technology (especially IT), which help make the business more efficient and successful
- As customers are more likely to use the business if it is up to date

2. There are many hospitality and catering businesses in the UK.

State four competitive strategies that a restaurant in a large popular tourist city, that also has a university, can use to attract customers. *(4 marks)*

- Reply to customer enquiries and provide a proposal and price quote within 24 hours.
- Make sure the business has an extensive, reliable, user-friendly and regularly updated website.
- Carry out market research to find out the number and types of business that will be in competition with your business, and their competitive strategies.
- Research the demographics in the local area:
  - How many people?
  - What are their age groups?
  - What are their lifestyles?
  - What are their needs and wants?
- Advertise in different ways and places, using good quality images and clear explanations of the services on offer and the prices.
- Offer competitive prices, group discounts, student discounts, customer loyalty schemes (e.g. collect tokens to earn a free meal).
- Offer meal deals, e.g. discounts for students; a free bottle of wine with a meal; buy two meals, get third one free, tour guide lunches/teas.
- Offer competitive/discounted eat in or takeaway food options for tourist groups.

Stretch and challenge (page 43)

Students should give examples of the current, developing and potential types and future uses of ICT in the H&C industry, with reasoned benefits explained for each. They should think widely about each of the target groups listed, e.g.:

a) Apart from suppliers, related businesses include those that advertise to the public and other organisations and attract potential customers; tour operators; cleaning companies; staff agencies, plumbers, electricians, etc.

b) All types of suppliers should be considered, e.g. those for food, materials, furniture, wines, etc.

c) Students should consider different customer target groups and how they would use and benefit from ICT – millennials, children, older adults, disabled customers.

d) Students should consider how ICT benefits employees in terms of the actual work they do, their training and career progression, their work schedule, their payment, finding other jobs, developing a CV, etc.

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1.2.1 The operation of the front and back of house

Practice questions (page 49)

1. **Give two reasons why good front-of-house service is important for the success of a hospitality and catering business.** *(2 marks)*
   - To greet customers and make them feel welcome, relaxed and comfortable (especially disabled customers)
   - To create a good impression of the business so that customers are satisfied
   - To encourage customers to recommend it to other people

2. **List three features of the dining space in a restaurant that are important for customer satisfaction.** *(3 marks)*

   The dining space should:
   - Be a comfortable temperature/no draughts of cold air/no strong smells and fumes drifting in from the kitchen
   - Provide enough space for each customer and for waiting staff to move around freely
   - Have comfortable chairs
   - Have a menu that suits different needs and requirements
   - Be a pleasant environment to be in, e.g. nice decorations, plant displays, ornaments, flowers, background music, artwork, sculptures etc.; good acoustics so that it is not too noisy
   - Welcome disabled customers and their guide dog/assistance dog

Stretch and challenge (page 49)

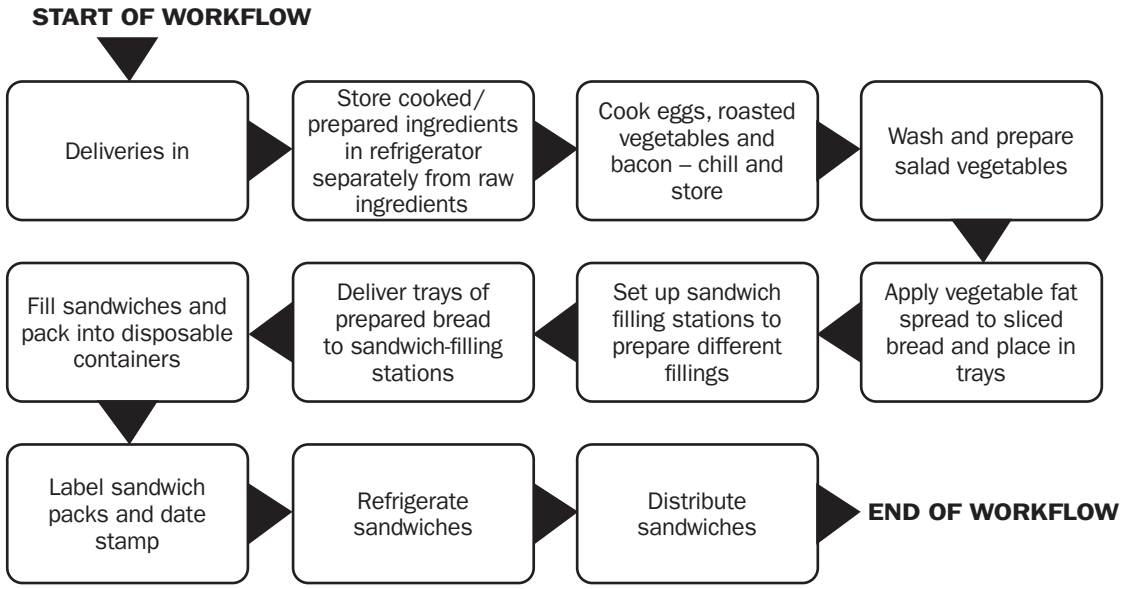
Students should support their answers with reasoned and relevant examples, details and suggestions. They should demonstrate their knowledge of each by including details on:

a) Lighting: effects of lighting on atmosphere and decoration in a restaurant as well as for the health, safety and security of customers and employees. *(3 marks)*

b) Organisation and storage: importance of this for the efficiency of operations and all staff in the kitchen and front of house to ensure that meals are served on time and customers are satisfied. *(3 marks)*

c) Waiting area: importance of this for the retention of customers waiting for a meal should be included. Need for comfort and space, plus refreshment availability. *(3 marks)*

Scenario (page 52)



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Activity: What is this equipment used for? (page 53)

The images below show a number of pieces of large equipment used in catering kitchens.

Find out and write down what each is, what it is used for and the health and safety rules that would apply when using the piece of equipment.

	Item of equipment	*What is it used for?*	*Health and safety rules for using this piece of equipment*
1. 	**Planetary motion floor mixer**	Mixing large quantities of ingredients, e.g. cakes mixtures and bread dough	The safety guard must always be in place when in use The machine must be firmly anchored to the ground Care must be taken when removing the heavy ingredients after mixing
2. 	**Panini / contact grill**	Grilling and heating panini sandwiches and other foods, e.g. burgers on both sides at the same time	Tongs should be used to handle the food when it is being grilled The grill should be placed on a worktop where it cannot be knocked into accidentally
3. 	**Conveyor toaster**	For customers to cook their own toast at breakfast in a hotel	Tongs should be provided for customers to take the toast out of the machine
4. 	**Electric meat slicer**	To evenly slice meats, e.g. cooked ham and other cooked meats, uncooked bacon, etc., at a pre-selected thickness	The safety guards must always be in place when in use The machine must be firmly anchored to the worktop
5. 	**Potato rumbler (electric peeler)**	To peel large quantities of potatoes speedily and efficiently	Do not reach into the machine when it is in use The safety guard must always be in place when in use
6. 	**Combination (Combi) oven / steamer**	These produce dry heat and steam, so it is possible to steam or braise, roast / bake foods all at the same time	Remove items from the oven to check cooking/browning to avoid putting head near to or in oven to prevent burns and scalds Use oven gloves to put foods into the oven and to take them out
All six items		Used as described above	Do not have wet hands when switching the machine on or off The electrical socket, plug and wiring should be regularly checked for signs of wear and tear

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Practice questions (page 63)

1. List three operational activities that are carried out in a kitchen. *(3 marks)*

- Receiving and storing kitchen deliveries – ingredients, materials, equipment and cleaning chemicals
- Organising and preparing food ready for cooking
- Cooking, presenting and plating food for service to customers
- Cleaning and maintaining kitchen equipment and premises

2. Give three reasons why stainless steel is used to make a lot of kitchen equipment. *(3 marks)*

Stainless steel is strong, easy to keep clean and does not rust or react with foods.

3. Employees and employers need to be aware of safety and security issues in a catering kitchen.

a) State three potential safety issues. *(3 marks)*

Risk of injury from:

- Fire or electrocution
- Machinery such as an electric food slicer or steamer
- Slips, trips and falls
- Cuts, burns and scalds
- Heavy stored items falling from a shelf or cupboard

b) State three potential security issues. *(3 marks)*

- Theft of personal items from staff changing area
- Theft of equipment, ingredients and materials
- Vandalism and arson
- Alcohol and drug abuse

Stretch and challenge (page 63)

Students should support their answers with reasoned and relevant examples, details and suggestions. They should demonstrate their knowledge of each by including details on:

1. Stock control system – how and why a good stock control system is used for the smooth running of front- and back-of-house operations in a hospitality and catering business. *(3 marks)*
2. Cleaning – knowledge of cross-contamination and potential risks and hazards to health and safety should be clear in the answers, and the likely outcomes on business success if cleaning is not carried out regularly. *(3 marks)*

1.2.2 Customer requirements in hospitality and catering
1.2.3 Hospitality and catering provision to meet specific requirements

a) Customer needs and requirements:

- Facilities – ticketed cloakroom area for students to leave their coats, etc., toilets, area to congregate, dining area with tables to seat 6–8 people, dance floor
- Food and drinks – bar selling non-alcoholic drinks; self-service buffet or meal served at table (with menu accommodating different cultural and dietary requirements)
- Entertainment – DJ/disco; dancing; possibly a magician or similar/photographer; decorated tables
- Health, welfare and safety – entry by ticket only; security personnel at entrances (to check students to ensure they have not brought alcohol or other banned items in with them) and on premises (to monitor and control behaviour); adult supervision throughout evening; clearly marked and fully operational emergency exits.

b) Security personnel to patrol area outside hotel in order to control noise and prevent groups of teenagers from congregating outside.

Access to other areas of the hotel to be supervised to prevent teenagers from wandering from the designated prom area.

Noise level of disco to be limited and monitored to prevent it from causing a nuisance.

c) Front-of-house staff – set up dining area and tables; organise and manage the drinks bar; supervise and manage cloakroom area; food service and clearing away

Security personnel – to patrol inside and outside the premises, supervise student movements throughout the building and prevent/manage any problems

Back-of-house staff – chefs to prepare and cook food; cleaners to wash up and clear away at the end of the meal; cleaners and caretaking staff to clear up at the end of the evening, move furniture and leave facilities ready for other customers to use

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Practice questions (page 70)

1. **Explain what is meant by 'customer requirements and expectations' and give three examples.** *(4 marks)*

   Costumer requirements and expectations are factors that decide whether or not customers are satisfied with the service they receive from a hospitality and catering provider.

   Examples:

   - How welcoming, friendly and helpful customer service is
   - The standard of cleanliness and comfort
   - Whether a meal meets their expectations of a good range of menu choices / value for money / how well it is cooked. *(4 marks)*

2. **Give three ways of conducting market research to find out about customer requirements.** *(3 marks)*

   Market research into customer requirements could be:

   - Conducting a face-to-face or online survey with potential customers about what they think are the important features of a hospitality and catering business
   - Talking to customers and getting verbal feedback from them when they visit the H&C business
   - Checking customer online feedback / reviews
   - Conducting a survey of what other restaurants in the area offer their customers
   - Keeping up to date with customer requirement trends by reading industry journals and publications. *(3 marks)*

3. **List four benefits of good customer service.** *(4 marks)*
   - Customer satisfaction, loyalty and repeat business
   - Increase in customer numbers and business opportunities
   - Greater employee confidence and self-esteem
   - Greater job satisfaction
   - Lower turnover of employees
   - Fewer complaints from customers *(4 marks)*

4. **Give three ways in which developments in communication technology are changing customer behaviour and requirements.** *(3 marks)*
   - They use **online services** and want these services to be instantaneous / fast / user-friendly / up-to-date with communications technology.
   - **Messaging** is commonly used in order to communicate with a business, e.g. texts, emails, Twitter, FaceBook, WhatsApp, etc.
   - They use of **social media** to find out about and comment on / review hospitality and catering businesses.
   - They use **online comparison** sites to choose goods and services.
   - Customers are less tolerant of poor service.
   - Businesses are expected to be available all the time; e.g. customers expect to be able to order takeaway food online for delivery at any time of the day or night.
   - Customers expect a personalised service, e.g. being able to find the type of restaurant they like on their mobile phone.
   - Customers are choosing environmentally sustainable and ethically conscious goods and services.
   - Many customers prefer to use self-service rather than deal face-to-face with a person.

Stretch and challenge (page 70)

The report should have an introduction explaining what is meant by these two groups, the types of needs and requirements they will have and why they are important customers in terms of the income they can generate.

The main part of the report should give a variety of examples of how these needs and requirements can be met.

The final part of the report should cover why good customer service is important for these groups and examples of how this can be provided. *(12 marks)*

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1.3.1 Health and safety in hospitality and catering provision

Practice questions (page 75)

1. **List the two main causes of injury in the workplace.** *(2 marks)*

   Slips, trips and falls

2. **Identify the government department that enforces health and safety rules in the workplace.** *(1 mark)*

   The Health and Safety Executive (HSE)

3 **List two types of accident/injury that could happen to a food handler working in a kitchen.** *(2 marks)*

Knife cuts, burns, scalds, trips, slips, falls, injury by machinery or heavy items falling, electrocution, back injury from lifting or moving a heavy item.

Practice questions (page 81)

1. **List two potential health risks and two control measures for them for front-of-house employees.** *(4 marks)*

   Risks: Muscle strain; back problems; fatigue from working long hours; stress *(2 marks)*

   Control measures:

   - Training in how to carry heavy objects
   - Provide safety equipment to help employees
   - Good workspace design to minimise the need to stretch, bend or climb
   - Let workers change job roles on a rota
   - Provide sit-stand stools
   - Provide anti-fatigue mats *(2 marks)*

2. **List two potential safety risks and two control measures for them for back-of-house employees.** *(4 marks)*

   Risks: Slips, trips and falls/cuts and abrasions/burns and scalds/electric shocks *(2 marks)*

   Control measures:

   - Make sure working space is safe, well-lit and ventilated
   - Provide safety equipment, e.g. ladders, safety guards
   - Safety test equipment regularly, e.g. gas cookers, electrical equipment and wiring
   - Provide personal safety protection, e.g. goggles, masks, gloves, non-slip shoes
   - Put up warning/safety signs
   - Train staff in the use of equipment, first aid and safety
   - Ensure emergency exits are clear of obstructions
   - Wipe up spills and pick up food that has fallen on the floor immediately
   - Do not leave out equipment where it will cause an obstruction
   - Carry and use knives safely
   - Handle electrical equipment with dry hands
   - Use oven cloths to handle hot baking trays and pan handles *(2 marks)*

3. **List two potential health risks and two control measures for them for customers in a restaurant.** *(4 marks)*

   Risks: Food poisoning; illness due to food allergies; illness due to food intolerances; slips, trips and falls *(2 marks)*

   Control measures:

   - Use a system of food safety compliance, i.e.: Hazard Analysis of Critical Control Points (HACCP)
   - Provide detailed information about ingredients in dishes on menus *(2 marks)*

Scenario (pages 83–84)

Students should use the example given to help them write the HACCP for the kitchen they have chosen.

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1.3.2 Food safety

Activity: Food safety in the front of house (page 86)

Food safety is an important priority in the operation of a kitchen. Food safety should also be a priority in front-of-house operations.

Look at the images below, which show ingredients/materials, equipment and activities that are all used or occur in front-of-house operations.

For each one, list all the food safety points you can think of that front-of-house staff need to be aware of and regularly check to ensure that they meet the requirements of food safety regulations and customer care.

Item		*Answers*
	Sachets of sauces, condiments (e.g. salt, pepper, sugar)	Check 'best before' and 'use by' dates and make sure stock is rotated. Check for and remove any sachets that are not sealed properly or are split open.
	Individual jars of jam and marmalade	Check 'use by' dates and make sure stock is rotated. Check for any jars or packs that: • Have had the lids partially removed • Have the seal broken.
	Individual packs or pots of butter or vegetable fat spread	Make sure butter/vegetable fat spreads/salad dressing are stored and displayed in a chilled place between 0 °C and 5 °C. Check 'use by' dates and make sure stock is rotated.
	Fresh condiments and sauces served at a buffet in a hotel restaurant	• Ensure that they are held at a temperature between 0 °C and 5 °C. • Ensure that they are protected from flies and dust. • Ensure that they do not become contaminated with food from another container or utensil.
	Hot food self-service area in a restaurant	• Ensure that flies cannot land on the food. • Ensure that it is held at a minimum of 63 °C. • Ensure that cooked foods are kept away from raw foods. • Ensure that food does not become contaminated with food from another container or utensil.
	Cold dessert self-service area in a restaurant	• Ensure that flies cannot land on the desserts. • Ensure that they are held at between 0 °C and 5 °C. • Ensure that the desserts do not become contaminated with food from another container or utensil. • Ensure that customers do not handle or try desserts, e.g. by dipping their finger into them.
	Serving food to customers	• Food handlers must regularly wash their hands and wear a clean apron. • When serving the food, keep the hands/fingers away from the food on the plate. • Do not cough or sneeze over or near the food. • Use clean serving spoons for different foods.

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	Cleaning glasses at the bar	• Use very hot water to wash the glasses and clear water to rinse them. • Pay special attention to cleaning the rim to remove lipstick, etc. • Use a clean drying cloth to dry and polish them. • Hang glasses upside down on special hanging rack. • Do not touch the rim of the glass with the hands.
	Using a coffee machine	• Check the filters regularly and clean them. • Clean the machine thoroughly at the end of each day to make sure there are no residues of milk, coffee, sugar, etc., that will attract pests. • Regularly inspect the inside of the machine because these machines can attract cockroaches, which are able to get inside.
	Making milkshakes and smoothies in a café	• Thoroughly clean the blender used to make the drinks between each one, especially if dairy products are used. • Keep the ingredients in the refrigerator between making the smoothies/milkshakes. • Wash any vegetables and fruits before use.
	Crockery, glassware and cutlery used in food service	• Use a dishwasher that heats the water to at least 82 °C to kill microbes. • Regularly check and remove any cracked crockery or glass which could harbour microbes. • Carefully fill the dishwasher so that all the items are washed properly. • Check fork tines to make sure no food gets stuck in them.

Practice questions (page 86)

1. **Give four situations when a food handler should always wash their hands.** *(4 marks)*
   - Before handling food
   - After going to the toilet
   - After coming in from outside
   - After coughing, sneezing or blowing their nose
   - After touching money
   - After handling rubbish or the rubbish bin
   - After touching animals and insects
   - After handling raw eggs, raw meat, raw fish and raw poultry

2. **Give four basic requirements for the premises (buildings/rooms) in which food is prepared by a food business.** *(4 marks)*

   Premises where food is prepared should:
   - Be clean and maintained in good repair
   - Be designed and built in a way that allows good hygiene practices
   - Have a sufficient supply of good quality drinking water
   - Have suitable controls in place to protect against contamination by pests, e.g. rats and mice, flies, ants, cockroaches, birds
   - Have adequate natural and/or artificial lighting
   - Have sufficient natural and/or mechanical ventilation
   - Provide clean staff toilets, which do not lead directly into food rooms
   - Have proper and hygienic hand-washing facilities for staff
   - Have enough drainage to get rid of dirty water
   - Have surface finishes that are easy to clean and disinfect, i.e. walls, floors, ceilings, worktops, cupboards
   - Have proper and sufficient facilities for washing food and equipment
   - Have proper and sufficient facilities for storing and removing food waste
   - Have proper and sufficient space and facilities to prepare, cook and serve food safely.

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1.4.1 Food-related causes of ill health

Activity: High- and low-risk foods (page 91)



Fresh bread – low risk – does not have to be refrigerated, but is susceptible to mould growth after several days, if stored in a moist place.



Caesar salad – high risk – contains chicken and mayonnaise and many nutrients and moisture where bacteria could grow. The salad leaves may have soil bacteria if not washed properly.



Cheesecake – high risk – contains dairy foods which support the growth of bacteria and fresh fruit that supports the growth of moulds if not refrigerated.



Chicken pie – high risk – contains chicken and many nutrients and moisture where bacteria could grow if not refrigerated, even though the meat is cooked.



Pasta dish – high risk – cooked dried pasta and the sauce are both moist and would support the growth of bacteria if left-overs are not refrigerated.



Uncooked dry pasta – low risk – not enough moisture to support bacterial growth.



Biscuits – low risk – not enough moisture to support bacterial growth and high sugar content and food additives (e.g. preservatives) help to preserve the biscuits



Cooked breakfast – high risk – sausages, bacon, egg and hash browns will support the growth of bacteria as they contain many nutrients and moisture. They need to be thoroughly cooked to kill bacteria.

Scenario: street food (page 94)

Use insulated cool boxes with frozen ice blocks to transport high-risk food and store food while open for business – monitor the temperature of the food regularly.

Use a small portable refrigerator that runs on a lower amount of electricity for high-risk foods.

Install a chilled display cabinet for high-risk foods where possible.

Cover food to protect it from flies, dust, car fumes and customers touching the food.

Cook food thoroughly – make use of a food probe to check the temperature.

Practice questions (page 94)

1. **What does cross-contamination mean?** *(1 mark)*

   The transfer of microbes (bacteria, moulds, yeasts) from one place onto food, where they will contaminate it (make it unfit to eat)

2. **What is a pathogenic micro-organism?** *(1 mark)*

   A tiny/microscopic plant or animal that can cause a person to become ill

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3. **Name two groups of people for whom food poisoning is particularly dangerous.** *(2 marks)*

   Young children, pregnant women, elderly people and those people who have been ill or have a weak immune system

4. **Name three conditions that microbes need to grow and reproduce.** *(3 marks)*

   The right temperature, a supply of moisture and food, enough time, correct pH (acid or alkali)

5. **List two ways in which a food handler can avoid harming someone with a chemical cleaning product that is used in the kitchen.** *(2 marks)*

   - Use the correct amount of cleaning products
   - Follow the instructions for using cleaning products very carefully
   - Store cleaning chemicals safely in a locked cupboard and away from food
   - Use protective clothing and equipment when using cleaning chemicals

Stretch and challenge (page 94)

A sound knowledge of food safety and food poisoning, practicalities and legislation should be demonstrated by including plenty of facts and reasoned examples of, e.g. important temperatures, cross-contamination, personal hygiene, hand-washing and cleaning procedures, etc., when handling food. Practical applications of these pieces of equipment should be given. *(2 marks each)*

1.4.2 Symptoms and signs of food-related ill health

Case study (page 97)

1. Ensure that the menu clearly states any known food allergens in the menu dishes.

   Ensure that staff are trained to point out known food allergens in menu dishes when they are serving customers.

   Check the processes in the kitchen – where and when are known food allergens used?/ carry out a HACCP on the preparation of dishes that contain known food allergens to identify critical control points.

2. Ensure that the bakery staff wear face masks when using these products.

   Install and operate an efficient air extraction and filtration system to reduce the risk of cross-contamination by nut products.

   Ensure the use of nuts only occurs in one area of the bakery kitchen, away from the preparation of other items.

   Advise customers, by the use of highly visible notices in the bakery shop, that the products sold in the bakery are prepared in an area where nuts are used. Customers can then decide whether or not to buy them.

Scenario (page 97)

a) Call for an ambulance – explain the situation.

   Try to calm the customer and the friends.

   Ask the friends about / look for an EpiPen in the customer's belongings.

   If the customer has one and you are trained to do so, use the EpiPen; if not, find a member of staff who is trained.

   Place the customer in a safe place and stay with them until the ambulance and paramedics arrive to take care of the customer.

   Write down the customer's and friends' contact details from the friends who also had the meal.

b) Speak to your manager and write down the details of the incident in the accident/ by completing an accident/ incident form or emergency book that the restaurant should have (i.e. date, time, what the customer ordered and ate, what you did etc.)

   Speak to your manager and write down the details of the conversation between you and the customer when they ordered their meal – did the customer tell you that they had allergies? Were possible allergens listed on the menu? Did you point out to the customer any dishes on the menu that might contain allergens? Did you check with the chef about any dishes you were not sure about?

   Liaise with the manager and the chef about all the ingredients used in the menu and whether there could have been any accidental contamination of the food that the customer ate with an allergen.

   Follow up the outcome of the incident with the friends of the customer.

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Practice questions (page 100)

1. **Suggest two ways in which someone who works in the hospitality and catering industry can act responsibly about food allergies and intolerances in their job.** *(2 marks)*
   - Advise customers about the ingredients in the food they are selling or serving them.
   - Label foods correctly, showing all the ingredients it contains, so that customers avoid buying foods they know they cannot eat.
   - Avoid contaminating foods with known food allergens (ingredients that people are allergic to).
   - Devise menus that contain advice about the ingredients used in dishes, so that customers are informed and feel confident about choosing and eating those dishes.
   - Recognise and know what to do if a customer suddenly becomes ill with the symptoms of a food allergy.*)*

2. **List three symptoms (visible/invisible) that may occur when someone has an allergic reaction to a food.** *(3 marks)*
   - The skin becomes flushed and red.
   - A raised, red/pink itchy rash appears on the skin (called hives).
   - The skin swells – often on the face.
   - They may have difficulty breathing and may wheeze and cough.
   - The lips and eyelids swell.
   - The mouth, tongue and throat swell so the person cannot breathe, swallow or speak properly.
   - They may experience pain in the abdomen, nausea and vomiting.
   - They may collapse and become unconscious – this can then lead to death.

3. **List four foods that commonly cause allergic reactions.** *(4 marks)*

   Milk and dairy foods; fish, shellfish and crustaceans; peanuts; other nuts; seeds; soya; citrus fruits; strawberries; kiwi fruit; celery; celeriac; lupin; mustard; some food preservatives.

Stretch and challenge (page 100)

Students need to explain clearly where and how they have used gluten-free foods in the menu *(9 marks)* and comment on how they have kept the costs down when planning their menu *(3 marks)*.

1.4.3 Preventative control measures of food-induced ill health

Practice questions (page 104)

1. **Food transport vehicles must comply with food safety rules. State two things that must be done to ensure that these vehicles do not cause a food safety problem whilst they are transporting food.** *(2 marks)*
   - They must be regularly cleaned and disinfected, and be fit to transport food safely and hygienically.
   - Vehicles that carry chilled or frozen food must be regularly checked to make sure they keep the food cold enough.
   - All vehicles and containers must be used for food only and clearly marked to avoid the risk of contamination.

2. **Any equipment that comes into contact with food at any stage of its processing, transport, storage and sale must not cause a food safety problem.**

   State one important requirement for such equipment. *(1 mark)*
   - It must be made of materials that can easily be cleaned and disinfected, e.g. stainless steel, to avoid contamination.
   - Equipment needs to be designed so that there is little risk of food residues being trapped and difficult to remove when cleaning.

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Stretch and challenge (page 104)

Students need to demonstrate a sound knowledge of food hygiene and safety, and include reasoned examples in their answers. They also need to demonstrate a knowledge and understanding of food hygiene and safety regulations and how they impact on hospitality and catering businesses.

1.4.4 The Environmental Health Officer (EHO)

Practice questions (page 107)

1. **Give three reasons why inspections are carried out in food premises by EHOs.** *(3 marks)*

   Inspections are carried out to make sure that:

   - Food is being stored, handled and cooked hygienically and safely
   - Food is not being contaminated and is safe to eat
   - Food handlers have been trained in food hygiene and safety
   - Food handlers are aware of the importance of personal hygiene (washing hands, clean clothing, etc.)
   - There are control measures in place to prevent pests from contaminating food
   - The premises are in good condition and regularly cleaned

2. **List four things that an EHO does during an inspection.** *(4 marks)*

   An EHO:

   - Inspects the food being stored, prepared, cooked and sold in a food business
   - Takes food samples away for testing in a laboratory for food-poisoning bacteria
   - Takes photographs as evidence of what they find during an inspection
   - Looks at data and records that the business has kept, e.g. refrigerator and freezer temperatures, staff training records, etc.
   - Checks to make sure that food safety hazards and risks have been identified and are being controlled by using a food safety management system such as HACCP
   - Offers advice on training and improving food hygiene and safety in the business

3. **List two things that an EHO is allowed to do by law if they find a food business has broken food safety law.** *(2 marks)*

   An EHO can:

   - Take food away that they suspect is a food safety hazard, so it cannot be sold
   - Tell the business owners to make hygiene improvements within a set time and come back to inspect that they have done so
   - Close the premises and stop them selling food if there is a high risk of food poisoning (Emergency Hygiene Prohibition Notice)
   - Give evidence in a law court if the owners of the business are prosecuted, which can result in a large fine, a ban on the owner working in the food industry, a criminal record, or a prison sentence in very serious cases

Stretch and challenge (page 107)

Students need to demonstrate a sound knowledge of food hygiene and safety, kitchen organisation and pest prevention and control, and include reasoned examples in their answers. They also need to demonstrate a knowledge and understanding of food hygiene and safety regulations and how they impact on hospitality and catering businesses.

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2.1.1 Understanding the importance of nutrition

Activity: Which nutrient, which function? (page 130)

Match each nutrient function to the correct nutrient:

Repairs the body when injured – Protein

The main source of energy for the body – Carbohydrate

Insulates the body from the cold – Fat

Helps you see in dim light – Vitamin A

Helps the body absorb calcium – Vitamin D

Helps the body release energy from carbohydrates – Vitamin B_1

Helps prevent spinal cord defects in unborn babies – Vitamin B_9

Helps make healthy nerve cells – Vitamin B_{12}

Helps the body absorb iron – Vitamin C

Makes haemoglobin in red blood cells – Iron

Controls the amount of water in the body – Sodium

Scenario (page 130)

The answers depend on the menu that students have chosen.

Students could make use of the colour coding in the EatWell Guide to show how they have made the menu nutritionally balanced.

Scenario (page 135)

Students have to suggest the range of items on the menu.

They should refer to the list of gluten-free foods on page 134 of the student book that coeliacs can eat to help them choose the menu items.

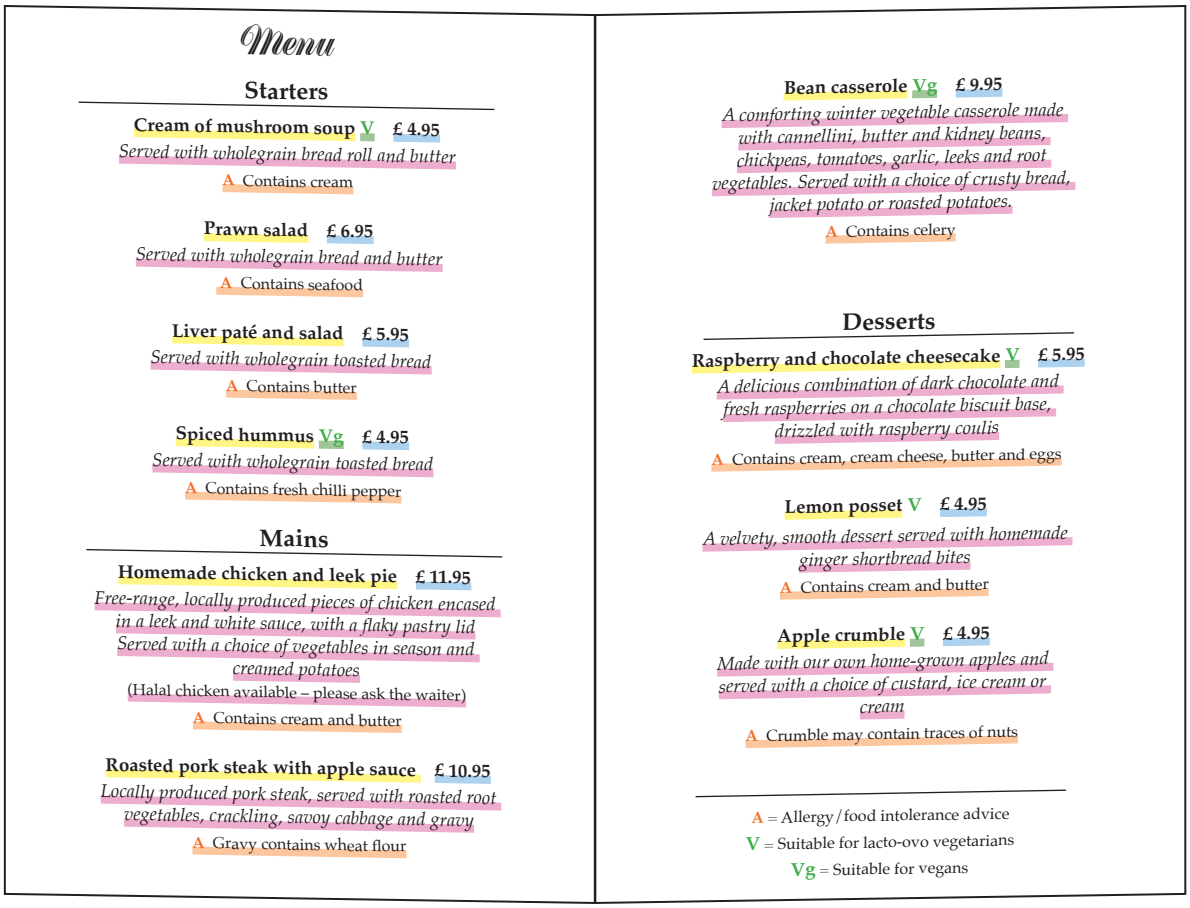
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2.2.1 Factors affecting menu planning

Activity: Finding information on a menu (page 140)

A menu should include the following information:

- The name of each food item
- A description of each food item and its accompaniments
- Food allergy / intolerance advice
- Suitability for specific groups e.g. vegetarians, religious groups
- The price of each menu item



Menu

Starters

Cream of mushroom soup V £ 4.95
Served with wholegrain bread roll and butter
A Contains cream

Prawn salad £ 6.95
Served with wholegrain bread and butter
A Contains seafood

Liver paté and salad £ 5.95
Served with wholegrain toasted bread
A Contains butter

Spiced hummus Vg £ 4.95
Served with wholegrain toasted bread
A Contains fresh chilli pepper

Mains

Homemade chicken and leek pie £ 11.95
Free-range, locally produced pieces of chicken encased in a leek and white sauce, with a flaky pastry lid
Served with a choice of vegetables in season and creamed potatoes
(Halal chicken available – please ask the waiter)
A Contains cream and butter

Roasted pork steak with apple sauce £ 10.95
Locally produced pork steak, served with roasted root vegetables, crackling, savoy cabbage and gravy
A Gravy contains wheat flour

Bean casserole Vg £ 9.95
A comforting winter vegetable casserole made with cannellini, butter and kidney beans, chickpeas, tomatoes, garlic, leeks and root vegetables. Served with a choice of crusty bread, jacket potato or roasted potatoes.
A Contains celery

Desserts

Raspberry and chocolate cheesecake V £ 5.95
A delicious combination of dark chocolate and fresh raspberries on a chocolate biscuit base, drizzled with raspberry coulis
A Contains cream, cream cheese, butter and eggs

Lemon posset V £ 4.95
A velvety, smooth dessert served with homemade ginger shortbread bites
A Contains cream and butter

Apple crumble V £ 4.95
Made with our own home-grown apples and served with a choice of custard, ice cream or cream
A Crumble may contain traces of nuts

A = Allergy / food intolerance advice
V = Suitable for lacto-ovo vegetarians
Vg = Suitable for vegans

Scenario (page 145)

This could be a group exercise, with different group members responsible for different parts of the menu and whole-group decisions being made on the types of service the restaurant could offer, the skills needed, and menu sequencing and costing.

1. a) These will influence which ingredients will be able to be used at different times of year and how much the menus will cost to make.

   b) The restaurant is likely to cater for families, groups of older tourists, and young couples / groups of friends. Students will need to suggest menu items that will suit these different groups.

   c) Staff skills will influence the types of food preparation, cooking method and finishing techniques that can be used. Students will need to give examples from their chosen menu of the different levels of skills required by the chefs, e.g. fish dishes are likely to feature strongly in the menu and maybe home-produced ice cream using local dairy foods.

   d) Students will need to give examples of the types of specialist equipment the restaurant will need (e.g. ice cream maker) and also comment on the types of storage that will be needed for different foods that are likely to feature frequently in the menu, e.g. fish and dairy foods.

   e) Students should estimate the preparation and cooking times of the dishes on their menu and suggest how the menu items could be sequenced to promote efficiency.

2. This will depend on the menu the students have chosen.

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Activity: Making food appetising (page 145)

Patients in a hospital are provided with food three times a day. The food needs to be appetising to encourage them to eat. The following menu was offered to patients in a hospital:

Menu
Cream of cauliflower and parsnip soup
Baked cod in a white sauce
Creamed potatoes and sweetcorn
Rice pudding

a) Suggest two reasons why this menu was not very popular with the patients. *(2 marks)*

Menu is bland (not much flavour variation)/all similar colours and textures/quite heavy and filling

b) Suggest two ways in which the menu could be improved to make it more appetising and appealing to the patients. *(2 marks)*

- Different soup to add colour and more flavour, e.g. tomato and red pepper or mixed vegetable chowder
- Different vegetables to provide colour and texture with main course, e.g. carrots, broccoli, braised red cabbage, roasted root vegetables
- Fresh fruit salad served with or as an alternative to rice pudding to add colour, flavour, texture and vitamins/antioxidants

c) Give two reasons why it is very important that hospital patients eat well and enjoy their food while they are in hospital. *(2 marks)*

Food relieves the boredom of being in hospital/patients look forward to meals, so they need to be well planned and cooked/patients need good food (nutrients) to help them recover from an illness or operation and get well/food needs to be appetising and well cooked to encourage patients to eat

Activity: Planning a balanced menu that meets dietary guidelines (page 153)

No answers as this activity requires the student to plan their own menu.

Activity: Garnishing and decorating food to make it look appetising (page 157)

Look at the images of some menu items below.
Describe in detail how you would make each of them look more appetising by garnishing and decorating it – you can draw a diagram if you wish.

Cauliflower cheese – garnishes (e.g. parsley, tomato slices, sautéed mushroom slices, paprika pepper)

Carrot and butternut squash soup – garnishes (e.g. chopped parsley or other herbs, croutons, cream, crispy fried cubes of bacon)

Panna cotta – fruit coulis, berries and other fruits, chocolate curls

Vanilla cheesecake – fruit coulis, berries and other fruits, chocolate curls, piped cream

Chocolate mousse – fruit coulis, berries and other fruits, piped cream, chopped nuts, chocolate decorations, e.g. triangles, curls, grated chocolate

Tagliatelle with creamy chicken sauce – serve with colourful vegetables, garnish, e.g. with parsley, tomato slices, sautéed mushroom slices, finely chopped spring onions or chives, paprika pepper, crispy fried cubes of bacon

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2.2.2 How to plan production

Activity: Dovetailing two recipes (page 164)

Time plan template for Bread rolls and Spicy lentil soup:

Time	Order of Work	Health and Safety / Special Points
09.30	Mis en place.	
09.40	Prepare bread dough and leave to rise in a warm place for 1 hour.	Make sure dough is covered to prevent drying out.
09.55	Wash up and clear away.	
10.00	Prepare the vegetables for the soup.	Make sure they are properly washed to remove any soil.
10.10	Sauté the vegetables for 5 minutes. Clear away.	Keep the lid on the saucepan.
10.15	Add the rest of the soup ingredients and bring to the boil, the turn down to simmer for 20 minutes.	Check and stir regularly to prevent it from boiling over or sticking to the bottom of the pan.
10.20	Prepare the croutons and parsley garnish for the soup.	
10.40	Check bread dough and turn out onto worktop and knock back / knead for 5 minutes. Switch on oven to Gas 7 / 220 °C.	
10.45	Check tenderness of vegetables in the soup. If tender, remove from heat and blend with electric blender until smooth. Pour back into pan and leave on hob with lid on (not switched on).	Make sure the electric lead and plug are away from water. Be careful when handling the hot soup.
10.55	Cut the bread dough into 8 pieces and shape into bread rolls. Place them on a greased / lined baking tray and leave to rise in a warm place for another 15 minutes.	
11.05	Wash up and clear away.	
11.10	Glaze bread rolls with egg wash and place in oven to bake for 15–20 minutes.	
11.15	Reheat soup on a low heat, stirring occasionally. Wash up and clear away.	Do not allow soup to boil as the flavour may be spoiled.
11.27	Remove bread rolls from oven and place in serving basket.	Check bread rolls are cooked by tapping base with fingers to see if they sound hollow.
11.29	Pour the soup into bowls and garnish.	Check and adjust seasoning of soup before serving.
11.30	Serve soup and bread rolls.	

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Activity: Planning production of a menu (page 165)

Study the following menu and then explain, with reasons, the following:

1. **The order (sequence) in which a kitchen would produce the menu items.**
2. **Which ingredients the chefs would prepare during mis en place and how they would store them until they were required.**
3. **How the chefs could garnish/decorate each menu item.**

1. A suggested sequence for this is shown in the menu below.

   Items highlighted green should be prepared first.

   Items highlighted blue should be prepared second.

   Items highlighted yellow should be prepared and cooked nearer to the serving time.

   Items highlighted pink should be cooked just before serving time.

Menu

Starters

Cream of mushroom soup, served with croutons and a crusty bread roll and butter

Chicken liver pâté and melba toast

Melon and ginger cocktail

Main courses

Roasted free-range chicken

Roasted potatoes and parsnips

Seasonal vegetables

Locally produced pork sausages in a red wine gravy with creamed potatoes and peas

Deep fried haddock in a crispy batter, with chips and salad accompaniment

Roasted vegetable quiche tart with jacket potato or chips, served with green salad and coleslaw

Desserts

Lemon meringue pie

Apple tart

Strawberry mousse

Baked vanilla cheesecake with fruit coulis

All served with either homemade ice cream, custard or whipped cream

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2. Students need to demonstrate their knowledge of practical skills and commodities, food hygiene and safety. Examples shown below:

   Bread rolls – prepare and bake. Store in cool, dry place in container to prevent them from drying out.

   Seasonal vegetables – peel, chop and store in air tight bags/containers in a cool, dark place to conserve as many vitamins as possible.

   Potatoes and parsnips for roasting – peel, chop, par-boil (to prevent enzymic browning and speed up the roasting process) and drain. Store, covered, in a cool place until ready to roast.

   Croutons – prepare and bake/fry. Store in a cool, dry place inside a container to keep them crisp.

   Melon – prepare and store in a container in the refrigerator.

   Creamed potatoes – peel, dice and keep in water (to prevent enzymic browning) until ready to boil.

   Batter for fish – mix and store in a container in refrigerator for up to two hours (longer storage may result in the mixture turning a grey colour due to enzymic action in the mixture).

   Green salad – wash and prepare salad ingredients and store separately in containers in bottom section of refrigerator until required.

   Coleslaw – prepare ingredients and mix with dressing. Store in a container in the refrigerator until required, to keep the mixture crisp and prevent microbial growth.

   Fruit coulis – prepare and cool, then place in squeezy serving bottle in refrigerator until required.

   Whipped cream – whip cream until thickened and place in piping bag with nozzle, then store in refrigerator in closed container (to prevent taint from other ingredients) until required.

3. Students should use their creative skills to suggest suitable garnishes and decorations.

2.3.1 How to prepare and make dishes

Activity: Planning a dinner menu (page 223)

No marks allocated because it is a menu set by the student.

2.3.2 Presentation techniques

Activity: Plating up food (page 225)

Here are two plates of vegetable stir fry and noodles.



A is an example of bad plating up of food.



B shows how the food should be plated up.

List the bad points about plate A and the good points about plate B.

Plate A – bad points

- Ingredients not all inside the bowl – a lot are spread onto the rim which makes it difficult to pick up and looks messy
- Portion is too big
- Some of the sauce from the stir fry is on the rim of the bowl

Plate B – good points

- Ingredients all inside bowl and neat – easy to pick up
- No sauce on edge of bowl
- Portion size suits size of bowl

Stretch and challenge (page 237)

No marks allocated because it is a menu set by the student.

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Recipes

Baked stuffed chicken breasts with savoury rice

Serves 2 people

Ingredients

For the stuffed chicken breasts

2 chicken breasts with the skin left on
2 small slices of cooked ham or prosciutto/Parma ham (Italian dry-cured ham) – **optional**
50g mozzarella cheese, cut into 4 equal slices
4 fresh basil leaves
Ground black pepper
10g butter or vegetable fat spread
6 wooden cocktail sticks

For the savoury rice

50g white or brown rice – either long grain or basmati
1 medium onion, peeled and finely chopped
1 red or green pepper, de-seeded and finely chopped
25g button mushrooms, washed and thinly sliced
3 tbsp frozen or canned sweetcorn OR peas
Salt and ground black pepper
2 tbsp oil

This recipe uses:

Preparation techniques (skills)

Shaping COMPLEX

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Baking MEDIUM
Boiling BASIC
Frying (sautéing) MEDIUM

Method

Stuffed chicken breasts:

1. Preheat the oven to gas 5/190°C.
2. Prepare the stuffing: For each chicken breast, place two basil leaves between two slices of mozzarella cheese, then wrap tightly in one slice of ham (if using).
3. Spread the bottom of an ovenproof dish with the butter or vegetable fat spread.
4. Place the chicken breasts, skin side up, on to a chopping board.
5. Using the tip of a sharp knife, cut a horizontal slot along the whole side length of each chicken breast, taking care not to cut all the way through. Open each chicken breast, like opening a book.
6. Season with ground black pepper.
7. Place a mozzarella and basil stuffing parcel onto each chicken breast, close them up and pin the edges together with three wooden cocktail sticks in each chicken breast.
8. Put the chicken breasts, skin side up, in the baking dish. Season with pepper, and place some aluminium foil over the dish.
9. Bake in the oven for 20 minutes, then carefully remove the foil and bake for another 10 minutes so that the chicken skin becomes crisp.
10. Remove the cocktail sticks. Place each chicken breast on a bed of savoury rice and serve with a basil leaf on top.

Savoury rice:

1. Place the rice in boiling water in a pan. Bring to the boil and turn down to simmer. Cook white rice for 8–10 minutes. Brown rice takes 20–25 minutes or until the grains are tender.
2. Heat the oil in a frying pan and add the onions, pepper and mushrooms and sauté until they are softened.
3. Add the peas or sweetcorn and cook for another 5 minutes.
4. Drain the rice; mix with the vegetables and season with salt and pepper.
5. Arrange neatly on a plate with the cooked chicken on top or beside.

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Chicken curry

Serves 4 people

Ingredients

1 tbsp masala spice mix (see recipe below)
500 g chicken breast, thigh or leg meat*
2 tbsp vegetable oil
1 onion
4 cm (approx.) piece of fresh ginger root, peeled
4 garlic cloves, crushed
1 × 400 g can chopped tomatoes
50 ml double cream
120 g spinach, washed and dried – **optional**
¼ tsp salt
¼ tsp dried hot chilli pepper flakes OR 1 fresh chilli – **optional**
2 tbsp fresh coriander, roughly chopped

* This recipe can be made with other commodities: e.g. 500 g boneless leg of lamb *OR* 500 g lean beef *OR* 500 g large raw or cooked prawns (raw prawns need to be de-veined) *OR* 500 g chopped mixed vegetables such as sweet potato, courgette, carrot, beans, potato, leek.

This recipe uses:

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Frying (sautéing) MEDIUM

Method

1. Cut the meat or vegetables into even, bite-sized pieces. Mix the meat or vegetables in the masala spice mix.
2. In a large, heavy saucepan, heat the oil over a medium heat and sauté the onion until softened.
3. Add the finely chopped or grated ginger root, the crushed garlic and the meat or vegetables. Fry gently for approximately 10 minutes, stirring the mixture.
4. Add the tomatoes and simmer for 20 minutes. If you are using raw (blue/grey) prawns, stir them in after 10 minutes. (If you are using cooked (pink) prawns, stir them in 5 minutes before you serve the curry.)
5. Stir in the spinach, chopped chilli, and seasoning, simmer for 1 minute so the spinach is cooked.
6. Add extra masala if desired. Add the cream. Simmer for 1 minute.
7. Serve the curry sprinkled with the chopped fresh coriander.

Masala (dried spice mixture)

This makes enough for several curries. It can be stored in an air tight jar in the refrigerator for 1 month.
4 tbsp cumin seeds
2 tbsp coriander seeds
1 tbsp black peppercorns
The small seeds from 12 cardamom pods
1 tsp fenugreek seeds

Tip the dry spices into a thick-based frying pan over a medium heat, and heat the spices, stirring, for 2–3 minutes or until they are a few shades darker and smell fragrant. Be careful not to let them burn.

In a mortar with a pestle or in an electric grinder, grind the spices to a powder and transfer the powder to a jar with a tight-fitting lid. The masala can be used straightaway or stored.

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Moroccan lamb tagine (or beef or chicken)

Serves 4–6 people

Ingredients

500 g meat e.g. lamb, lean stewing beef or chicken, trimmed and cut into 5 cm dice
1 tsp ground black pepper
1 tsp ground cinnamon
½ tsp cayenne pepper
½ tbsp paprika
½ tbsp ground ginger
½ tbsp turmeric
1 large onion, peeled and finely chopped
1 tbsp olive oil
2 cloves garlic, crushed
280 ml tomato passata (sieved tomatoes)
1 × 400 g can of chopped tomatoes
50 g dried apricots, cut in half
30 g dates, cut in half (stones removed)
30 g sultanas or raisins
40 g flaked almonds
300 ml lamb stock (made using a stock cube)
½ tbsp clear honey
1 tbsp fresh coriander, roughly chopped
1 tbsp flat leaf parsley, roughly chopped

You will need a medium/large ovenproof dish (approximately 30 × 20 cm) with a lid or a traditional tagine dish (which has a lid).

This recipe uses:

Knife techniques (skills)

Chopping BASIC
Dicing MEDIUM
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Braising MEDIUM
Deglazing MEDIUM
Frying (sautéing) MEDIUM

Method

1. Heat the oven to gas 4/180 °C (170 °C for a fan oven).
2. Place the cayenne, black pepper, paprika, ginger, turmeric and cinnamon into a bowl and mix to combine. Place the lamb in a large bowl and mix together with half of the spice mix. Cover and leave to marinate, preferably overnight in the refrigerator – if not, leave for at least 10 minutes.
3. Heat 1 tbsp olive oil in a large frying pan. Add the onion and the remaining spice mix and sauté over a gentle heat for 10 minutes so that the onions are soft but not coloured. Add the crushed garlic for the final 3 minutes.
4. Put the onions into an ovenproof casserole dish/tagine. A tagine is a traditional ceramic cooking dish with a tall, conical lid.
5. In the frying pan, heat the remaining oil and brown the diced lamb on all sides, then add the browned meat to the casserole dish/tagine. Deglaze the frying pan with 80 ml of the lamb stock and add these juices to the casserole dish.
6. Add the passata, chopped tomatoes, apricots, dates, raisins or sultanas, flaked almonds, remaining lamb stock and honey to the casserole dish. Cover with a fitted lid, place in the oven and braise for 2–2½ hours or until the meat is very tender.
7. Place the lamb in a large serving dish and sprinkle over the chopped herbs. Serve with couscous.

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Lasagne

Serves 4–6 people

Ingredients

1 tbsp olive oil
1 large onion, finely chopped
500 g lean minced lamb or beef
3 cloves garlic, peeled and chopped
1 × 400 g can of chopped tomatoes
1 small can tomato purée
1 tsp mixed dried herbs
175 ml brown (beef or lamb) stock – use 1 stock cube
Freshly ground black pepper

For the topping
8 lasagne sheets – fresh or dried (the type that do not require cooking beforehand)
50 g butter
50 g plain flour
500 ml milk
75 g Cheddar cheese grated
50 g Parmesan cheese, grated
¼ tsp grated nutmeg

You will need a medium/large ovenproof dish (approximately 30 × 20 cm).

This recipe uses:

Preparation techniques (skills)

Blending BASIC

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Baking MEDIUM
Boiling BASIC
Frying (sautéing) MEDIUM

Method

1. Pre-heat the oven to gas 4/180 °C (170 °C for a fan oven).
2. **Meat sauce**: Heat the olive oil in a large saucepan. Add the onion and sauté gently until the onion is soft but not coloured.
3. Add the lamb/beef and brown in the pan. Add the garlic and break up the meat with a fork until it has a loose texture.
4. Stir the chopped tomatoes, tomato purée and mixed herbs into the pan. Put the lid on and simmer the mixture for approximately 20 minutes.
5. **Béchamel sauce**: Melt the butter in a small pan and stir in the flour. Cook for 1 minute, stirring all the time. Take off the heat and gradually blend in the milk to produce a smooth liquid. Return the pan to the heat and stir continuously until the sauce boils and thickens. Simmer over a gentle heat for 1–2 minutes. Remove from the heat, stir in approximately ¾ of the Parmesan and ¾ of the Cheddar cheese and season with the nutmeg and pepper.
6. **Assemble the lasagne**: Cover the base of the ovenproof dish with half of the meat sauce, then cover with half the pasta sheets. Repeat these two layers, ending in the pasta sheets, then pour over the cheese sauce. Sprinkle over the remaining Parmesan and Cheddar cheeses.
7. Bake in the preheated oven for 40–50 minutes, until bubbling and golden. Allow the lasagne to settle for 5 minutes before cutting into squares and serving.
8. Serve the lasagne with a chunky tomato, cucumber, parsley and fresh mint salad and crusty garlic bread.

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Beef burgers

Serves 4 people

Ingredients

500 g lean minced beef
25 g (a handful) fresh coriander, chopped
1 onion, finely chopped
1 tbsp Dijon mustard
1 medium egg
1 tbsp olive oil
Salt and freshly ground black pepper

To serve the burgers – optional
4 slices mature Cheddar cheese
2 tbsp mayonnaise
¼ iceberg lettuce, shredded
4 ciabatta or ordinary bread rolls
1 small red onion, thinly sliced
1 large tomato, sliced

This recipe uses:

Preparation techniques (skills)

Mixing MEDIUM
Shaping COMPLEX

Knife techniques (skills)

Chopping BASIC

Cooking techniques (methods)

Grilling BASIC

Method

1. Place all the burger ingredients in a mixing bowl and mix thoroughly with a fork (or with your clean hands) to combine (or use a food processor and process for a few seconds). Using your hands, shape the mixture into four equal-sized burgers.
2. Preheat the grill to hot. Cook the burgers under the grill for a total of 20 minutes, turning them every 5 minutes, until they are cooked right through.
3. Top each burger with a slice of cheese towards the end of the cooking time.
4. Before serving, mix together the mayonnaise and lettuce. Cut the bread rolls in half and toast them under the grill on both sides.
5. Top the bottom halves of the bread rolls with the onion, lettuce and mayonnaise, followed by a slice of tomato. Place the cooked burger and cheese on top of the tomato, finish with red onion (if using) and add the top of the bread roll.

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Baked fish in creamy lemon sauce

Serves 2 people

Ingredients

2 × fish fillets (e.g. sea bass, sea bream), skin and bones removed
25 g unsalted butter
150 ml double cream
1–2 garlic cloves, finely chopped
½ tbsp Dijon mustard
1 tbsp lemon juice
1 tsp finely grated lemon zest
Salt and pepper
2 spring onions, finely chopped
Fresh parsley and lemon slices to serve

This recipe uses:

Knife techniques (skills)

Filleting COMPLEX

Cooking techniques (methods)

Baking MEDIUM

Method

1. Preheat the oven to gas 5/200 °C (190 °C for a fan oven).
2. Place the fish fillets in a greased ovenproof baking dish. Season with salt and pepper.
3. Place the butter, cream, garlic, mustard, lemon juice and lemon zest in a microwave-proof jug or bowl. Microwave for 20 seconds, then stir. Repeat until the butter has melted and then stir until the sauce is smooth. Season with pepper and salt.
4. Sprinkle the fish with the finely chopped spring onion, then pour over the sauce.
5. Cover the baking dish with foil or baking parchment and bake for 12–15 minutes, or until the fish is just cooked.
6. Remove the fish from the oven and transfer it to a serving plate. Spoon over the sauce, and garnish with parsley and lemon wedges.

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Pan-fried mackerel in oatmeal

Serves 2 people

Ingredients

2 fresh mackerel fillets (or trout)
A little plain flour – seasoned with ground black pepper
1 egg
50g rolled oats
4 tbsp oil
Balsamic vinegar to serve

This recipe uses:

Knife techniques (skills)

Filleting COMPLEX

Cooking techniques (methods)

Frying MEDIUM

Method

1. Coat the mackerel fillets in the flour and shake off the excess.
2. Beat the egg in a shallow dish and dip the floured fillets into it, making sure they are well coated.
3. Dip the fillets into the rolled oats and press them on so that the fillets are coated well.
4. Heat the oil in a frying pan until a few rolled oats dropped into it start to bubble straightaway.
5. Carefully place the fish into the pan and adjust the heat so that it is frying gently. To avoid the fish sticking to the frying pan, you can place some silicone-coated baking paper (**not** greaseproof paper) into the frying pan before you add the oil, and throw it away after you have cooked the fish.
6. Turn the fish over after 3–4 minutes and cook it on the other side for another 3–4 minutes. Repeat until the fish is cooked through.
7. Remove the fish from the pan and drain it on some kitchen paper.
8. Serve on a plate with a little balsamic vinegar drizzled over it, a fresh salad and some crusty bread.

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Roasted Mediterranean vegetable flan

Serves 6–8 people

Ingredients

Pastry
150 g plain flour – wholemeal, white or half and half
75 g butter or vegetable fat spread
8–10 tsp cold water

Filling
1 small aubergine or butternut squash or sweet potato
1 red pepper
1 courgette
1 small onion
3 tbsp olive oil
1 clove garlic
2 medium eggs
150 ml double cream
150 g grated Cheddar cheese
Ground black pepper
A few basil leaves, roughly chopped

You will need a 20–23 cm ovenproof, loose-based flan dish or tin.

Method

1. Pre-heat the oven to gas 6/200 °C (190 °C for a fan oven).
2. Wash and chop the aubergine/squash/sweet potato, onion and courgette into small dice.
3. Wash and chop the pepper into small pieces.
4. Mix the vegetables in a bowl with the oil, crushed garlic and black pepper.
5. Arrange the vegetables on a baking tray and roast in oven for 25–30 minutes until they are lightly browned and tender. Stir occasionally.
6. **Pastry base:** Prepare the pastry by hand or in a food processor. See pages 48–49 for shortcrust pastry recipe.
7. Knead the dough until it is smooth, then roll it out on a lightly floured worktop and line the flan dish or tin. Trim and crimp the edges to neaten them.
8. Bake the pastry blind for 15 minutes at the same oven temperature as the vegetables.
9. Remove from oven, take out baking paper and baking beans and place half of the grated cheese in the pastry case.
10. Place the roasted vegetables on top of the cheese and add the roughly chopped basil leaves.
11. Mix the eggs and cream together and pour over the vegetables.
12. Top with the rest of the cheese and bake at gas 5/190 °C (180 °C for a fan oven) for 25 minutes until the filling is set.
13. Serve warm with a fresh crisp salad.

This recipe uses:

Preparation techniques (skills)

Crimping COMPLEX
Grating BASIC
Kneading MEDIUM
Mixing MEDIUM
Rolling MEDIUM
Rubbing-in MEDIUM

Knife techniques (skills)

Trimming BASIC

Cooking techniques (methods)

Baking MEDIUM
Baking blind COMPLEX
Roasting MEDIUM

Eggs are used for:

Coagulation – setting the mxture

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Eggs Benedict

Serves 1–2 people

Ingredients

2 eggs
2 rashers of lean bacon
1 English muffin, sliced in two

Hollandaise sauce
50 g unsalted butter
1 egg yolk
½ tbsp lemon juice
½ tsp mustard powder
Ground black pepper

Method

1. Grill or dry fry the bacon until crispy and keep it warm.
2. Toast the muffin slices and keep them warm.
3. **Hollandaise sauce:** Melt the butter in a small pan on the hob or a bowl in the microwave. When it is melted, transfer it to a measuring jug.
   a. Beat the egg yolk in a heatproof bowl and place it over a pan of gently simmering water.
   b. Add the lemon juice and mustard powder.
   c. Whisk the ingredients briskly, using a balloon whisk or an electric hand whisk. (This will thoroughly mix the acid in the lemon juice with the egg yolk and help the development of an oil-in-water emulsion. The mustard powder acts as a stabiliser, to help prevent the emulsion from splitting.)
   d. Gradually add small amounts (approximately 1 tsp at a time) of the melted butter to the egg yolk, whisking very well after each addition.
   e. Continue adding the butter in stages, whisking well each time, until all the butter has been incorporated into the egg mixture. (It is very important that this process is done slowly to allow the emulsion to form and to prevent the sauce from splitting. Whisking the egg and butter mixture over simmering water allows the gentle coagulation of the egg yolk and this helps to stabilise the emulsion as the butter is added.)
   f. When all the butter is added, the sauce should be smooth and thickened. If it is too thick, add a little white wine vinegar and whisk until the sauce is the correct consistency. (The finished sauce should be thick and not separated, split or curdled.) Season with pepper.
   g. If you notice that the mixture is starting to split, you can **either**: Remove it from the heat, drop in an ice cube and whisk it in. (The ice cube cools the sauce down and allows the mixture to stabilise.) **Or**: Add a tablespoon of boiling water and whisk vigorously. (The boiling water will coagulate the egg yolk and stabilise the emulsion.)
4. **Poach the eggs:** half fill a small saucepan with water and heat it until it boils. Carefully crack open the eggs, one at a time, and drop them into the boiling water. Turn off the heat, carefully move the pan off the electric ring or burner and place the lid on the pan. Leave the pan alone and time the eggs for 4 minutes. (The whites will be opaque and set but the yolks should still be runny.) Carefully remove them from the water.
5. Place the toasted muffin slice on the plate and spread some butter on it if wanted. Place the bacon on top, then a poached egg, then finally coat with the Hollandaise sauce.

This recipe uses:

Preparation techniques (skills)

Beating BASIC
Whisking COMPLEX

Cooking techniques (methods)

Emulsifying using a bain-marie COMPLEX
Grilling BASIC
Poaching COMPLEX
Toasting BASIC

Eggs are used for:

Emulsification – making the Hollandaise sauce smooth and thick
Coagulation – in the sauce and poached eggs

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Lemon meringue pie

Serves 6–8 people

Ingredients

Pastry
200 g plain flour – white or wholemeal
100 g butter or vegetable fat spread
10 tsp cold water

For the filling
150 ml water
2 rounded tbsp cornflour
75 g caster sugar
Yolks of 5 medium or 4 large eggs (separate eggs carefully, ensuring no yolk in white; white used for merginue)
3 medium or 2 large lemons (finely grated zest of one lemon and juice of all)

For the meringue topping
Egg whites
200 g caster sugar

You will need a 20–23 cm flan dish or tin.

Method

1. Preheat the oven to gas 6/200 °C (190 °C for a fan oven).
2. **Pastry base:** Prepare the pastry by hand or in a food processor.
3. Knead the pastry lightly until smooth on a lightly floured worktop.
4. Roll out the dough slightly larger than the flan dish/tin.
5. Line the baking dish/tin with the pastry – try not to stretch it. Trim the edge to neaten it.
6. Fill the pastry with baking paper and put some baking beans on top.
7. Blind bake the pastry for 15 minutes – remove the baking beans and bake for a few more minutes if necessary until the middle is crisp.
8. Turn the oven down to gas 1/140 °C (130 °C for a fan oven).
9. **Filling:** In a small pan, carefully blend the cornflour, water, sugar, egg yolks, lemon zest and juice together so that there are no lumps.
10. Heat the filling and stir all the time until the mixture boils and thickens.
11. Pour the filling slowly into the baked pastry case and leave to cool while you make the meringue.
12. **Meringue:** Place the egg whites in a clean, dry, grease-free bowl.
13. Whisk the egg whites until very stiff.
14. Whisk the caster sugar into the egg whites a tablespoon at a time until the mixture is thick and glossy.
15. Pile the meringue on top of the lemon filling. Use a fork to raise peaks across the top of the meringue.
16. Place the pie in the oven for approximately 30 minutes to 1 hour until the meringue is lightly browned and crisp. Check it regularly to make sure it is cooking evenly.
17. Allow to cool. Slice and serve.

This recipe uses:

Preparation techniques (skills)

Blending BASIC
Juicing BASIC
Kneading MEDIUM
Rolling MEDIUM
Rubbing-in MEDIUM
Shaping COMPLEX
Whisking COMPLEX
Zesting BASIC

Knife techniques (skills)

Trimming BASIC

Cooking techniques (methods)

Baking MEDIUM
Baking blind COMPLEX
Boiling BASIC

Eggs are used for:

Setting the filling (coagulation)
Meringue – trapping air to produce a foam

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Savoury buttermilk scone round

Makes 8 portions

Ingredients

225 g self-raising flour – white, wholemeal or half and half
½ tsp baking powder
¼ tsp cayenne pepper
50 g strong flavoured Cheddar cheese *or* 50 g Parmesan cheese, grated
25 g pumpkin seeds *or* sunflower seeds – **optional**
50 g butter
150 ml buttermilk (*or* cow's milk *or* goat's/soya/rice/oat milk)

Method

1. Preheat the oven to gas 6/200 °C (190 °C for a fan oven).
2. Sieve the flour, baking powder and cayenne pepper together into a bowl.
3. Rub in the butter with your fingertips to a breadcrumb mixture.
4. Stir in ¾ of the cheese and the seeds (if you are using them).
5. Make a well in the centre and add the buttermilk/milk.
6. Stir the mixture together with a spoon until it forms a soft dough.
7. Knead the dough lightly on a floured worktop and shape into a round, about 2.5 cm thick and 18 cm diameter.
8. Grease a baking sheet and place the scone round on it.
9. With a knife, mark the scone round into 8 pieces.
10. Brush the top with milk and sprinkle with the remaining grated cheese.
11. Bake the scone round for 20 minutes until golden, well risen and spongy to the touch, but not doughy in the middle – check with a skewer.
12. Cool the scone round slightly on a wire rack and cut it into 8 pieces where you marked it before baking.
13. Serve warm with soup or cheese/ham and pickles.

Variations

Sweet scone
Leave out the cheese, seeds and cayenne pepper.
Add 50 g caster sugar. Serve with whipped cream and jam.

Fruit scone
Leave out the cheese, seeds and cayenne pepper.
Add 25 g caster sugar and 75 g dried fruit, e.g. sultanas, raisins, chopped dried apricots, glacé cherries. Serve with butter.

This recipe uses:

Preparation techniques (skills)

Grating BASIC
Kneading MEDIUM
Rolling MEDIUM
Rubbing-in MEDIUM
Shaping COMPLEX

Cooking techniques (methods)

Baking MEDIUM

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Baked lemon and vanilla cheesecake

Serves 8–10 people

Ingredients

250 g plain digestive biscuits
90 g butter, melted
500 g mascarpone cheese
250 g caster sugar
3 eggs, beaten
165 ml double cream
Zest and juice of 1 lemon
½ tsp vanilla essence

You will need a 20–23 cm spring-clip, round baking tin.

Method

1. Pre-heat the oven to gas 3/150 °C (140 °C for a fan oven).
2. Crush the biscuits and add the melted butter. Press the mixture into the greased and lined spring clip tin.
3. In a large bowl or food processor, beat the mascarpone cheese with the sugar until thick, and then add the eggs.
4. Add the cream, vanilla, lemon zest and lemon juice and mix thoroughly.
5. Pour the mixture on top of the biscuit base, then bake the cheesecake in the pre-heated oven for 1 hour.
6. Turn off the oven and leave the cheesecake inside for a further 15 minutes, then remove it and leave it to cool.
7. Serve the cheesecake with fresh fruits and strawberry, blackcurrant or raspberry coulis.

This recipe uses:

Preparation techniques (skills)

Beating BASIC
Juicing BASIC
Melting BASIC
Mixing MEDIUM
Zesting BASIC

Cooking techniques (methods)

Baking MEDIUM

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Panna cotta

Serves 4 people

Ingredients

250 ml whole milk
250 ml double cream
3 gelatine leaves
1 tsp vanilla bean paste or vanilla extract
25 g caster sugar

4 ramekin dishes or moulds, each holding 150 ml

Method

1. Place the gelatine leaves in a bowl of cold water and leave them to soak for at least 15 minutes. They should be soft when ready.
2. Pour the milk and cream into a medium-sized saucepan and add the vanilla and sugar.
3. Heat the milk mixture until it is just simmering. Remove the saucepan from the heat.
4. Squeeze the water out of the gelatine leaves.
5. Add the gelatine leaves to the hot milk mixture and stir well to allow them to dissolve.
6. Divide the mixture equally between the ramekin dishes and allow it to cool. Place the ramekins in the refrigerator until the mixture has set – about 1–1½ hours.
7. Turn the panna cotta out of the ramekins onto individual plates. Serve with fresh fruits and fruit coulis.

This recipe uses:

Preparation techniques (skills)

Unmoulding COMPLEX

Cooking techniques (methods)

Chilling BASIC
Setting COMPLEX

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Classic kedgeree

Serves 4 people

Ingredients

350 g smoked haddock
2 eggs
25 g butter
1 medium onion
½ tsp curry powder
175 g basmati rice
3 tbsp chopped parsley
1 tbsp lemon juice
Ground black pepper

Method

1. Place the eggs in a pan of cold water, bring to the boil, then boil for 10 minutes. Remove from the heat and place the eggs into a bowl of cold water.
2. Remove the skin from the fish using a sharp knife. Put the fish in a pan and cover with 600 ml of cold water. Heat until just under boiling point and poach for 8–10 minutes. (When it is cooked, the fish should be opaque in appearance and break up easily.)
3. Remove the fish and **save the liquid** it was cooked in.
4. Remove the shells from the hard-boiled eggs and chop them into quarters.
5. Peel and chop the onion into small dice.
6. Melt the butter in a large frying pan and sauté the chopped onion over a low heat for 4–5 minutes until it is softened.
7. Stir in the curry powder and the rice. Cook for a further minute, coating the rice in the butter.
8. Add the saved fish liquid to the rice mixture, cover with a lid or aluminium foil and simmer over a low heat for 15 minutes, or until the rice is cooked. Stir the mixture occasionally.
9. Break up the fish and stir it into the cooked rice along with the eggs, parsley, lemon juice and black pepper.
10. Cover and cook for a further 5 minutes.
11. Serve with vegetables, e.g. peas, broccoli.

This recipe uses:

Preparation techniques (skills)

Melting BASIC
Skinning MEDIUM

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Boiling BASIC
Frying (sautéing) MEDIUM
Poaching COMPLEX

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Chicken Jambalaya

Serves 4

Ingredients

1 or 2 chicken breasts
60 g chorizo sausage – **optional**
2 cloves garlic
175 g long grain rice – white or brown (wholegrain)
1 red and 1 yellow pepper
1 large onion, finely chopped
1 stick celery, finely chopped
1 tbsp oil
1 tsp dried thyme
1 tsp paprika
1 tsp Tabasco sauce
300 ml chicken stock (made using a stock cube)
1 × 400 g can of chopped tomatoes

This recipe uses:

Knife techniques (skills)

Chopping BASIC
Deseeding MEDIUM
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Boiling BASIC
Frying (sautéing) MEDIUM

Method

1. Cut the chicken and sausage into bite-sized pieces.
2. Peel and crush the garlic. De-seed and slice the peppers.
3. Heat the oil in a large saucepan. Fry the chicken on a medium heat for 5 minutes or until browned all over. Remove from the pan and set aside in a clean bowl.
4. Fry the chopped onion, celery, garlic and peppers for 5 minutes.
5. Stir in the rice and fry it for 1 minute, until the rice is coated in oil.
6. Stir in the thyme, paprika and Tabasco sauce.
7. Add the chicken, sausage, chicken stock and tomatoes to the rice mixture and bring to the boil.
8. Reduce the heat and simmer for 20 minutes, stirring frequently until all the liquid has been absorbed and the rice is cooked. (Brown rice may take a few minutes longer to cook.)
9. Serve with a crisp salad.

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Zarda

(a sweet rice dessert from the Indian sub-continent)
Serves 4–6 people

Ingredients

350 g uncooked white rice – either long or round grain
1 tbsp oil
175 g sugar
5 whole cardamom pods
½ tsp yellow liquid food colouring (if a concentrated food colouring paste is used, use barely a ¼ tsp)
2 tbsp double cream
1 tbsp raisins
1 tbsp chopped almonds
1 tbsp chopped walnuts
Finely grated zest of 1 orange

Method

1. Put the rice into a saucepan of boiling water with the cardamom pods and food colouring. Simmer the rice until it is tender. Stir it occasionally.
2. Put the oil into a large pan.
3. Drain the rice and tip it into the pan containing the oil. Heat the pan and add the sugar. Cook for a few minutes.
4. Turn off the heat and add the cream, raisins, nuts and orange zest. Stir well.

This recipe uses:

Preparation techniques (skills)

Zesting BASIC

Knife techniques (skills)

Chopping BASIC

Cooking techniques (methods)

Boiling BASIC

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Basic pasta dough

Ingredients

200 g '00' grade pasta flour
1 egg
1 egg yolk

This recipe uses:

Preparation techniques (skills)

Mixing MEDIUM
Kneading MEDIUM
Rolling MEDIUM

Method

1. Put the flour into a mixing bowl and make a small well.



2. Add the egg and the egg yolk.



3. With clean hands, or using a fork or knife, begin to fold the eggs into the flour; continue mixing until the mixture forms a soft dough.



4. Tip the dough onto a floured surface and knead it for about a minute to form into a ball shape.



5. Wrap the dough in clingfilm and leave it to rest in the fridge for 20 minutes before using.



6. Cut the dough into two pieces.



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7. Flatten one piece until it's about 1 cm thick.



8. Start with the pasta machine at its widest setting and pass the dough through the rollers.



9. Repeat this process, decreasing the roller setting down grade by grade with each pass until you reach the second to thinnest setting.



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Spinach and ricotta ravioli

Ingredients

For ravioli
1 quantity of pasta dough, in sheets
1 whole egg (for sealing)

Ravioli filling
100 g spinach leaves, cooked in a little boiling water and drained thoroughly, and chopped
100 g ricotta *or* feta cheese, crumbled
100 g fresh breadcrumbs
1 egg yolk
¼ teaspoon grated nutmeg
Seasoning

This recipe uses:

Preparation techniques (skills)

Mixing MEDIUM
Shaping COMPLEX

Cooking techniques (methods)

Boiling BASIC

Method

1. Mix all filling ingredients together in a bowl so evenly combined.
2. Put a pasta sheet on the floured work surface and place heaped teaspoons of the filing mixture at equal intervals along and across the pasta.



3. Brush a little beaten egg around each heap of filling.



4. Lay another pasta sheet in top and carefully press down around each filling ball to remove any air.



5. Use a cookie cutter to cut into circles, then dust with semolina flour and set aside until you have made all the ravioli.



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6. Drop the ravioli into a pan of boiling water and cook until they float to the surface.



7. When they are cooked, drain the ravioli and place on a plate.



8. Pour a sauce over the ravioli and add a sprinkling of chopped parsley, basil or grated cheese.



Variations

Pasta dough can be flavoured and coloured using different ingredients, e.g.:

Herb pasta: add 1 handful of finely chopped fresh herbs (any mixture) to the flour and proceed as for the basic recipe.

Beetroot pasta: leave out the egg yolk and replace it with 50 g peeled, cooked and puréed beetroot – proceed as for the basic recipe. A little more flour may be needed according to how much water was in the beetroot.

Spinach pasta (pasta verdi): leave out the egg yolk and replace it with ½ a cup of cooked and puréed spinach. Make sure that the spinach is squeezed to remove water from it after cooking. Proceed as for the basic recipe – a little more flour may be needed according to how much water was in the spinach.

Pepper pasta: add 1 level tbsp freshly ground black pepper. Proceed as for the basic recipe.
You could add a little chilli or paprika pepper if desired.

Tomato pasta: add 1 tbsp concentrated tomato purée. Proceed as for the basic recipe. You may need to add a little more flour to the dough.

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Basic bread dough

Ingredients

450 g strong plain bread flour – white, wholemeal or half and half
½ level teaspoon salt – **optional**
285 ml warm water (add an extra 15 ml if you are using all wholemeal flour)
10 g fresh yeast OR 1 tsp dried yeast OR 1 tsp fast-acting yeast
1 tsp sugar

Method

1. *Yeast*: If you are using:
   - Fresh yeast or dried yeast – dissolve it in the warm water and add 1 tsp sugar. Leave in a warm place for a few minutes to activate and produce bubbles of gas.
   - Fast-acting dried yeast – add the yeast directly to the flour. Do not add sugar.
2. Add the salt to the flour and stir well. Then add the yeast liquid/water to the flour and stir well with a wooden spoon until mixed to a dough.
3. Knead the dough on a lightly floured worktop for at least 5 minutes. The dough should be stretchy and smooth. Do not add too much flour as the dough will dry out and not rise properly.
4. *Traditional method*: leave the dough in a covered mixing bowl in a warm place to prove (rise) for at least 1 hour, until doubled in size. Tip the dough out onto the worktop and knead thoroughly for a few minutes. Cut and shape the dough into rolls or a loaf and leave in a warm place to rise again for 15 minutes before baking.

   Quick method: Either
   - Cut and shape the dough into 8 bread rolls and leave on a greased or lined baking tray in a warm place for 15 minutes.

   Or
   - Shape the dough into a loaf and leave on a greased or lined baking tray or loaf tin in a warm place for 15 minutes.
5. Preheat the oven to gas 7/220 °C (200 °C for a fan oven).
6. Glaze with beaten egg, milk or oil and sprinkle with poppy, sesame seeds, pumpkin seeds or oats if wanted.
7. Rolls: Bake for 15–20 minutes until well risen and golden brown. The cooked rolls should sound hollow when you tap them underneath with your fingers.

   Loaf: Bake for 20 minutes then turn the oven down to gas 5/190 °C (180 °C for a fan oven) for a further 15 minutes. The cooked loaf should sound hollow when you tap it underneath with your fingers.

This recipe uses:

Preparation techniques (skills)

Kneading MEDIUM
Mixing MEDIUM
Shaping COMPLEX

Cooking techniques (methods)

Baking MEDIUM

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Enriched yeast dough

Ingredients

450 g strong plain white bread flour
20 g fresh yeast OR 2 tsp dried yeast OR 2 tsp fast-acting yeast
50 g caster sugar
50 g butter
2 eggs
Approx. 250 ml milk (you need 300 ml of liquid altogether, including the eggs)

Method

1. Warm the milk until it feels comfortably warm when you dip your finger into it.
2. *Yeast*: If you are using:
   - Fresh yeast or dried yeast – dissolve it in the warm milk and add 1 tsp sugar. Leave in a warm place for a few minutes to activate and produce bubbles of gas.
   - Fast-acting yeast – add the yeast directly to the flour. Do not add sugar.
3. Rub the butter into the flour and add the sugar.
4. Add the beaten eggs and milk/yeast liquid. Mix to a soft dough.
5. Knead for 5 minutes and leave in a warm place in a covered bowl to rise for 1½–2 hours, until doubled in size.
6. Knead again.
7. Shape into round or finger-shaped buns and leave to rise for another 10 minutes.
8. Preheat the oven to gas 6/200 °C (190 °C for a fan oven).
9. Bake for 15 minutes until well risen and golden.

This dough is used as the basis to make a variety of products including Chelsea buns, iced buns, doughnuts and hot cross buns, all of which require additional ingredients such as dried fruits, spices and jam.

This recipe uses:

Preparation techniques (skills)

Kneading MEDIUM
Mixing MEDIUM
Rubbing-in MEDIUM
Shaping COMPLEX

Cooking techniques (methods)

Baking MEDIUM

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Shortcrust pastry

Ingredients

100 g plain flour
50 g butter (you can use block (hard) vegetable fat spread instead)
25 ml cold water
NB: the *proportions* of the ingredients are always the same, i.e.: *half fat to flour*, e.g. 100 g butter to 200 g flour and *25 ml of cold water to every 100 g flour,* e.g. 75 ml cold water to 300 g flour

This recipe uses:

Preparation techniques (skills)

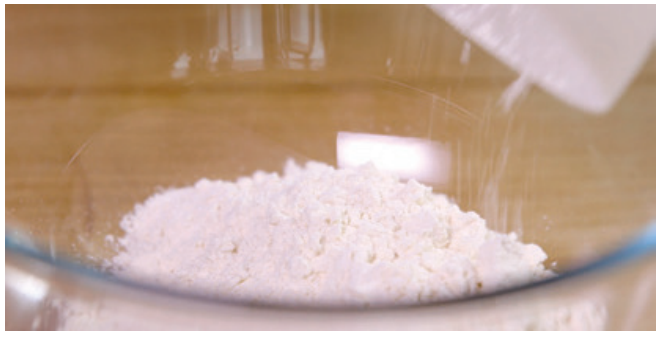
Kneading MEDIUM
Mixing MEDIUM
Rolling MEDIUM
Rubbing-in MEDIUM
Shaping COMPLEX

Cooking techniques (methods)

Baking MEDIUM

Method (for best results make sure that all the ingredients are cold)

1. Add the plain flour to a mixing bowl.



2. Cut the chilled, hard fat into the flour and distribute it evenly.



3. Rub the fat into the flour, using your fingertips as lightly and gently as possible.



4. If you shake the bowl, any large pieces of fat will come to the surface. Rub these in.



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5. When the fat has been rubbed in, make a well in the centre and add the cold water. Then, use a palette knife to mix in the water.



6. Bring the dough together, cutting and turning, so it starts to combine.



7. Next, bring it all together with your fingertips, making a firm, smooth dough.



8. Remove the dough and knead it very lightly on a lightly floured work surface until it becomes smooth.



9. When the dough is ready, cover and leave it in the refrigerator for about 30 minutes.



10. Once rested, the pastry is ready to be rolled out and used as needed, for example, to line a pastry case or make pies or pasties.



Uses

Pies, tarts, flans, pasties, sausage rolls, etc.

Variations

- Cheese pastry – add 50 g strong Cheddar cheese for every 100 g flour.
- Pâté sucrée (sweet shortcrust pastry) – 200 g plain flour, 90 g butter, 60 g caster sugar, 3 egg yolks (no water added).

Tip – shortcrust pastry must be handled very gently, otherwise it will become tough and very hard to roll out. If your hands are hot, the fat will melt, which will also make the pastry difficult to handle. To avoid these problems, make the pastry in a food processor, which only takes a few seconds and handle it carefully when you roll it out.

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Puff pastry

Ingredients

225 g strong white plain flour
150 g butter or block vegetable fat spread, refrigerated and hard (DO NOT USE soft vegetable fat spread or soft butter spread)
9 tbsp (135 ml) cold water

For best results make sure that all the ingredients are cold

Method

1. Rub ¼ of the butter or block vegetable fat spread into the flour.
2. Chop the rest of the fat into small pieces about 1 cm^3 and stir them into the flour.
3. Add the water and stir in to form a soft, stretchy, elastic dough that will be lumpy in texture because of the cubes of fat.
4. Carefully roll and fold the pastry (see diagrams) at least 4 times (this is called laminating), allowing the pastry to rest in the refrigerator (covered) for at least 5 minutes each time after rolling and folding it.
5. Rest the pastry in the refrigerator before you use it.
6. The pastry must be cooked in a hot oven (gas 6/200 °C/190 °C for a fan oven) – to allow the fat to be absorbed by the starch in the flour and the air and steam to expand and raise the pastry.
7. Instructions for rolling and folding the pastry:

Rolling and folding a dough to create layers

The baked texture of some doughs, e.g. flaky or puff pastry, Danish pastries, get their texture from the dough being rolled out and folded several times (laminating). This process traps air, and along with the steam and layers of fat, light, crisp and thin layers of pastry develop in the oven. This is what happens.

1. The dough is formed by rubbing some of the fat into the flour until it looks like breadcrumbs, then adding the rest of the fat cut up into small dice and the water. A lumpy, stretchy dough is formed as the gluten in the flour develops into long, stretchy molecules. The lumps are the pieces of diced fat.
2. The dough is rolled into a rectangle, three times as long as it is wide (use your hands as a measure). The rolling starts to squash the diced fat.
3. The dough is then folded into three and sealed at the edges and allowed to rest in the refrigerator for a few minutes to allow the gluten molecules to relax.

   Steps 2 to 3 are repeated at least 3 times.

This recipe uses:

Preparation techniques (skills)

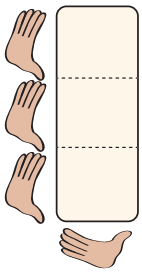
Kneading MEDIUM
Laminating COMPLEX
Rolling MEDIUM
Rubbing-in MEDIUM
Shaping COMPLEX

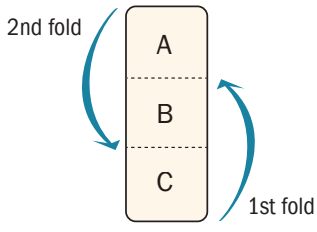
Cooking techniques (methods)

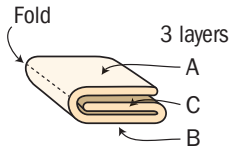
Baking MEDIUM
Chilling BASIC

Uses

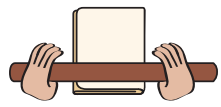
Savoury plait
Vol au vents
Fruit mille feuilles
Cream horns
Pie toppings
Pasties
Sausage rolls
Mince pie toppings
Eccles cakes
Cream slices
Fruit turnovers
Etc.



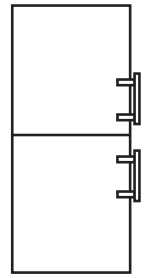




Side view of folded pastry showing layers



Seal the edges with a rolling pin



Rest the pastry in the fridge

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Choux pastry

Éclairs – serves 10 people
Profiteroles – serves 6 people

Ingredients

Choux pastry – basic mixture:
150 ml water
50 g butter or block vegetable fat spread
60 g flour (strong plain bread flour is best), sieved
2 medium eggs, beaten

For **chocolate éclairs**, in addition to the basic choux mixture, you need:

Filling
200 ml double or whipping cream, whipped until thick
(To make Chantilly cream, add ½ tsp vanilla essence and 2 tbsp caster sugar after the cream is whipped)

Topping
150 g plain cooking chocolate, cut into pieces

For **profiteroles**, in addition to the basic choux mixture, you need:

Filling
200 ml double or whipping cream, whipped until thick

Chocolate sauce
150 ml milk
1½ tbsp cocoa powder
1 tbsp sugar
1 tbsp golden syrup
10 g butter or vegetable fat spread

For **savoury éclairs**, in addition to the basic choux mixture, you need:
75 g strong flavoured Cheddar cheese or Parmesan cheese, grated and added to the choux mixture before adding the eggs
Filling
120 g cream cheese mixed together with 1 tbsp chopped fresh herbs, mixed together for the filling

Storage instructions:
Best eaten on the day they are made OR cover and store in a refrigerator in an airtight tin or box for up to 2 days.

The éclairs can be frozen for up to 3 months, either as just the pastry shells or filled.

This recipe uses:

Preparation techniques (skills)

Beating BASIC
Melting using bain-marie COMPLEX
Piping COMPLEX
Shaping COMPLEX

Cooking techniques (methods)

Baking MEDIUM
Boiling BASIC

Method

Making the choux pastry

1. Heat the oven to gas 6/200 °C (190 °C for a fan oven), you will need to use the top shelf in a gas oven.
2. Bring the water and butter (or vegetable fat spread) to the boil in a saucepan. Make sure all the fat has melted.
3. **Turn off the heat** and, straightaway, add the sieved flour and carefully mix it in with a wooden spoon and then beat it until a ball of **choux paste** is formed in the pan (you are developing the gluten strands when you beat it, which will help the choux pastry stretch when it rises).
4. Allow the choux paste to cool for a few minutes.
5. **Gradually** add the beaten egg, a little at a time – *you may not need it all* – beating the mixture well. The paste should be a dropping consistency, it must not be runny. (For savoury éclairs, add the grated cheese to the mixture and beat well.)

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Piping the mixture

For the éclairs:



For the profiteroles:

2. Pipe the mixture into small, regular shaped mounds onto a greased or lined baking tray. Allow some space for them to expand.

For the savoury eclairs:

3. Pipe the mixture into éclair shapes onto a greased or lined baking tray. Leave some space for them to expand.

Baking the éclairs

4. Bake for 15 minutes, then turn the temperature down to gas 5/190 °C (180 °C if you are using a fan oven) for another 10 minutes – DO NOT OPEN THE OVEN DOOR WHILE THE ÉCLAIRS ARE BAKING, OTHERWISE THEY WILL COLLAPSE, BECAUSE THEY ONLY SET IN THE LAST FEW MINUTES OF BAKING.
5. The éclairs should be crisp and well risen. Make a slit along the length of each éclair at the side and let it cool. Carefully scrape out and discard any doughy bits that are inside.

Baking the profiteroles

6. Bake for 15 minutes until well risen and crisp and make a hole in the side of each one and allow to cool.



Finishing the éclairs

7. Fill each with whipped cream, either with a teaspoon or by piping the cream.
8. Melt the chocolate using a bain-marie, dip the éclairs into it and leave them to set on a cooling tray.



Finishing the profiteroles

9. Make the chocolate sauce. Put all the ingredients into a medium saucepan and heat gently until the butter has melted. Bring to the boil, then simmer gently for approx. 15–20 minutes to reduce the sauce until it is thick and glossy.
10. Carefully arrange 4–5 profiteroles into a serving bowl, then pour over a quantity of chocolate sauce and serve.



Finishing the savoury éclairs

11. Fill each éclair with a mixture of cream cheese and fresh chopped herbs or another filling of your choice.

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Whisked sponge

Ingredients

3 eggs
75g caster sugar
75g plain flour

This recipe uses:

Preparation techniques (skills)

Folding MEDIUM
Rolling MEDIUM
Sieving BASIC
Whisking COMPLEX

Knife techniques (skills)

Trimming BASIC

Cooking techniques (methods)

Baking MEDIUM

Method

1. Preheat the oven – gas 6/200°C (190°C for a fan oven).
2. Grease and line a Swiss roll tin.
3. Place the eggs and sugar in a bowl and whisk at medium speed until the mixture is light, thick and creamy, and leaves a visible trail for at least 5 seconds when the whisk is removed.



4. Sieve the flour twice and fold it very gently into the egg and sugar mixture with a metal spoon in a figure-of-8 movement, until there is no visible flour – do not beat it in or use a whisk, as the air will come out.
5. Pour the mixture into the tin and tip it gently until the mixture goes evenly into the corners.



6. Bake for 10–12 minutes until the Swiss roll is well risen, spongy to the touch and starting to shrink away from the edges of the tin.
7. Remove from the oven and STRAIGHTAWAY tip the sponge away from you onto a sheet of non-stick paper.
8. Carefully remove the paper that lined the tin.
9. Trim a little off the edges of the sponge with a sharp knife (they are crisp and may stop the sponge rolling up properly) and spread the softened jam (stir it with a spoon) over the sponge.



10. Roll up the sponge tightly along the long edge (your Swiss roll should not be long and thin) and leave to cool.



Variations

A whisked sponge mixture can be made into a layered gateau containing fruit and cream or into sponge finger biscuits.

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All-in-one chocolate and orange cake

Ingredients

Basic cake mix:
225 g self-raising flour
50 g cocoa powder (not drinking chocolate)
1 tsp baking powder
225 g butter, softened, or vegetable fat spread
175 g caster sugar
3 large eggs
2 tbsp milk
Grated zest of an orange – **optional**

Frosting
175 g icing sugar
25 g cocoa
70 g butter, softened, or vegetable fat spread
Juice of the orange

Decorations: e.g. grated chocolate, chocolate leaves, orange glace slices, finely chopped pistachio nuts or almonds

You will need a 20–23 cm cake tin

Storage instructions
Store the cake in an airtight tin or box at room temperature for up to 5 days

Freezer: Can be frozen for up to 6 months but must be well wrapped and protected from drying out and being damaged in the freezer

This recipe uses:

Preparation techniques (skills)

Juicing BASIC
Whisking COMPLEX
Zesting BASIC

Cooking techniques (methods)

Baking MEDIUM

Variations

Instead of using cocoa powder and orange zest in the cake and frosting, the following flavourings could be used:

For the cake:

Vanilla – add 1 tsp vanilla extract

Lemon drizzle – add the finely grated zest of 2 lemons to the mixture. To make the drizzle, squeeze the juice of the lemons and stir it into 2 tbsp icing or caster sugar, and pour over the top of the cakes as soon as they come out of the oven (make a few holes in the top of the cakes with a skewer first).

Method

1. *Basic cake mix*: place all the ingredients for the basic cake mix into a mixing bowl and whisk at medium speed with an electronic whisk, or beat well with a wooden spoon, until well mixed and light in texture and colour.
2. Divide the mixture evenly between two 20 cm sandwich cake tins, which have been greased or lined with non-stick paper.
3. Gently spread the mixture out evenly using a palate knife or the back of a spoon.
4. Bake at gas 4/190 °C (180 °C for a fan oven) for 20–25 minutes until the cakes are well risen and spongy to the touch.
5. Turn the cakes out onto a cooling rack and allow them to cool.

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6. *Frosting:* whisk or beat together the sieved icing sugar, cocoa and softened butter or vegetable fat spread until well mixed – it may be a bit dry at this stage but that is quite normal. Add the orange juice, a teaspoonful at a time, until the mixture is smooth, creamy and easy to spread.
7. Spread some of the frosting onto one of the cooled cakes and sandwich both of the cakes together.
8. Spread more frosting on the top of the cake and, if you have enough left, you can then pipe it onto the top of the cake with a star nozzle and piping bag to decorate.
9. Add your other decorations to finish the cake.

This cake can also be coated and decorated with chocolate ganache.

Chocolate ganache

For a cake filling or for a thick glaze to go on the top of a cake, equal quantities of chocolate and double cream are needed, e.g. 300 g of double cream and 300 g of dark chocolate (70–75% cocoa solids is best).

1. Chop the chocolate into small pieces.
2. Pour the cream into a pan and heat it gently on a low heat on the hob for a few minutes. It is important not to overheat the cream – it only needs to be warm enough to melt the chocolate. Carefully test – it should feel comfortably warm.
3. Remove the cream from the hob. Add the chocolate to the cream. Stir it gently then leave it for several minutes to give the chocolate time to melt.
4. Stir the ganache with a balloon whisk or wooden spoon, until it all looks the same colour and consistency.
5. The longer it is allowed to cool, the thicker the ganache will get.
6. For piping decorations on to a cake, the ganache needs to be completely cold. Give it a thorough stir before you use it for piping.

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Spicy lentil and tomato soup

Serves 4–6 people

Ingredients

100 g orange lentils
1 tbsp oil
2 garlic cloves
1 carrot
1 onion or 1 leek
½ tsp dried chilli powder – **optional**

2 tsp ground cumin
1 tsp dried oregano
2 tbsp tomato purée
600 ml water
1 small vegetable stock cube
Ground black pepper

Method

1. Peel and chop the carrot and onion or leek into small pieces. Peel and crush the garlic.
2. Heat the oil in a large saucepan; add the chopped onion or leek and sauté on a low heat for about 5 minutes with the pan lid on.
3. Add the garlic, chopped carrots, chilli powder, oregano and cumin, and then cook for 2 minutes with the pan lid on.
4. Stir in the lentils, tomato purée, water and stock cube.
5. Bring to the boil, and then simmer gently for approximately 20 minutes, stirring occasionally.
6. Blend the soup with an electric hand blender, taste, and adjust the seasoning with some ground black pepper.
7. Serve the soup with crusty bread or croutons (toasted or fried squares of bread) or a savoury cheese scone.
8. Garnish (decorate) the soup with finely chopped parsley or coriander.

This recipe uses:

Preparation techniques (skills)

Blending BASIC

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Boiling BASIC
Frying (sautéing) MEDIUM

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Vegetable stir fry with noodles

Serves 2–3 people

Ingredients

50 g dry noodles *OR* a packet of straight-to-wok noodles (pre-cooked)
Approximately 450 g of a mixture of vegetables, e.g. red, green or yellow peppers, courgette, spring onions, mushrooms, mangetout, sweetcorn, carrots, bean sprouts, green beans, broccoli, celery, sweet potato, pak choi, cauliflower, snow peas
50 g nuts (without shells) e.g. almonds, pistachios, cashews – **optional**
2 tbsp oil
3–4 cloves garlic, crushed
1 piece of fresh ginger – approx. 2 cm long, peeled and finely chopped or grated

Sauce
2 tbsp soy sauce
1 tbsp honey
1 tsp sesame oil
2 tsp corn flour
80 ml water

This recipe uses:

Preparation techniques (skills)

Blending BASIC
Hydrating BASIC

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Frying (stir frying) MEDIUM

Method

1. Prepare all the vegetables by cutting them into thin strips, sticks or slices, or breaking them into small pieces, e.g. broccoli florets. Set aside in a bowl.
2. In another bowl, soak (hydrate) the noodles in boiling water until soft (leave them in the hot water in the bowl while you are cooking the rest of the ingredients). (Straight-to-wok noodles will not need soaking.)
3. In a wok, gently heat the oil and add the nuts. Stir fry for 5 minutes, stirring constantly until the nuts start to brown.
4. Add all the vegetables and the garlic and ginger to the wok.
5. Stir fry for another 5 minutes on a medium heat, stirring constantly. If the mixture starts to become dry or it is sticking to the pan, add a little cold water (a few tablespoons is enough) rather than more oil.
6. **Sauce:** Blend the corn flour with the water, honey, sesame oil and soy sauce and add to the wok. Cook for 5 minutes.
7. Drain the noodles and add them to the wok. Mix well.
8. Serve.

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Summer puddings

Serves 4 people

This recipe uses:

Preparation techniques (skills)

Unmoulding COMPLEX

Cooking techniques (methods)

Poaching COMPLEX

Ingredients

250 g sliced brioche loaf
800 g mixed summer fruits (frozen fruits work very well)
2 level tbsp caster sugar

4 non-metallic pudding moulds or ramekins, about 150 ml each

Method

1. Remove the crusts from the brioche.
2. Line the four moulds with most of the bread, reserving enough slices to make a lid for each one.
3. Place the fruit in a large pan with the sugar.
4. Poach the fruit gently on a low heat, stirring, for 2–3 minutes or until the fruit has released its juices and the sugar has dissolved.
5. Fill the lined pudding moulds or ramekins with three-quarters of the fruit, top with the reserved slices of bread, then cover with cling-film.
6. Weigh down the puddings with weights or cans and refrigerate overnight.
7. Un-mould the summer puddings and spoon the remaining fruit on top to serve.

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Spiced apple trifle

Serves 6–8 people

Ingredients

450 g Bramley cooking apples, peeled, cored and sliced
2 tbsp water
200 g fresh wholemeal breadcrumbs (not from a packet)
75 g butter
50 g Demerara sugar
1 level tsp mixed spice

Chantilly cream
300 ml whipping cream
½ tsp vanilla extract
25 g caster sugar

Decoration
30 g grated plain chocolate or 30 g chopped pistachio or pecan nuts
Orange zest

To serve – 1 large or 6 individual glass dishes

Method

1. Stew the apples in the water in a covered pan on a low heat until they are soft and pulped. Stir regularly. Cool the apple pulp.
2. Melt the butter in a frying pan and add the breadcrumbs. Fry on a medium heat until they are crisp, turning them frequently to prevent them from burning.
3. Mix the sugar and spice together and add to the breadcrumbs. Cook them for another 5 minutes, then leave to cool.
4. Whip the cream until fairly stiff and save some for decoration.
5. In the serving bowl, put a layer of cooled apple, followed by breadcrumbs, then cream, and repeat, finishing with a layer of cream.
6. Use the saved cream for piping a decoration on top. Add grated chocolate, chopped nuts or orange zest for decoration.

This recipe uses:

Preparation techniques (skills)

Grating BASIC
Melting BASIC
Piping COMPLEX
Whisking COMPLEX

Knife techniques (skills)

Chopping BASIC
Peeling BASIC
Slicing MEDIUM

Cooking techniques (methods)

Frying MEDIUM

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Chocolate mousse

Ingredients

1 pack (approximately 340g) of silken tofu (not regular, firm or smoked tofu)
120 g dark chocolate, broken into pieces
3 tbsp maple syrup
½ tsp vanilla extract

4 glasses/ramekins for serving

Method

1. Melt the chocolate in a bain-marie.
2. Put the tofu, maple syrup and vanilla into a food processor and process until smooth.
3. Pour in the melted chocolate and process until well combined.
4. Pour the mousse into individual glasses/ramekins and leave to chill in the refrigerator.
5. Decorate with soft fruits, e.g. raspberries, strawberries or blueberries, mint leaves or grated chocolate.

Variation

Fruit mousse

Leave out the chocolate.

Add: 150 g frozen berry fruits, e.g. raspberries, strawberries, blackberries.

Put all the ingredients in the food processor and process until smooth. Then pour into dishes and refrigerate. This mousse may have a softer texture than the chocolate version.

This recipe uses:

Preparation techniques (skills)

Blending using a food processor BASIC

Melting using a bain-marie COMPLEX

Cooking techniques (methods)

Chilling BASIC

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Edamame (soya) bean salad

Ingredients

1 onion
1 small red pepper
1 tbsp oil
100 g sweetcorn kernels – frozen or canned
100 g canned black beans
100 g canned kidney beans
150 g frozen edamame (soya) beans
1 tsp cumin seeds
1 small handful of fresh coriander, finely chopped
1 lime
Seasoning

Method

1. Peel and finely chop the onion.
2. De-seed and finely chop the pepper.
3. Sauté the onion and pepper in the oil until softened.
4. Add the cumin seeds, sweetcorn, all the beans and some seasoning.
5. Sauté for 5 minutes, then remove from heat.
6. Stir in the finely grated zest and juice from the lime.
7. Stir in the finely chopped coriander.
8. Serve warm or cold.

Variations

Other ingredients can be added to the salad, e.g. chopped avocado, chick peas, green peas, chopped cucumber, courgette, celery or apple, mushrooms.

This recipe uses:

Preparation techniques (skills)

Juicing BASIC
Zesting BASIC

Knife techniques (skills)

Chopping BASIC
Peeling BASIC

Cooking techniques (methods)

Frying (sautéing) MEDIUM

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Other recipe suggestions

Poultry – chicken, turkey, duck, goose

- Sweet and sour chicken
- Thai chicken soup
- Home-made chicken/turkey nuggets and burgers
- Roasted chicken with lemon, rosemary and garlic
- Chicken Caesar salad
- Small chicken pies with hot water crust pastry

Meat – beef, lamb, mutton, pork, bacon, ham

- Cottage pie
- Cornish pasties
- Moussaka
- Meat casserole
- Meatballs in tomato sauce
- Meat and vegetable kebabs

Fish – white fish, oily fish, seafood

- Fish pie
- Fish stew
- Seafood risotto/paella
- Fish chowder
- Fish cakes
- Fish pâté

Eggs

- Scotch eggs
- Omelette
- Spanish tortilla
- Egg custard tarts
- Frittata
- Egg fried rice
- Crème caramel/crème brulee

Dairy foods – milk, cheese, butter, cream, yogurt, buttermilk

- Bread and butter pudding
- Pancakes
- Ice cream
- Frozen yogurt dessert
- Shortbread
- Banoffee pie
- Fruit and chocolate mousse
- Fruit fool
- Crème Anglaise (custard)
- Savoury dips using yogurt as the base

Rice

- Risotto
- Paella
- Rice pudding
- Rice salad
- Pilaf
- Fried rice
- Rice and peas
- Sushi

Vegetables

- Roasted root vegetables
- Root vegetable mash
- Salads
- Vegetable moussaka
- Vegetable spring rolls
- Tempura (battered and fried) vegetables
- Potato/sweet potato/squash curry/saag aloo
- Lentil dhal
- Vegetable quiche
- Salsa

Fruit

- Fruit pies
- Crumbles
- Poached pears
- Banana bread
- Fruit cake
- Fruit fool
- Fruit trifle
- Fruit salad
- Sorbets and ice creams

Soya

- Stir fries
- TVP in curries, cottage pie, pasties, etc.
- Nut roasts
- Curries

Cereals

Flour – biscuits

- Shortbread
- Viennese whirls/fingers
- Ginger biscuits
- Cookies

Flour – cake making

All-in-one/creamed:

- Muffin variations:
  - chocolate chip
  - blueberry
  - lemon drizzle
  - raspberry and white chocolate chip
  - ginger and lime
  - spiced apple
- Loaf cake variations
  - spiced apple
  - lemon and blueberry
  - banana
  - orange and apricot

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