

Fruit Salad



Complexity: **Easy to medium**

Ingredients

Minimum of 3 whole fruits.

Maximum of 5 whole fruits

Small carton of sugar free fruit juice

Food Skills

- ☒ Chop
- ☒ Slice
- ☒ Peel

Optional

- Mint leaves.

Handy Hint

- Please refer to the preparation lesson where we discussed good fruits to use, and fruits which were not suitable.

Container

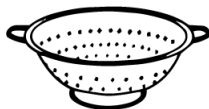
- Container from home to take salad home in – with a sealable lid.

Top tip

- colour of your fruit.



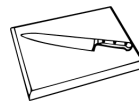
Equipment - school will provide



Colander



Pan



Chopping Board



Knife

Bolognese Sauce Method

Time	Stage in Production (MEP)	Quality Control Checks (Plus Handy Hints & Tips)
		Wash hands, apron on, wipe surfaces down, watches, bracelets and rings removed etc.
	Get equipment and ingredients out and organised. Juice into container.	Fruit, juice, container, cooks knife, chopping board, peeler perhaps.
	Watch demonstration of chopping techniques. Chop fruit.	“Bridge” and “Claw”. Even sizes.
	Coat in juice.	Prevents “browning”.
	Put peel and skins in the peddle bin.	Do this every 3 or 4 minutes to keep your workstation is clean and tidy.
	Seal container when all fruit has been chopped.	Add name and date and place in the fridge for collection later.
	Clean, teamwork.	Assess.

Top Tip

Serve with cream or ice cream

#proudtobeUCC

Pasta Salad

Complexity: **Medium**

Ingredients

100g Dried pasta
Salad (3 minimum, 5 maximum) NOT LETTUCE
Tomato
Cucumber
Red onion
Carrot
Salad dressing of your choice

Handy Hint

- Think of presentation – different colour of vegetables.

Container

- Container from home to take salad home in – with a sealable lid.



Food Skills

- | | |
|---|---|
| ☒ Weigh | ☒ Chop |
| ☒ Boil | ☒ Slice |
| | ☒ Peel |
| | ☒ Grate |
| | ☒ Dress |



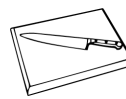
Equipment - school will provide



Colander



Pan



Chopping Board



Knife

Method

Time	Stage in Production (MEP)	Quality Control Checks (Plus Handy Hints & Tips)
	Wash hands, apron on, hair tied back etc.	
	Put large pan of salted water on for the pasta. Do not add the pasta yet. Bring to boil and add pasta and stir.	Then turn down to a simmer (little bubbles).
	Prepare vegetables	Think about presentation – size, shape.
	When pasta is cooked – drain into a colander.	How do you know the pasta is cooked – it should have a little bit of bite (al dente).
	Place the pasta back in the pan. Place colander over the top and run cold water. When cold drain into the colander.	
	Add vegetables to pasta and season with salt and pepper. And salad dressing. Present	Taste.
	Optional extra – dressing of your choice.	A simple combination of red wine vinegar, oregano, olive oil, salt, and pepper makes the perfect tangy dressing.
	Clean, teamwork.	Top tip – don't add too much dressing.
		Assess.

Top Tip

Serve with protein-fish, meat chicken, tofu or cheese to create a balanced meal

#proudtobeUCC

Scones

Complexity: **Medium**

Ingredients

400g Self Raising Flour
100g salted butter
80g sugar
100g of Fruit. Choose from Sultanas, cherries, blueberries
Bring half a pint of milk, you may not use it all
Container to take home the finished scones

Handy Hint

- To make **cheese scones**, add 100g grated cheese before you add the milk. **Do not add the sugar. YOU CAN add a teaspoon of mustard powder.**
- Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones

Container

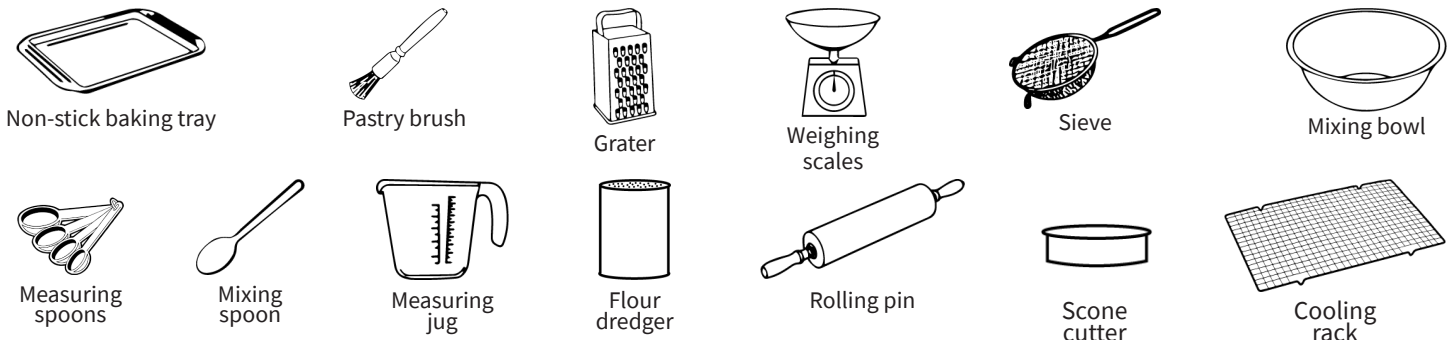
- Container to take home the finished scones



Food Skills

- | | |
|---|--|
| ☒ Weigh | ☒ Rub-in |
| ☒ Measure | ☒ Grate |
| | ☒ Sift |
| | ☒ Bake |
| | ☒ Roll out |
| | ☒ Form and shape |

Equipment - school will provide



Method

Time	Stage in Production (MEP)	Quality Control Checks (Plus Handy Hints & Tips)
	Wash hands, apron on etc. Pre-heat oven to Gas 7/220C	Hot soapy water in the sink. Check oven is warming up after a couple of minutes.
	Place flour and butter in a mixing bowl and using your fingertips rub the fat into the flour. Add the salt	Fine crumb
	Add milk. Not all at once!	Cut in with round blade knife Save a few drops of milk for glazing.
	Bring together with the knife.	Use one hand to work any loose dry mixture into the dough.
	Lift onto lightly floured surface. "Pat" out to 2 to 2 ½ cm. Cut out individual scones. Glaze using milk.	Knead only 3 or 4 times. Do not over work. Do not over pat/roll out! Reform dough and repeat. Pastry brush.
	Bake for 10 to 12 minutes – until golden brown Cool on wire rack.	Present best 3.
	Clean, teamwork.	Assess.

Top Tip

Serve with jam and cream

#proudtobeUCC

Crumble

Complexity: **Medium**

Ingredients

500g Cooking apples, pears, rhubarb, plums or other fruit.
50g sugar

Topping

150g Plain flour
75g Butter or block margarine
75g Demerara or granulated sugar

Handy Hint

- Blackberries go well with apple.
- Fridge temperature makes it easier to rub the butter/margarine into the flour

Optional

- Oats

Container

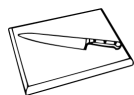
- Oven proof dish from home.



Food Skills

- ☒ Weigh
- ☒ Measure
- ☒ Peel
- ☒ Rub in
- ☒ Mix
- ☒ Bake

Equipment - school will provide



Chopping Board



Knife



Colander



Pan



Mixing bowl



Spoon

Method

Time	Stage in Production (MEP)	Quality Control Checks (Plus Handy Hints & Tips)
	Wash hands, apron on etc. Pre-heat oven to Gas 5/190C	Hot soapy water in the sink. Check oven is warming up after a couple of minutes.
	Prepare fruit: peel and slice.	Bridge and claw method.
	Place fruit in the bottom of your oven proof dish, and sprinkle the sugar over.	
	Make the topping: place flour and butter in a mixing bowl and using your fingertips rub the fat into the flour.	Rub in method just like you did with scones. Looks like fine bread combs
	Clean, teamwork.	Assess.

Top Tip

Serve with custard or cream

#proudtobeUCC

Pasta Bolognaise

Complexity: **Medium**

Ingredients

250g dried pasta
1 onion
2 cloves garlic, crushed
75g mushroom
1 tbsp. tomato puree
1 can chopped tomatoes or 1 carton passata
1 pepper
1 tsp mixed herbs
Salt & pepper

Handy Hint

- Think of presentation – different colour of vegetables.
- Decorate with basil.

Container

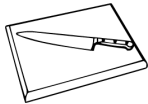
- Container to take home.
- Container from home to take salad home in – with a sealable lid.



Food Skills

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

Equipment - school will provide



Chopping Board



Knife



Colander



Pan x2



White spoon

Method

Time	Stage in Production (MEP)	Quality Control Checks (Plus Handy Hints & Tips)
	Wash hands, apron on etc.	Hot soapy water in the sink.
	Prepare vegetables – peel, chop and slice.	Bridge and claw method.
	Heat a little oil in a pan and gently fry onions, add meat and cook until brown.	Don't burn the onions.
	Add tomato puree, herbs and can of tomatoes.	
	Stir well.	Rub in method just like you did with scones.
	Simmer for 25-30 minutes.	
	Check seasoning.	Looks like fine bread combs
	Cook pasta.	Don't over cook pasta.
	Drain and combine with the sauce and serve.	
	Clean, teamwork.	Assess.

Top Tip

Serve with a simple green salad

#proudtobeUCC