

Ingredients
 1 tin of chopped tomatoes
 1 celery stick
 1 carrot
 1 onion
 1 bay leaf
 Tomato Puree
 1 clove of garlic
 1 tbsp mixed herbs
Seasoning of your choice - salt, pepper, basil

Italian Simple Tomato Sauce Method

Equipment
 ✓ Sharp Knife
 ✓ Saucepan
 ✓ Chopping Board
 ✓ Plate

✓ Mixing Spoon
 ✓ Teaspoon
 ✓ Peeler
 ✓ Tin opener
 ✓ Garlic crusher



1. Peel and dice the onion.



2. Crush the garlic.



3. Pour 1 tbsp. olive oil into the pan.



4. Sauté the onion and garlic for 5 minutes on a low heat.



5. Peel and dice the carrot and add to the pan.



6. Dice the celery and add to the pan.



7. Add the tomato puree tin tomatoes, seasoning, bay leaf and mixed herbs to the pan.



8. Blend until smooth.

1) Preheat your oven to Gas Mark 7/or 200degrees. Slice or chop your meat and vegetable ingredients evenly.



4) Cook your skewers in the oven turning occasionally for 20minutes.

Turkish Meat and Vegetable Skewers

2) Line your baking tray with foil.

5) Wash up and clear up all equipment while the skewers cook. Hands up for support to transfer into your container. Hands up for inspection of your area.

Skills: Chop evenly , Slice, Skewer, Oven.

3) Thread skewers alternating between meat and vegetables place on the baking tray once threaded.



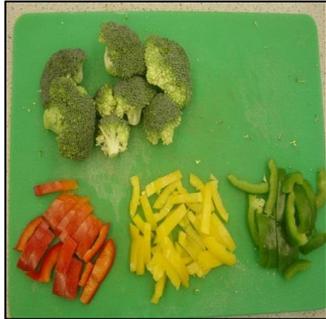
Ingredients

200g chicken (Quorn or halloumi)
1 courgette
1 pepper
6-8 small mushrooms
Seasoning of choice
Olive oil

Equipment

- ✓ Sharp Knife
- ✓ Bowl
- ✓ Baking Tray
- ✓ Chopping Board
- ✓ Plate - for waste
- ✓ Skewers
- ✓ Red chopping board if meat not chopped

Method Oriental Stir Fry



1) Chop all vegetables on a green/brown chopping board in the julienne cut.



2) Crush garlic in a garlic crusher (if using)



3) Add a little oil to the wok. Fry onion and garlic for 30 seconds



4) Chop chicken and add to pan fry until meat is white all the way through



5) Add vegetables and fry for a further 2-3 minutes.



6) Add soy sauce and five spice and stir for 1 minute



7) Hand up to transfer into container.

Equipment

- ✓ Chopping board
- ✓ Sharp Knife
- ✓ Wok/frying pan 1 between 2

- ✓ Long plastic mixing spoon
- ✓ Peeler
- ✓ Plate

Ingredients

- 200g Chicken
- 10ml oil
- 2 tbsp Soy Sauce/teriyaki
- 4 vegetables of your choice, e.g. carrots, peppers, onions, mange tout, baby sweet corn, mushrooms
- Garlic
- 5 spice seasoning 1tsp

Spanish Breakfast Frittata Timeline



1) Preheat your oven to Gas Mark 5/or 180degrees. Slice or dice your meat and vegetable ingredients.

2) Grate your cheese, then grease a muffin tray.



3) Crack your eggs in the plastic jug, whisk and season.



5) Pour the egg mixture in to the muffin tray filling each section 3/4s full.



7) Place in the oven for 15-18 minutes.



6) Sprinkle cheese on the top of each muffin.



4) Sprinkle your meat and vegetable filling evenly into the bottom of each muffin section.

8) Wash up and clear up all equipment while the frittata cooks.



Equipment

- ✓ Chopping board
- ✓ Sharp Knife
- ✓ Plastic Jug
- ✓ Whisk
- ✓ Muffin Tin or Loaf Tin
- ✓ Plate
- ✓ Grater



Skills: Grate, Slice, Dice, Oven and Egg cracking.

Ingredients

- 3 eggs
- Choose 2 to 3 fillings-Cheddar cheese, feta cheese, mozzarella cheese, spinach, cherry tomatoes, red pepper, onion, mushrooms, ham, cooked chicken chunks, chorizo
- Seasoning- turmeric, paprika, cayenne

Ingredients

250g self-raising flour

40g butter or baking fat/block.

125ml semi-skimmed milk.

Optional:

25g caster sugar

Fillings – currants raisins, cherries.

British Scones

Method

Equipment

- ✓ Baking tray
- ✓ Tin foil
- ✓ Pastry brush

- ✓ Mixing bowl
- ✓ Palette knife
- ✓ Measuring jug

- ✓ Scone cutter
- ✓ Cooling rack
- ✓ Round bladed knife
- ✓ Table spoon



1. Preheat the oven to 220°C or gas mark 7.

2. Put the tin foil on your baking tray

3. Rub in the butter or margarine into the flour until it resembles breadcrumbs.

4. Add your sugar or fillings and stir through. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).

5. Mix to form a soft dough using your palette knife.



6. Place the dough on a lightly floured work surface and pat it down



7. Shape the scones using a cutter



8. Place the scones on a baking tray and brush each top with a little milk.



9. Bake for 12 – 15 minutes, until golden brown.



10. Allow to cool on a cooling rack

Gingerbread

Ingredients

160g plain flour
2 tsp ginger
½ tsp bicarbonate soda
50g butter
90g brown sugar
½ egg
2 tbsp golden syrup

Equipment

- ✓ Baking Tray
- ✓ Foil
- ✓ Mixing Bowl
- ✓ Sieve
- ✓ Butter Knife
- ✓ Rolling pin
- ✓ Fork
- ✓ Small bowl
- ✓ Cutter
- ✓ Flour dredger
- ✓ Palette knife



1. Preheat oven 180C, line baking tray with foil.

2. Sift flour, ginger and bicarbonate into a large bowl.

3. Stir the sugar into the flour mixture using butter knife.

4. Rub the butter into the flour using your finger tips.



5. Mix 1/2 egg and golden syrup in small bowl.

6. Add to the flour to form a dough and roll out on lightly floured surface.

7. Cut out shapes and place on baking tray bake for 10 minutes.

8. Leave to cool for 5 minutes remove with palette knife.

American Pancakes Method

Equipment

Sieve
Measuring Jug
Mixing Bowl
Whisk or fork
Frying pan
Fish Slice
tablespoon

Ingredients

1 egg
2 tbsp butter
125g plain flour
1 tsp baking powder
1 tbsp oil
150 ml milk
4 tbsp caster sugar
Pinch salt
Optional
Blueberry pancakes



1. Whisk the milk egg and butter in a jug.



2. Sift the flour, sugar and baking powder into a bowl and a pinch of salt.



3. Beat the wet ingredients into the dry ingredients in a bowl



4. Heat a non stick frying pan over a medium heat (4-5) with a little oil.



5. Add 2-3 tbsp of mixture per pancake to the pan



6. Once bubbles appear flip the pancakes and cook for a further 2 minutes.



7. Serve with your choice of topping.



8. Don't forget to present and photograph your pancakes.

Ingredients

100g butter
100g light brown sugar
1 med egg
200g self-raising flour
1 pack of Mini Eggs



1. Preheat the oven to 180°C or gas mark 7.



2. Put the baking paper on your baking tray



6. Crush half a pack of Mini Eggs in a small cellophane bag using a rolling pin and add to the dough continuing to knead until they're evenly spread through the dough.



7. Roll out golf ball size pieces of dough and pop onto the baking tray.

3. Add all of the ingredients except the mini eggs to a large mixing bowl.



4. Mix to form a soft dough using your round bladed knife.



8. Pat down a little to flatten and leave about a 2cm gap between each cookie as they'll grow.

9. Bake in the oven for 7-10 mins until golden. Leave to cool.



5. Place the dough on a lightly floured work surface and pat it down



10. Allow to cool on a cooling rack

Equipment

- ✓ Baking tray
- ✓ Baking paper
- ✓ Mixing bowl
- ✓ Palette knife
- ✓ Measuring jug
- ✓ Cooling rack
- ✓ Round bladed knife
- ✓ Table spoon

Jamaican Patties



Equipment

- Baking tray
- Saucepan
- Mixing bowl
- Tablespoon
- Round bladed knife
- Measuring jug
- Fork
- Silicone Mat
- Rolling pin

Ingredients

Handful mixed pepper
75g Butternut squash
25g sweetcorn
25g peas
 $\frac{1}{2}$ onion or 1 spring onion
25g cheese grated
Patty Pastry
60g Plain flour
1/2tsp Ground turmeric
30 g Cold butter,
Egg, lightly beaten, to glaze - for the pastry

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Sauté the pepper, sweetcorn, peas, garlic and squash in a frying pan with oil for 5 minutes.
3. Leave to cool completely then add in the grated cheese.
4. For the pastry, put the flour, turmeric and a pinch of salt in a bowl and rub in the butter with your fingers.
5. Add 4-5 tbsp cold water, mixing quickly with a knife until the pastry comes together.
6. Cut the pastry into 4 pieces, depending on whether you want larger or smaller patties. Roll the first piece out into a large circle, with the pastry about $\frac{1}{2}$ cm ($\frac{1}{4}$ in) thick.
7. Put a quarter of the filling on one side of the pastry, leaving about 1cm ($\frac{1}{2}$ in) around the edge.
8. Brush the edge with some of the egg glaze. Fold the other half of the pastry circle over the filled half and press the edges together to seal, using a fork to crimp the edges.
9. Brush the patties with the remaining beaten egg glaze, place on a baking sheet lined with silicone mat and cook in the oven for 18 minutes or until nice and golden on the outside as well as on the inside.

Naan Bread

1. Turn on the oven to 220°C
2. Weigh the flour and add the baking powder into a bowl. Stir in the yeast.
3. Add the yogurt, oil and warm milk.
4. Mix into a soft dough.
5. Knead for 10 minutes.
6. Put into the warm oven to prove for 10minutes.
7. Knead the dough and divide into 2.
8. Roll out each piece of dough into a 'tear' shape (oval).
9. Place the naans on the baking tray sprinkle with water and put in the oven to prove as the oven heats up.
10. Cook the naans on the heated tray for 10-15 minutes, until puffed up and brown.

•To make them extra special, brush the naans with butter or oil and sprinkle with poppy or sesame seeds before baking.

•Flaked almonds, dried fruit, coconut and spices could be added to the naan mix before baking.



Lentil Dahl

- 1: Cook the onions in the oil until soft, then add the garlic and chilli flakes
- 2: Add the ground spices, as well as garam masala and turmeric to the pan, stir and cook for 1 minute.
- 3: Add the 150ml stock, canned tomatoes, dry red lentils stir well and simmer.
- 4: Simmer until thick, about 15-20 minutes.

Equipment

- ✓ Baking tray
- ✓ Silicone Mat
- ✓ Mixing bowl
- ✓ Measuring jug
- ✓ Round bladed knife
- ✓ Saucepan
- ✓ Sharp knife
- ✓ Chopping board

Ingredients

Naan- 100g strong white flour
30ml semi-skimmed milk
 $\frac{1}{2}$ tsp spoon baking powder
 $\frac{1}{2}$ sachet instant yeast
1x5ml oil
1x15ml spoon plain yogurt

Dahl -Vegetable oil 1 tbsp
65g red lentils
 $\frac{1}{2}$ tin tomatoes
150ml stock
1 onion
1 garlic clove
1 tsp spice mix (garam masala, cumin, turmeric, ground coriander)

