

## Y10: Term 2 Cooking Dates and Recipes

Ingredients listed in red are either at school or will be provided by school.

Date:	Practical
Friday 11 <sup>th</sup> January	<b>The Tunnock's Teacake Challenge</b> <b>Skill: Food Styling</b>  National Competition. Consider how you want to style and present your teacake and bring in the relevant ingredients.
Friday 18 <sup>th</sup> January	<b>Chocolate Eclairs/Profiteroles</b> <b>Skill: Making choux pastry from scratch</b> <b>Food Science: Gelatinisation, dextrinisation</b>  <ul style="list-style-type: none"><li>• 75g flour</li><li>• 50g butter or block margarine</li><li>• 125 ml milk or water</li><li>• <b>½ tsp sugar</b></li><li>• <b>Pinch salt</b></li><li>• 2 eggs</li><li>• 150 ml double or whipping cream</li><li>• 200g milk or plain chocolate</li></ul> Suitable container to take home in
Friday 25 <sup>th</sup> January	<b>Lemon Meringue Pie</b> <b>Skill: making meringue from scratch, shortcrust pastry, piping, combining ingredients</b> <b>Food Science: Coagulation, foam formation</b> <u>Base</u> <ul style="list-style-type: none"><li>• 150g plain flour</li><li>• 75g butter</li></ul> <u>Filling</u> <ul style="list-style-type: none"><li>• Grated rind and juice of 2 lemons</li><li>• <b>250 ml cold water</b></li><li>• 3 tbsps. cornflour</li><li>• 50g caster sugar</li><li>• 2 large egg yolks</li><li>• 40g butter</li></ul> <u>Meringue</u> <ul style="list-style-type: none"><li>• 2 large egg whites</li><li>• 100g caster sugar</li></ul> You must also bring in a 7 inch flan dish, piping bag and a large star nozzle and a suitable container to take pie home in

<p>Friday 1<sup>st</sup> February</p>	<p><b>Panacotta with coulis sauce</b>  <b>Skill: Making a set dessert, using gelatine, food styling</b>  <b>Food Science: Setting Agents</b></p> <ul style="list-style-type: none"> <li>• 3 gelatine leaves</li> <li>• 250ml milk</li> <li>• 250ml double cream</li> <li>• 1 vanilla pod, split lengthways, seeds scraped out</li> <li>• 25g sugar</li> </ul> <p><b>For the coulis sauce</b></p> <ul style="list-style-type: none"> <li>• 175g icing sugar</li> <li>• 175ml water</li> <li>• 350g/12oz raspberries or frozen mixed fruit</li> </ul> <p><b>To serve</b></p> <ul style="list-style-type: none"> <li>• 4 sprigs fresh mint</li> <li>• icing sugar, to dust</li> </ul> <p>4-6 ramekin dishes  Suitable container to take home in</p>
<p>Friday 8<sup>th</sup> February</p>	<p><b>Soufflé:</b></p> <p><b>Choose either the cheese or the lemon soufflé-see recipes below for ingredients lists.</b></p> <p>Skill: making a higher level dish  Food Science: Dextrinisation</p> <p>4-6 ramekin dishes  Suitable container to take home in</p>
<p>Friday 15<sup>th</sup> February</p>	<p><b>Homemade pasta</b>  <b>Skill: Homemade pasta, use pasta machines</b>  <b>Food Science: Gelatinisation</b></p> <p><b>Ingredients – double up to make more.</b></p> <ul style="list-style-type: none"> <li>• 110g double zero pasta flour</li> <li>• 15ml olive oil</li> <li>• 1 small whole egg</li> <li>• 1 small egg yolk</li> <li>• Pinch of salt</li> </ul> <p>Suitable container to take home in</p>
<p>February Half Term Holidays</p>	

<p>Friday 1<sup>st</sup> March</p>	<p><b>Recipe Development: Pasta</b>  <b>Skill: homemade pasta, use pasta machines, creativity, dying and shaping pasta</b>  <b>Food Science: Gelatinisation</b></p> <p><b>Ingredients – double up to make more.</b></p> <ul style="list-style-type: none"> <li>• 110g double zero pasta flour</li> <li>• 15ml olive oil</li> <li>• 1 small whole egg</li> <li>• 1 small egg yolk</li> <li>• Pinch of salt</li> </ul> <p>Research or design your own ravioli filling, Bring in any of the following foods for dying the pasta: beetroot, carrot, tomato puree, spinach.</p> <p>Suitable container to take home in</p>
<p>Friday 8<sup>th</sup> March</p>	<p><b>Homemade Bread</b>  <b>Skill: making homemade bread, shaping dough, using flavourings</b>  <b>Food Science: Fermentation, using yeast, shaping dough, dextrinisation</b></p> <ul style="list-style-type: none"> <li>• 200g bread flour</li> <li>• 1 tsp salt</li> <li>• 1 tbsp. oil</li> <li>• 1 packet of fast action yeast TIN OR BOX</li> <li>• 1 tsp sugar</li> <li>• 150ml warm water</li> <li>• 2 tbsps. extra flour</li> <li>• Flavourings e.g. olives, sundried tomatoes (optional)</li> </ul> <p>Suitable container to take home in</p>
<p>Friday 15<sup>th</sup> March</p>	<p><b>Chelsea Buns</b>  <b>Skills: Making rich yeast doughs, glazing</b>  <b>Food Science: Fermentation, using yeast, dextrinisation</b></p> <ul style="list-style-type: none"> <li>• 500g strong plain flour</li> <li>• 1 sachet easy blend/quick acting yeast</li> <li>• <b>½ level teaspoon salt</b></li> <li>• 50g caster sugar</li> <li>• 100g margarine or butter</li> <li>• 1 egg</li> <li>• 100mls milk made up to 200mls with hot water.</li> <li>• 100g dried fruit</li> <li>• 50g caster sugar</li> <li>• 50g margarine</li> </ul> <p>Suitable container to take home in</p>

<p>Friday 22<sup>nd</sup> March</p>	<p><b>Sourdough with Chutney</b>  <b>Skill:</b> Making bread using chemical raising agents (without the use of yeast)  <b>Food Science:</b> Food preservation: chutney, caramelisation  <b>Soda Bread:</b></p> <ul style="list-style-type: none"> <li>• 225g plain flour</li> <li>• 225g wholemeal flour</li> <li>• 1 tsp salt</li> <li>• 2 tsp bicarbonate of soda</li> <li>• 2 tsp cream of tartar</li> <li>• 1 tsp caster sugar</li> <li>• 25g butter</li> <li>• 1 pint skimmed milk or buttermilk</li> </ul> <p><b>Caramelised Onion Chutney:(Optional)</b></p> <ul style="list-style-type: none"> <li>• 500g Onions</li> <li>• 1tbsp Olive oil</li> <li>• 90g Dark brown sugar</li> <li>• 60ml Malt Vinegar</li> <li>• 1Garlic cloves, crushed</li> <li>• 1tsp Wholegrain mustard</li> <li>• Pinch of Salt</li> <li>• ¼ tsp Paprika</li> <li>• Suitable container to take home in</li> </ul>
<p>Friday 29<sup>th</sup> March</p>	<p><b>Homemade puff pastry</b>  <b>Skill:</b> homemade rough puff pastry  <b>Food Science:</b> Dextrinisation</p> <ul style="list-style-type: none"> <li>• 200g plain flour</li> <li>• 150g margarine or butter</li> <li>• 1 teaspoon salt</li> <li>• 125ml cold water</li> <li>• A few drops lemon juice</li> <li>• Frozen at school and used for Danish pastries</li> </ul>
<p>Friday 5<sup>th</sup> April</p>	<p><b>Danish Pastries</b>-use frozen pastry at school. If absent from school during pastry making lesson, bring in a packet of defrosted ready-made puff pastry.  <b>Skill:</b> Shaping pastry, Finishing Techniques  <b>Food Science:</b> Dextrinisation</p> <ul style="list-style-type: none"> <li>• 200g cream cheese</li> <li>• 50g icing sugar</li> <li>• Tsp vanilla essence (optional)</li> <li>• 5 Strawberries</li> <li>• 30g Blackberries- Use can of cherries or frozen berries if strawberries/blackberries not in season OR you can just use jam)</li> <li>• Suitable container to take home in</li> </ul>
<p>Easter Holidays</p>	

## Chocolate Eclairs/ Profiteroles

### Ingredients:

75g flour  
50g butter or block margarine  
125 ml milk or water  
½ tsp sugar  
Pinch salt  
2 eggs  
150 ml double or whipping cream  
200g milk or plain chocolate  
Box to take your cooking home

### Method.

1. Weigh out all ingredients. Keep cream in the fridge until needed.
2. Put water or milk into a medium saucepan with the butter.
3. Sieve the flour onto a small piece of greaseproof paper along with the sugar and salt.
4. Heat the water/milk until boiling and the butter has melted. Quickly pour in the flour and beat in with a wooden spoon until thick and glossy.
5. Beat eggs in a jug.
6. Add beaten egg **only a tablespoon** at a time and beat in using an electric mixer.  
YOU MAY NOT NEED TO USE ALL OF THE EGG. STOP ADDING THE EGG WHEN YOU CAN DRAW A PEAK FROM THE MIXTURE.
7. Put the mixture into a piping bag with a plain nozzle.
8. Grease a baking tray and cover with a tiny amount of flour. Draw the size of each éclair onto the tray. Pipe out either as éclairs or as profiteroles.
9. Bake in oven gas mark 7 / 220°C for 20 minutes. When golden move to a lower shelf and reduce the oven temperature to Gas mark 5/ 190°C.
10. When crisp remove from the oven. Place onto a cooling rack. Make a small hole in the bottom of each one.
11. Whip cream until thick. Place into a piping bag and fill each pastry case when **cold**
12. Melt chocolate in a plastic bowl in the microwave for 1 minute. Spread over the top of each pastry.

## LEMON MERINGUE PIE.

### Ingredients:

150g plain flour

75g butter

### Filling

Grated rind and juice of 2 lemons

250 ml cold water

3 tbsps. cornflour

50g caster sugar

2 large egg yolks

40g butter

### Meringue

2 large egg whites

100g caster sugar

**7" flan dish**

### METHOD

1. Preheat the oven **gas mark 5 / 190°C**.
2. Roll out pastry to 1 cm bigger than your dish. Lift into the dish. Smooth down and prick over the base with a fork. Trim the edges with a sharp knife.
3. Line the pastry with greaseproof paper and baking beans or left over pastry. Place dish onto a baking tray and bake for 20 minutes until cooked through.
4. Remove from the oven and leave to cool. Lower the heat of the oven to **Gas mark 2/ 150°C**
5. Measure the cold water into a jug. Put the cornflour and sugar into a small bowl and mix with one to two tablespoons of water out of the jug. Mix to a smooth paste and add the grated lemon rind.
6. Put the paste and remaining water into a saucepan with the lemon juice stirring over the heat until it boils and goes thick.
7. Remove from heat and beat in the egg yolks and butter. Pour into the pastry case and spread out evenly.
8. Whisk the egg whites until they form stiff peaks. Add caster sugar, 1 tbsp. at a time until thick and glossy.
9. Spoon meringue mixture over the lemon filling. Form into peaks on the top of the dish.
10. Bake in oven for 35 – 40 minutes until pale golden brown.

## Vanilla Panacotta

### Ingredients:

3 gelatine leaves  
250ml milk  
250ml double cream  
1 vanilla pod, split lengthways, seeds scraped out  
25g sugar

For the sauce  
175g sugar  
175ml water  
350g raspberries

To serve  
4 sprigs fresh mint  
Icing sugar, to dust

### METHOD

1. For the panacotta, soak the gelatine leaves in a little cold water until soft.
2. Place the milk, cream, vanilla pod and seeds and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.
3. Squeeze the water out of the gelatine leaves, then add to the pan and take off the heat. Stir until the gelatine has dissolved.
4. Divide the mixture among four ramekins and leave to cool. Place into the fridge for at least an hour, until set.
5. For the sauce, place the sugar, water and raspberry liqueur into a pan and bring to the boil. Reduce the heat and simmer until the sugar has dissolved.
6. Take the pan off the heat and add half the raspberries. Using a hand blender, blend the sauce until smooth.
7. Pass the sauce through a sieve into a bowl and stir in the remaining fruit.

To serve, turn each panacotta out onto a serving plate. Spoon over the sauce and garnish with a sprig of mint. Dust with icing sugar

## **CHEESE SOUFFLE**

### **Ingredients:**

50g butter  
25g fresh white breadcrumbs  
50g plain flour  
1 tsp mustard powder  
300ml milk  
4 eggs (separated)  
100g grated strong cheddar (you can use smoked cheese, goats' cheese or blue cheese)

### **Method**

1. Prepare the soufflé dish. Grease well with a little extra butter. Then sprinkle in the breadcrumbs and turn the dish to make sure that the butter is evenly coated. You can do this with fresh grated parmesan cheese instead of breadcrumbs for a better flavour. Don't use the dried parmesan in the tubs! Tip out any excess.
2. Pre heat oven to 200°C/ gas mark 6
3. Make a roux sauce- In a medium saucepan melt the 50g butter then stir in the flour and mustard. Cook stirring all the time for 1-2 minutes until the mixture smells biscuit. Do not allow to burn.
4. Remove from the heat and add the milk a little at a time until all is added. Be very careful to keep it smooth by making sure each amount is thoroughly mixed in before adding more.
5. Return to the heat and stir continuously until the mixture is thick. Do not allow it to burn and stick at the sides of the saucepan. Leave to cool with a lid on the saucepan.
6. Add the egg yolks when it is cool to the touch and beat in. Stir in the cheese and season well.
7. Whisk the egg whites until stiff. Take one spoonful and mix it into the cheese mixture. Then add the rest but fold in very gently using a metal tablespoon.
8. Spoon the mixture into the prepared dish. Run a clean knife around the edge of the dish. Then place onto a baking tray and bake for 25- 30 minutes until the top is golden and well risen. DO NOT OPEN THE OVEN DOOR BEFORE 25 MINUTES ARE PASSED!!!!

## Lemon Soufflé

### Ingredients:

4 egg whites  
2 egg yolks  
5 tbsp. caster sugar  
1-2 lemons  
100ml full fat milk  
100ml double cream  
1 tbsp. corn flour  
2 tsp cornflour

### Method:

1. Butter ramekins and put in the fridge
2. Separate eggs
3. Add 2 tbsps. sugar to the yolks and whisk
4. Pour cream and milk into a pan with flour and cornflour and heat until just under the boil
5. Remove from the heat
6. Pour some of the cream on to the yolks, whisk and add back to the pan until custard thickens
7. Remove from the heat
8. Add zest and lemon juice
9. Set in the fridge to cool
10. Whisk the egg whites to meringue consistency; add remaining sugar one tablespoon at a time.
11. Pour custard onto the meringue and fold
12. Add mixture to ramekins
13. Bake in the oven for 10-15 mins

## Homemade Pasta Dough

### **Ingredients – double up to make more.**

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

### **Method**

1. Sieve the flour into a bowl, add a good pinch of salt and plenty of grated nutmeg.
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 its ready.
4. Start mixing well to combine together 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 15 minutes. The pasta is now ready to roll through a pasta machine (see demo).
6. Once the pasta has been rolled, pass it through the linguini cutter.
7. Bring a pan of water up to the boil and add a good pinch of salt and a splash of olive oil.
8. Add the pasta and cook for approximately 1 minute or until tender (al dente). Drain well and add the chopped chervil and seasoning. Serve immediately.

## **BREAD ROLLS**

### **Ingredients List:**

200g bread flour  
1 tsp salt  
1 tbsp. oil  
1 packet of fast action yeast TIN OR BOX  
1 tsp sugar  
150ml warm water  
2 tbsp. extra flour

### **Method:**

1. Put all ingredients onto a white tray. Wash work surface. Tie long hair back, put an apron on and wash hands.
2. Pre-heat oven 210°C. Collect all ingredients and equipment: MIXING BOWL, MEASURING JUG, WOODEN SPOON, FLOUR DREDGER, SHARP KNIFE AND BAKING TRAY.
3. Sieve flour into mixing bowl. Add salt, sugar, oil and yeast. Mix in well.
4. Add half of the warm water and beat in well with a wooden spoon. Add half of The remaining water. Beat in well. If you need to add the remaining water beat in With a wooden spoon to get a soft dough.
5. Turn the dough out onto the floured work surface. Knead for 10 minutes to get A smooth elastic dough.
6. Divide into 6 equal pieces. Shape into equal round shaped rolls. Place onto a Floured baking tray and leave to rise for 5-10 minutes.
7. Bake in oven for 15 -20 minutes until golden brown.

## CHELSEA BUNS

### Ingredients:

Makes 16 Chelsea buns

500g strong plain flour

1 sachet easy blend/quick acting yeast

½ level teaspoon salt

50g caster sugar

100g margarine or butter

1 egg

100mls milk made up to 200mls with hot water.

100g dried fruit

50g caster sugar

50g margarine

### METHOD:

1. Sieve flour into bowl. Add salt.

2. Place yeast in a small basin. Add 2 tbsp. of your measured flour. Measure milk into jug and make up to 8 fluid ounces (200mls) with HOT water. Add all this liquid to the yeast and flour in the basin. Leave to ferment i.e. froth or go bubbly.

3. Rub the margarine into the remainder of the flour and stir in the sugar.

4. Beat egg.

5. When yeast mixture is frothy add to the flour mixture with the beaten egg.

6. Combine all dough ingredients thoroughly and knead for 10 minutes.

7. Allow to prove (rise).

8. Knock back dough to its original size.

9. To shape the Chelsea buns:

Roll to a rectangle. Spread with margarine (melted if block).

Sprinkle with sugar and dried fruit and roll up like a Swiss roll. Cut into 3 cm slices.

Place on a baking tray close together with cut edge upwards.

10. Allow to prove (rise) in warm place until joined together and doubled in size.

11. Bake for approx. 20 minutes Gas 6/7 or 200/210C until golden brown and sound hollow when tapped on the base.

12. Cool slightly then brush with a sugar glaze (sugar and water boiled together until thickened and sticky)

## **SODA BREAD WITH CAMELISED ONION CHUTNEY**

### **Ingredients List:**

#### **Soda Bread:**

225g plain flour  
225g wholemeal flour  
1 tsp salt  
2 tsp bicarbonate of soda  
2 tsp cream of tartar  
1 tsp caster sugar  
25g butter  
1 pint skimmed milk or buttermilk

#### **Caramelised Onion Chutney :( Optional)**

500g Onions  
1tbsp Olive oil  
90g Dark brown sugar  
60ml Malt Vinegar  
1Garlic cloves, crushed  
1tsp Wholegrain mustard  
Pinch of Salt  
¼ tsp Paprika

### **Soda Bread Method:**

1. Oven Temperature: 190°C / Gas 5
2. Sieve all the dry ingredients into the bowl, tipping any bran into the bowl
3. Rub the butter into the flour, and then just enough of the milk/buttermilk to make a soft dough.
4. Knead the dough until smooth, and then shape on a baking tray into a large round, approximately 5cm thick.
5. Make a large cross in the surface of the dough using a wooden spoon.
6. Bake for 30-40 minutes until risen and firm.  
Start making your chutney!
7. Once cooked, allow to cool for 5 minutes on the baking tray before transferring to the cooling rack.

### **Caramelised Chutney Method:**

1. Peel and slice onions very thinly. Gently heat the oil in large pan with a lid and soften the onions  
With the lid on. Stir occasionally to stop them from browning.
2. Stir in 3tbsp of sugar and turn up heat so that the onions caramelize. They will go a rich brown colour, but don't let them burn. Add the rest of sugar, Malt Vinegar and the remaining ingredients.
3. Simmer for 15 mins until the mixture becomes thick.  
Spoon into a sterilised jars (about250ml jar).

## Rough Puff Pastry Recipe

### Ingredients:

200g plain flour

150g margarine or butter

1 teaspoon salt

125ml cold water

A few drops lemon juice.

### Method:

- 1 Sieve the flour and salt together.
  - 2 Cut fat into fairly large pieces and put into the flour.
  - 3 Add lemon juice and water and mix to an elastic consistency.
  - 4 Turn out onto a floured board and knead very lightly.
  - 5 Shape into a rectangle, roll out, flour lightly and fold in three.
  - 6 Seal edges and quarter turn. Roll out again.
  - 7 Repeat the folding and rolling twice more, leaving the pastry to relax in between times if possible.
  - 8 Use for sausage rolls, Eccles cakes, cream slices, plaits etc.
- To bake, preheat oven to 210°C, (Gas Mark 7) for 15 - 20 mins then turn down heat or cover pastry.

## Danish pastry Shapes

### Ingredients List

200g cream cheese

50g icing sugar

Tsp vanilla essence (optional)

1 pack of puff pastry

5 Strawberries

30g Blackberries

(Use can of cherries or frozen berries if strawberries/blackberries not in season OR you can just use jam)



[https://www.youtube.com/watch?v=3\\_Pp9fwLkBY](https://www.youtube.com/watch?v=3_Pp9fwLkBY)

Watch the link before the lesson to see how to make the different shapes!

### **Method:**

1. Gently roll your pastry dough onto a lightly floured surface. Cut the pastry into even squares, as all of these shapes are based on a square. Use a clean ruler to help you to make your squares.

2. In a small bowl, mix the cream cheese, vanilla essence and icing sugar together.

### **The Pinwheel:**

1. To make the shape, make four equal cuts at each corner of one square. Each cut should reach toward the centre of the square but not cut all the way through.



2. Grab one half of each corner and pull it toward the centre of the square. Then, add your cheese filling at the place where all the points meet. Decorate with a blueberry or strawberry.



## The Envelope:

1. To make this shape, gently fold a square in half diagonally. Make two diagonal cuts along the outside edge of the triangle, leaving about  $\frac{1}{4}$ " of pastry, or more if you are making larger treats.



2. Unfold the dough.



3. Take the outer "frame" edge and fold it over until it meets the cut you just made.



4. Repeat on the other side to form a diamond shape. Add your filling to the centre.



## **The Danish Pocket**

This shape gives you a lot of layers. While I added my filling to the centre, you can squeeze in a little extra filling inside of the pocket to make your pastry sweeter and more indulgent.

1. To make this shape, make four equal cuts in the centre of each side of a square. Like in the pinwheel, the cuts should reach toward the centre of the square but not cut all the way through.



2. Grab each corner and pull it toward the centre of the square. Then add your filling at the spot where all the points meet.

**Place pastries in a preheated oven of 180°C (160°C fan oven) for 20 minutes or until golden in colour.**

### **Don't be a square**

You can make all of these same shapes starting with circles of pastry, instead of squares. The curved edges will provide a different, impressive style.

### **Tips**

You can use egg wash to help stick the pastry shapes down or to glaze the pastries before placing in the oven.