

Y11 Practical Lessons

These practical sessions have been designed to enable you to practice higher level making skills and food styling and presentation techniques for NEA 2

Thursdays 22 nd November	Potato Preparation Methods: Make all three! <ul style="list-style-type: none">• Duchess potato• Potato nests• Potato rosti
Wednesday 28 th November (Single lesson)	Chocolate garnishes L6-L9 students: Create your own pattern or use a template from school- If you create your own design give it to Mrs Alm the week before so that she can laminate it for you to use in the lesson.
Thursday 29 th November	Homemade Pasta: <ul style="list-style-type: none">• Make homemade pasta• Practice shaping pasta-either using the pasta machine or by hand. L6-L9 students: Practise colouring pasta-use beetroot, spinach and carrots- can you think of other natural ways of colouring pasta? Design you own filling!
Wednesday 5 th December (Single lesson)	<ul style="list-style-type: none">• Make sweet pastry for chocolate Tart• Make a coulis sauce
Thursday 6 th December	Make chocolate tart and decorate <ul style="list-style-type: none">• Make Crème Patisserie from scratch• Make chocolate filling <p>Consider how you will style your dessert</p>

<p>Thursday 13th December</p>	<p>Make Sausage rolls</p> <ul style="list-style-type: none"> • Make sausage rolls from scratch • Add some cranberry for extra flavor (optional) <p>L1-L3 students can use shop brought ready-made puff pastry.</p>
<p>Wednesday 19th December (Single lesson)</p>	<p>Swiss roll</p> <ul style="list-style-type: none"> • Make Swiss Roll from scratch • Whip cream
<p>Thursday 20th December</p>	<p>Decorate Swiss Roll</p> <ul style="list-style-type: none"> • Make butter icing • Decorate Swiss roll <p>To get extra marks, make homemade jam from scratch! You can make the jam at home to save time and bring it in.</p> <p>L6-L9 students must also include some piping using butter icing</p>

Y11 Practical Lessons

Thursdays 22nd November

Potato Preparation Methods:

Make all three!

- Duchess potato
- Potato nests
- Potato rosti



Ingredients:

- 3 large potatoes
- 2 eggs
- 1 knob of butter
- Salt and pepper

Bring in a piping bag with nozzles and suitable containers to take the potatoes home in.

Wednesday 28th November (Single lesson)

Chocolate garnishes (tempering chocolate):

- Bring in 200g of good quality chocolate
- If you want to paint your garnishes with edible gold dust or apply sprinkles, bring these in as well.

The garnishes will be used in a few weeks for the chocolate tart, so carefully think about how you would like to style it.

L6-L9 students:

Create your own pattern or use a template from school-If you create your own design give it to Mrs Alm the week before so that she can laminate it for you to use in the lesson

Thursday 29th November

Homemade Pasta:

- Make homemade pasta
- Practice shaping pasta-either using the pasta machine or by hand.

L6-L9 students:

Practice colouring pasta-use beetroot, spinach and carrots- can you think of other natural ways of colouring pasta?

Homemade Pasta:

- 110g double zero pasta flour
- 15ml olive oil
- 1 small whole egg
- 1 small egg yolk
- Pinch of salt



Inspiration! Watch these videos!

<https://www.youtube.com/watch?v=JtoqR4Omr4M>

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

Wednesday 5th December

- Make sweet pastry for chocolate Tart
- Make a coulis sauce

You will also need 4-6 small tart trays



Coulis Ingredients:

100g of frozen berries
1 packet of icing sugar

Sweet pastry ingredients:

- 110g plain flour
- 15g dark cocoa powder
- 50g icing sugar
- 1 egg yolk
- 2 tbsp. cold water

A container with a lid to store the coulis sauce in.

Thursday 6th December

- Make chocolate tart and decorate
- Make Crème Patisserie from scratch
- Consider how you will style your dessert- do you need fruits for making complex garnishes?

Crème Patisserie (sauce) Ingredients



- 250ml full fat milk
- 1 vanilla pod, split in half lengthways & scraped of seeds
- 3 egg yolks
- 50g caster sugar
- 25g corn flour

Chocolate Filling for Tart

Fills 2 Individual Tarts (double up if you're making more than two tarts)

Ingredients

- 70ml milk
- 150ml double cream
- 140g good quality dark chocolate (54%)
- 1 egg

Containers to take tarts home in. Also needs a container with lid for spare creme patisserie.

Thursday 13th December

Make Sausage rolls

- Make sausage rolls from scratch with homemade puff pastry (high skill)
- Add some cranberry for extra flavor

200g plain flour

150g Butter or hard block margarine

1 tblsp lemon juice

400-500g sausage meat

½ a small grated onion (Optional)

Pinch mixed herbs

50g extra flour for rolling out

Tupperware box to carry your cooked dish home

Clean tea towel

Wednesday 19th December

Make Swiss roll

4 eggs

100g caster sugar

100g plain flour

2-3 tablespoons jam

Extra teaspoon caster sugar

1 small tub of whipping cream (if desired)

Thursday 20th December

Make butter icing

Decorate Swiss roll

To get extra marks, make homemade jam from scratch!

Butter Icing

125g butter/soft margarine

250g icing sugar

40g cocoa powder

(bring extra for piping)

Decoration

1 silver cake board (or cover a chopping board or plate in tin foil)

Christmas decorations/piping bag and nozzle if you want to pipe icing

Icing sugar to dust

A suitable container that will hold your Swiss roll and cake board.

Duchesse potatoes

1 large potato

1 egg

Salt and pepper

Method

1. Peel and dice potatoes. (2cm cubes)
 2. Boil in a pan of salted water until soft.
 3. Drain the potatoes then return them to the pan and dry for one to 2 minutes over the heat.
 4. Mash well until smooth. Add beaten egg 1 tblsp at a time and beat in well. DO NOT USE AN ELECTRIC MIXER.
 5. Season to taste.
 6. Place mixture into a large piping bag with a star nozzle. Twist to get a firm hold, pipe onto a greased baking tray into large rosettes.
 7. Bake in oven Gas mark 7 / 210°C for 10 – 12 minutes until golden brown.
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Potato nests

Recipe and method are the same as duchesse potatoes until point 6.

6. Pipe a circle to the same size as a small saucer.
7. Pipe an edge around the outside to make it look like a small nest.
8. Bake in oven Gas mark 7 / 210°C for 10 minutes until golden.
9. Fill with your chosen vegetable mixture and top with a spoonful of cheese sauce.
10. Bake in oven Gas mark 5 / 190°C for 15 minutes until golden.

Potato Rosti

1 large potato

Salt and pepper

1 tblsp oil

1 knob of butter

Method

1. Peel the potato. Then grate on the coarsest side of the grater.
2. Place the grated potato onto a clean tea towel. Twist and squeeze in the towel to remove all of the water from the potato.
3. Season the mixture.
4. Heat the oil and butter in the frying pan. Place the potato mixture into a large metal ring in the pan. Pack quite tightly.
5. Fry slowly on a low heat to prevent burning.
6. Turn after 8-10 minutes. Remove ring, continue to cook on the other side until golden, and cooked through.
7. These can be kept warm in a low oven Gas mark 2 /140°C until ready to serve.

Pasta Dough

Ingredients

- 110g double zero pasta flour
- 15ml olive oil
- 1 small whole egg
- 1 small egg yolk
- Fine sea salt

Method

1. Sieve the flour into a bowl; add a good pinch of salt.
2. Mix the eggs and oil together.
3. Make a well in the middle of the flour and add half the egg mix. Start to mix quite vigorously adding more egg until the appearance of damp breadcrumbs is achieved, do not squeeze the dough or it will combine before it's ready.
4. Start mixing well to combine as a dough and then knead by hand for 5 minutes to achieve a smooth pasta ball.
5. Wrap the pasta tightly in cling film and allow to rest in the fridge for 1 hour. The pasta is now ready to roll through a pasta machine (see demo).

Chocolate Sweet Pastry

MAKES: 2 – 3 Individual Tarts

Ingredients

- 110g plain flour
- 15g dark cocoa powder
- 50g unsalted butter
- 50g icing sugar
- 1 egg yolk
- 2 tbsp. cold water

Method

1. Lightly butter and flour a loose bottom tart case.
2. Using your fingers soften the butter until pale in colour and mix in the icing sugar.
3. Sieve the flour and cocoa powder and add to the butter, mix well.
4. Add the water to the egg yolks and start to mix in to the flour.
5. Mix until you achieve a soft but not too sticky dough.
6. Wrap in cling film and refrigerate for approximately 1 – 2 hours.
7. Roll the pastry approximately 3mm thick and line the tart case leaving a 10mm overhang to be trimmed up later.
8. Refrigerate again for 30 minutes or until the pastry has hardened up.
9. Line the pastry with a piece of parchment paper big enough to come up the sides and fill the case with baking beans.
10. Bake in a pre-heated oven at 185°C for 20 minutes or until the pastry case has cooked through. Do not worry too much if the overhanging pastry starts to burn.

Crème Patisserie

Ingredients

- 250ml full fat milk
- 1 vanilla pod, split in half lengthways & scraped of seeds
- 3 egg yolks
- 50g caster sugar
- 25g corn flour

Method

1. Place the milk and vanilla seeds in a pan and bring to the boil.
2. Whisk the egg yolks, sugar and corn flour together in a heavy based pan until pale.
3. Slowly whisk the milk into the egg mixture and place on a medium heat. Whisk the mixture vigorously until it starts to thicken and comes to the boil. Continue to whisk for a further 1 to 2 minutes and then pass the mixture through a sieve into a bowl.
4. Finally cover with cling film to stop a skin forming.

Chocolate Tart

Fills two Individual Tarts (double if you want to fill 4 tarts depending on how many you have made)

Ingredients

- 70ml milk
- 150ml double cream
- 140g good quality dark chocolate (54%)
- 1 egg

Method

1. Line pastry case with sweet pastry, rest and bake blind until completely cooked through.
2. Pre-heat oven to 170°C.
3. Warm the milk and cream, add in the chocolate broken up into pieces, and allow it to melt in slowly on a very gentle simmer.
4. When the chocolate has melted, allow mixture to cool slightly and mix in the egg.
5. Pour the mixture into the pre-cooked pastry case, place in the pre-heated oven and cook for approximately 20 minutes or until the tart is just cooked. It should not wobble too much in the middle when shaken.

SAUSAGE ROLLS

Ingredients:

200g plain flour
150g Butter or hard block margarine
1 tblsp lemon juice
400-500g sausage meat
½ a small grated onion (Optional)
Pinch mixed herbs
50g extra flour for rolling out
Tupperware box to carry your cooked dish home
Clean tea towel

METHOD:

1. Sieve the flour with a pinch of salt into a large mixing bowl.
2. Add all of the fat to the flour and cut into small pieces with a small table knife.
3. Add the lemon juice and stir in well. Add very cold-water 2 tblsp at a time and stir in with a palette knife. Continue to add the water until it starts to draw together to make a dough. It should not be too sticky!
4. Put dough into a plastic bag and store in the fridge for 15-20 minutes.
5. Mix the sausage meat, grated onion and herbs together. Divide into four equal pieces.
6. Roll the pastry into an oblong. Fold into 3. Bottom to middle, Top to bottom. Turn through 180 degrees and re-roll. Do the same action 3 times.
7. Divide the pastry into two. Roll each out to a large rectangle. Cut into half down the middle. You should then have 4 strips.
8. Roll out the sausage meat into long sausages to fit the strips of pastry.
9. Brush down the cut edge with water and roll up. Divide each into 8.
10. Place onto a floured baking tray. Glaze with beaten egg. Make two cuts onto each one with scissors.
11. Bake in oven Gas mark 7 or 210°C for 20 -25 minutes until golden brown.
12. Remove from tray and place onto a cooling rack to cool.