

Home Economics S1 recipe book



Lesmahagow High School

Welcome to the Home Economics department!

These are tried and tested recipes created and adapted by Mrs Dunbar and Mrs Miller which we will use throughout pupils first year of Home Economics. There may be others we add in throughout the year depending on seasonal ingredients and other themed lessons. We would encourage pupils to practise cooking/ preparing/doing dishes as much possible at home to improve their confidence, pace and skills in the kitchen. The curricular links, learning intentions and success criteria linked to these recipes and related coursework are also included. This will hopefully help both pupils and parents understand how the recipes link to the experiences and outcomes and the Benchmarks for Home Economics.

Most importantly, enjoy making these recipes or others and please take pictures to upload to our department Twitter page or Google classroom!



Hygiene rules

We follow a few basic hygiene rules in the department; hair must be tied back and no nail varnish or jewellery is encouraged.

S1 Lesmahagow High School Home Economics course
1 double period every week

Lets get ready to cook 8 weeks

Learning Intentions

Second level

I am learning to develop dexterity, creativity and confidence when preparing and cooking food

TCH 2-04a

I am learning about hygiene and safety and can apply these principles to everyday routines.

I am learning to understand their importance to health and wellbeing

HWB-2-33a

Success Criteria

I can make food items safely and hygienically adhering to allergies, cleaning, cross contamination, cooking and chilling.

I can identify ways to reduce the risk of food poisoning, for example; safe food storage, different coloured chopping boards, reheating food until piping hot.

I can understand the difference between best before and use by dates on food labels

Third level

I am learning to apply food safety principles when buying, storing, preparing, cooking and eating food

HWB 3-33a

Success Criteria

I can apply food safety principles from purchase to consumption and preparing and cooking food.

I can list the conditions for bacterial growth

I can list the correct ways to store different foods

I can understand the information on food labels that helps prevent food poisoning

Success Criteria

I can demonstrate a range of practical skills for example; weighing and measuring, fondant modelling, coating and decorating a cake/biscuits.

Third level

I am learning to apply specialist skills whilst improving my dexterity and confidence
TCH 3-04a

Success Criteria

I can use a wide variety of ingredients to demonstrate a range of more complex skills including; creaming, rubbing in, shaping and decorating

Breakfast unit- nutrition and design and make project 12 weeks

Learning Intentions

I am learning to apply my knowledge and understanding of current healthy eating advice and can contribute to a healthy eating plan
HWB 2-30a

Success Criteria

I can explain the proportion each food group should contribute to healthy eating plan

I can identify composite dishes with a variety of nutrients contained, for example lasagna

I can explain 3 healthy eating messages, such as eat less sugar

I can create a menu which reflects current dietary advice

I can identify simple changes or improvements to my own diet

I can explain the importance of keeping hydrated

Third Level

Learning Intentions

I am learning whilst taking part in practical food activities I can take account of current healthy eating advice and prepare healthy foods to meet identified needs

Success Criteria

I can demonstrate an understanding of current healthy eating advice through preparing foods to meet specific health needs such as high blood pressure

Practical cake craft unit- 4 weeks spread over the academic year

Learning Intentions

Second level

I am learning to develop dexterity, activity and confidence when preparing and cooking food

TCH 2-04a

I am learning to explore problem solving strategies to meet design challenges with a food focus

TCH 2-04c

Success Criteria

I can demonstrate a range of practical skills for example; weighing and measuring, fondant modelling, coating and decorating a cake/biscuits.

I can investigate a design challenge to plan and reach a solution.

Third level

I am learning to apply specialist skills whilst improving my dexterity and confidence

TCH 33-04a

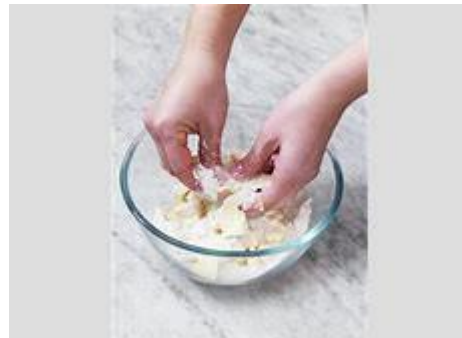
I am learning to show creativity in a design challenge whilst designing, making and evaluating a food item

TCH 3-04c

Success Criteria

I can use a wide variety of ingredients to demonstrate a range of more complex skills including; creaming, rubbing in, shaping and decorating.

I can use a range of creative and innovative strategies to investigate a design brief.



Fruit Kebab

Lets get ready to cook unit

- $\frac{1}{4}$ apple
- $\frac{1}{4}$ banana
- $\frac{1}{4}$ orange
- 5 grapes
- 1 pineapple ring
- 2 kebab skewers



Equipment

Green chopping board

Vegetable knife

Peeler

Metal spoon

Colander

Paper towel

Glass bowl

Plate

Method

1. Wash fruit in colander or sieve.
2. Slice grapes in half width wise and cut pineapple ring into 6 equal pieces.
3. Peel banana and slice into 4 equal round pieces.
4. Carefully remove skin from orange using sawing action on chopping board. And slice orange carefully into 4 pieces.
5. Peel apple and remove core. Slice into 4 equal pieces.
6. Thread pieces of fruit onto skewers and serve with your chosen dip.

Food preparation Techniques and Cookery Processes

Peel, bridge hold, chop, slice, thread, garnish

Garnish/serving suggestion ideas

Drizzle of melted chocolate/cream/fruit coulis

Potato wedges and dip



1 medium sized potato
15ml oil
2.5ml garlic granules/paprika/bbq seasoning/curry powder

Equipment

Green chopping board vegetable knife measuring spoons small
glass bowl metal spoon

Dip options

Garlic mayonnaise- 3 x 15ml mayonnaise and 2.5ml garlic granules
Spicy tomato dip- 3 x 15ml chopped tomatoes, 2.5ml barbeque seasoning/chilli power/mixed herbs/garlic granules

Method

1. Pre heat oven to gas mark 6, 200 degrees.
2. Wash potato and cut in half, quarter then slice into even size wedges.
3. Add oil and spices to bowl with wedges and coat thoroughly.
4. Place wedges onto baking tray and bake in oven until crispy on the outside and fluffy on inside.
5. Serve hot with chosen dip.

Food preparation Techniques and Cookery Processes

Measuring dry ingredients, fine dice, blending, garnishing, baking

Microwave bowl cake



1 egg
A few drops vanilla essence
50g SR Flour
50g caster sugar
50g soft margarine

Optional 15ml cocoa powder/35g SR Flour for chocolate sponge
15ml spoon of jam at bottom of mug for jammy sponge

Equipment

Small glass bowl large glass bowl scales cup butter knife
Metal spoon wooden spoon spatula measuring spoons

Method

1. Weigh all dry ingredients and sieve flour into large bowl.
2. Crack egg into cup and add to large bowl.
3. Beat mixture until smooth and dropping consistency.
4. Grease small glass bowl, pour in cake mixture and cook in microwave until springy to touch. This should take 2-3 minutes.
5. Remove sponge from bowl using spatula to loosen cake away from the sides.
6. Serve

Food preparation Techniques and Cookery Processes

Measuring dry ingredients, creaming, steaming

Garnish ideas

Drizzle of melted chocolate, sprinkle of icing sugar

Cheese and tomato pasta



75g penne pasta
100ml chopped tomatoes
5ml tomato puree
2.5ml garlic powder
1.25ml chilli powder (optional)
 $\frac{1}{4}$ onion
25g cheddar cheese
5ml oil

Equipment

Small pot	large pot	measuring spoons	measuring jug
Chopping board		vegetable knife	wooden spoon
Grater	plate	scales	paper towel

Method

1. Half fill pot with water and put onto boil
2. Collect tomatoes, puree, garlic and chilli powder in measuring jug.
3. Finely dice onion and grate cheese.
4. Place pasta carefully into boiling water and cook until al dente (approx 10 mins)
5. Gently heat oil in second pot/frying pan and soften onion. Add sauce ingredients into pot and simmer for 10 minutes.
6. Drain pasta when ready and add to sauce pot. Combine together and serve hot with grate cheese on top.

Garnish/serving suggestion ideas

Grated cheese on top, freshly chopped herbs such as basil/parsley
Van dykke tomato on top, garlic bread.

Food preparation Techniques and Cookery Processes

Measuring volume and dry ingredients, fine dice, garnishing, boiling, simmering

Cream of Tomato soup



250ml chopped tomatoes

5ml sugar

50ml vegetable stock

2.5ml mixed herbs

$\frac{1}{4}$ onion

5ml cornflour blended with 15ml of milk

10ml oil

Equipment

Green chopping board

paper towel

vegetable knife

metal spoon

wooden spoon

small pot

Hand blender measuring spoon measuring jug

pot stand

Method

1. Measure tomatoes, stock, sugar and herbs into measuring jug.
2. Finely dice onion (remember bridge hold)
3. Gently heat oil in pot and add onion. Soften for 3-5 minutes.
4. Add jug ingredients into pot and bring to the boil.
5. Turn down to simmer gently for 15 minutes.
6. Blend cornflour with milk until smooth and add to soup.
7. Bring back up to boil for a few minutes to thicken then switch off and cool slightly.
8. Taste and season and blend until smooth.
9. Garnish and serve hot.

Food preparation Techniques and Cookery Processes

Measuring volume and dry ingredients, fine dice, blending, garnishing, boiling, simmering,

Garnish/serving suggestion ideas

A swirl of cream, finely chopped parsley, Croutons

Shortbread



50g plain flour
25g cornflour
50g block margarine
25g caster sugar

Equipment

Large bowl. Sieve metal spoon
Butter knife flour dredger baking tray
Scales cookie cutters fish slice

Method

1. Preheat oven to gas mark 5, 180 degrees
2. Sieve flour and cornflour and rub in margarine/butter.
3. Add sugar and start to bring dough together with one hand (add a little water if not binding together)
4. Divide the dough into 6 equal pieces and hand roll into balls.
5. Place on floured baking tray and flatten each cookie with fork
6. You can roll out dough on floured surface with a rolling pin and use cookie cutters if you would prefer a more uniform biscuit.
7. Prick each biscuit lightly with fork before placing in oven for 10-15 minutes.
8. Biscuits will be ready when they are lightly golden in colour and slightly firmer to touch in middle. Biscuits will not firm up until completely cool.
9. Serve.

Food Preparation Techniques and Cookery Processes

Weighing and measuring, rubbing in, sieving, kneading, shaping, baking

Decoration ideas

Sprinkle of sugar, drizzle of water icing

Halloween cake



1 egg
50g caster sugar
50 SR Flour
50g soft margarine

Equipment

Large bowl	sieve	metal spoon	butter knife
scales	rolling pin	cup	fork
wooden spoon	spatula	cake tin/tin foil dish	baking tray

Method

1. Pre heat oven to 200 degrees/gas mark 6.
2. Sieve flour into large bowl and add other ingredients.
3. Mix with a wooden spoon until smooth and dropping consistency (should drop off spoon easily)
4. Grease and line cake tin with circle of greaseproof paper on bottom.
5. Use spatula to pour cake mix into tin/foil dish.
6. Place cake onto baking tray and bake in oven for approx 20 minutes until well risen, golden in colour and springy to the touch.
7. Transfer onto cooling rack and start decorations.

Decorations options

Water icing- 4x 15ml icing sugar and add a few teaspoon of water to mix into thick toothpaste like consistency.

Butter icing- 100g of icing sugar and 50g of margarine/butter. Soften butter and add sieved icing sugar in gradually until it resembles ice cream. Smooth on top of cooled cake or pipe onto cupcakes.

Fondant icing-100g Knead to soften and roll into a ball. Flatten slightly with hand onto work top then roll out gradually keeping its round shape by turning during rolling. You should roll to £1 coin thickness minimum.

Coloured fondant to be used for cut out 2D or 3D modelled decorations. Google 'fondant Halloween decorations' for ideas/tutorials online.

Food preparation Techniques and Cookery Processes

Measuring dry ingredients, creaming, sieving, shaping, decorating, baking

Christmas coconut truffles



6 crushed Digestives

15ml spoon of Cocoa powder 100ml

Condensed milk

25g melted margarine 15ml

Desiccated coconut

More coconut/chocolate strands to coat truffles

Equipment

Cup large bowl rolling pin metal spoon Measuring
jug measuring spoons petit four cases plate

Method

1. Melt margarine in microwave in cup

2. Crush biscuits in large bowl using end of rolling pin

3. Add all the ingredients to large bowl and mix well with metal spoon until all the dry ingredients stick together.

4. Shape mixture into small balls, roll to coat in coconut/chocolate strands and place in paper case. Once all mixture is used up chill in fridge for at least an hour.

5. Serve as is or decorate with seasonal sprinkles/edible glitter/stars etc

Decoration ideas

Selection of fondant icing to make berries/holly/snowflakes to decorate truffles

Food preparation Techniques and Cookery Processes Measuring
volume and dry ingredients, shaping, decorating

Microwave Christmas cake



2 x 15ml SR Flour 2.5ml
Baking powder 2.5ml Mixed
spice 5ml treacle
3 x 15ml brown sugar 2 x
15ml apple juice 6 x 15ml
dried fruit 4 cherries
quartered 15ml soft
margarine 1 egg

Equipment

Large glass bowl rolling pin measuring jug scales wooden spoon
measuring spoons cup small glass bowl metal spoon

Method

1. Melt margarine, apple juice and dried fruit in microwave for 30-60 seconds to melt in small glass bowl.
2. Sieve flour, baking powder and spice into large bowl. Add in melted ingredients and mix until combined.
3. Grease the small glass bowl with some oil and add cake mixture in.
4. Microwave on high for 3 minutes until spongy and risen.
5. Use spatula to help remove cake from small bowl and cool completely.
6. Brush with 15ml of melted jam.
7. Roll out approx 150g of white fondant icing. Keep icing thicker than usual as cake has bumpy texture we need to smooth over.
8. Coat cake with icing (jam will act like glue) and use sharp knife to trim around bottom edge of cake.
9. Use a little water icing as glue to stick on your decorations and serve.
10. Cake will last around 10 days.

Food preparation Techniques and Cookery Processes

Measuring volume and dry ingredients, sieving, slice, shaping, rolling out, decorating, modelling, coating, steaming.



Oat Cookies

Breakfast and Nutrition unit of work



50g SR Flour

50g porridge oats

50g margarine

50g soft brown sugar

15ml skimmed milk

Equipment

1. Pre heat oven to 180 degrees, gas mark 5.
2. Rub in margarine to flour
3. Add in sugar, oats and milk and start to pull mixture into a dough ball
4. Lightly flour baking tray, divide dough into 6 equal size round balls. 5. Flatten down with a fork onto baking tray with 2 finger spaces between each cookie.
6. Put cookies in oven until golden brown and slightly firm in middle. (they wont firm up fully until cool)
7. Serve.

Food preparation Techniques and Cookery Processes

Measuring dry ingredients, rubbing in, shaping, baking

Eat Well Guide and nutrients

Flour and oats-yellow section. Eat more breakfast cereals, eat more fibre, eat less fats, carbohydrate, fat, vitamin D, calcium

Fruit Muffins Between 2



85g SR Flour

2.5ml baking powder

50g caster sugar

1 egg

5 x 15ml oil

3 x 15ml skimmed milk

2 x 15ml mixed berries/grated apple/ $\frac{1}{2}$ banana

Equipment

Large bowl cup measuring jug measuring spoons fork pot stand

Scales sieve metal spoon wooden spoon paper cases

Method

1. Pre heat oven to gas mark 6 200 degrees.
2. Sieve flour and baking powder into large bowl.
3. Add milk, oil, egg and chosen flavour to measuring jug and beat lightly with a fork.
4. Pour jug ingredients into large bowl and mix just until flours combined with wet ingredients.
5. Spoon mixture into 6 paper cases and place in oven for 15 minutes (approx)
6. Remove from oven when well risen, cracked and golden in colour.
7. Serve.

Food preparation techniques and cookery processes

Sieve, mix, beat, grate, mash bake, decorate

Garnish/serving suggestion ideas

Drizzle of water icing

Eat well guide and current dietary advice

Flour- yellow section, fruit-green section. Eat more fruit and vegetables, carbohydrate, fibre, fat

Flapjacks



50g margarine
25g caster sugar
15ml golden syrup
80g porridge oats
2 X 15ml dried fruit,

Equipment

Large bowl scales measuring spoons metal spoon
Cake tin/foil dish spatula pot stand oven gloves

Method

1. Pre heat oven to gas mark 6/200 degrees.
2. Melt margarine and syrup in microwave for approx 30 seconds.
3. Add to large bowl with oats, sugar and dried fruit.
4. Once mixture is combined use spatula to pour and smooth into foil dish.
5. Place on baking tray and bake for 20-25 mins until golden brown in colour.
6. Cool and remove from tin and cut into even slices.

Food preparation Techniques and Cookery Processes

Measuring volume and dry ingredients, mix, slice, microwave, bake

Eat Well Guide

Oats-yellow section, dried fruit-green section, Eat more fruit and vegetables
Eat more breakfast cereals, carbohydrate, fat

Pancakes Between 2



100g SR Flour
25g caster sugar
100ml skimmed milk
1 egg
15ml oil

Equipment

Frying pan measuring jug scales measuring spoons
fish slice
Plate paper towel pot stand balloon whisk metal spoon

Method

1. Sieve flour into large bowl and stir in sugar.
2. Add egg to milk in jug and beat to combine.
3. Add jug to bowl and mix until smooth using a balloon whisk.
4. Gently heat oil in frying pan and add ladle of pancake batter.
5. Cook until lots of bubbles appear on surface and then flip over carefully.
6. Cook the other side and serve when all pancakes are cooked.
7. These can be eaten hot or cold.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, mix, shallow fry, garnish

Garnish/serving suggestion ideas

Drizzle with golden syrup, melted chocolate

Eat Well Guide

Eat less fat ,Flour-yellow section, milk-blue section, carbohydrate, calcium, vitamin D

Potato scones between 2



225g potatoes
2.5ml salt
100 SR Flour
50g low fat
margarine
Salt and pepper
15ml oil

Equipment

Potato masher pot sieve fish slice flour dredger
Wooden spoon scales frying pan metal spoon peeler
Vegetable knife paper towel

Method

1. Half fill pot with water and put onto boil.
2. Wash, peel and chop potatoes into even size pieces.
3. Carefully put into boiling water
4. Potatoes should be soft in the middle when ready to drain.
5. Add drained potatoes to large bowl with margarine and mash until smooth.
6. Season well and add flour to mix into a dough ball.
7. Turn dough onto lightly floured worktop and divide into equal pieces.
8. Gently heat oil in frying pan and cook potato scones until coloured on each side.
9. Serve hot

Food preparation Techniques and Cookery Process

Measuring dry ingredients, peel, cut, boiling, simmering, mash, shape, mix, fry

Garnish/serving suggestion ideas

With ketchup/brown sauce

Eat Well Guide and current dietary advice

Potatoes-yellow section ,margarine-purple section, Eat less saturated fat, carbohydrate, fat

Sweet scones



100g SR Flour
2.5ml baking powder
25g poly unsaturated margarine
25g Caster sugar
3-5 x 15ml skimmed milk

Optional ingredients

2 x 15ml dried fruit, 6 glace cherries, 5ml cinnamon.

Equipment

Baking tray	flour dredger	scales	measuring jug	cup	butter
knife	measuring spoons	sieve	large bowl		
pastry brush	metal spoon	fish slice			

Method

1. Pre heat oven to gas mark 6/200 degrees.
2. Sieve flour and baking powder into large bowl.
3. Rub in margarine until it resembles breadcrumbs.
4. Stir in sugar and any other ingredients you've chosen.
5. Add milk gradually to bring dough together.
6. Turn dough onto lightly floured surface and divide dough equally into 6 small scones. Or roll out dough to roughly 3-5cm thickness and use cutter to cut out individual scones.
7. Glaze with a little milk and place on baking tray and into oven for 12-15 minutes.
8. Remove from oven when well risen and golden brown in colour.

Food preparation Techniques and Cookery Processes

Measuring volume and dry ingredients, rubbing in, shaping, glaze, bake

Garnish/ serving suggestion ideas

Serve with butter, jam and cream

Eat well guide and current dietary advice

Flour-yellow section, dried fruit-green section, milk-blue section. Eat less saturated fats, carbohydrate, fat, vitamin D, calcium

Cheese Scones



100g SR Flour

2.5ml baking powder

25g poly unsaturated margarine

40g cheese

3-5 x 15ml skimmed milk

Equipment

Baking tray	flour dredger	scales	measuring jug	cup	butter
knife	measuring spoons	sieve	large bowl		
pastry brush	metal spoon	fish slice			

Method

1. Pre heat oven to gas mark 6/200 degrees.
2. Sieve flour and baking powder into large bowl.
3. Rub in margarine until it resembles breadcrumbs.
4. Grate cheese and stir into mix
5. Add milk gradually to bring dough together.
6. Turn dough onto lightly floured surface and divide dough equally into 6 small scones. Or roll out dough to roughly 3-5cm thickness and use cutter to cut out individual scones.
7. Glaze with a little milk and place on baking tray and into oven for 12-15 minutes.
8. Remove from oven when well risen and golden brown in colour.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, grate, rubbing in, shaping, glaze, bake

Garnish/ serving suggestion ideas

Half scones and spread with butter

Eat Well Guide and Current dietary advice

Flour-yellow section, blue section for milk and cheese. Eat less saturated fats, carbohydrate, fat, vitamin D, calcium

Scone based pizza



100g plain Flour

25g margarine

2.5ml salt

3-5 x 15ml milk to bring together into a dough,

Toppings

15ml chopped tomatoes and 5 ml tomato puree

2.5ml mixed herbs

1ml garlic granules

30g grated cheese, 1/6 finely chopped onion

Equipment

Measuring spoons large bowl flour dredger cup

Grater sieve vegetable knife chopping board

Paper towel metal spoon baking tray

Method

1. Pre heat oven to gas mark 6/200 degrees.
2. Sieve flour and baking powder into large bowl.
3. Rub in margarine until it resembles breadcrumbs.
4. Add milk gradually to bring dough together.
5. Grate cheese, prepare chosen toppings and mix tomatoes with herbs in cup.
6. Turn dough onto lightly floured surface and roll out dough to roughly into round pizza shape.
7. Spoon tomato sauce/puree onto base, add chosen toppings and put cheese on top.
8. Place on a baking tray and bake until cheese and has melted and crust in golden brown in colour,
9. Serve hot and slice into portions as required.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, rubbing in, shaping, rolling, mix, fine dice, baking.

Eat well guide and current dietary advice

Flour-yellow section, cheese and milk- blue section. Eat more fruit and vegetables, carbohydrate, fat, vitamin D, calcium

Coconut buns



150g SR Flour
50g margarine
40g caster sugar
2 x 15ml desiccated coconut
1 egg
3 x 15ml skimmed milk (approx).

Equipment

Flour dredger baking tray metal spoon measuring spoons
Cup butter knife sieve large bowl small bowl fork

Method

1. Pre heat oven to gas mark 6/200 degrees.
2. Sieve flour into large bowl and rub in margarine until it resembles breadcrumbs.
3. Stir in sugar and coconut to large bowl.
4. Add in beaten egg then milk add gradually to bring it into a dough.
5. Divide roughly into 6 piles on lightly floured baking tray.
6. Place into oven and bake for 12-15 minutes until golden brown and well risen.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, beat, rubbing in, shape, baking

Garnish/serving suggestion ideas

Drizzle with water icing

Eat Well Guide and Current dietary advice

Flour-yellow section, milk-blue section. Eat less saturated fat, carbohydrate, fat, vitamin D, calcium

Mini sweet calzone



125g Bread flour

2.5ml dried yeast

1ml salt

1ml sugar

15ml oil

4-6 x 15ml water to bring dough together

Filling options 15ml of-Chocolate spread, apple and cinnamon, mixed berries, jam

Equipment

Baking tray measuring spoons flour dredger butter knife

Cup metal spoon rolling pin scales vegetable knife

Method

1. Pre heat oven to gas mark 6/200 degrees
2. Sieve flour into large bowl and add yeast, salt and sugar.
3. Add water gradually to bring together in to a dough.
4. Knead to stretch gluten in dough for approx 10 minutes.
5. Roll out to chosen shape and put filling in half of it leaving a gap around the outside to stop filling bursting out.
6. Fold other half of dough over filling and close using the end of a spoon to seal the edges tightly. Use a sharp knife to put a slit in top of calzone to let steam out.
7. Put calzone on lightly floured baking tray and bake in oven for until risen and golden brown in colour. (approx 20 minutes)
8. Remove from oven and serve hot or cold.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, kneading, shaping, rolling out, garnishing,

Garnish/serving suggestion ideas

Sprinkle of icing sugar, drizzled with melted chocolate, drizzle of water icing

Eat Well Guide and current dietary advice

Flour-yellow section, green section if choosing fruit filling

Eat more bread and Eat more fruit and vegetables, carbohydrate, fat

Cinnamon Swirls



1 piece of reduced fat puff pastry

15ml spoon soft brown sugar

5ml spoon cinnamon

10ml melted margarine

Equipment

Pastry brush flour dredger baking tray metal spoon

Rolling pin vegetable knife cup

Method

1. Pre heat oven to gas mark 7/220 degrees.
2. Mix cinnamon and sugar together.
3. Roll out pastry on a lightly floured work top into a rectangle.
4. Melt margarine and brush onto pastry.
5. Spread cinnamon sugar on top and roll up tightly.
6. Slice into equal size pieces and place flat with swirl facing upwards.
7. Place in oven for approx 15 minutes or until pastry is golden brown
8. Remove and serve.

Food preparation Techniques and Cookery Process

Measuring volume and dry ingredients, shaping, kneading, rolling, glazing, baking

Garnish/serving suggestion ideas

Sprinkle of icing sugar, drizzle of water icing

Eat Well Guide

Eat less saturated fat, carbohydrate, fat

Sausage rolls



1 piece of reduced fat puff pastry

1 lean link sausage

Beaten egg for glaze

Equipment

Baking tray

flour dredger

rolling pin

pastry brush

cup

pot stand

butter knife

Method

1. Pre heat oven to gas mark 7/220 degrees.

2. Lightly flour work surface and roll out pastry into a rectangle a little longer than sausage.

Brush around the outside edge of pastry with beaten egg.

3. Place sausage in middle of rectangle and roll pastry to cover sausage.

4. Tuck seam of pastry under bottom of sausage roll and ensure its sealed. Put on lightly floured baking tray.

5. Use knife to put several slits in top of sausage roll and brush with more beaten egg to glaze.

6. Place into oven and bake until golden brown and risen.

7. Serve hot or cold.

Food preparation Techniques and Cookery Process

Shaping, rolling, kneading, rolling, glazing, baking

Garnish ideas

Serve with ketchup/brown sauce

Eat Well Guide

Sausage- pink section, Eat less saturated fat, carbohydrate, fat, protein

Chocolate Brownies Between 2



50g margarine
25g milk chocolate
1 x 15ml cocoa powder
80g caster sugar
50g SR flour
1 egg

Equipment

Large bowl fork wooden spoon cup scales metal spoon
Sieve measuring spoons small bowl cake tin/tin foil dish

Method

1. Pre heat oven to gas mark 6/200 degrees
2. Sieve flour and cocoa into large bowl.
3. Melt margarine and chocolate in microwave carefully (approx 35 seconds)
4. Add to large bowl and add beaten egg.
5. Beat mixture until smooth.
6. Pour mixture into greased cake tin/tin foil dish and bake in oven for 25-30 minutes
7. Brownie should be cracked on top and gooey inside.

Food preparation Techniques and Cookery Process

Weighing dry ingredients, sieve, beat, microwaving, baking

Garnish ideas

Drizzle with melted chocolate/sprinkle with icing sugar

Chicken Noodle Soup between 2

Chinese New Year lesson



- 1 spring onion
- 400ml chicken stock (1 cube)
- $\frac{1}{2}$ chicken breast
- 2.5ml ground ginger
- 2.5ml garlic granules
- 2 x 15ml spoons of sweet corn
- 50g dried egg noodles
- Salt and pepper

Equipment

Small pot green chopping board measuring jug pot stand
Measuring spoons wooden spoon paper towel pot
Vegetable knife red chopping board

Method

1. Measure stock, ginger and garlic into measuring jug.
2. Wash and finely slice spring onion.
3. Slice chicken into very slim equal sized pieces.
4. Add measuring jug to pot and add chicken pieces.
5. Bring pot to boil then turn down to simmer for 10 minutes to ensure chicken cooked..
6. Add sweet corn and noodles to soup carefully and simmer for a further 5 minutes or until noodles are cooked through.
6. Switch off heat and taste and season.
7. Serve hot.

Food preparation Techniques and Cookery Process

Measure volume and dry ingredients, slice, boil, simmer, poach, garnish

Garnish ideas

Serve with finely chopped herbs on top such as parsley

Eat Well Guide

Noodles-yellow section, sweet corn and spring onion-green section

Eat less fat, eat more fruit and vegetables



