

Lasagne



<https://www.youtube.com/watch?v=GK7GOblUCWU> – 5.06 minutes – Jamie Oliver

OVEN TRAY / APRON / CLING FILM OR FOIL
No Nuts or Nut Based Ingredients

Lasagne dish / oven proof dish, tin foil, apron.

- 1-onion
- 1 can tomatoes
- 2tbsp tomato puree
- 1 packet minced meat **or** 8oz (200g) soaked lentils / Quorn
- 1 beef **or** vegetable stock cube
- 75g cheese (or low fat cheese – optional)
- 1 jar white sauce / lasagne sauce)
- lasagne sheets / pasta (whole-wheat is a higher fibre option)
- Optional extras – carrot, celery, mushroom, peppers, herbs, garlic, courgette, etc.

Never assume a pan handle is cold! You cannot tell by looking at it!

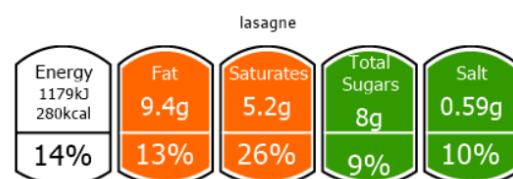
1. Peel, chop, slice, grate all vegetables and place into a large bowl.
2. Put the meat into the large saucepan and cook over a medium/low heat until it turns golden brown. (Maillard Reaction)
3. Drain off any excess fat – if needed!
4. Using the same pan you are cooking the meat, add the vegetables and fry (except for the garlic) until they are **tender** (10mintues).
5. Add the garlic and fry for a further 1-minute.
6. Crumble in the stock cube, tomato puree, canned tomatoes, herbs and $\frac{1}{4}$ - $\frac{1}{2}$ pint of water.
7. Cook for at least 20 minutes over a low heat.

Assembling

- Arrange layers of meat sauce and pasta in your ovenproof dish.
- Finish the top with the white sauce.
- Cool and cover with tin foil / cling film
- **AT HOME - Bake at 180c for 20 – 30 minutes. (If the top is browning too soon cover with foil)**



Image from Google images



of an adult's Reference Intake.
Typical values per 100g: Energy 481kJ/114kcal

Nutrition Information Typical Values

	Per 100g	Per portion (245g)
Energy (kJ)	481	1179
Energy (kcal)	114	280
Fat (g)	3.8	9.4
Saturates (g)	2.1	5.2
Carbohydrate (g)	10	25
Total Sugars (g)	3.3	8
Fibre (g)	1	2.5
Protein (g)	10	25
Salt (g)	0.24	0.59

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (brunoise, macedoine, bridge, claw) draining, using the hob correctly and safely, handling and cooking high risk ingredients, testing for readiness, maillard reaction, rendering fat, layering, assembling, following written instructions, washing and drying equipment, independence.

Breads of The World



<https://www.youtube.com/watch?v=MWI1bZ68e64> – 4.08 minutes

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

shaping bread rolls

<https://www.wikihow.com/Knead-Dough> - How to Knead dough

OVEN TRAY / APRON / CLING FILM OR FOIL No Nuts or Nut Based Ingredients

- 600 g strong bread flour
- 400 ml tepid water
- 2x 7 g sachets of dried yeast
- 1 tablespoons sugar
- 1 level tablespoon salt
- flour, for dusting

1)Pre-heat the oven to 50c / gas mark 1.

2)In a large bowl put ALL of the; sugar, salt, oil, yeast and water but only HALF of the flour.

3)Mix using the wooden spoon for 5 minutes.

4)Add the last HALF of flour and stir in. You may need to either add more warm water OR more flour in order to make a slightly sticky but firm dough.

5)Knead on a floured table for 15 minutes.

6) Add your flavours / Shape your bread – think evenly shaped rolls, the more detailed your design the more complex

they become in skills = higher marks

7)Leave to prove for as long as possible.

8)Place into the hot oven and cook – 15 – 25 minutes.



Image from Google images

Each portion (77 grams) contains				
Energy	Fat	Sat fat	Sugar	Salt
759kJ 181kcal	0.6g	0.2g	1.1g	0.99g
9%	1%	1%	1%	16%

of an adult's reference intake
Typical values per 100g: Energy 997kJ / 238kcal

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	997	759	9	8400
Energy kcal	238	181	9	2000
Fat	0.8g	0.6g	1	70g
Saturated fat	0.2g	0.2g	1	20g
Carbohydrate	53g	41g	16	260g
Sugar	1.5g	1.1g	1	90g
Fibre	2.2g	1.6g		
Protein	7.9g	6g	12	50g
Salt	1.3g	0.99g	16	6g

This pack contains 12 servings.

RI = Reference intake of an average adult (8400kJ / 2000kcal)

Number of portions: —

12

£ 0.06 per portion

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, knife skills (even sized chunks appropriate for cooking time, julienne, bridge, claw), how to prepare an onion, using the oven correctly and safely, grating, preparing vegetables, handling dough, rolling, shaping and moulding, proving, yeast-based dough, quality and evenness, testing for readiness, following written instructions, washing

Fakewell Tart



<https://www.youtube.com/watch?v=CTTmJhEhG-Y> – 1.15 minutes, how to blind

bake

Cake tin / quiche dish, apron, No nuts or nuts-based ingredients

1 packet pre-made shortcrust pastry

Filling;

- 2 – 3 tbsp. jam
- 100g butter
- 100g sugar
- 100g Self Raising Flour
- 1tsp baking powder – optional
- 2 eggs - beaten
- 1tsp vanilla extract

Optional - Substitute the jam for: curd, custard, fresh fruits, canned fruits or even caramel.

Method

1. Pre-heat the oven to 180c.
2. Roll out the pastry to fit the base and sides of your baking dish.
3. Lay into the bottom of the dish.
4. Cover with tin foil / baking paper and weight down with rice / pasta/
5. Bake for 15 – 20 minutes – blind baking.
6. Remove from the oven, remove the foil and rice and trim the pastry so it is neat and tidy.
7. Filling – mix together the butter and sugar until thick and creamy.
8. 1 tablespoon at a time add the beaten egg and stir, repeat until all the egg has been added.
9. Stir in the vanilla extract.
10. Fold in the flour and baking powder.

Assembling

1. **Spoon the jam over the pastry and smooth over.**
2. **Spoon over the cake mixture and even out using the back of the spoon.**
3. **Bake at 180 – 200c for 20 – 25 minutes.**
4. **Optional extra – once cooled cover the top with lashings of water icing and finish with glace cherries.**



Image from Google images

Each portion (79 grams) contains				
Energy 1272kJ 304kcal	Fat 17g	Sat fat 6.9g	Sugar 18g	Salt 0.61g
15%	25%	34%	20%	10%
of an adult's reference intake				
Typical values per 100g: Energy 1628kJ / 389kcal				

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	1628	1272	15	8400
Energy kcal	389	304	15	2000
Fat	22g	17g	25	70g
Saturated fat	8.8g	6.9g	34	20g
Carbohydrate	45g	35g	13	260g
Sugar	23g	18g	20	90g
Fibre	1.5g	1.1g		
Protein	5.4g	4.2g	8	50g
Salt	0.78g	0.61g	10	6g

This pack contains 8 servings.
RI = Reference intake of an average adult (8400kJ / 2000kcal)

Number of portions:

8

£ 0.24 per portion

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, rolling, shaping, lining, blind baking, pre-heating oven, testing for readiness, evenness, creaming, cracking, handling high risk ingredients, quality finish, following written instructions, washing and drying equipment, independence.

No Bake Lemon Cheesecake



<https://www.youtube.com/watch?v=eZPJvobu35s> – carnation 43s

This dessert is to be eaten as a part of a balanced diet, as you can see by the ingredients they are not a healthy option, but there are always ways to make foods healthier to eat.

Cake tin / quiche dish, apron
No nuts or nuts-based ingredients



- 200g **Light** digestive biscuits
- 70g Butter
- ½ can Condensed Milk
- 300g Full fat soft cheese – buy the cheaper brand!!
- 2 Lemons, juiced
- Optional extra – 3 / 4 tbsp Lemon curd

You could change the lemon for – lime, orange or forest fruits

Method -

Make the cheesecake base:

1. Melt the butter in a small pan over a medium heat.
2. Poor your biscuits into your own dish. Using the end of the rolling pin, Crush the biscuits to a fine crumb.
3. Add the melted butter and stir until well combined.
4. Press down firmly into the base.
5. Place into the fridge to chill until needed.

Make the filling

1. Zest the lemon and set to one side.
2. Cut the lemon in half and juice, pour the juice into a large bowl.
3. Add the condensed milk, lemon curd, lemon and zest and creamed cheese to the juice and mix.
4. Smear over the top of the biscuit base and chill for at least 2hrs to set.

Never assume a pan handle or oven tray is cold!
You cannot tell by looking at it!
After baking, place the scones on a cooling rack.

Image from Google images

Each portion (133 grams) contains

Energy	Fat	Sat fat	Sugar	Salt
1446kJ 346kcal	10g	4.4g	41g	0.84g
17%	15%	22%	46%	14%

of an adult's reference intake
Typical values per 100g: Energy 1095kJ / 262kcal

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	1095	1446	17	8400
Energy kcal	262	346	17	2000
Fat	7.9g	10g	15	70g
Saturated fat	3.3g	4.4g	22	20g
Carbohydrate	42g	55g	21	260g
Sugar	31g	41g	46	90g
Fibre	0.9g	1.1g		
Protein	8.5g	11g	22	50g
Salt	0.63g	0.84g	14	6g

This pack contains 8 servings.
RI = Reference intake of an average adult (8400kJ / 2000kcal)

Number of portions:
£ 0.62 per portion

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, melting, crushing, mixing, layering, pressing, even shaping, slicing, zesting, juicing, using the hob correctly and safely, testing for readiness, evenness, quality finish, following written instructions, washing and drying equipment, independence.

Minestrone Soup – No food Waste



<https://www.youtube.com/watch?v=2bQdqBq8Ac8> - Minestrone soup

Container with a lid, apron

No nuts or nuts-based ingredients

- Container with a lid & APRON.
- 3 tbsp oil, plus extra to serve
- 1 onion, finely chopped
- 1 celery stick, finely chopped - optional
- 1 carrot, finely chopped
- 2 rashers of bacon / veggie bacon
- 1 large garlic clove, crushed
- 1 x 400g can cannellini beans
- 1 x 400g can chopped tomatoes
- 1 vegetable stock cube
- 70g small pasta like macaroni
- 100g greens - kale, chard, cabbage or Cavolo Nero work well

Optional extra - -peppers, courgette, mushroom, sweetcorn, etc.

Method –

1. Prepare all ingredients – open cans, finely chop vegetables, crush garlic and chop, chiffonade of cabbage, slice bacon into jardinière, etc.
2. Heat the oil in a large saucepan over a low-medium heat and gently fry the onion, celery, carrot, and garlic (and any other vegetables you may have) for **8/10 mins**.
3. Tip in the beans, chopped tomatoes, purée and stock.
4. Bring to the simmer and cook for **20 mins**.
5. **Fry** your bacon in a separate frying pan, (you may need to **share** a frying pan at this point).
6. **Remove 2 large ladles** full of the soup into a measuring jug. Blitz with the stick blender.
7. Put back into your soup.
8. Add the pasta and greens, and cook for a further **10 mins**.



Image from Google images

FOOD WASTE FACTS

- 1) Around 1.3 billion tonnes of food is wasted every year - National Geographic, 2015
- 2) If food waste were a country, it would be the third-largest greenhouse gas emitter, after China and the US - Stop Wasting Food Movement, 2020
- 3) An area larger than China is used to grow food that's never eaten - Fao, 2013
- 4) UK farmers are forced to throw away 10-16% of their crop annually because of foods supermarkets have considered simply 'ugly' or misshapen - Feedback, 2018
- 5) 45% of all the fruits and vegetables produced globally are wasted - Fao, 2015
- 8) The food wasted in Europe could feed 200 million people. Latin America and Africa could both feed 300 million people with their food waste - Earth.org, 2020

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (even sized chunks appropriate for cooking time, bridge, claw, chiffonade, macedoine), how to prepare vegetables, using the hob correctly and safely, handling and cooking high risk ingredients, testing for readiness, Maillard reaction, frying, boiling, simmering, testing for readiness, following written instructions, seasoning, washing and drying equipment. independence.

Shortbread – Quality & Precision



https://www.youtube.com/watch?v=1ovZkhTAy_Y -
Waitrose, Traditional Shortbread.

Container with a lid, apron

No nuts or nuts-based ingredients

- 65g unsalted butter or margarine
- 30g caster sugar, plus extra to sprinkle
- 100g plain flour

Method –

1. Put the butter and sugar in the bowl and cream together using a wooden spoon.
2. Add the flour and mix though.
Tip out the mixture onto a work surface and gently bring it together, then knead it into a dough.
3. Once the dough is formed, wrap it in cling film and chill for 10 minutes.
4. Preheat the oven to 180c.
Lightly flour the work surface and roll out the dough until it is about 3mm thick (about the thickness of a £1 coin).
5. Use the 6cm fluted cutter to stamp out 8/10 biscuits, re-rolling the trimmings as necessary.
6. Place the biscuits on the lined baking sheet and chill for another 5 minutes, then use a fork to prick a few lines of holes (Dock) in the centre of each.
Sprinkle the biscuits with a little caster sugar and bake for 10–12 minutes, or until lightly golden.



Image from Google images

History

Shortbread originated in [Scotland](#).

Shortbread is derived from a [medieval](#) biscuit bread, which was a twice-baked, enriched [bread roll](#) dusted with sugar and spices and hardened into a hard, dry, sweetened biscuit called a [rusk](#). Eventually, yeast from the original rusk recipe was replaced by butter, which was becoming more of a staple in Britain and Ireland.

<https://kids.kiddle.co/>

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Embedding and transferring skills, Weighing, measuring, adding, mixing, even shaping, use of a rolling pin, use of pastry cutters, checking for consistency and readiness, rubbing in, baking, using the oven correctly and safely, following written instructions, washing and drying equipment, independence.

Quiche – Could you go Veggie?



https://www.youtube.com/watch?v=tA_LY3hO5wM – Lorraine Pascal

Mini Quiche using filo pastry

Container with a lid, apron

No nuts or nuts-based ingredients

- **Oven dish from home – Victoria cake tin.**

1 packet shortcrust pastry

For the filling

100g- 150g cheese

4 eggs

150ml double cream / milk

Optional extras

50g bacon or any other cooked meat, 50g smoked salmon / tuna / crab, ½ onion, ½ pepper, ½ courgette, ¼ can sweet corn, 1 tomato, asparagus, herbs (chives, parsley, thyme, basil, rosemary, etc)

Method –

1. Preheat the oven to 190C.
2. **Roll** out the pastry on a light floured surface and line your oven dish. **Don't cut off the edges of the pastry yet, the pastry will shrink due to the protein retracting back (re-nature).**
3. Cover the pastry case with foil and add a small handful of baking beans on the top.
4. Place on a baking tray and **bake blind** for 15 minutes.
5. **Remove** the beans and foil. **Trim** off excess pastry.
6. Reduce the temperature of the oven to 160C.
7. Sprinkle the cheese into the pastry base and add your other flavourings.
8. Combine the eggs with the milk / cream in a jug and pour over the pastry.
9. Bake for **20 minutes** or until set. Remove from the oven.



Image from Google images



Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.



When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, rolling, shaping, lining, blind baking, pre-heating oven, testing for readiness, evenness, mixing, trimming, knife skills to prepare vegetables (bridge, claw, macedoine, brunoise, julienne) cracking, handling high risk ingredients, quality finish, following written instructions, washing and drying equipment, independence.