



GCSE Food Preparation and Nutrition Recipe Book

Name _____

Teacher: _____

Form: _____

Group: _____

Recipe: Omelette

Ingredients:

- 2 eggs
- Black pepper
- Pinch of salt
- ½ teaspoon of mixed herbs
- ½ teaspoon of oil

Cheese filling

- 50g cheese

Method

1. Pre-heat the grill
2. Grate the cheese .
3. Break the eggs into the bowl, add the salt, pepper, herbs and half the cheese, gently combine with a fork—do not over beat!
4. Turn the hob to medium, place the frying pan on the hob and let it get hot (about 30 seconds with gas, longer with electric).
5. Turn up the heat and add the oil, tilt the pan so the base gets coated.
6. Add the egg. When a bubbly frill appears round the edge tilt the pan and use the palate knife to allow the uncooked egg to flow under the cooked egg.
7. When there is just a little liquid egg left, sprinkle the remaining grated cheese onto top and place frying pan with the omelette in under the pre-heated grill to cook until bubbling.
8. **Place pan on pan stand not on the work surface!**
9. Fold the omelette in half and tip onto the plate.

Recipe: Chicken or Quorn Rogan Josh

Ingredients:

- 200-400g chicken or Quorn
- 1 onion
- 3 cloves garlic
- 1 pepper
- 400g can tomatoes or fresh tomatoes
- 1 level tablespoon tomato puree
- Freshly chopped coriander

School will provide:

- 1 tsp fresh ginger
- ½ tsp turmeric
- 2 cardamoms
- 1 tsp chilli powder
- 1 tsp paprika
- 1 tsp garam masala
- Pinch cinnamon.
- 100ml water
- 2sp oil

Large container with lid

Method

1. Peel & slice the onion. Peel and crush the garlic and grate the ginger.
2. Gently fry the onion until translucent.
3. Chop the chicken into large pieces and add to the saucepan with the garlic, turmeric, ginger.
4. Deseed the pepper and cut into strips.
5. In a measuring jug add: chopped tomatoes, tomato puree, cardamoms, chilli powder, paprika, garam masala, cinnamon.
6. When the chicken is sealed (no pink remains on the outside) and the tomato mixture to the saucepan.
7. Add the pepper.
8. Add a 100ml of water if the mixture is a little dry.
9. Simmer on a low heat.
10. Season with salt and pepper and chopped coriander.

Recipe: Meatballs with tomato sauce

Ingredients

- 200-400g minced beef/ lamb/turkey/pork
- 1 large onion
- 2 slices of bread
- 1 egg
- 3 cloves of garlic (optional)
- 1 stock cube
- 1 tablespoon of tomato puree
- 1 x 400g canned tomatoes

School will provide:

½ teaspoon mixed herbs
2 tablespoons oil
1 teaspoon sugar
1 teaspoon basil
½ teaspoon black pepper

Container with a tight fitting lid.

Method

1. Prepare oven, 190°C or Gas Mark 5. Line tray with tin foil.
2. Peel and chop onion and garlic, place half in a large bowl and half in saucepan.
3. Process the bread in food processor until finely chopped. Add to large bowl.
4. Add mince, tomato puree, crumbled stock cube and herbs.
5. Break egg into small bowl and beat with fork.
6. Add to large bowl and combine all the ingredients.
7. Sprinkle flour onto a red chopping board.
8. Take 1 tablespoon of mixture and roll into a ball on the red chopping board. Place on the tray.
9. Bake meatballs for 15-20 minutes until cooked through. Probe the meatballs ensure the core reaches 75°C.
10. **Sauce:** Fry the onion and garlic in the saucepan with the oil.
11. When the onions are soft, add the chopped tomatoes, sugar and basil.
12. Simmer for 10-minutes.
13. Add the cooked meatballs / falafels to the container.
14. Add the sauce. At home, heat the meatballs until piping hot.

Recipe: Falafel

Ingredients:

- 1 small onion
- 1 clove of garlic
- 400g can chickpeas
- Handful of parsley
- 2 tablespoons sunflower oil
- 1 egg

School will provide:

1 teaspoon cumin
1 teaspoon ground coriander

Container with a tight fitting lid.

Method

1. Peel and finely chop the onion.
2. Crush the garlic.
3. Fry the onion and garlic over low heat for 5 minutes until soft.
4. Chop the parsley
5. Wash and drain the chickpeas
6. Tip cooked onions and garlic into a large glass bowl.
7. Add the chickpeas and spices and mash with a potato masher until soft.
8. Add the chopped parsley and season to taste.
9. Add the egg and mix well.
10. Shape into 12 balls and flatten into patties.
11. Fry falafels for 3 minutes on each side until golden brown and firm.

Recipe: Sausage plait/Jalouise

Rough Puff Pastry

Ingredients

- 225g strong plain flour
- 150g butter / block fat (or 75g butter & 75g block fat)
- 2.5g salt
- Cold water to mix (approximately 100mls)

Method

1. Cut the fat into small pieces.
2. Mix flour and salt, and add the butter, stir with a palette knife. (**do not rub in**).
3. Mix to a stiff dough with the water.
4. Roll out on a floured surface to a rectangle.
5. Fold in three.
6. Give a quarter turn so one of the open ends is towards you and roll out and fold into three again. Do this 3 times.
7. Cover and leave to rest in the refrigerator for 20—30 minutes.

Filling

Sausage plait

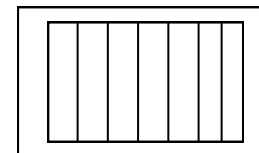
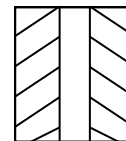
- 8 sausages/8 Quorn sausages.
- 2 tomatoes
- 1 onion
- 1 egg

Cheese Jalouise

- 150g Cheese
- 1 small onion (100g)
- 1 egg

Method

Plait



Jalouise

1. Set oven at 210°C/Gas Mark 7
2. Prepare fillings:
 - **Sausage Plait** - Slice tomatoes and chop the onion. Remove the skins from the sausages. Mix onion with the sausage meat.
 - **Jalouise** - Grate cheese & chop onion. Season. Add enough beaten egg to bind.
3. Roll pastry to a 25cm square. Trim.
4. **Plait** cut 7cm slits 1.5cm apart down each side of pastry. Place on baking tray, put the sausage filling in centre and arrange sliced tomato on top. Dampen cut ends of strips with beaten egg and plait by folding alternately from each side at an angle across the filling and sealing firmly in the middle.
Jalouise cut pastry into 2. Put one piece onto baking tray, arrange filling on top, dampen edges. Fold remaining piece in half lengthwise and cut at 1cm intervals across the fold leaving 2.5cm uncut each side. Place on top of filling and seal firmly on all 4 sides.
5. Brush with egg. Bake 20-25 minutes until risen and golden brown.
6. Probe the sausage meat when cooked to ensure it reaches a temperature of 75°C.

Recipe: Spicy bean casserole

Ingredients:

- 1 large onion,
- 1 x400g tin chopped tomatoes.
- 2 garlic cloves, crushed.
- 1 x pepper/courgette
- Chicken stock cube
- 1 can chick peas.
- 400g canned beans (mixed beans or black beans, cannelloni beans, butter beans, etc.
- 200g mushrooms
- 50g bacon, chopped. (optional)
- 100g chorizo (optional)

Container with a lid

School will provide:

2 tbsp oil
1 tsp cumin seeds
1/2 tsp cinnamon
2 tsp coriander seeds
1/2 tsp ground cumin
1/2 tsp turmeric
1/4 tsp chilli powder
Salt and pepper

Method

1. Preheated oven at 170°C/fan,190°C/gas 5.
2. Chop the onion.
3. Wash and slice the pepper and mushrooms.
4. Chop the bacon using scissors/slice the chorizo.
5. Make the stock, add 150ml boiling water to a measuring jug and add the stock cube.
6. Heat the oil in a saucepan and add onions, chorizo, bacon and garlic. Fry over a low heat until soft but not discoloured.
7. Stir in all the spices. Cook for a further minute or two.
8. Add the pepper, tomatoes, stock and salt and pepper. Stir well.
9. Rinse the beans and add to the pan. Stir and bring to the boil.
10. Stir in the mushrooms . Cover and cook for 20 minutes.
11. Add to your container.

Recipe: Chilled lemon flan

Ingredients:

- 300ml double cream
- 1 x 400g condensed milk **not** evaporated milk
- 2 x large lemons
- 250g plain digestive biscuits/ginger biscuits
- 100g butter/vegetable spread
- *Optional (Fresh/canned fruit for decoration)*

25cm flan dish or cake tin

Method

1. Melt the butter or vegetable spread in a saucepan. Take off the heat.
2. Crush the biscuits and then add to the saucepan and mix.
3. Press the biscuit mixture into the flan dish and up the sides using the back of a metal spoon or a potato masher.
4. In a large bowl, whip the cream carefully until soft peaks form.
5. Add the condensed milk and mix thoroughly.
6. Finely grate the zest of one of the lemons and squeeze out the juice of both. Add half the zest to the cream mixture.
7. Add the lemon juice to the cream and condensed milk mixture.
8. Mix together thoroughly—the mixture will thicken as you do this.
9. Carefully spread the mixture in to the flan base and spread evenly.
10. Add the remaining zest on the top/decorate with fruit.
11. Chill in the refrigerator.

Recipe: Cajun spiced bread rolls

Ingredients:

Bread dough

- 250g strong plain flour
- 15g fresh yeast
- ½ tsp salt
- ½ tsp sugar
- 150ml warm water
- 1 dessert spoon tomato puree
- 1 clove garlic, crushed

1 tsp paprika
½ tsp cayenne pepper
½ tsp dried oregano
Pinch black pepper

Container to cake the bread rolls home.

Method

1. Set oven 220°C/Gas Mark 7. Grease baking tray.
2. Make dough by mixing flour, salt, paprika, cayenne pepper, oregano, crushed garlic.
3. In a measuring jug, add yeast, sugar to the warm water and mix.
4. Add the tomato paste and mix.
5. Add to the flour mixture and mix to a soft dough.
5. Turn dough onto a floured surface and knead for 5 minutes until smooth and elastic.
6. Divide into 6, shape and place on a greased tray.
7. Cover with oiled cling film and prove for 15 minutes in a warm place.
8. Bake for 10—15 minutes.

Recipe: Mini roasted vegetable quiche.

Ingredients:

Pastry

- 150g plain flour
- 75g block fat
- 2-3 tablespoons cold water

Filling

- 1 pepper
- 1 small onion
- 1 tomato
- 2 eggs
- 150ml milk
- 100g grated cheese
- ½ teaspoon mixed herbs

Method

1. Set oven 200°C/Gas Mark 6.
3. Wash and dice onion the onion and pepper.
4. Gently fry until caramelised.
2. Put flour & fat in bowl. Rub fat into flour.
3. Add water & mix to a stiff dough, add more water if needed.
4. Turn pastry onto floured table, roll pastry, and cut into 12.
5. Gently push the pastry circle in to tray at the edges.
6. Mix eggs and milk.
7. Place the roasted vegetables into the pastry cases.
8. Add ½ the grated cheese.
9. Pour over the egg mixture and add the rest of the cheese. Don't over fill.
10. Bake for 20 minutes until the filling is set and the top is golden brown.

Recipe: Swiss roll

Ingredients:

- 2 large eggs
- 50g caster sugar
- 50g self raising flour
- 2-3 tablespoons jam
- Extra sugar for rolling

Tin or container to take your product home

Method

1. Set oven at 200°C / Gas Mark 6.
2. Grease & line the Swiss roll tin.
3. Make sponge mixture. Whisk **eggs & sugar** to a thick foam.
4. Fold in sieved flour carefully using a metal tablespoon.
5. Bake for 8-10 minutes until golden & firm.
DO NOT OVERCOOK.
6. Whilst cake is cooking spread extra sugar on the greaseproof paper and stir the jam to soften it.
7. Turn out cake onto sugared paper, remove paper, trim edges.
8. Spread with jam & roll up.

Recipe: Savoury palmiers

Ingredients:

- 375g pack of puff pastry
- 2 tablespoons of sun-dried tomato pureé, or red or green pesto
- 100g cheddar cheese

School will provide

*1 tsp dried oregano or mixed herbs
Egg wash*

A container to take the palmiers home

Method

1. Preheat oven to 200°C / gas mark 6.
2. Grease a baking tray.
3. Grate cheese.
4. Roll out pastry on a lightly floured surface to a rectangle 25cm by 20cm.
5. Spread a layer of tomato pureé / pesto over the pastry and scatter the grated cheese on top.
6. With the shortest end towards you, take both long edges of the pastry and roll them towards each other to meet in the middle.
7. Brush with egg wash down the centre to stick the two halves together.
8. Cut the roll into 12 slices, lay cut side up on the baking tray.
9. Brush with egg wash and sprinkle with the herbs.
10. Bake for 12-15 minutes until puffed and golden.

Recipe: Bean Cobbler

Ingredients:

400g canned beans (mixed beans or baked beans, cannelloni beans, butter beans, etc.)

1 clove garlic (optional)

1 large can tomatoes

1 pepper

50g mushrooms

1 courgette

1 stock cube

1 tbsp tomato purée

100ml boiling water **Casserole dish or oven proof dish to bake cobbler in**

Topping

200g self raising flour

50g butter/block fat

125ml milk

75g grated cheese

School will provide:

2 x 1 teaspoon dried mixed herbs

1 tablespoon oil

Method

1. Preheat the oven to Gas 6/200°C .

2. **Base:** Peel and chop the onion and garlic and sauté in the oil until soft.

3. Wash and slice the mushrooms and add to the pan.

4. Chop the pepper and slice the courgette.

5. Make the stock with 100ml boiling water.

6. Remove the saucepan from the heat, add the tomatoes, purée, stock, mixed herbs, salt and pepper.

7. Rinse the beans and add them to the saucepan.

8. Bring to the boil and simmer for 15-minutes.

9. **Topping:** Rub the fat into the flour. Make a well in the centre.

11. Gradually pour in half the milk, mixing with a knife. Continue to add milk to form a soft dough (you may not need all the milk). Add the grated cheese and dried herbs.

12. Turn onto a floured table.

13. Press out to 3cm thick. Cut into eight equal pieces to make the scones.

14. Add the bean mixture to the dish and arrange the scones around the edge
Bake for 20 minutes

Recipe: Minced Beef Cobbler

Ingredients:

Base

400g minced beef

1 clove garlic (optional)

1 large can tomatoes

1 stock cube/ 100ml water

1 tablespoon tomato puree

1 onion

100g mushrooms

Topping

200g self raising flour

50g butter/block fat

125ml milk

75g grated cheese

Casserole dish or oven proof dish to bake cobbler in

Method

1. Set oven, 200°C or Gas No 6.

2. **Base:** Peel and chop the onion and garlic.

3. Add mince to the saucepan and stir over a low heat until the meat has browned.

4. Add the onion and garlic.

5. Wash and slice mushrooms and add to the pan.

6. Make the stock with boiling water

7. Remove saucepan from the heat, add tomatoes, puree, stock, mixed herbs, salt and pepper.

8. Bring to the boil and simmer for 15 minutes.

9. **Topping:** Rub fat into flour

10. Make a well in the centre. Add the grated cheese.

11. Gradually pour in half the milk, mix with a knife, continue to add milk to form a soft dough (you may not need all the milk).

12. Turn onto floured table.

13. Press out to 3cm thick. Cut into eight equal pieces.

14. Add the meat to the dish and arrange the scones around the edge. Bake for 20 minutes

Recipe: Meat Lasagne

Ingredients:

Meat Sauce

400g minced beef
1 can (400g) tomatoes
50g tomato puree
50g mushrooms
1 onion
Herbs

Optional ingredients:

Pepper, carrot, courgette

Cheese sauce

500ml milk
50g soft fat/ butter
50g plain flour
100g cheese (grated)

Lasagne

150g lasagne sheets

Large ovenproof dish

Method

1. Prepare and chop the vegetables.
2. Fry mince until sealed. Add chopped onion to the pan.
2. Add tinned tomatoes, puree, chopped mushrooms, vegetables & seasoning.
3. Cook meat sauce and simmer for 10 minutes.
4. Make cheese sauce by the all-in-one method. Put milk, flour & fat in a pan. Bring to the boil stirring all the time.
5. Add ½ the cheese.
6. Put layer of meat sauce, then lasagne sheets, then cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C / Gas Mark 6 for 40 minutes.

Recipe: Vegetable Lasagne

Ingredients:

Vegetable Sauce

750g selection of vegetables (onion, celery, carrot, mushroom, pepper)
15ml oil
1 medium can tomatoes (400g)
50g tomato puree
Salt & pepper

Cheese sauce

500ml milk
50g soft fat/ butter
50g plain flour
100g cheese (grated)

Lasagne

150g lasagne sheets

Large ovenproof dish

Method

1. Prepare & chop vegetables.
2. Lightly fry onion, carrot & celery in oil for 5 minutes.
- 3 Add tinned tomatoes with juice & remaining vegetables. Season. Simmer 10 minutes.
4. Make cheese sauce by the all-in-one method. Put milk, flour & fat into pan. Bring to the boil stirring all the time.
5. Add ½ the cheese.
6. Put layer of veg. sauce, lasagne sheets, cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C/ Gas Mark 6 for 40 minutes until golden brown.

Recipe: Gingerbread

Ingredients:

- 115g plain flour
- 50g soft spread/ butter
- 1 egg
- 25g sultanas (optional)

Tin / container to take your gingerbread home.

School will provide:

- 80g black treacle
- 35g golden syrup
- 25g soft brown sugar
- 1 x 5ml spoon ground ginger
- 1 x 2.5ml spoon mixed spice
- 1 x 2.5ml spoon bicarbonate of soda
- 75 ml milk

Method

1. Set oven at 150°C/ Gas Mark 2.
2. Grease cake tin.
3. Sieve together, flour, ginger, mixed spice and bicarbonate of soda.
4. Melt fat, sugar, treacle and syrup gently. Gradually add the milk and allow to cool.
5. Add the beaten egg and mix well. Stir treacle mixture into the flour and add sultanas.
6. Pour mixture into prepared tin and bake for about 20-30 minutes.

Recipe: All-in-one cake

Ingredients:

- 150g self raising flour
- 150g soft fat
- 150g sugar
- 3 eggs
- 2 tablespoon (50g) jam
- 1 teaspoon (5g) sugar (to sprinkle on to top)

Tin / container to take your cake home

Method

1. Set oven 180°C/Gas 4. Grease & line 2 x 18cm tins.
2. Put soft fat, sugar, eggs & flour in large bowl. Beat until soft with a wooden spoon, or electric whisk.
3. Divide between two tins.
4. Bake 20 minutes until golden brown and firm to touch.
5. Remove from tin. Cool.
6. Sandwich together with jam.
7. Sprinkle 1 teaspoon sugar onto top.

Recipe: Jambalaya

Ingredients

1 or 2 chicken breast or 200g mycoprotein (Quorn)
50g chorizo (optional)
150g long grain rice
1 large onion
1 pepper
1 stick of celery (optional)
2 cloves garlic
1 chicken stock cube
1 x 400g can chopped tomatoes

Container with tight fitting lid

Method

1. Chop chicken and chorizo into bite size pieces.
2. Peel and finely chop onion.
3. Fry onion, chicken and chorizo over low heat.
4. Finely chop celery. Add to the chicken.
5. Finely chop or crush the garlic. Add to the chicken.
6. Deseed and finely chop the pepper. Add to the chicken.
7. Make up the stock with 300ml water.
8. Add the rice to the chicken and cook gently for one minute. Stir to avoid the rice sticking.
9. Add the stock, tomatoes, paprika, thyme and tabasco.
10. Bring to the boil and simmer for 20 minutes stirring frequently to prevent the rice sticking and burning. The rice should be soft and the liquid absorbed.

Recipe: Chelsea Buns

Ingredients:

- 100ml milk
- 1 egg

Filling

- 50g butter
- 50g sugar
- 100g mixed dried fruit

School will provide

- strong plain flour
- ½ teaspoon salt
- 1 teaspoon mixed spice
- 25g butter
- 25g sugar
- 15g fresh yeast

Tin / container to take your Chelsea buns home.

Method

1. Make dough by mixing flour, salt, mixed spice and sugar.
2. Rub 25g butter into the flour.
3. Gently warm the milk. Add the yeast to the warm (not hot) milk. Add beaten egg and mix well.
4. Add the yeast mixture to the flour and mix to form a dough.
5. Turn dough onto a floured surface and knead for 5 minutes.
6. Cover with oiled cling film and prove in a warm place.
7. Set oven 200°C/Gas Mark 7. Grease tin.
8. Melt 25g butter
9. Knead dough. Roll into a rectangle 30cm by 20cm
10. Spread with melted butter. Sprinkle the sugar and dried fruit over the dough.
11. Roll up (like a Swiss Roll). Cut into 9 equal slices. Place on a greased tray cut side down.
12. Cover with oiled cling film and prove in a warm place for 30 minutes, until doubled in size.
13. Remove the cling film and bake 15-20 minutes until golden.
14. Brush with sugar glaze, whilst still warm.

Recipe: Profiteroles

Ingredients:

Choux pastry – basic mixture

150ml water

50g butter or block vegetable fat spread

60g flour (strong plain bread flour is best)

2 medium eggs

Filling

200ml double or whipping
cream – whipped until thick

Topping

150g chocolate

Tin or container to take your product home

Method

1. Heat the oven to Gas 6/200°C.
2. Bring the water and butter 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
4. Allow the choux paste to cool for a few minutes.
5. Gradually add the beaten eggs, a little at a time – you may not need them all, beating the mixture well. The paste should be a ‘dropping’ consistency – it must not be runny.
6. Pipe the mixture into 12 x blobs onto a greased or lined baking tray. Allow some room for them to expand.
7. Bake for 15 minutes, then turn the temperature down to Gas 5/180°C for another 10 minutes – DO NOT OPEN THE OVEN DOOR WHILE BAKING, BECAUSE THEY ONLY SET IN THE LAST FEW MINUTES OF BAKING.
8. Make a slit in the side of each one and allow to cool.

Finishing

1. Whip the cream until thick.
2. Pipe cream through the slit in the side of each profiterole.
3. Melt the chocolate in a bowl over a pan of simmering water and dip the profiteroles into it and leave them to set.

Recipe: Fish cakes

Ingredients:

- 350g potatoes
- 200g tinned tuna/ cooked fish
- 25g butter or block fat
- 1 egg
- Small bunch of parsley
- 200g dried breadcrumbs or stale bread (grate or crumb in the food processor at school)

School will provide:
Salt and pepper

Container with lid

Method

1. Peel potatoes and cut into 1cm dice.
2. Place in a large pan, cover with cold water and bring to the boil. Simmer for 20 minutes until potatoes are soft.
3. Open tin, drain well. place tuna/ cooked fish on a plate and flake.
4. Wash parsley, remove stalks and chop finely.
5. When potatoes are cooked, drain and mash with potato masher until smooth.
6. Add butter, salt, pepper, fish and parsley and mix well with a tablespoon.
7. Crack egg into a small bowl and beat with a fork.
8. Place breadcrumbs on a plate.
9. Sprinkle flour on your chopping board and hands. Shape fish mixture into a sausage shape and then cut and shape into 8 even sized pieces.
10. Dip each fishcake into the egg mixture, brushing with pastry brush.
11. Remove with palette knife, place into breadcrumbs, coat each side.
12. Bake on a greased baking tray for 15—20 minutes at 200° C/Gas 6.

Recipe: Ratatouille

Ingredients:

- 1 large onion
- 1 or 2 cloves of garlic
- 1 aubergine
- 1 courgette
- 1 pepper
- large tin tomatoes
- 1 tablespoon of tomato pureé

School will provide:

- Salt and black pepper
- 25ml vegetable oil
- 5g fresh basil

Large container with lid

Method

1. Peel & chop onion, peel and crush garlic.
2. Wash green & red pepper. Cut in half, remove stalk & seeds. Slice and cut into cubes.
3. Wash & slice courgettes.
4. Wash & chop aubergine into 2-3cm cubes.
5. Put oil into pan & heat up.
6. Add onion & cook gently for 5 minutes (onion should not be brown), stir with a wooden spoon.
7. Add aubergine, courgettes, pepper & garlic & cook for a further 2-3 minutes until they begin to soften slightly.
8. Stir in tinned tomatoes, tomato puree, basil, salt & pepper.
9. Put lid on pan & simmer gently for approx. 15 minutes, stirring occasionally.
10. Add the basil at the end of the cooking process.

Recipe: Lemon Meringue Pie

Ingredients:

Base

1 ready made pastry base

Or

Biscuit base (***this must be premade before the practical lesson***)

- 250g plain digestive biscuits
- 100g butter/vegetable spread

Filling

- 2 large lemons
- 250ml cold water
- 30g (2 rounded tablespoons cornflour)
- 25g caster sugar
- 40g butter/ block fat
- 2 large egg yolks

Meringue

- 3 large egg whites
- 100g caster sugar

**Tin to take your
lemon meringue pie home**

Method

1. Oven on 150°C/Gas Mark 2.
2. Zest and juice the lemons.
3. Carefully crack the eggs and separate, putting the whites in a **clean** large glass bowl and two of the yolks in a small glass bowl.
4. In a measuring jug add lemon juice, zest and make up to 250ml with water. Add cornflour and sugar (25g) and blend.
5. Put the saucepan on the hob and bring to the boil, stirring all the time. As soon as the mixture has boiled and thickened **remove** from the heat.
6. Add the butter to the saucepan and **finally** the egg yolks. **Do not put back on the heat.**
7. Place the lemon filling into the pastry case and spread out evenly.
8. Whisk the egg whites until they form soft peaks.
9. Beat in 1 tablespoon of sugar at a time until all is added and it forms stiff peaks. Stop whisking when all the sugar is added, the mixture will be thick and glossy.
10. Spread or pipe the meringue mixture over the filling.
11. Cook for 45 minutes until the meringue has turned pale beige and is crisp on the outside and with a marshmallow texture in the middle.

Recipe: Petal Cake

Ingredients:

Cake

- 3 eggs
- 75g caster sugar
- 75g self raising flour

2 x 18cm cake tins

Method

1. Light oven Gas Mark 6, 200°C.
2. Put a circle of greaseproof paper in each tin and grease well.
3. Put eggs and sugar into a large bowl and whisk until thick and pale.
4. Sieve flour onto a plate.
5. **VERY** carefully, use a tablespoon to fold the flour into the egg mixture.
6. Put into tins and bake for 10—15 minutes until golden brown and firm to the touch.

Ingredients:

Filling

- 250g strawberries
- 200ml to 300ml of double or whipping cream
- 1 level tablespoon of icing sugar

Tin to carry petal cake home

Method

1. Put 3 pieces of fruit for decoration onto a plate. Chop the remaining fruit.
2. Whip cream carefully until it forms soft peaks. Put 2 tablespoons into a piping bag.
3. Fold chopped fruit into the cream.
4. Cut 1 cake into 8 pieces.
5. Spread cream and fruit on the uncut cake.
6. Arrange 6 x cake pieces on top of the cream.
7. Sieve icing sugar onto of the cake
8. Pipe a rosette of cream onto each piece of cake, top with a piece of fruit.

Recipe: Mince Pies

Ingredients:

Pastry

- 175g plain flour
- 75g butter/block fat
- 25g icing sugar (School will provide)
- 1 egg, beaten

Filling

- ½ jar of mince meat.

Method

1. Preheat the oven to 200°C/Gas 6.
2. Rub the flour and butter together in a large bowl using your fingertips.
3. Stir in the icing sugar, then stir in the beaten egg and mix until the ingredients just come together as a dough.
4. Roll the pastry to a thickness of 2mm.
5. Stamp 12 rounds from the pastry using a 8cm fluted pastry cutter.
6. Line each hole of the tin with one of the pastry rounds.
7. Divide the mincemeat equally among the pastry cases.
8. Top each tart with a pastry star.

Recipe: Christmas Star

Ingredients

- 250g strong plain flour
- 15g fresh yeast
- 1 tsp salt
- 1 tsp sugar
- 175ml warm water

Filling

- ½ jar of mince meat.



Method

1. Place dough on a lightly floured work surface and lightly knead to knock the air out.
2. Divide into 4 equal pieces and, with a floured rolling pin, roll each piece out into a thin 25cm circle.
3. Place the bottom circle on a prepared baking sheet. Thinly spread the mincemeat, then layer the remaining circles and mincemeat on top. The top layer does not have filling on it, so only 3 of the 4 circles will be topped with filling.
4. Place a scone cutter in the centre and make an indent. This is the centre of the star. Cut dough into 16 even strips.
5. Using both hands, grab two strips and twist them away from each other twice, then press the two ends together to make a point. Your star bread will have 8 points.
6. Cover the shaped bread with oiled clingfilm and let it rest for 20 minutes.
7. Preheat the oven to 180°C, gas 4
8. Using a pastry brush, lightly brush the star bread with egg wash. This ensures a shiny golden brown bread. Bake for about 25- 30 minutes or until golden brown on top.