



YEAR 10 FOOD RECIPES

Fish Cakes

Fajitas

Chocolate Brownie

Choux Pastry

Mince Pie

Gingerbread/Fruit cake

Decorate Gingerbread/Fruit cake

In year 10 term 2 practical lessons we aim to consolidate the learning which has taken place in year 10 so far by further developing the rubbing in method, cutting and weighing skills. Then we introduce more complex skills, time management to be able to manage multiple items cooking, 2 step processes and for the students to work more independently. We will also be continuing to develop the students understanding of food hygiene and they develop cleaning as you go to aid them with their NEA's in the future.

Fish Cakes

This recipe aims to develop students, cutting, mashing, coating, poaching, mixing, blending, seasoning, frying and hob control skills. The students will be reminded of their board colours.

Ingredients:

360g Potatoes

200g Fillet of Fish of Your Choice

25g Butter

4 - 6 Slices of Bread

1 or 2 Eggs

Small Bunch of Parsley or Dried Parsley: **(School will provide Dried)**

Salt and Pepper to Season: **(School will provide)**

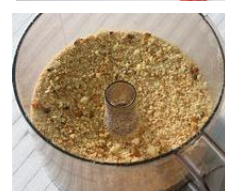
Flour: **(School will provide)**



You will need a container to take your fish cakes home in.

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Half fill a large saucepan with water, place on the back of the hob and bring to the boil.
4. Peel the potatoes and cut into even sized pieces. Place the potato pieces in a small bowl.
5. Bring the large saucepan to the front of the hob and carefully transfer the potatoes into the saucepan of boiling water, place back on the heat at the back of the hob and simmer for approximately 20 minutes until the potatoes are soft.
6. You can either remove any skin with a knife or poach it. Remember to use a blue chopping board when preparing the fish. If you want to poach the fish, place a small saucepan of water on the back of the hob and bring to the boil. Bring the saucepan to the front, place your fillet of fish into the water. Place the saucepan back on the heat at the back of the hob, turn the heat down until the water is simmering and poach for 4 minutes. Remove the fish from the saucepan by emptying in to a colander to drain the water. If you are not poaching the fish the fish will need to be cut into small even size pieces.
7. To prepare the breadcrumbs, place the slices of bread in a food processor and blitz until you have even sized breadcrumbs, transfer the breadcrumbs onto a piece of greaseproof paper.
8. If using fresh parsley, wash under cold water, remove stalks and chop leaves finely using a sharp knife on a chopping board.
9. When the potatoes are soft, drain in the colander over the sink.
10. Put potatoes back into the saucepan, place on a pan stand and mash with a masher until soft.
11. Add butter, salt, pepper, fish and parsley and mix with a white plastic spoon.
12. On another piece of greaseproof paper, sprinkle some flour.
13. Put potato mixture onto the floured piece of greaseproof paper and use your hands to form the mixture into 4 to 6 even sized balls. You may have to put some flour on your hands to stop it sticking.
14. Shape each ball into an even round fishcake shape. You could use a pastry cutter to help you ensure consistency (quality control).
15. Crack the egg onto a plate and beat with a fork.
16. Dip each fishcake into the flour and then into the egg mixture. You can use a pastry brush to ensure each side is covered in egg.
17. Then carefully use a fish slice to lift the fishcake from the plate and place it into the breadcrumbs, coat both sides evenly.
18. Place the fishcakes onto a lined baking tray and bake in the oven for 20 to 30 minutes at 200°C or Gas Mark 6. Ensure they have a core temperature of 75°C before serving.



Fajitas

This recipe aims to develop the student hob control skills. The students will be leaning about marinating, chopping, grating and frying. The students will also be learning about how to wrap and present their food.

Ingredients

- 25g Cheddar Cheese
- 2 Tortillas
- 1 Chicken Breast
- 1 Lime
- 1 Clove of Garlic
- 1 Chilli (Green or Red)
- 1 Dessert Spoon (10ml) Oil
- 1 Onion
- 1 Pepper (Any Colour)
- 1 Tomato (Optional)
- Salsa or Guacamole
- Small Bunch of Coriander (Optional)



Please bring a container to carry your fajitas home in.

Method:

1. Weigh and measure out all ingredients accurately.
2. Prepare the marinade in a large bowl:
 - Juice the lime
 - Peel and crush the garlic
 - De-seed and slice the chilli
 - Chop the coriander
 - Stir everything together with the oil
2. On a red chopping board, remove any skin from the chicken and cut the chicken into even size strips. Mix in the marinade. Leave in the fridge until needed.
3. Prepare the remaining ingredients but remember to clean your knife and chopping board:
 - Use the bridge hold cutting method to slice the onion and pepper
 - Chop the tomato
 - Grate the cheese onto a plate
4. Add the marinated chicken to a large frying pan and place at the front of the hob. Stir-fry for about 4 minutes. Check that the chicken is cooked by using a food probe to ensure the core temperature is at least 75°C.
5. Add the onion and pepper and continue to cook for a further 3 to 4 minutes.
6. Warm the tortillas in a microwave for 20 seconds.
7. Spread a little guacamole / salsa in the centre of the tortilla. Add the grated cheese. Add the marinated chicken and vegetable mixture and some tomato (optional).
8. Roll up.



Top Tips:

- Go for extra vegetables or kidney beans for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.

Chocolate Brownie

This recipe aims to develop the students' baking skills through introducing the melting method to create a cake. The students will develop their mixing, pouring and sieving to make a cake which can be a dessert.

Ingredients:

- 250g Caster Sugar
- 125g Self Raising Flour
- 125g Butter
- 50g Plain Chocolate Drops
- 50g Cocoa Powder
- 2 Large Eggs
- ½ Teaspoon Vanilla Essence



You will need a container to fit a square cake tin of 22 x 22 x 6.5cm

Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Weigh and measure out all the ingredients accurately.
3. Place a cake tin on a piece of greaseproof paper or baking parchment. Draw around it and cut out the shape.
4. Grease the tin. Lay the paper in the tin and grease the top of it.
5. Put the butter into a saucepan, place on the front of the hob and melt it over a low heat. Pour the melted butter into a large plastic mixing bowl, then add the sugar and vanilla essence. Stir thoroughly with a white plastic stirring spoon.
6. Crack the first egg into a mug, check for any shell. Transfer this into the large bowl and mix with the white plastic stirring spoon.
7. Crack the second egg into a mug, check for any shell. Transfer this also to the large bowl. Beat well with the white plastic stirring spoon.
8. Sift the self-raising flour and cocoa powder into the large bowl. Stir everything together so that it is mixed well.
9. Put the mixture into the cake tin and smooth the top with the back of a metal spoon.
10. Using oven gloves, transfer the cake tin into the oven and bake for approximately 30 to 35 minutes. The brownies will be ready when they have risen and have formed a crust on top. They should still be soft in the middle.
11. When cooked remove the tin from the oven using oven gloves. Place the tin on the hob. Leave the brownies in the tin for 5 minutes before then cutting into equal size squares.
12. Transfer onto a cooling rack to cool.



Choux Pastry

This recipe aims to develop the students' pastry making skills by the students developing their heat control skill on the hob. They will also be developing their mixing skills, egg incorporation, piping skills and steam-based baking.

Basic Mince Ingredients:

75g Plain Flour
50g Block Butter
150ml Water: **(School to Provide)**
2 Eggs, Well Beaten
Pinch Salt: **(School to Provide)**

Method:

1. Pre-heat the oven to Gas Mark 6 or 200°C.
2. Weigh and measure out all ingredients accurately.
3. Sift the flour and salt together into a large plastic bowl.
4. Place water and butter in a small saucepan, place on the front of the hob and heat gently until melted, bring to the boil. The mixture **MUST** boil, otherwise the choux pastry will not form correctly.
5. Remove the saucepan from the heat and place on a pan-stand. Quickly add the flour, using a white plastic stirring spoon, beat well until the mixture leaves the side of the pan.
6. Cool slightly.
7. Crack each egg into a mug and beat with a fork. Add the eggs slowly, beating after each addition. You may not need to use all the egg. Leave the choux pastry to cool.
8. Line a baking tray with greaseproof paper and spoon or pipe pastry into the desired shape. Leave space for the pastry to expand.
9. Bake for 10 minutes at Gas Mark 6 or 200°C. Then reduce the temperature to Gas Mark 5 or 180°C and bake for a further 20 minutes or until crisp, golden and puffed.
10. Turn the oven off.
11. Slit sides / bottoms of pastry shapes using a vegetable peeler to allow steam to escape and return to the turned off oven to dry out for approximately 5 minutes. The pastry can dry out longer depending on when your lesson is.
12. Allow to cool and store in an air tight container.

Please bring a container to take your product home in. If making profiteroles, you will also need a liquid tight container for the chocolate sauce.



Profiteroles

Ingredients for Chocolate Sauce:

50g Caster Sugar
50g Soft Brown Sugar
50g Cocoa Powder
1 Teaspoon Vanilla Essence: School to Provide
1 Heaped Teaspoon Cornflour: School to Provide
150ml Milk
25g Plain Chocolate
15g Block Butter



Ingredients for Filling:

150ml Double Cream (Small Pot)

Method:

1. Place caster sugar and soft brown sugar, cocoa and vanilla essence in a small saucepan and place this at the front of the hob, do not turn the hob on.
2. In a small bowl blend the cornflour with a little milk until smooth and stir into the saucepan with the remaining milk.
3. Turn the hob onto a low heat and gently heat to dissolve the sugar. As soon as the sugar has dissolved, add in the plain chocolate and butter and then increase the heat and boil briskly until well blended and glossy. Make sure you continually stir the sauce.
4. Place double cream in a glass bowl and use an electric whisk to whisk until thick. **DO NOT** over whisk. Pipe or spoon the cream into the choux pastry cases.
5. Pour chocolate sauce into a separate container and pour over the profiteroles when you are ready to eat them.

Éclairs

Ingredients:

- 100-200g Plain Chocolate
- 150ml Double Cream (Small Pot)



Method:

1. Fill a small saucepan a third full with water and place at the front of the hob.
2. Place a glass bowl over the top of the saucepan (Bain-Marie).
3. Add the chocolate to the glass bowl.
4. Turn on heat to melt the chocolate. As soon as you see steam, turn off the heat and move the saucepan to the back of the hob so the heat in the saucepan can melt the chocolate. **DO NOT** stir.
5. Place double cream in a bowl and use an electric whisk to whisk until thick. **DO NOT** over whisk. Pipe or spoon the cream into the choux pastry cases.
6. Spread the melted chocolate over the éclairs.

Mince Pies

A mince pie is a small British fruit-based sweet pie. Mince pies are traditionally served during the Christmas season. You will be making your own shortcrust and using this to make a batch of 12 mince pies. You will be focussing on the quality and the presentation of your mince pies.

Basic Ingredients:

200g Plain Flour

100g Butter/ Margarine

40ml Cold Water (approximately)

Pinch of Salt: School will provide

1 Small Jar of Sweet Mincemeat (Approximately 400g)

1 Tablespoon Icing Sugar: **(School will provide)**

Milk and Egg Wash: **(School will provide)**



Please bring an oven proof dish to carry your food home in.

Method:

1. Pre-heat the oven to 220°C or Gas Mark 7.
2. Weigh and measure out all the ingredients accurately.
3. Cut the butter into small pieces.
4. Sieve flour into a large plastic bowl and add the salt.
5. Add the butter / margarine to the large mixing bowl.
6. Rub fat into the flour with your fingertips until it resembles breadcrumbs. To check all the fat has been rubbed in properly, give the bowl a shake and any large bits will come to the top.
7. Measure the cold water into a measuring jug on the weighing scales.
8. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough. **You may not need to use all the water!**
9. Roll out the dough onto a floured surface, using a floured rolling pin, to approximately 0.5cm thick. Make sure you only roll forward; this will help to ensure you keep an even pressure on the pastry. Do not roll the pastry out too thin.
10. Use the large round pastry cutter to cut out 12 round pieces of pastry.
11. Gently press the pastry pieces into a 12-hole cake tin.
12. Use a teaspoon to add a small amount of mincemeat to each pastry case. Please be careful not to overfill the pastry cases.
13. Use a small, shaped pastry cutter to cut out a range of shapes to place on top of the mincemeat.
14. Use a pastry brush to glaze the top of the mince pies with the egg and milk wash.
15. Bake for 15 minutes, until golden brown.
16. Once baked, carefully remove the mince pies from the cake tin using a palette knife. The mince pies should be placed on a cooling rack to allow them to cool.
17. Once cool, place a tablespoon of icing sugar in a sieve and gently sprinkle the icing sugar over the mince pies.



Mini Fruit (Christmas) Cakes/ Gingerbread

For the last 2 weeks you will be creating mini fruit cakes or gingerbread in week 1 and then in week 2 you will be decorating. This aims to develop the students' cake and biscuit making skills and to demonstrate their creative skills.

Mini Fruit (Christmas) Cakes

Important Information: Over the next two weeks, you will be making and decorating 6 mini fruit Christmas cakes. You need to bring in the correct ingredients each week.

Ingredients:

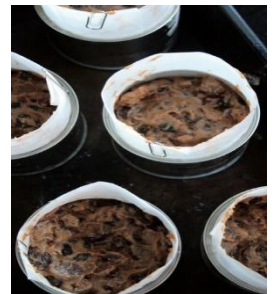
- 125g Mixed Dried Fruit (Soaked Overnight in Orange Juice)
- 125g Sultanas (Soaked Overnight in Orange Juice)
- 60g Plain Flour
- 60g Butter, Softened
- 60g Dark Brown Sugar
- 50g Glacé Cherries (Cut in Half and Soaked Overnight in Orange Juice)
- 1 Eggs, Lightly Beaten
- ½ Teaspoon Ground Cinnamon
- ½ Teaspoon Mixed Spice
- ½ Orange Zest or ½ Lime Zest



You will need to bring in 12 paper muffin cases. Please bring in an airtight container so you can store your mini fruitcakes in school between the two lessons. Your container must be clearly

Method:

1. Preheat the oven to 150°C or Gas Mark 2.
2. Place the paper muffin cases into the muffin tray.
3. Weigh and measure out all ingredients accurately.
4. Whisk the butter and sugar for 5 minutes until light and fluffy using an electric whisk.
5. Crack the egg into a mug and beat with a fork.
6. Using the electric whisk, whisk in the egg slowly to the butter and sugar. When you have almost added in all the egg, whisk in some flour to stop it curdling.
7. Sieve the flour and fold this into the mixture using a metal tablespoon.
8. Add the spices, fruit and remaining but of egg using a metal tablespoon. If you are using any zest, add this into the mixture. Mix thoroughly.
9. Spoon the mixture into the paper muffin cases and press the mixture down so that the top is flat.
10. Bake in the oven for approximately 45 minutes.
11. Check that the cakes are cooked by sticking a skewer into one of the cakes; if the skewer comes out clean then the cakes are cooked.
12. Turn off the oven and leave the cakes in the oven for 5 minutes to dry out.



Gingerbread Biscuits

Ingredients:

- 350g Plain Flour
- 175g Soft Light Brown Sugar
- 100g Butter
- 4 Tablespoons of Golden Syrup or Maple Syrup
- 2 Teaspoons of Ground Ginger
- 2 Eggs
- 1 Teaspoon of Bicarbonate Soda (**School will Provide**)



You will need a shaped cutter to shape the biscuits and a container to take them home in.

Method:

1. Pre-heat the oven to 190°C or Gas Mark 5.
2. Line a baking tray with greaseproof paper.
3. Sift the flour, ginger and bicarbonate of soda into a large plastic mixing bowl.
4. Cut the butter into chunks and add them to the large bowl.
5. Rub the butter into the flour with your fingertips until the mixture resembles breadcrumbs.
6. Stir the soft light brown sugar into the mixture.
7. Break the eggs into a small mug and beat with a fork.
8. Heat a tablespoon in hot water to help measure out the syrup. Measure the syrup and add this to the egg and beat together well.
9. Stir the egg and syrup mixture into the flour, mix everything together with a metal tablespoon until it makes a dough. You may find it easier to use your hands to soften the butter.
10. Sprinkle a clean work surface with flour and put the dough onto it. Stretch the dough by pushing it away from you.
11. Fold the dough in half. Turn it and push it away from you again. Continue to push, turn and fold until the dough is smooth.
12. Cut the dough in half. Sprinkle a little more flour onto the work surface.
13. Roll out the dough until it is about 5mm thick.
14. Use a cookie cutter to cut out lots of shapes from the dough. Lift the shapes onto the baking tray with a fish slice.
15. Roll out the other half of the dough and cut shapes from it.
16. Bake in the oven for 12 to 15 minutes until they turn golden brown.
17. After baking, leave the biscuits on the baking tray for about 5 minutes, then lift them onto a cooling rack using a fish slice.
18. Leave to cool.
19. Decorate as desired.



Week 2 decorating the cakes

Ingredients for Decoration:

Apricot Jam (**School Will Provide**)

1 Packet of White Ready to Roll Fondant Icing

Any Additional Decorations of Your Choice

A Cake Board or Cardboard and Tin Foil to Make Your Own

Method

1. Sprinkle icing sugar on the work surface
2. Then use a rolling pin to roll out the icing
3. Use a cutter on the icing to help make the design or you can form 3D shapes
4. You will need to have decided how you will decorate your cakes an bring an idea of how you will decorate you cakes

Week 2 decorating the Gingerbread

Ingredients for Decoration:

100g Icing Sugar

30ml Cold Water

2 Drops Food Colouring

Any Decorations

Method

1. Sieve the icing sugar into a bowl
2. Add water a little bit at a time and the few drops of food colouring
3. You will need to have decided how you will decorate your cakes an bring an idea of how you will decorate you cakes