

Vegetable Curry

(Option to add 2 chicken breasts)

Complexity: **Easy**

Ingredients

- | | |
|------------------------|---------------------------------|
| 1 potato | 3 handfuls of fresh spinach |
| 1 can chickpeas | 1 vegetable stock cube |
| 1 can chopped tomatoes | 2/3 tbsp. curry powder or paste |
| 1 onion | 300mls water |
| 1 clove of garlic | 1 tsp Oil (School provide) |

Handy Hint

- **OPTIONAL** - thinly sliced courgettes or peppers.
- You can add more garlic if you like the taste.
- Use a meat stock cube if that's what's at home.

Container

- Leak proof container

Challenge

- Make flat bread. Only do this if you already cook lots at home.



Food Skills

- | | |
|---|--|
| ☒ Weigh | ☒ Chop |
| ☒ Boil | ☒ Slice |
| | ☒ Peel |
| | ☒ Grate |
| | ☒ Simmer |
| | ☒ Dice |
| | ☒ Stir |

Equipment



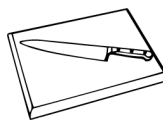
Pan



Plastic spoon



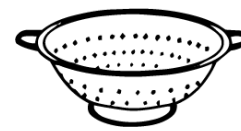
Vegetable peeler



Chopping board



Knife



Colander



Frying pan

Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	MEP (Mise en place). Preparation.	Hot soapy water in the sink. Wash hands, apron on, wipe surfaces down, hair tied up and watches removed.
	Peel and slice onion. Peel and crush garlic.	"Bridge" and "Claw". Even sizes. Put peel and skins in the peddle bin. To keep your workstation is clean and tidy.
	Gently fry the onion and garlic until onions are see through	QC - Don't burn the onions!
	Stir in the curry powder/paste, cook for 2 mins. Add potato and water. (Add chicken before paste)	QC - DON'T burn the paste. If adding chicken, seal in the pan before adding the paste/powder
	Drain the chickpeas, and add to the pan.	
	Add the tomatoes and bring to the boil.	
	Turn the heat down and simmer for 20 minutes. Stir in the fresh spinach, and allow to cook for a further 2 minutes.	Simmer - little bubbles.
	Clean, teamwork.	Assess.

Top Tip

Serve with boiled rice, naan bread and a side salad

Cottage/Shepherd's Pie

Complexity: **Medium / High**

Ingredients

450g minced beef or lamb
1 onion
1 carrot
1 leek
75g mushrooms - optional
100g peas

Gravy granules
1 kilo potatoes
20g butter
½ tsp pepper
Pinch of salt (school provide)

Handy Hint

- **OPTIONAL** - Cheddar cheese on top
- Lamb for shepherd's pie.
- Beef for cottage pie.
- Vegetarian option – Quorn

Container

- Oven proof dish to take it home in to bake



Food Skills

- | | |
|---|---|
| ☒ Peel | ☒ Pipe |
| ☒ Weigh | ☒ Boil |
| | ☒ Mash |
| | ☒ Chop |
| | ☒ Fry |
| | ☒ Slice |

Equipment



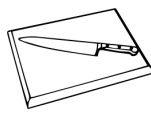
Pan x 2



Plastic Spoon



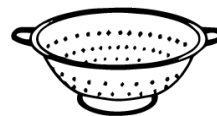
Vegetable Peeler



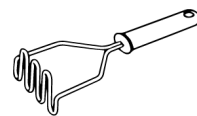
Chopping Board



Knife



Colander



Potato masher



Measuring Jug

Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	MEP (Mise en place). Preparation.	Hot soapy water in the sink. Wash hands, apron on, wipe surfaces down, hair tied up and jewellery/watches removed.
	Peel potatoes and place in pan of lightly salted water and bring to the boil, then simmer for 15-20 minutes When cooked drain and place back in the pan.	QC - Boiling- big bubbles Simmering – little bubbles
	Whilst the potatoes are cooking, prepare the rest of the veg. Peeling, cutting and slicing.	“Bridge” and “Claw” grips. QC -Even sizes. Put peel and skins on a plate then in the peddle bin
	Heat a little oil in a pan and fry the onions until see through, add mushrooms and add mince. Cook until mince is brown (sealed), add all the vegetables except the potatoes.	
	When the potatoes are cooked. Add the butter to the potatoes and mash using the masher	
	Make the gravy in a measuring jug and stir into the meat. Bring to the boil. Turn the heat down and simmer.	Simmer - little bubbles.
	Carefully spoon the meat mixture into the oven proof dish and top with mashed potatoes. TAKE HOME TO BAKE. Gas mark 6/200C until the potato is golden and crisp.	TIP -Start at the edge and work inwards – will help to prevent the potato sinking into the meat. CHALLENGE to improve presentation you could pipe the potato on top. QC - evenly distribute potatoes.
	Clean, teamwork.	Assess.

Top Tip

Serve with green beans.

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Cheesecake

Complexity: **Medium**

Ingredients

150g Digestive biscuits – ANY
BISCUITS. Suggestion-Ginger nuts
200g Soft Cheese
125ml Double Cream

1 Lemon – (If you are challenging
yourself and have designed your
own cheesecake you may not need
lemon)
50g Caster sugar
75g Butter or margarine



Food Skills

- | | |
|---|---|
| ☒ Weigh | ☒ Grate |
| ☒ Melt | ☒ Mix |
| | ☒ Whisk |

Handy Hint

- Room temperature makes the cheese easier to soften.
- TIP - Fine slices of the zest could be used to decorate.
- You could use orange.

To Decorate

- Research and choose
- Suggestion - Fresh fruit

Challenge

- You could make a coulis



Container

- Loose bottomed Flan tin to take it home in

Equipment



Pan



Spoon



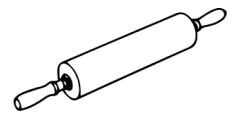
Mixing Bowl



Plastic Bag



Whisk



Rolling Pin

Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	MEP (Mise en place). Preparation.	Hot soapy water in the sink. Wash hands, apron on, wipe surfaces down, hair tied up and jewellery/watches removed.
	Place biscuits in a plastic bag or bowl, using the rolling pin gently crush.	
	Place butter in a medium sized pan.	
	Place on the hob on a medium heat and melt.	QC- Don't have the heat too high or your fat will burn.
	Take off the heat and add the biscuits and mix.	Do this on the hob or use a pan stand.
	Line a flan dish with butter or parchment paper	
	Using a whisk – whip the cream until thick.	QC - DO NOT OVER WHIP
	Soften the cream cheese with a mixing spoon and add whipped cream, sugar, juice and zest of the lemon. Mix well, do not whisk.	
	Spoon over the biscuit base and leave to set in the fridge.	QC – evenly distribute mixture-DO NOT PUSH down onto the biscuit or it will break up
	Decorate with chosen ingredients.	
	Clean, teamwork.	Assess.

Top Tip

Serve with green beans.

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Pie or Quiche Lorraine

Complexity: **Medium**

Ingredients

Pastry

175g Plain flour
75g Butter cubed
Salt and pepper

Filling

150g Grated cheddar cheese
2 tomatoes
200g Back bacon cooked and chopped at home
2 eggs
125ml Milk
School can provide Salt & pepper



Food Skills

- | | |
|--|---|
| ☒ Weigh | ☒ Grate |
| ☒ Rub in | ☒ Mix |
| | ☒ Beat |
| | ☒ Roll |

Handy Hint

- Keep butter in the fridge – it will rub in better.
- You could use mushrooms, or different vegetables to replace the bacon.

Container

- Loose bottom flan tin from home or Quiche dish



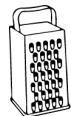
Equipment



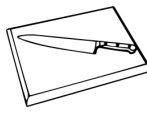
Bowl



Sieve



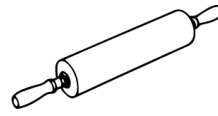
Grater



Chopping Board



Knife



Rolling Pin



Tablespoon



Measuring Jug

Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	Sieve the flour into a mixing bowl.	
	Add the cubed butter and rub gently with the fingertips until it resembles fine breadcrumb. Add 2-3 tablespoons of cold water until the pastry comes together in a ball.	
	Roll out the pastry on to a lightly floured surface and use it to line a 20cm/7 ins loose bottom flan tin.	Don't roll too thin or it may break while you move it to the flan dish. Use a rolling pin to help move the pastry.
	Place the cheese and bacon on to the pastry case.	
	Beat the eggs and milk together in a measuring jug, season. Pour over the filling.	
	Bake in the oven for 30-40 minutes.	Gas mark 5 or 180c
	Clean, teamwork.	Assess.

Top Tip

Serve with a green salad

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Tray Bake – Flapjack

Complexity: **Low / Medium**

Ingredients

75g Butter

75g Demerara sugar

4-5 tblsp Golden syrup

250g Rolled oats

25g Flour

50g Fruit – cherries, sultanas or fresh soft fruit – raspberries

Handy Hint

- **PLEASE DO NOT BRING NUTS**

Container

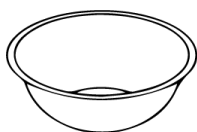
- **TIN and CONTAINER** – A sandwich cake tin, or an oblong baking tin. Container to take finished product home in.



Food Skills

- | | |
|---|---|
| ☒ Weigh | ☒ Melt |
| ☒ Measure | ☒ Stir |
| | ☒ Bake |
| | ☒ Cut |
| | ☒ Portion |

Equipment



Mixing
Bowl



Medium
Pan



Tablespoon



White
Spoon

Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	MEP (Mise en place). Preparation.	Hot soapy water in the sink. Wash hands, apron on, wipe surfaces down, hair tied up and watches removed.
	Lightly grease the baking tray.	
	Preheat oven to 200C or gas mark 6.	
	Place the syrup, fat and sugar into a saucepan and gently heat until the spread has melted.	QC - do not burn TIP - Use a warm spoon and the syrup will run off easier.
	Remove from the heat and stir in the oats and any optional ingredients.	OPTIONAL - Add 1x5ml spoon cinnamon or mixed spice to the oat mixture
	Pour the mixture into the baking tin.	QC - Press down evenly
	Bake for 20 minutes until lightly browned.	
	Remove from the oven and cut into portions in the baking tray while hot.	
	Leave to cool.	

Top Tip

Serve with a coffee or use as an instant energy supply after sport

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Lasagne

Complexity: **High**

Ingredients

450g Minced beef (1 pack)
1 onion
2 cloves garlic, crushed
1 tbsp. tomato puree
1 can chopped/plum tomatoes or 1 carton passata
2 tsp mixed herbs
1 tbsp Worcester sauce
Salt & pepper
8-10 sheets of lasagne

Béchamel/cheese sauce

50g Butter
50g Plain flour
650mls Milk
Salt and pepper

Instead of ready mixed herbs you could make your own:

1/2 teaspoon basil
1/2 teaspoon Rosemary
1 teaspoon of oregano
1 Bay Leaf



Food Skills

- | | |
|---|--|
| ☒ Weigh | ☒ Peel |
| ☒ Measure | ☒ Chop |
| | ☒ Slice |
| | ☒ Simmer |
| | ☒ Boil |

Optional

- add 100g grated cheddar cheese.
- ½ tsp Mustard .

Handy Hint

- Vegetarian option – Quorn.
- Chicken and leek with a white sauce is also tasty.

Challenge

- Add a carrot and a stick of celery when cooking onions and garlic



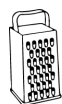
Equipment



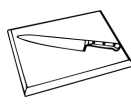
Colander



Pan x 2



Grater



Chopping Board



Knife



Tablespoon



White Spoon



Teaspoon



Measuring Jug

Bolognese Sauce Method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	MEP (Mise en place). Preparation.	Hot soapy water in the sink. Wash hands, apron on, wipe surfaces down, hair tied up and watches removed.
	Prepare vegetables – peel, chop and slice. Crush garlic.	Bridge and claw method.
	Heat a little oil in a pan and gently fry onions and garlic (CH – carrots and celery) Cook until onions are see through and celery has softened	QC - Don't burn the onions.
	Add meat and cook until brown.	QC - Do not over cook
	Add tomato puree, Worcester sauce, herbs and can of tomatoes or passata.	
	Stir well. Bring to the boil and simmer for 25-30 minutes. Taste and season.	Simmer little bubbles.
	Clean, teamwork.	Assess.

Lasagne béchamel sauce/cheese sauce method overleaf

Top Tip

Serve with a simple green salad, and/or garlic bread

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Lasagne béchamel sauce/cheese sauce method

Time	Stage in Production (Step-by-Step)	Quality Control Checks (Plus Handy Hints & Tips)
	While the meat is simmering make the cheese sauce.	
	Melt margarine in a pan, add flour and cook for 2 minutes.	Don't have the hob too hot or you will burn the fat.
	Remove from the heat and gradually add the milk, then return to the heat. Stirring all the time until the sauce thickens.	Stirring is very important!
	Remove from the heat and add the grated cheese, season and stir.	
	Assemble your lasagne.	
	Layer the lasagne into oven proof dish Layer 1 – bolognese sauce Layer 2 – cheese sauce Layer 3 – lasagne sheets. REPEAT. Finish with cheese sauce.	OPTIONAL- grate some cheese over the top. COVER AND PUT IN FRIDGE. COOK AT HOME.
	Clean, teamwork.	Assess.