



NEWARK
ACADEMY

Student	
Group	
Teacher	
Target Grade	

Yr9 RECIPE




BOOK

Term 2

How to "Max Up" your skills!

	Basic level skills	Medium level skills	High level skills
	<ul style="list-style-type: none"> Assembling with shop bought ingredients (e.g. bought meringues, bread, sauces) Basic desserts Salads Sandwiches Baked potato Blended soups Simple starters 	<ul style="list-style-type: none"> Bought puff or filo pastry Simple sauces (<i>bolognaise, chilli</i>) Simple whisked desserts Vegetable & fruit dishes requiring even sizes for appearance All in one sauces & batters (<i>cheese sauce, custard, pancakes</i>) Simple cakes Simple meat & fish cookery Basic yeast dough Milk puddings 	<ul style="list-style-type: none"> Skilled Pastry (<i>Short crust, pate Sucre, choux, puff</i>) Roux based sauces (<i>béchamel, velouté</i>) Meringues and pavlovas Complex meat and fish cookery (<i>meat or fish is stuffed or a sauce is used</i>) Complex decorated cakes Rich yeast dough Pasta & tortilla making
Typical dishes	<ul style="list-style-type: none"> Simple fruit crumble Jacket potato with cheese / beans Pasta dishes using bought pasta & readymade sauces Sweet & sour using readymade sauces Prawn cocktail, salads Fruit platters Flapjacks Pizza (<i>shop bought base</i>) Shop bought tacos filled with cheese / meat 	<ul style="list-style-type: none"> Pies & pastry dishes using shop bought pastry Samosas, spring rolls, risotto Shepherds / cottage pie Pancakes Stir fry, fruit salad & soups Blancmange, custard, rice pudding Lasagne & cannelloni (<i>using bought pasta</i>) Mousse, cheesecake Steak or chicken (<i>no stuffing or sauces</i>) Fajitas (<i>shop bought tortilla wraps</i>) Fish dishes with a simple sauce Scones, muffins, fairy cakes Any type of pizza or bread Pineapple upside down cake 	<ul style="list-style-type: none"> Apple / Lemon meringue pie, Bakewell / French apple tart, Millefeuille Éclairs / profiteroles Eton mess Quiche, meat or fish pie Lasagne, tagliatelle, spaghetti Chicken Kiev / other stuffing's Soufflé Chelsea buns, iced buns Gateaux, roulade, Swiss roll Sweet & sour (meat or fish) Fajitas / Enchiladas Panna cotta

This recipe book will be used during your practical lessons as part of your GCSE course. The recipes use the following symbols to show how difficult they are in terms of skill levels.

	Basic
	Medium
	High

Top Tips

Before you get started some tips to help you!

OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

TAKEAWAY CONTAINERS

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

UNIFORM

Remember you need your Chef Whites (washed and ironed), Skull cap and a clean tea towel for every practical lesson.

INGREDIENTS

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills. Any perishable items of food need to be stored in the refrigerator before P1 on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the storage areas.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, creaming method, beating, creating a lump free cake mix, avoiding curdling, whisking, dividing, decorating, use of oven and piping.

Ingredients

230g plain flour

230g caster sugar

230g unsalted butter, softened, plus extra for greasing

4 medium eggs

4 tsp. baking powder

Pinch of salt

To finish:

150ml whipping cream (optional)

100g raspberry jam or more if you like

Icing or caster sugar for dusting

OR

Buttercream filling and jam:

100g Butter, softened

140g Icing sugar, sifted

Drop of Vanilla extract

100g raspberry jam

Icing sugar for dusting

Victoria Sponge- Method



1. Preheat oven to 180°C, gas mark 4. Line the base of two 20cm cake tins with baking parchment and lightly butter the sides.
2. Put the flour, baking powder, salt, sugar and butter in a large mixing bowl.
3. Crack the eggs, one at a time to ensure quality and add to the bowl.
4. Using an electric hand held mixer on a slow speed, beat for 2 minutes until smooth. The mixture will be soft to drop off the beaters when lifted out. **Do not overmix** as this will tighten the mixture and result in a rubbery texture.
5. Split the mixture between the cake tins, level the surfaces with a palette knife and put in the oven to bake for 20-25 minutes.
6. When ready the sponge is golden and slightly shrunk from the sides of the tin. Leave to cool in the tins for a few minutes before moving to a wire rack to cool.
7. Select the best looking sponge for the top layer and then lay the other one, top side down on your serving dish. Remove the papers and spread the jam over the bottom layer.
8. Whip the cream to soft peaks and spread over the jam. Place the other layer on top and dust with icing or caster sugar when serving.

Outcome: Successfully and safely make a classic Victoria Sponge with filling.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of the hob, use of hob, mixing, zesting, grating, whisking, melting, chilling, setting, layering, combining, piping, coulis, decorating, garnishing, piping, feathering, use of an electric whisk..



Ingredients

100g Digestive Biscuits

50g Margarine/Butter

150g Cream Cheese –
NOT Light version

150ml Double Cream

50g Caster Sugar

1 Lemon

Fruit to
decorate/garnish/ create
coulis

Flan dish to take home
and present in or glass
jars

Lemon Cheesecake– Method

1. In a large mixing bowl place digestive biscuits and crush until fine crumbs.
2. Melt margarine in microwave.
3. Pour biscuit crumbs into the bowl with the biscuits and mix with a wooden spoon, pour into a foil tray or individual moulds for cheesecakes and flatten with the back of teaspoon. Place in fridge to set.
4. Using a grater, zest the zest off the lemon.
5. Cut lemon in half through the middle, using a lemon squeezer squeeze the juice and put into a measuring jug.
6. In a clean mixing bowl whisk the cream until thick.
7. Stir in the cream cheese and caster sugar.
8. Mix in the lemon juice and whisk until smooth.
9. Spread the mixture over the biscuit crumb.
10. Allow to set in fridge.
11. Add decoration and serve with garnish.

Outcome: Successfully and safely produce a cheesecake that is set using an acid against an alkaline component.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, peeler, hob, peeling, chopping, boiling, simmering, stirring, blending, frying, draining, sprinkling (garnishing), shaping dough, use of food mixer, use of oven, use of hob.

Ingredients

½ small carrot
½ small onion
1 small potato
1 Tin of chopped tomatoes
Salt and pepper*
1 stock cube
(chicken or veg)
750ml water*
Pinch of herbs*

Additional ingredients

50ml cream
2 slices of bread
1 tbl spoon of oil

Bread Rolls

250g strong flour
5g salt*
7g pack fast action dried yeast
5g sugar*
150ml warm water*
butter or margarine, for greasing*

Tomato Soup & Bread Challenge - Method



1. Peel and chop all of the vegetables.
2. Place everything (apart from the oil, cream and bread) into your pan.
3. Bring to the boil and simmer for 20mins.
4. Pour 150ml of warm water into a jug. Add the yeast and 1 tsp. of sugar. Mix well and leave for 5 minutes.
5. Preheat oven to 180c Gas Mark 6. Grease the lined baking tray with butter or margarine.
6. Sieve the flour into the mixing bowl, add the salt. Stir in the yeast mixture with the end of a wooden spoon or your hand. The dough should be soft but not too sticky.
7. Knead the dough 😊 Kneading by hand – 10 mins.
8. Divide into 4 equal sized pieces. Shape each one into rolls as required: e.g. round rolls, plait, S-shape, twist. Brush with water or milk to glaze and sprinkle seeds or herbs if required.
9. Put onto a lightly greased baking tray and leave in a warm place to rise about 10 minutes (longer if you have time) to double in size.
10. Bake until light brown on top and the bottom sounds hollow when tapped. (10-15 mins) Remove from oven with oven gloves.
11. Blend the soup until you reach an even consistency. Stir in 50ml of cream.
12. Chop your bread into cubes.
13. Heat the oil in a pan and fry the breadcrumbs until golden and crisp.
14. Remove the croutons from the pan and drain on a paper towel.
15. Sprinkle croutons onto of your soup and serve.

Outcome: Successfully and safely make Tomato soup, croutons and a bread side accompaniment.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, adding correct amount of water, making a smooth dough, rolling, shaping, layering, and glazing.



Ingredients

250g strong plain flour
½ salt*
1 tsp sugar*
1 tbsp vegetable oil
½ sachet fast acting yeast
150ml lukewarm water*
1 egg (White only for glaze)

Fillings:

Savoury:

3 tbsp tomato puree
100g Cheese

Sweet:

Chocolate spread – NOT
NUTELLA OR NUT BASED!!
25g Butter
50g Brown Sugar

Christmas Star Bread - Method

1. Preheat oven 200°C / gas mark 6.
2. Line baking tray with parchment paper.
3. Sieve the flour into the mixing bowl, add the salt.
4. Pour 150ml of lukewarm water into a jug. Add the yeast and sugar. Mix well and leave for 5 minutes.
5. Stir in the yeast mixture with the a table knife. The dough should be soft but not too sticky.
6. Knead the dough 😊 Kneading by hand – 5 mins.
7. Divide into 4 equal sized pieces. Roll out into a rectangle and use a 18cm plate to cut round to make circle. Place onto paper lined tray.
8. Spread over first layer with filling of choice. Top off with another rolled out piece of dough. Continue until you have created 4 layers.
9. Take a glass and place in the centre. Take sharp knife and cut into 16ths.
10. Remove glass and take two of the slices and twist them opposite directions.
11. Lift in 2 edges and pinch together.
12. Glaze with white of egg.
13. Bake until golden brown on top. (10-15 mins)
14. Remove from oven with oven gloves.

<https://www.youtube.com/watch?v=PxaDxiqTiT0>

Outcome: Successfully and safely make glazed decorative Christmas themed dough bread.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, sieving, whisking method, combining ingredients, folding, lining a cake tin, folding in mixture, safe use of knives, creating a buttercream, decorating a cake using buttercream,.

Ingredients

2 eggs

50g caster sugar

35g flour

15g (1 level tbs) cocoa powder

Icing and Decoration

100g soft (tub) marg or butter

200g icing sugar

½ tsp vanilla essence

1 tbsp cocoa powder

Cake board or log board

Christmas decorations

Christmas Yule Log - Method



1. Grease and line a small swiss roll tin. Pre heat oven Gas 6 or 200oC.
2. Whisk eggs and sugar until a thick foam is formed which will show the trail of the whisk and can write your initials in!
3. Sieve flour and cocoa mixture all over the top and gently fold in with a palette knife.
4. Pour into swiss roll tin and gently allow mixture to flow into corners.
5. Bake for 10 – 15 mins until 'springy' to touch.
6. Turn out onto a sheet of greaseproof paper sprinkled with caster sugar.
7. Quickly trim off edges and roll up into a swiss roll (you can place a sheet of greaseproof paper inside if you wish) Allow cake to cool.
8. Make butter icing. (decide if you want the inside of the swiss roll in vanilla or choc butter icing)
9. Unroll the swiss roll and spread with butter icing. Reroll.
10. Colour butter icing with cocoa powder (if not already done). Spread butter icing evenly all over log.
11. Fork round or 'pull' with palette knife to resemble a log (remember the ends of a log are round)
12. Carefully transfer to cake board and add decorations and a light sprinkling of icing sugar to resemble snow.

Outcome: Successfully and safely make a chocolate yule log using the whisking method.