

4th Year Home Economics

2024/2025

Teacher: Ms O'Dea

Room: T10

Time: Tuesday periods 3 & 4 (10:05 – 11:25)

Name of Student:

Tutor Group:

4th Year Home Economics

2024/2025

Teacher: Ms O'Dea

Room: T10

Time: Thursday periods 5 & 6 (11:35 – 12:55)

Name of Student:

Tutor Group:

Date	Content	Date	Content
	Note: It is not possible to know in advance when the Junior Cycle practical exams will be held , so a class may be missed during the two weeks before / after the Easter holidays.	Tues 27th Aug	Theme: Introduction to kitchen & Assessment task <ul style="list-style-type: none"> ● Introduction to TY Home Economics ● Introduction to booklet & recipes
Tues 3rd Sept	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Theory of creaming method ● Queen Cakes 	Tues 10th Sept	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Theory of rubbing-in method ● Scones
Tues 17th Sept	Theme: International <ul style="list-style-type: none"> ● Information on Protein ● Spaghetti Bolognaise 	Tues 24th Sept	Theme: Moving away from home <ul style="list-style-type: none"> ● Macaroni Cheese
Tues 1st Oct	Theme: Fakeaway <ul style="list-style-type: none"> ● Apple Crumble 	Tues 8th Oct	Theme: Breakfast <ul style="list-style-type: none"> ● Breakfast rolls / smoothies/pancakes
Tues 15th Oct	Theme: International <ul style="list-style-type: none"> ● Information on Lipids ● Pizza 	Tues 22nd Oct	Theme: Sports <ul style="list-style-type: none"> ● Chicken fajitas with guacamole
Tues 5th Nov	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Whisking method ● Swissroll 	Tues 12th Nov	<ul style="list-style-type: none"> ● Assessment Week? ● Free Choice
Tues 19th Nov	<ul style="list-style-type: none"> ● Assessment Week? 	Tues 26th Nov	Theme: Christmas <ul style="list-style-type: none"> ● Mince Pies
Tues 3rd Dec	Theme: Responsibility <ul style="list-style-type: none"> ● Cleaning of kitchen ● Tea provided 😊 	Tues 10th Dec	Work Experience
Tues 17th Dec	Work Experience		

Date	Content	Date	Content
Tues 7th Jan	Theme: Fakeaway <ul style="list-style-type: none"> • Chocolate Brownies 	Tues 14th Jan	Theme: Moving away from home <ul style="list-style-type: none"> • Guidelines for Soup • Soup
Tues 21st Jan	Theme: Fakeaway <ul style="list-style-type: none"> • Chilli con Carne 	Tues 28th Jan	Theme: International <ul style="list-style-type: none"> • Info on Vitamins • Sweet and sour chicken
Tues 4th Feb	Community Care	Tues 11th Feb	Community Care
Tues 25th Feb	Theme: Sports <ul style="list-style-type: none"> • Breakfast muffins or Free Choice 	Tues 4th March	Theme: Moving away from home <ul style="list-style-type: none"> • Info on Minerals • Stirfry
Tues 11th March	Theme: Fakeaway <ul style="list-style-type: none"> • Chicken Goujons 	Tues 18th March	Theme: International <ul style="list-style-type: none"> • Info on Carbohydrates • Curry
Tues 25th March	Theme: Moving away from home <ul style="list-style-type: none"> • Pineapple upside down cake 	Tues 1st April	Theme: Sports <ul style="list-style-type: none"> • Turkey burgers & salad
Tues 8th April	Theme: Sport <ul style="list-style-type: none"> • Banana bread 	Tues 29th April	Theme: Fakeaway <ul style="list-style-type: none"> • Chocolate Chip Muffins
Tues 6th May	Theme: Responsibility <ul style="list-style-type: none"> • TY Exams / Free Choice 	Tues 13th May	<ul style="list-style-type: none"> • Cleaning of kitchen • Tea provided 😊
Tues 20th May	Timetable for this week to be decided / Free Choice	Tues 27th May	Timetable for this week to be decided / Free Choice

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Thurs 22nd Aug	Note: It is not possible to know in advance when the Junior Cycle practical exams will be held , so a class may be missed during the two weeks before / after the Easter holidays.	Thurs 29th Aug	Theme: Introduction to kitchen & Assessment task <ul style="list-style-type: none"> ● Introduction to TY Home Economics ● Introduction to booklet & recipes
Thurs 5th Sept	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Theory of creaming method ● Queen Cakes 	Thurs 12th Sept	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Theory of rubbing-in method ● Scones
Thurs 19th Sept	Theme: International <ul style="list-style-type: none"> ● Information on Protein ● Spaghetti Bolognaise 	Thurs 26th Sept	Theme: Moving away from home <ul style="list-style-type: none"> ● Macaroni Cheese
Thurs 3rd Oct	Theme: Fakeaway <ul style="list-style-type: none"> ● Apple Crumble 	Thurs 10th Oct	Theme: Breakfast <ul style="list-style-type: none"> ● Breakfast rolls / smoothies/pancakes
Thurs 17th Oct	Theme: International Information on Lipids <ul style="list-style-type: none"> ● Pizza 	Thurs 24th Oct	Theme: Sports <ul style="list-style-type: none"> ● Chicken fajitas with guacamole
Thurs 7th Nov	<ul style="list-style-type: none"> ● No School ● Teacher training 	Thurs 14th Nov	<ul style="list-style-type: none"> ● Assessment Week? OR ● Free Choice
Thurs 21st Nov	Theme: Afternoon Tea <ul style="list-style-type: none"> ● Whisking method ● Swissroll 	Thurs 28th Nov	Theme: Christmas <ul style="list-style-type: none"> ● Mince Pies
Thurs 5th Dec	TY Assessments	Thurs 12 Dec	Work Experience
Thurs 19th Dec	Work Experience		

Date	Content	Date	Content
Thurs 9th Jan	Theme: Fakeaway <ul style="list-style-type: none"> ● Chocolate Brownies 	Thurs 16th Jan	Theme: Moving away from home <ul style="list-style-type: none"> ● Guidelines for Soup ● Soup
Thurs 23rd Jan	Theme: Fakeaway <ul style="list-style-type: none"> ● Chilli con Carne 	Thurs 30th Jan	Theme: International <ul style="list-style-type: none"> ● Info on Vitamins ● Sweet and sour chicken
Thurs 6th Feb	Community Care	Thurs 13th Feb	Community Care
Thurs 27th Feb	Theme: Sports <ul style="list-style-type: none"> ● Breakfast muffins or Free Choice 	Thurs 6th March	Theme: Moving away from home <ul style="list-style-type: none"> ● Info on Minerals ● Stirfry
Thurs 13th March	Theme: Fakeaway <ul style="list-style-type: none"> ● Chicken Goujons 	Thurs 20th March	Theme: International Info on Carbohydrates <ul style="list-style-type: none"> ● Curry
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Combining Ingredients

All cakes are made by combining ingredients and there are four basic methods of combinations: melting, rubbing-in, creaming and whisking. Most recipes are variations of these.

Melting Method

- Gingerbread
- Malt Loaf
- Flapjacks

This method is used less often than the others as only a few recipes require it e.g. gingerbread. The dry ingredients such as flour are put into a bowl and the ingredients which melt are placed in a saucepan over the heat. The melted ingredients are then poured into the bowl with the dry ingredients and everything is mixed well together. Cakes cooked by this method are cooled in the tin. These cakes usually improve with keeping, develop a good flavour and become more moist. Many of these recipes use black treacle or golden syrup.

Rubbing-In Method

- Shortcrust Pastry
- Scones
- Fruit Crumble

This method is used for plain mixtures i.e. those which do not have a lot of fat as recipes which use a lot would be too sticky to rub in. It is better to use block margarine in these cakes rather than soft margarine as it is less sticky. The flour is sieved into a bowl, followed by the fat which is cut into small pieces. The fat is then cut into small pieces and rubbed in with the tip of the fingers until the mixture has no lumps and looks like fine breadcrumbs. (It is important not to over-rub the fat as the mixture may become stuck together). The other dry ingredients are stirred in and then the liquids (eggs and milk) are added. Cakes made using this recipe will only last a few days because they contain so little fat. The more fat there is in a cake- the longer it will keep for.

Creaming Method

- Chocolate Cake
- Queen/Fairy Cakes

This method is used for richer cakes which have more fat, sugar and eggs e.g. Madeira Cakes. These are called 'rich' cakes and they keep for longer than plain cakes because of the extra fat. As there is quite a lot of fat it is too messy to rub it in and so the creaming method is used. There are 2 different creaming methods:

1. All-in-one-Method

The flour is sieved into the bowl and then the other ingredients (margarine, eggs and sugar) are all added and beaten together with a wooden spoon/electric beater until the mixture is light coloured and fluffy.

2. Traditional Method

Using this method the fat and sugar are creamed together until light and fluffy. The eggs are whisked and gradually beaten into the mixture before gently folding in the flour.

Whisking Method

- Sponge Cake
- Swissroll
- Flan

This method is used for fatless cakes. The eggs and sugar are whisked together with a hand or electric whisk until they are thick and creamy. You will know the mixture is ready when the beaker leaves a 'figure-of-eight' on the mixture. The flour is lastly folded in with a metal spoon using a gentle motion. As these cakes contain no fat, they soon become stale. They should be eaten within a day of being made.

Queen/Fairy Cakes

Ingredients:

150g Self-Raising Flour
100g Butter
100g Caster Sugar
2 Eggs
Few drops of vanilla essence (optional)
Paper Cases (most important!)

Equipment:

Bun and cooling tray
Electric Mixer
Large and small bowl
Fork, dessertspoon, teaspoon
Sieve
Spatula
Skewer

Method:

1. Preheat the oven to 190°C/ Gas Mark 5.
2. Place the bun cases in the bun tray.
3. Sieve the flour into the big bowl.
4. Add all other ingredients and beat well with an electric mixer until light and fluffy.
5. Divide between the paper cases and bake for about 15-20 minutes until well risen, firm and golden brown.

Variations:

- Cherry Cakes: Add 50g cherries which have been washed, dried and chopped when adding in the flour.
- Sultana Cakes: Add 50g sultanas and fold in with flour.
- Chocolate Cakes: Replace 1 tblsp flour with 1 tblsp cocoa.

Tea Scones

Ingredients:

400g Self Raising Flour
50g Caster Sugar (optional)
100 g butter/ margarine
1 Large Egg
A little milk
50g raisins (optional)

Equipment:

Sieve & Rolling Pin
Large & Small Bowl
Knife & Fork & teaspoon
Pastry Brush & Wooden Spoon
Baking & Cooling Tray
Flour Dredger & Scone cutter

Method:

1. Pre-heat oven to 220°C/ Gas 7.
2. Sieve flour into mixing bowl.
3. Rub in margarine, until it looks like fine breadcrumbs, then stir in sugar if using.
4. Beat egg and milk in a bowl. Add to mixture (keeping back a little for glazing) and mix to a soft dough.
5. Turn onto a floured board and knead lightly until smooth.
6. Roll to a 1 cm thickness and cut into rounds with a small cutter.
7. Place on a greased tray and brush with egg.
8. Bake until golden for about 12-15 minutes.
9. Cool on a wire tray.

Serving:

Raspberry/ Strawberry Jam and Whipped Cream

Variations:

- Sultana Scones: Add 25g sultanas when adding sugar.
- Cinnamon Scones: Add 1tsp cinnamon to flour before sieving. Add 25g sultanas, raisins or mixed fruit when adding sugar.
- Cheese and Herb Scones: Omit sugar and add 25g grated cheddar cheese and 3 tblsp chopped fresh parsley or sage.
- Brown / Wholemeal Scones: Use 100g brown / wholemeal flour.

Protein

Why do we need Protein?

1. For the growth of our body cells e.g. blood, skin, muscle, bone.
2. To repair the body when it is injured.
3. To produce heat and energy for the body (this only happens however when the growth and repair work is completed).
4. For the production of enzymes, hormones and other important body chemicals.

Where can we find Protein?

HIGH BIOLOGICAL VALUE PROTEIN:

These are mostly from animal sources- meat, fish, eggs, milk, cheese, yoghurt, soya beans.

LOW BIOLOGICAL VALUE PROTEIN:

These are mostly from plant sources- pulses (peas and beans), cereal (wheat, oats, rice), bread, pasta, nuts.

Average protein content of some everyday foods (g per 100g)

White Bread	8.4	Cheddar Cheese	25.5
Weetabix	11.0	Eggs	12.5
Cornflakes	7.9	Baked Beans	5.3
Pasta, boiled	3.6	Roast Chicken	22.6
Milk	3.3	Lentils, boiled	7.6

Each person requires 1g of Protein daily for each kilogram of body weight.

An average 15 year old girl needs about 45g of protein per day and a 15 year old boy needs about 55g.

Spaghetti Bolognese

Ingredients:

3 tblsp Olive Oil (may not need)
400g Minced Beef
1 large onion, finely chopped
2 celery stalks, sliced
100g mushrooms
1 tblsp plain flour
2 garlic cloves, crushed
2 tablespoons Tomato Puree (tube)
1 tsp mixed herbs (T10)
400g Chopped Tomatoes (Tin)
Salt and Black Pepper (T10)
100-125g Spaghetti
Grated Parmesan (to garnish)
DISH & CUTLERY

Equipment:

Chopping board
Sharp Knives
Saucepan and Frying pan
Garlic Crusher
Tablespoon, teaspoon
Can opener
Wooden spoon
Colander
Pot stand

Method:

1. Add beef to frying pan and start off on a low heat. Cook until brown, increasing temperature as meat starts to cook.
2. Peel and chop onion. Wash and chop celery. Peel and slice mushrooms.
3. Add onion, mushrooms and celery and cook for 5 minutes.
4. Peel and crush garlic.
5. Add flour, garlic, tomato puree and cook, stirring for 1 minute.
6. Add tomatoes, mixed herbs, salt and pepper to taste and bring to the boil. Cook, stirring until mixture thickens.
7. Lower heat and simmer gently for 10 minutes.
8. Cook spaghetti in boiling salted water 8-10 minutes. Drain thoroughly.
9. Return spaghetti to pan. Add a little oil and toss gently to coat.
10. Serve by arranging spaghetti on plate, bolognese on top and finish by sprinkling grated parmesan.

Macaroni Cheese

Ingredients:

150g Macaroni (or any pasta)
25g Margarine/Butter
25g Plain Flour
400ml Milk (bring some extra!)
150g Grated cheese (75g + 75g)
Pinch of salt
Greased oven proof dish (from home)
CUTLERY

Equipment:

2 saucepans
2 wooden spoons
Measuring Jug
Colander
Grater
Cooling tray

Method:

1. Place the pasta on to cook in a saucepan of boiling, salted water.
2. Grate the cheese into 2 separate piles.
3. Melt the butter in a saucepan. Take the pan off the heat and stir in the flour (this makes the roux).
4. Place the saucepan back on the heat and SLOWLY blend in the milk. Add in 75g of grated cheese.
5. Drain pasta and place into greased dish. Pour the cheese sauce evenly over the pasta. Sprinkle grated cheese on top.
6. Brown under grill and serve immediately.

Variations:

- Use diced, cooked potatoes instead of macaroni
- Fry some mushrooms and then stir into the sauce when made
- Sprinkle some pine nuts on top before browning

Apple Crumble

Ingredients:

2 / 3 Cooking Apples
30g Soft Brown Sugar
1 tsp Cinnamon
2tblsp Apple Juice
10g Butter (5g for greasing)

Topping: 115g Butter
175g Plain Flour
55g Porridge Oats
85g Soft Brown Sugar
Pinch of Salt
PIE DISH

Equipment:

Pie Dish (MUST BRING FROM HOME!)
Apple peeler and corer
Saucepan
Wooden Spoon
Knife / Teaspoon
Sharp Knife and chopping board
Sieve
Mixing bowl
2 plates
Pot stand
Cooling rack

Method:

1. Preheat the oven to 190°C/ Gas Mark 5. Grease the pie dish.
2. Peel the apples, cut them into quarters and cut out the cores. Slice.
3. Cook the apples, sugar, cinnamon, butter and apple juice gently in a saucepan until the apples are soft.
4. Rub the butter and flour together in a mixing bowl before mixing in the oats, sugar and salt. Put the apple mixture in the dish.
5. Spread the crumble on top and bake until golden brown.

Serving:

It can be served hot or cold with cream, yogurt or ice-cream.

Variations:

- Many different fruits can be used to make fruit crumble: 6 stalks of rhubarb, one tin of pears or three fresh pears, 200g blackberries or 200g gooseberries.
- Individual Apple Crumble muffins could be made using the recipe above.

Mixed Berry Smoothie

Ingredients:

200g mixed berries (frozen or fresh)
2 bananas
200 ml orange or apple juice

Equipment:

Liquidiser or blender
Glass and straws

Method:

1. Combine all ingredients and blend.
2. Serve in chilled glasses with a frosted top.

Pancakes

- 125g Cream Plain Flour (can help to make the batter at home)
- Pinch of Salt
- 1 Egg
- 300ml Milk
- Oil for frying

Method:

1. Sieve flour and salt into a bowl.
2. Make a well in the centre of the flour, break in the egg and add about a third of the milk. Beat well, gradually pouring in the rest of the milk and drawing in the flour to make a smooth batter.
3. Pour batter into a jug and allow to stand for about 30 minutes.
4. Brush a pancake pan or frying pan with oil. When the pan is hot, give the batter a stir before pouring a thin layer onto the pan.
5. Fry until golden brown. Turn and fry the other side until brown also.
6. Stack pancakes on a large plate, as they are cooked.
7. Fill with fresh fruit and drizzle with maple syrup, or choose one of our other delicious sweet or savoury fillings below. Enjoy!

Tasty Filling Suggestions

- Dust with Shamrock Golden Caster Sugar, add a squeeze of lemon juice, roll up and serve
- Fresh fruit served with natural yoghurt and whipped cream
- Top with chocolate spread or Shamrock Chocolate Chips and a scoop of ice cream

Fat

Why do we need Fat?

- Fat is a good source of energy. One gram of fat provides 9 kcal of energy compared to protein and carbohydrates which 4 kcal per gram.
- It forms a layer around some of the body organs e.g. kidneys thus protecting them.
- It can prevent the loss of body heat by forming an insulating layer under the skin.
- It gives a nice flavour to food.
- It provides a good source of the fat-soluble vitamins- A, D, E, K.
- It provides essential fatty acids i.e. nutrients which the body needs but cannot make.

Where can we find Fats?

Sources of fat are divided into saturated and unsaturated.

Saturated Fats usually come from animal foods and tend to be solid at normal temperature. It is a high consumption of saturated fats that leads to the clogging of blood vessels and heart disease.

Butter, margarine, suet, lard, dripping, milk, cheese, cream and egg yolk.

Unsaturated Fats are mainly from plants and fish and are usually soft or oily at normal temperatures.

Margarines e.g. Flora, all vegetable oils except coconut and palm oil, oily fish (salmon, trout)

Average fat content of some everyday foods (g per 100g)

Whole Milk	3.9	Semi-Skimmed Milk	1.6
Butter/Margarine	82.0	Low-fat Spread	40.0
Cheddar Cheese	34.4	Cottage Cheese	3.9
Cod in batter, fried	10.3	Steamed Haddock	0.8

Quick Pizza

Ingredients:

Base:

200g Plain Flour
¼ tsp Salt
1 tsp Baking Powder
50g Butter
125 ml milk/water

Filling:

Olive oil (T10)
1 onion
1 tin Tomatoes
Salt and Pepper (T10)
100g Grated Cheese
Tomato Puree (tube)
Pinch oregano/mixed herbs (T10)
50g Sliced Mushrooms
2 Rashers
DISH & CUTLERY

Equipment:

Large bowl
Sieve
Measuring Jug
2 Chopping boards
Knife
Frying pan
Rolling pin
Baking tray
Pizza cutter
Wooden spoon
Cheese grater
Flour dredger
Cooling tray
Pot stand

Method:

1. Preheat oven to 200°C/ Gas 6.
2. Peel and slice the mushrooms and onions.
3. Cut up and de-rind the rasher (separate board).
4. Heat oil in frying pan and fry rashers.
5. Sauté onions and mushrooms for 5 minutes.
6. Add tomatoes, herbs and seasoning.
7. Simmer gently, while making dough.
8. Sieve flour, salt and baking powder into a bowl.
9. Rub in margarine with fingertips until it looks like fine breadcrumbs.
10. Make a well in the centre of the flour mixture. Add milk slowly and mix to a fairly stiff dough.
11. Turn onto lightly floured board and knead gently.
12. Place on greased tin, sprinkle cheese over, then spoon tomato mixture over cheese- covering it completely.
13. Bake in oven for about 30 minutes. Serve in wedges with green salad.

Chicken Fajitas

Ingredients:

2 chicken fillets
1 medium red onions
1 yellow pepper OR
1 red pepper
4 mushrooms
1 tbsp sweet smoked paprika
2 tbsp olive oil
Salt and pepper to taste
½ bunch of fresh coriander (optional)

To serve

4 flour tortillas
Sour cream / Natural yogurt (optional)
Guacamole: 10-12 mixed colour cherry tomatoes (optional)
1 fresh red chilli (optional) (optional)
2 **ripe** avocados (optional)
1-2 limes (optional)

Method:

1. Slice the chicken into thin strips. Add them to a bowl with the olive oil, ½ lime juice, salt, pepper and the paprika. Toss to coat, then leave to one side for 10-15 minutes.
2. Peel and finely slice the onions, peel and chop the mushrooms, de-seed and finely slice the peppers and chop the coriander leaves.
3. Heat some oil in a stir-fry pan and add the marinated chicken. Stir fry for 5/6 minutes or so until almost cooked.
4. Add the peppers, onions and mushroom. Cook until softened and the chicken is cooked through. Warm the tortillas in the oven.
5. Meanwhile, make the guacamole. Chop the cherry tomatoes, chilli and coriander. Halve and de-stone the avocado before squeezing out the flesh. Squeeze over the juice of 1 ½ limes. Serve

Equipment:

2 Chopping boards
2 knives
Frying pan
Wooden spoon
Juicer
Tablespoon
Bowl (big & small)
Dinner plates
Pot stand

Swissroll

Ingredients:

Cake:

4 Eggs
100g Castor Sugar
100g Plain Flour
+ ¼ tsp Baking Powder

Filling:

3 tblsp Jam
100ml whipped cream
Icing sugar to dredge
Container (think sweet tin)

Equipment:

Baking and cooling tray
Greaseproof paper
Sieve
Electric mixer
Large and small bowl
Tablespoon, teaspoon, fork
Palette knife / spatula
Dry t-towel
2 plates

Method:

1. Preheat oven to 220°C/ Gas Mark 7.
2. Grease and line a swissroll tin.
3. Whisk the eggs and sugar together until light and fluffy.
4. Sieve half the flour (add the baking powder to the flour) over the mixture. Fold in very lightly with a metal spoon.
5. Add the remaining flour in the same way.
6. Pour the mixture into the prepared tin and bake for 7-9 minutes until brown and well risen.
7. Have a clean tea-towel ready sprinkled with sieved icing sugar. Turn the cake quickly out onto the towel, trim off the crusty edges and roll up with the greaseproof paper.
8. Allow to cool on a wire tray.
9. FILLING- Whip the cream and heat the jam for ease of spreading.
10. When cool, unroll and spread with filling. Re-roll.

Mince Pies

Ingredients:

225g Plain Flour

1 tablespoon Caster Sugar

25g Ground Almonds

150g Butter (at room temperature)

1 Egg

Cold Water, if required

454g / 1lb Jar Mincemeat

Equipment:

Large and small bowl

Fork, tablespoon, teaspoon

Scone cutters

Baking and cooling tray

Flour dredger

Rolling pin

1. Preheat oven to 200°C/ Gas 6.
2. Put flour, sugar and ground almonds into a mixing bowl.
3. Rub in butter until mixture resembles breadcrumbs.
4. Add egg and sufficient water to make into a dough.
5. Lightly knead on a floured board.
6. Cover with cling film and chill until used.
7. Roll out pastry and cut out 12 rounds to fit mince pie tin. Then using a smaller cutter (or festive shape i.e. star / Christmas tree) cut out 12 lids for top of pies.
8. Place a spoonful of mincemeat in centre of each round.
9. Place lid on top.
10. Bake in pre-heated oven for 15-20 minutes.
11. Cool on a wire tray and dust with icing sugar before serving

HAPPY CHRISTMAS!

Chocolate Brownies

Ingredients:

200g Self-Raising Flour
¼ tsp Salt
80g Cocoa
200g Butter
200g Soft-brown Sugar
4 Eggs
A little milk

Equipment:

2 large and 1 small bowl
Sieve
Tablespoon, teaspoon, fork, knife
Baking and cooling tray
Electric mixer
Spatula

Method:

1. Preheat oven to 190°C/Gas 5
2. Grease an oblong tin 28mm x 18mm.
3. Sieve together flour, salt, cocoa.
4. In another bowl beat together butter and sugar until light and creamy.
5. Add eggs a little at a time, beating well after each addition.
6. Fold sieved ingredients into mixture with milk. Mix well. Turn into prepared tin.
7. Bake in oven for about 15 minutes. Allow to cool in tin.
8. Cut into 15 squares.

Soups

Definition:

A soup is a liquid food made from stock with vegetables/meat/fish.

Uses of Soup:

Soup is useful in the diet

- To provide nourishment
- To provide warmth in the wintertime
- To add variety to the diet
- As it is suitable for vegetarians

Classification of Soups:

Soups can be classified into thick and thin.

Thick Soups:

Puree Soups- this is thickened by sieving or blending its ingredients. Most vegetable soups e.g. mushroom, tomato are purees. Starchy thickeners such as flour may be used.

Thickened Soups- these soups are not sieved. The meat/vegetables are finely chopped before cooking and the soup is thickened towards the end with blended flour, a roux or pasta. Examples include mixed vegetable soup, minestrone and chowder.

Thin Soups:

Clear Soups- are thin and transparent and are based on a rich stock
e.g. Consommé.

Broths- are clear soups containing finely chopped meat and vegetables.
A wholegrain cereal such as barley or rice is used to thicken the broth
e.g. Chicken Broth.

Characteristics of a good soup:

1. Well-flavoured with the main ingredient dominating.
2. Well-seasoned using salt, pepper and herbs.
3. A good colour.
4. Free from grease.
5. Piping hot or cold.
6. Correct consistency- thick or thin but not cold.

When making soup:

A heavy saucepan should be used.

Slice ingredients.

Only use good stock.

Use cold water.

Proportions must be correct.

Vegetable Soup

Ingredients:

500g mixed vegetables e.g.
celery, carrot, leek etc
1 medium onion
25g butter
25g flour
1 vegetable stock cube (make 1L stock)
Salt and pepper
Herbs
To garnish: (not necessary to bring)
100ml cream / Parsley / Grated cheese
FLASK TO TAKE IT HOME IN

Equipment:

Chopping board` x 2
Vegetable knife x 2
Peeler
Wooden spoon
Measuring jug
Blender
Two plates
Pot stand
Large saucepan

Method:

1. Prepare vegetables: wash, peel and dice.
2. Melt butter; sauté vegetables on a medium heat for 5 minutes.
3. Add flour; cook on a low heat for one minute, stirring all the time.
4. Stir in the stock gradually (start off by adding half only); add herbs and seasoning.
5. Bring to the boil, cover and simmer gently for about 30 minutes.
6. Taste and correct seasoning; stir in cream; reheat slightly.

Chilli Con Carne

Ingredients:

400g lean minced beef
1 tblsp Oil
1 medium onion
2-3 cloves garlic
1 green or red pepper
1 tin chopped tomatoes
1 level teaspoon sugar
Salt and pepper & ½-1 tsp Chilli Powder
2 tsp Tomato Puree (tube)
½ can red kidney beans or baked beans
125g Rice (ONLY IF YOU THINK YOU WILL EAT IT IN CLASS)
CONTAINER TO TAKE IT HOME IN & cutlery

Equipment:

Knife
Chopping Board
Garlic Crusher
Tablespoon
Wooden spoon
Teaspoon
Large Saucepan + lid
Frying Pan
Pot stand.;

Method:

1. Add minced beef to the pan and dry fry until well-browned all over.
2. Peel and dice the onion. Peel and crush the garlic. Wash, deseed and slice the pepper.
3. Add all of the vegetables to the browned mince and fry for about 5 minutes.
4. Mix in salt, pepper, chilli powder, chopped tomatoes, tomato puree, sugar and kidney beans.
5. Stir in the mixture well and bring it to the boil. Reduce the heat and simmer gently for 20 minutes, stirring occasionally.
6. While mixture is simmering the rice should be put on to cook with 10 minutes to go.
7. Serve on a bed of rice and serve the chilli in the centre. Garnish with fresh herbs and tomato.

Vegetarian Chilli:

All ingredients the same as above except for beef – use 1 can of mixed beans or lentils instead.

1. Follow the recipe as above but omit step 3.
2. Drain the beans, add with the other ingredients at step 4. Simmer gently without lid for 15 minutes. Serve as above.

Vitamins

Vitamins are one of the micronutrients (the other one being minerals). The word vitamin means ‘vital to life’ and although we only need them in small amounts if we do not have them over a long period of time, our health will be affected.

Vitamins can be classified as fat soluble or water soluble depending on whether they are found dissolved in fatty or watery foods. Fat soluble vitamins are A, D, E and K while Water soluble Vitamins are B and C.

Vitamin A

Functions:

1. It is necessary for growth.
2. It is necessary for healthy eyes.
3. It is necessary for healthy skin and lining membranes such as those of mouth and breathing organs.

Deficiencies:

1. Retarded Growth.
2. Night Blindness.
3. Dry lining Membranes.

Sources:

Fish liver oils, liver, butter, margarine, milk, cheese, eggs, dark green vegetables (cabbage, watercress, spinach)

Vitamin D

Function:

1. Formation of strong bones and teeth.

Deficiency:

1. Rickets.

Sources:

Sunshine, cod-liver oil, oily fish (tuna, sardines, salmon, mackerel, kippers), margarine, liver, cheese, eggs.

Vitamin E

Vitamin E is found in most foods and because it is needed in such small amounts there is rarely any shortage.

Vitamin K

Function:

1. It is necessary for the clotting of blood.

Sources:

Made in human intestines, vegetables and cereals.

Vitamin B

There are a number of different types of Vitamin B.

Functions:

1. It controls the release of energy from food. .
2. It is necessary for the proper functioning and health of nerves.

Deficiencies:

1. Beri-Beri which is a nerve disease.
2. Pellagra- a disease which causes the tongue and skin to become rough and sore.
3. Tiredness and a feeling of being run down.

Sources:

Nuts, pulse vegetables, cereals, yeast, bread, meat, fish, milk, cheese and eggs.

Vitamin C

Functions:

1. It is necessary for general health – particularly of skin, gums and blood vessels.
2. It is necessary for the absorption of Iron.
3. It is essential for the manufacture of connective tissue.

Deficiencies:

1. Delayed healing of wounds.
2. Scurvy

Sources:

Blackcurrants, citrus fruits, peppers, green vegetables.

Sweet and Sour Chicken

Ingredients:

Olive oil
1 onion
1 clove garlic
1 green pepper
1 carrot
2 Chicken breasts
1 can Pineapple pieces
2 level tsp Sugar
2 tblsp Vinegar
1 tblsp Soy Sauce
1 level tblsp Tomato Puree
1 level tblsp Cornflour
125g brown rice (only if you are eating in class / breaktime)

Equipment:

Frying pan
Wooden spoon
2 chopping boards
2 knives
Tin opener
Measuring jug
Teaspoon, tablespoon
Vegetable peeler
Pot stand
Garlic crusher
Sieve

Salt and Pepper

DISH & CUTLERY

Method:

1. Heat the oil in a large pan.
2. Cut the chicken into small pieces, add to the pan and fry over a fairly high heat for 5 minutes stirring occasionally.
3. Peel and chop onions, peel and crush garlic, wash, de-seed and slice peppers, peel and dice carrots. Add the vegetables to the chicken when it is white all over and sauté all the vegetables for a few minutes.
4. Drain the juice from the pineapple pieces into a measuring jug and add enough water to make 250ml. Add the pineapple pieces to the chicken and vegetables.
5. Add all other ingredients to the jug and mix until smooth. Pour into the pan and bring to the boil, stirring until the sauce thickens.
6. Simmer for 10 minutes with the lid on, stirring occasionally.
7. During this time boil a saucepan of water before adding rice to cook.
8. Serve by placing the rice on a plate and arranging the chicken on top.

Breakfast Muffins

Ingredients:

2 apples or pears
100g dried fruit e.g. sultanas (optional)
175g Self Raising Flour
1 teaspoon bread soda (**I will provide**)
2 teaspoons ground cinnamon (**I will provide**)
1 teaspoon ground nutmeg (**I will provide**)
1 teaspoon ground ginger (**I will provide**)
175g Wholemeal flour
50g light brown sugar
2 eggs
325ml Buttermilk
80ml Sunflower oil (**I will provide**)
1 ½ tsp vanilla extract (optional)

Muffin cases

Method:

1. Preheat the oven to 200 C.
2. Line a muffin tin with paper muffin cases.
3. Peel, core and chop the apples or pears. Chop the dried fruit if using.
4. Sieve the self raising flour, bread soda and spices into a mixing bowl. Mix in the wholemeal flour, the fruit and the brown sugar.
5. Mix the eggs, buttermilk, oil and vanilla together in another bowl.
6. Pour the liquid ingredients into the dry ingredients. Stir well but don't overmix or the muffins will be tough.
7. Spoon the mixture into the tin, filling each case well.
8. Bake in the preheated oven for about 25 minutes, until golden brown and well risen.
9. Leave to cool in the tin for 5 minutes. Remove to a wire rack to finish cooling. Serve.

Equipment:

Two plates
Peeler
Sieve
Teaspoon
Mixing bowl x3
Measuring jug
Spatula & corer
Large spoon
Muffin tin
Muffin cases
Chopping board
Chopping knife
Cooling tray

Minerals

The food we eat is mostly made up of the macronutrients (protein, fats and carbohydrates) although it also contains other substances in small amounts- the micronutrients (vitamins and minerals). Although we only need minerals in small amounts if we do not have enough our health will be affected.

There are many different minerals but only the three considered most important to humans will be looked at here.

Iron

Function:

1. Iron is necessary for the formation of haemoglobin- the substance in red blood cells which carries oxygen to parts of the body where it is needed. Oxygen is necessary for all cells and in turn for the body to work efficiently.

Deficiency:

1. The lack of iron in the body is called **Anaemia**. The symptoms of anaemia include tiredness, weakness, dizziness, headaches, poor appetite and a feeling of being run down.

There are some groups of people who are most likely to suffer from a shortage of iron:

- Those who have a high requirement of iron for growing body tissue e.g. small children and teenagers.
- Those who lose a lot of blood e.g. women during menstruation, patients during surgery.
- Those who do not absorb the iron in food into their body efficiently.

Sources:

Meat, offal, sardines and wholemeal bread.

Required amount:

Females: 14.8mg per day

Males: 11.3mg per day

Calcium

Functions:

1. It is necessary for the formation of strong, well-formed bones and teeth.
2. It is necessary for the normal clotting of blood.

Deficiencies:

1. Rickets in children – a disease where children suffer from badly formed bones.
2. Osteoporosis in adults- a condition in which the bones become brittle and easily broken.
3. Poor quality teeth.

Sources:

Milk, cheese, yoghurt, eggs, green vegetables, bones of canned fish.

Required amount:

Females: 800mg per day

Males: 1000mg per day

Fluoride

Function:

1. It helps teeth to resist decay by repairing tiny cracks in the teeth.

Deficiencies:

1. Teeth which are more prone to decay.

Sources:

1. Drinking water which has been fluoridated by the local authorities.
2. Fluoride Toothpaste.

Vegetable Stirfry

Ingredients:

1 Onion
1 red Pepper or
1 yellow Pepper
1 Carrot
25g Mushrooms
100g Broccoli
4 Spring Onions
125g brown rice (optional)
2 tblsp Vegetable Oil (T10)
1 tblsp Soy sauce and 1 tsp Sesame oil (or just use one)

Equipment:

Wok or frying pan
Chopping board x 2
Knife x 2
Garlic crusher
Saucepan & lid
Tablespoon, teaspoon
Pot stand
Wooden Spoon
Vegetable peeler

DISH & CUTLERY / LUNCHBOX

Method:

1. Boil water and put on rice on to cook (one saucepan should be enough between two tables).
2. Peel and slice carrots into thin 4cm strips.
3. Peel and finely slice the onion.
4. Peel and crush 2 cloves of garlic.
5. Wash the peppers before removing core and seeds. Slice into thin strips.
6. Wash and break the broccoli into florets.
7. Slice the spring onions.
8. Heat the oil in a wok or large frying pan.
9. Add the carrots to the hot oil, stir-fry for 3 minutes. Add onions and peppers and stir-fry for 1-2 minutes.
10. Add the remaining vegetables i.e. mushrooms, spring onions and garlic and stir-fry for another 1-2 minutes.
11. Add seasoning and sauces.
12. When vegetables are cooked but still crisp serve at once on a hot plate on a bed of brown rice. Sprinkle freshly, chopped herbs on top.

Chicken Goujons

For the chicken goujons:

- 2 fillets of free range chicken, sliced lengthways
- 70g flour
- 80g of fine breadcrumbs
- 2 eggs, beaten
- Courgette to grate and sweetcorn (optional)
- 4 mini pitta pockets, lightly toasted

For the chilli jam: COMPLETELY OPTIONAL

- 1 red pepper, de-seeded and chopped
- 2 chillies, de-seeded & chopped
- 100g / 3 ½ oz. of tinned tomatoes
- 100g / 3 ½ oz. of sugar
- 1 inch of fresh ginger, grated

Method:

For the chicken goujons:

1. Pre-heat your oven to 200°C / 400°F / Gas Mark 6
2. Use three bowls – one each for flour, eggs and breadcrumbs
3. Dip the chicken strips in the flour, then into the egg and finally roll them in the breadcrumbs until evenly coated
4. Bake in the oven for 15 mins until golden brown

For the chilli jam:

1. Put all the red pepper, chillies, tomatoes, sugar and ginger in a food processor or blender and blitz a couple of times. Stop the blending when there is still some texture to the mixture

To serve:

1. Make a slit in the pitta breads. Place 2 chicken goujons in each pocket. Garnish with a little chilli jam. Serve with salad

Equipment: 3 x bowls / fork / sharp knife / baking tray / greaseproof paper / chopping board / tongs

Carbohydrates

Why do we need carbohydrates?

- They supply heat and energy.
- Any excess carbohydrate is stored as fat - forms an insulating layer.
- Fibre can help the movement of food through the intestine.

Where can we find Carbohydrates?

Sugars:

Sugar, honey, fruit, cakes, sweets, biscuits, milk.

Starches:

Cereals, pasta, flour, bread, potatoes, root and pulse vegetables.

Fibre:

Whole cereals, oatmeal, bran, wholemeal bread, fruit and vegetables (esp skins)

Although Fibre is not absorbed by the body it has an important role to play in the prevention of constipation, diverticular disease and cancer of the bowel.

How much carbohydrate do we need?

Sugar is almost (99.9%) pure Carbohydrate i.e. it supplies no other nutrients. It is therefore better to get your Carbohydrate intake from starchy foods e.g. cereals and pasta as they will also provide vitamins, minerals, protein and fibre.

It is recommended that 50% of our daily diet comes from Carbohydrates.

Chicken / Vegetable Curry

Ingredients:

1 dsp Vegetable Oil (T10)
1 Onion
1 dsp Curry Powder
1 dsp Plain Flour
Salt and Pepper
1 Stock Cube (280ml)
450g Vegetables
(Carrot, Mushrooms, Celery, Peppers)
1 tsp Brown Sugar + 1 tsp Lemon Juice
125g Brown rice (optional)
Chicken fillet (optional)
DISH & CUTLERY

Equipment:

Chopping Board x2
Sharp knife x 2
Dessertspoon, teaspoon
Wooden Spoon
Measuring Jug
Saucepan
Frying pan
Vegetable peeler
Pot stand
Two plates

Method:

1. Prepare the mixture of vegetables-
 - Peel and slice the carrot into cubes.
 - Peel and slice the mushrooms into cubes.
 - Wash and slice the celery into cubes.
 - Place all vegetables into a saucepan.
2. Add the brown sugar and lemon juice.
3. Make 280ml of Stock in a jug. Add 200ml of stock to the mixture of vegetables and boil for 20 minutes.
4. Heat the oil and fry the onion until it is soft.
5. Stir in the curry powder, flour and the remainder of the stock.
6. Bring to the boil. Add this to the mixed vegetables and season.
7. Simmer for 10 minutes. Reduce heat and cook slowly for another 20 minutes. Cook the rice.
8. Serve the rice on a heated plate and spoon curry mixture on top.

Crispy Vegetable Bake

Ingredients:

Olive Oil
1 large onion
1 pepper
2 florets of broccoli
2 / 3 Mushrooms
1 clove garlic
2 carrots / 2 parsnips or 1 of each
1 leek
500ml Milk
25g Margarine / Butter
25g Plain Flour
125g Cheddar Cheese
Salt & Pepper & Nutmeg
4 tblsp wholemeal breadcrumbs
OVENPROOF DISH (MUST BRING FROM HOME!) & CUTLERY
Chopped Parsley (optional)

Equipment:

Chopping Board
Knife
Frying Pan
Measuring Jug
Tablespoon
Wooden spoon x2
Saucepan
Garlic crusher
Vegetable Peeler
Cheese grater

Method:

1. Preheat the oven to 200°C/ Gas Mark 6.
2. Skin and chop the onion. Peel and slice the carrot. Skin and crush the garlic. Open, wash and slice the leek. Peel, slice and cut the parsnip into chunks.
3. Break the broccoli into small florets and wash. Wash and deseed the pepper. Cut in half and then lengthwise and crossways.
4. Heat the olive oil and then fry the vegetables until soft.
5. Melt the margarine / butter in a saucepan over a moderate heat. Take the pan off the heat and stir in the flour (this makes the roux).
6. Place the saucepan back on the heat and SLOWLY blend in the milk. Season with salt, pepper and nutmeg. Add in 75g of grated cheese.
7. Place vegetables in a large baking dish and season. Pour white sauce over vegetables. Top with breadcrumbs and remaining cheese. Bake in oven until top is brown and crusty.
8. Garnish with strips of red pepper and parsley.

Pineapple Upside-Down Cake

Ingredients:

Base:

1 Small Tin Pineapple Rings
(drained and juice reserved)
25g Margarine /Butter
25 g Brown Sugar
Cherries (optional)

Topping:

75g Self Raising Flour
50g Margarine / Butter
50g Caster Sugar
1 Egg
3 Dessertspoons of the Pineapple Juice

Method:

1. Pre-heat oven to 180°C
2. Base line a 2lb Loaf tin or a 7"/18cms Sandwich Tin with greaseproof paper.
3. Spread the paper with the margarine, bringing some up around the sides of the tin.
4. Shake brown sugar over base, arrange pineapple rings over the sugar and place a cherry in the centre of each pineapple if used.
5. Make the topping by putting the flour, margarine, sugar, egg and pineapple juice into a bowl.
6. Beat until mixture is smooth, then gently spread over the pineapples.
7. Bake in the pre-heated oven for about 15-20 minutes or until brown and "set" to the touch.
8. Turn out onto serving dish and serve hot or cold with custard, cream or ice cream.

Equipment:

Measuring Jug
Sieve
Loaf tin / Sandwich tin
Greaseproof paper
Spatula
Tin opener
Big and small bowl
Fork, knife, dessertspoon
Electric mixer
Cooling tray

Turkey Burgers

Ingredients:

300g lean turkey mince
1 onion
6 medium mushrooms
Fresh basil leaves (optional)
Fresh coriander leaves (optional)
1 tsp Tabasco (optional)
1 large egg
Sea salt & black pepper (T10)
1 tsp rapeseed oil (T10)

Burger bun

Ingredients for a mixed salad (optional)

Toppings (optional)

Equipment:

Chopping board
Sharp knife
Teaspoon & fork
Small & large bowl
Frying pan
Spatula
Tongs
Pot stand

Method:

1. Peel and finely chop the onion.
2. Peel / wash the mushrooms and finely slice.
3. Wash and chop the basil and coriander leaves if using.
4. Crack the egg into a bowl, check for shell and beat.
5. Put the turkey mince, onion, mushrooms, basil, coriander , tabasco, egg, salt and pepper into a large bowl and mix thoroughly.
6. Shape the mix into burgers, you'll make 3 or 4 good sized burgers from this mix.
7. Heat the oil in a pan or pre-heat the grill. Fry the burgers in a non-stick pan or put them under the grill under a medium heat. Cook for 10-15 minutes, turning halfway, until cooked through.
8. Serve with a nice mixed salad or a burger bun.

Banana bread

Ingredients:

200g plain flour
2 ¼ tsp baking powder
½ tsp salt
¼ tsp cinnamon (optional) or to your taste
75g butter at room temp
115g caster sugar
3 **ripe** bananas mashed
2 eggs beaten

Equipment:

2 plates
2 big & 1 small bowl
Cooling rack
Loaf tin
Electric mixer
Sieve
Fork

Method

1. Preheat oven 180C.
2. Grease and flour loaf tin.(You can also use tin liners. They are like bun cases but for loaf tins. Less mess and comes out of the tin easier.)
3. Sieve flour, baking powder, salt and cinnamon into a bowl.
4. In another bowl beat butter and sugar until light and fluffy.
5. Crack the egg and check for shell. Beat. Mash the bananas. Add the bananas and eggs to the butter mixture and mix well.
6. Add in the dry ingredients and blend evenly.
7. Spoon into the prepared tin.
8. Bake for 50-60 mins or until the skewer comes out clean.
9. Cool in tin for 5mins and turn out onto rack until cooled completely.
10. It tastes best when left to cool fully or even the next day when it's even more moist.
That's if it lasts that long!

Chocolate Chip Muffins

Ingredients:

200g Self Raising Flour
150g Caster Sugar
150 g butter/ margarine
50g Cocoa
3 Eggs
¼ pt milk
1 bag chocolate chips
Muffin cases

Equipment:

Sieve
2 Large & 1 Small Bowl
Electric Mixer
Fork, Dessertspoon, Teaspoon
Wooden Spoon
Muffin & Cooling Tray
Spatula
Skewer

Icing Sugar (optional)

Method:

1. Preheat oven to 180°C.
2. Cream the margarine and sugar together in a bowl using an electric mixer.
3. In a separate bowl, crack and beat the eggs. Check for shell.
4. Add the eggs and milk slowly to the mixture beating well after each addition.
5. Sieve the flour and cocoa together into a third bowl. Fold into wet mixture along with chocolate chips.
6. Spoon into the muffin tin , making each case about two thirds full.
7. Bake for 12-15 minutes until cooked through.
8. Cool on a wire tray.

Serving:

Sieve over some Icing Sugar.

Bacon and Mushroom Risotto

Ingredients:

1 Onion
2 sticks of celery
100g Mushrooms
½ red + ½ green pepper
1 vegetable stock cube
2 Rashers
125g Rice
1 tblsp Olive Oil
Salt and black pepper

DISH & CUTLERY

Equipment:

Chopping Board x 2
Knife x 2
Measuring jug
Frying pan
Wooden spoon
Pot stand
Dessertspoon

Method:

1. Boil the kettle closest to you right at the start of class.
2. Chop and de-rind the bacon
3. Peel and finely chop the onion.
4. Wash and chop the celery.
5. Peel and slice the mushrooms.
6. Wash, deseed and slice the peppers.
7. Heat the oil in a large frying pan. Fry the chopped and de-rinded bacon and then fry the onions until soft.
8. Add the celery, peppers and mushrooms and cook for 2-3 minutes.
9. Boil kettle for stock. Add the rice and cook for another 2-3 minutes.
10. Make 1 L of stock before adding slowly, stirring all the time.
11. Cook for 20 minutes, until the rice is soft.
12. Serve on a plate with a sprig of parsley on top.

Quiche Lorraine

Ingredients:

170g Flour
75g Margarine
Pinch Salt
Olive oil
Cold Water
4 rashers, chopped
1 onion
1 red pepper
75g Cheddar Cheese
2 Eggs
250ml Milk
Salt and freshly ground Pepper
1 Tomato
Chopped Parsley
DISH & CUTLERY

Equipment:

Bowls- large and small
Sieve
Knife, fork
Cheese Grater
Measuring Jug
Frying Pan
Wooden Spoon
Chopping Board + knife
Quiche dish

Method:

1. Preheat oven to 190°C/ Gas Mark 4.
2. Make pastry- sieve flour and salt into bowl. Rub in margarine until it looks like fine breadcrumbs. Add water gradually to make a stiff dough. Chill.
3. Chop up rashers into small pieces. Grate cheese.
4. Peel and chop onion, wash, slice and de-seed peppers.
5. Fry rashers until crisp and then add in vegetables.
6. Roll out pastry to line a 20cm greased flan/pie dish.
7. Put bacon, vegetables and half of the cheese into the pastry case and spread evenly over base.
8. Beat eggs and add milk and seasoning. Pour into case.
9. Top with remaining cheese.
10. Bake in oven for 30 minutes until set and golden brown. Add sliced tomato with a few minutes remaining. Sprinkle with parsley.

Tomato & Basil Risotto

Ingredients:

1 tblsp Olive Oil
1 onion
2 garlic cloves
125g Risotto rice
125ml Vegetable Stock
250g Passata
250g Cherry tomatoes
50g Mozzarella
25g Parmesan
Basil leaves, roughly chopped
To add some colour 2 /3 sticks of celery or spring onions if you wish

Equipment:

Frying pan
Chopping board
Sharp knife
Garlic crusher
Measuring Jug
Spoon for stirring stock
Grater

Method:

1. Peel and finely chop the onion. Peel and crush the garlic.
2. Boil water and make stock in a measuring jug.
3. Wash and slice the cherry tomatoes.
4. Chop the mozzarella into chunks. Roughly chop the basil leaves.
5. Grate the parmesan.
6. Heat the oil in a frying pan. Add the onion and garlic and cook for 2-3 mins until softened. (Add other vegetables here as well if using).
7. Add the rice and cook, stirring for one minute.
8. Pour in the stock, a bit at a time, allowing each bit to be absorbed before adding more. Add the passata, cherry tomatoes and mozzarella with the final bit of stock.
9. When the stock is absorbed stir in some of the parmesan and basil leaves.

Serving:

Remove from heat and serve with remaining parmesan and basil leaves.

No-bake chocolate cake

Ingredients:

100g digestive biscuits
100g cream crackers
25g castor sugar
3 tablespoons Golden Syrup
25g Cocoa
75g Butter
100g milk chocolate
1 tblsp instant coffee
2 tsp Milk

Equipment:

Blender
Tablespoon
Electric mixer
Wooden spoon
Sandwich tin

Method:

1. Crush digestive biscuits. Grease a sandwich tin.
2. Cream the butter and sugar until light and fluffy.
3. Add the syrup and cocoa and beat well. Work in the biscuit crumbs.
4. Leave overnight in a cool place – pressed well down with a plate.
5. To make icing: melt chocolate in a bowl of water but don't let steam in, otherwise it will curdle.
6. Add in the coffee and beat well.
7. Spread over the top of the cake and allow to set in the fridge.
8. Cut the cake in slices while still in the tin.

Gingerbread

Ingredients:

200g Flour
1/8 tsp Salt
¼ tsp Breadsoda
1 tsp ground Ginger
50g Sultanas
75g Margarine
75g Brown Sugar
1 tblsp Treacle
1 tblsp Golden Syrup (USE EITHER / OR , DON'T BUY BOTH)
1 egg
A little Milk
Icing Sugar (for decoration)

Equipment:

Large and small bowl
Sieve
Teaspoon, tablespoon, knife
Cooling tray
Wooden spoon
Saucepan
Baking tin

Method:

1. Preheat oven to 190°C/ Gas Mark 5.
2. Grease loaf tin or square cake tin.
3. Sieve flour, salt, bread soda and ginger into a bowl. Add in the sultanas.
4. Melt the margarine, treacle, brown sugar and golden syrup over a low heat.
5. Pour the liquid into the centre of the dry ingredients. Add enough milk and egg until it has a soft, dropping consistency.
6. Pour into tin and bake in oven for 35-40 minutes.
7. Cool in tin.
8. Sprinkle with icing sugar before cutting into 12 squares.

Variations:

100g stewed apple can be added in with the egg for extra flavour. This step may result in you needing less milk to get the correct consistency.

1. List four different techniques for making cakes.

(a)

(b)

(c)

(d)

2. (a) Which method does not use any fat?

(b) What benefit does fat give to cakes?

3. (a) Explain the steps in baking a cake using the melting method

(b) How long do these cakes stay fresh for?

(c) List 2 recipes which use this method?

4. (a) Explain the steps in baking a cake using the rubbing-in method

(b) How long do these cakes stay fresh for?

(c) List 2 recipes which use this method?

5. (a) Explain the steps in baking a cake using the creaming method

(b) How long do these cakes stay fresh for?

(c) List 2 recipes which use this method?

6. (a) Explain the steps in baking a cake using the whisking method

(b) How long do these cakes stay fresh for?

(c) List 2 recipes which use this method?

7. Which method do you think is the most complicated? You must explain your answer fully.

Facts on Fat

1. Why do we need fat?

2. List 5 everyday foods that are a good source of fat.

1. _____ 2. _____
3. _____ 4. _____
5. _____

3. Explain what saturated fats are and give examples of foods in which they are found.

4. Explain what unsaturated fats are and give examples of foods in which they are found.

5. What are the dangers of eating too much fat?
