



NEWARK
ACADEMY

Student	
Group	
Teacher	
Target Grade	

GCSE RECIPE

BOOK




Term 1

How to "Max Up" your skills!

	Basic level skills	Medium level skills	High level skills
	<ul style="list-style-type: none"> Assembling with shop bought ingredients (e.g. bought meringues, bread, sauces) Basic desserts Salads Sandwiches Baked potato Blended soups Simple starters 	<ul style="list-style-type: none"> Bought puff or filo pastry Simple sauces (<i>bolognaise, chilli</i>) Simple whisked desserts Vegetable & fruit dishes requiring even sizes for appearance All in one sauces & batters (<i>cheese sauce, custard, pancakes</i>) Simple cakes Simple meat & fish cookery Basic yeast dough Milk puddings 	<ul style="list-style-type: none"> Skilled Pastry (<i>Short crust, pate Sucre, choux, puff</i>) Roux based sauces (<i>béchamel, velouté</i>) Meringues and pavlovas Complex meat and fish cookery (<i>meat or fish is stuffed or a sauce is used</i>) Complex decorated cakes Rich yeast dough Pasta & tortilla making
Typical dishes	<ul style="list-style-type: none"> Simple fruit crumble Jacket potato with cheese / beans Pasta dishes using bought pasta & readymade sauces Sweet & sour using readymade sauces Prawn cocktail, salads Fruit platters Flapjacks Pizza (<i>shop bought base</i>) Shop bought tacos filled with cheese / meat 	<ul style="list-style-type: none"> Pies & pastry dishes using shop bought pastry Samosas, spring rolls, risotto Shepherds / cottage pie Pancakes Stir fry, fruit salad & soups Blancmange, custard, rice pudding Lasagne & cannelloni (<i>using bought pasta</i>) Mousse, cheesecake Steak or chicken (<i>no stuffing or sauces</i>) Fajitas (<i>shop bought tortilla wraps</i>) Fish dishes with a simple sauce Scones, muffins, fairy cakes Any type of pizza or bread Pineapple upside down cake 	<ul style="list-style-type: none"> Apple / Lemon meringue pie, Bakewell / French apple tart, Millefeuille Éclairs / profiteroles Eton mess Quiche, meat or fish pie Lasagne, tagilatelle, spaghetti Chicken Kiev / other stuffing's Soufflé Chelsea buns, iced buns Gateaux, roulade, Swiss roll Sweet & sour (meat or fish) Fajitas / Enchiladas Panna cotta

This recipe book will be used during your practical lessons as part of your GCSE course.

The recipes use the following symbols to show how difficult they are in terms of skill levels.

	Basic
	Medium
	High

Top Tips

Before you get started some tips to help you!

OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

TAKEAWAY CONTAINERS

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

UNIFORM

Remember you need your Chef Whites (washed and ironed), Skull cap and a clean tea towel for every practical lesson.

INGREDIENTS

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills. Any perishable items of food need to be stored in the refrigerator before P1 on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the storage areas.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, peeler, hob, peeling, chopping, boiling, simmering, stirring, blending, frying, draining, sprinkling (garnishing), shaping dough, use of food mixer, use of oven, use of hob.

Ingredients

½ small carrot*
½ small onion
1 small potato
Salt and pepper*
1 stock cube *
(chicken or veg)
750ml water*
Pinch of herbs*

Additional ingredients

50ml cream
2 slices of bread*
1 tbl spoon of oil*

Bread Rolls

250g strong flour
5g salt*
7g pack fast action dried yeast*
5g sugar*
150ml warm water*
butter or margarine, for greasing*

Tomato Soup & Bread Challenge - Method



1. Peel and chop all of the vegetables.
2. Place everything (apart from the oil, cream and bread) into your pan.
3. Bring to the boil and simmer for 20mins.
4. Pour 150ml of warm water into a jug. Add the yeast and 1 tsp. of sugar. Mix well and leave for 5 minutes.
5. Preheat oven to 180c Gas Mark 6. Grease the lined baking tray with butter or margarine.
6. Sieve the flour into the mixing bowl, add the salt. Stir in the yeast mixture with the end of a wooden spoon or your hand. The dough should be soft but not too sticky.
7. Knead the dough 😊 Kneading by hand – 10 mins.
8. Divide into 4 equal sized pieces. Shape each one into rolls as required: e.g. round rolls, plait, S-shape, twist. Brush with water or milk to glaze and sprinkle seeds or herbs if required.
9. Put onto a lightly greased baking tray and leave in a warm place to rise about 10 minutes (longer if you have time) to double in size.
10. Bake until light brown on top and the bottom sounds hollow when tapped. (10-15 mins) Remove from oven with oven gloves.
11. Blend the soup until you reach an even consistency. Stir in 50ml of cream.
12. Chop your bread into cubes.
13. Heat the oil in a pan and fry the breadcrumbs until golden and crisp.
14. Remove the croutons from the pan and drain on a paper towel.
15. Sprinkle croutons onto of your soup and serve.

Outcome: Successfully and safely make Tomato soup, croutons and a bread side accompaniment.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, sieving, rubbing in method, making a dough, rolling out, shaping, creaming, spreading baking, glazing

Ingredients

PASTRY

200g plain flour + 50g extra for rolling out

50g hard margarine or butter

50g lard or white vegetable fat

Cold water*

FILLING

3 – 4 small eating apples

75g soft margarine

75g caster sugar

1 egg

1 – 2 tablespoons milk*

100g self raising flour

Apricot jam*

20 cm flan dish or cake tin*

Lidded container to bring flan home in

Variation:

Use pears or peaches instead of apples.

Normandy Apple Flan- Method



1. Make pastry by sieving the flour, mixing in the sugar and then rubbing in the margarine until the mixture resembles fine bread crumbs. Add in a small amount of cold water. Form together a ball of dough, place in a freezer bag in the fridge to rest for 20 minutes.
2. Cream marg and sugar till light in colour and fluffy.
3. Add beaten egg.
4. Stir in the flour. Mix lightly.
5. Core and slice the apples (you can leave the skins on as they are eating apples). Place them in a bowl covering them with cold water to avoid browning.
6. Carefully roll out the pastry and place in the flan dish.
7. Spread the sponge mixture evenly over the base.
8. Arrange the apples evenly over the top of the sponge mixture and glaze with apricot jam.
9. Bake gas 5 – 180°C for at least 20 - 25 minutes until pastry case is golden and almond mixture is 'springy' to the touch.

Outcome: Successfully and safely make a shortcrust pastry with a fruit and sponge filling.

Objective: Safely and accurately demonstrate good hygiene, boning out of meat and portioning,

CHICKEN JOINTS & RECIPE IDEAS

1. Wing

On the bone
Roast/Grill/BBQ

- * Buffalo Wings
- * BBQ Wings
- * Sticky Wings

2. Breast

White meat, no bones
Pan-fry/Bake/Roast/BBQ

- * Chicken Goujons
- * Chicken Parmesan
- * Chicken Kebabs

Marinades

Made with herbs & spices
Flavour/Tenderise/Moist

- * Tikka Masala
- * Jerk Chicken
- * BBQ Chicken

3. Thigh

Darker, firmer meat
BBQ/Fry/Roast

- * Sweet & Sour Chick
- * Sticky Chicken
- * Crispy Chicken

4. Drumstick

On the bone
BBQ/Fry/Roast

- * Chinese Style
- * Lemon Drumstick
- * Kentucky Fried Chick

Stock

Made using the carcass
Boiled/Slow Cooked

- * Gravies
- * Soups
- * Stews



Outcome: Successfully and safely portion a whole chicken into joints to demonstrate knife skills

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling raw meat, tenderising of meat, use of oven, use of processor, mixing, combining, pane skills.

Ingredients

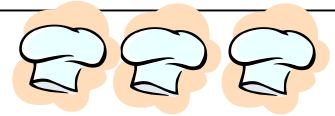
1 chicken breast (from whole chicken jointed at school)
2 Slices of white sliced bread or wholemeal*
25g dried parmesan*
1 egg (beaten)
25 g plain flour
Pinch of paprika/herbs*
2 tbsp oil *

Garlic butter:

2 cloves of garlic*
Chopped parsley*
50g soft butter
Squeeze of lemon juice

Lidded container to bring home in

Chicken Kiev - Method



1. Preheat the oven to 180 °C or gas mark 4.
2. Grate or crush your garlic into a small bowl and add in the butter, parsley and herbs.
3. Place onto a sheet of cling film and make a sausage. Chill in the freezer.
4. Put the chicken breast between 2 pieces of cling film and tenderise with a rolling pin until thin (do not break).
5. Place the butter in the centre of the chicken breast and wrap the breast around the butter.
6. Roll up in the cling film and squeeze to hold its shape. Chill for 10 minutes.
7. Blitz your breadcrumbs in the food processor.
8. Put your flour, egg and breadcrumbs onto 3 metal plates. Line and grease your baking tray.
9. Begin to pane your chicken by putting chicken into flour and cover. Place into egg and cover. Place into breadcrumbs and cover.
10. Repeat processes 7, 8, 9. of the pane process to create a thicker coating.
11. Place onto a baking tray and place in the oven for 20-25 minutes and cook until golden brown - ensure that the chicken is thoroughly cooked by temperature probing core (above 70oC).

Outcome: Successfully and safely produce a chicken breast filled with garlic butter coated in breadcrumbs.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling raw meat, tenderising of meat, use of oven, use of processor, mixing, combining, pane skills.

Ingredients

1 chicken breast (from whole chicken jointed at school)
2 Slices of white sliced bread or wholemeal*
Salt & pepper*
Garlic Powder*
1 slice of thin ham
1 slice of Swiss cheese or cheddar
1 egg (beaten)
25 g plain flour
Pinch of paprika/herbs*
2 tbsp oil *

Creamy Dijon Sauce:

30g butter
1 clove crushed garlic*
30g plain flour
200ml milk
30g Dijon Mustard*
Salt & pepper*
50g Parmesan grated

Lidded container to take home in

Chicken Cordon Bleu & Creamy Dijon Sauce- Method



1. Preheat the oven to 180 °C or gas mark 4.
2. Sprinkle chicken breasts with garlic powder and seasoning.
3. Put the chicken breast between 2 pieces of cling film and tenderise with a rolling pin until thin (do not break).
4. Cut the ham and the cheese slice into two, place in the centre of the chicken breast and wrap the breast around the butter.
5. Roll up in the cling film and squeeze to hold its shape. Chill for 10 minutes.
6. Blitz your breadcrumbs in the food processor.
7. Put your flour, egg and breadcrumbs onto 3 metal plates. Line and grease your baking tray.
8. Begin to pane your chicken by putting chicken into flour and cover. Place into egg and cover. Place into breadcrumbs and cover.
9. Repeat processes 7, 8, 9. of the pane process to create a thicker coating.
10. Place onto a baking tray and place in the oven for 20-25 minutes and cook until golden brown - ensure that the chicken is thoroughly cooked by temperature probing core (above 70oC).
11. Meanwhile prepare the sauce, melt butter and garlic over medium heat. Add in flour and whisk.
12. Add in flour a little at a time and whisk to prevent lumps.
13. Add mustard salt and pepper, add cheese. Continue to whisk, remove from heat once thickened.

Outcome: Successfully and safely produce a chicken breast filled with Ham and cheese coated in breadcrumbs.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of the hob, chopping, dicing, boiling, preparation of raw meat.

Ingredients – Makes 4 portions

- 2 cloves of garlic*
- 1 onion
- 1 carrot
- 70 g quality chorizo or other sausage
- 2 free-range chicken thighs , skin off, bone out (from school previous lesson on de-boning)
- Vegetable oil*
- 1 teaspoon sweet smoked paprika*
- 1 red pepper
- 1 tablespoon tomato purée*
- 1 organic chicken stock cube*
- 300 g paella rice
- 100 g frozen peas

Chicken & Chorizo Paella - Method

1. Peel and finely slice the garlic.
2. Peel and roughly chop the onion and carrot.
3. Finely chop the parsley stalks.
4. Roughly chop the chorizo and chicken thighs.
5. Put a little oil into a large saucepan on a medium heat, add the garlic, onion, carrot, parsley stalks, chorizo, chicken and paprika, and fry for around 5 minutes, stirring regularly.
6. Deseed and chop the pepper, then add to the pan for a further 5 minutes.
7. Stir through the tomato purée and crumble in the stock cube, then add the rice and stir for a couple of minutes so it starts to suck up all that lovely flavour.
8. Pour in 750ml of boiling water and add a pinch of sea salt and black pepper.
9. Pop on a lid and bring to the boil, then reduce to a simmer for 15 minutes, stirring regularly from the outside in and from the inside out, and adding a splash of water if needed.
10. Stir in the peas, replace the lid, and cook for a further 5 minutes, or until hot through.
11. Season to perfection, then chop the parsley leaves, scatter them over the paella.



Outcome: Successfully and safely make a rice based dish understanding the risks associated with cooking and reheating rice.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling raw meat, tenderising of meat, use of grill, use of processor, use of hob, mixing, combining, making a roux based sauce, pane skills, boiling, shallow frying.



Ingredients

- 1 skinless chicken breast fillet
- 1 egg, beaten
- 2 slices white or wholemeal bread
- 1 tablespoon oil*
- 30g butter
- 60g plain flour
- 150ml milk
- 20g Cheddar cheese
- 75g Orzo Pasta*
- 2 tomatoes
- 5g Dried parsley*
- 5g Dried Oregano*

Chicken Parmo & Tomato Orzo – Method

1. Put the chicken breast between 2 pieces of cling film and tenderise with a rolling pin until thin (do not break).
2. Blitz slices of bread in food processor.
3. Place saucepan of water onto boil for Orzo pasta. Once boiling add pasta and stir once, cook for 8 minutes or until soft then strain through sieve – Leave to one side.
4. Dip the chicken into the beaten egg and then coat with the breadcrumbs – Pane.
5. Shallow fry on both sides in a frying pan over a medium heat for 3 to 4 minutes until both sides are golden brown and the chicken is no longer pink in the centre.
6. Transfer the cooked chicken to a small ovenproof baking dish.
7. Make the béchamel sauce by melting the butter in a saucepan, then add the flour and stir until mixed. Gradually add the milk and whisk by hand until a nice smooth consistency forms, add more milk if needed.
8. Pour the thick sauce over the chicken and sprinkle with the grated cheese.
9. Place the chicken under a hot grill until bubbling hot and the cheese is beginning to gratinate.
10. Whilst gratinating, chop up tomatoes to a brunoise and mix in a bowl with Orzo pasta, herbs and seasoning.
11. Plate up main course.

Outcome: Successfully and safely produce a paned chicken breast topped with béchamel sauce and gratinated cheese served on a bed on tomato and herb Orzo pasta.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling raw fish, use of the oven, use of grill, use of hob, mixing, combining, making a roux based sauce, boiling, piping, mashing.



Ingredients

- 400-500g fresh cod, haddock, coley or salmon – skin on or off
- 6 medium potatoes
- 1 onion
- 1 tbsp flour*
- 50g of butter
- 500ml of milk
- 50g cheddar cheese
- Salt* & pepper* to taste
- Fish stock cube*
- Large oven proof dish to bake in and take home

Fish Pie – Method

1. Peel and chop potatoes. Place in a pan, just cover with fresh cold water and bring up to boil. Reduce heat and allow to simmer for approximately 20 minutes until the potatoes are soft.
2. Remove skin and bones from fish. EITHER place in ovenproof dish, add milk and bake for 20 – 30 minutes Gas 5 or 180 oC OR place in pan, add milk and poach for 15 – 20 minutes.
3. Carefully drain milk from fish and pour into measuring jug.
4. Flake the fish and place in bottom of ovenproof dish.
5. In a clean pan, melt butter, add flour and cook the roux for 1 – 2 minutes without colouring. Remove from heat and add the hot milk very gradually at first to make a smooth sauce. Return to heat and allow the sauce to boil for at least a minute.
6. Take off the heat and add grated cheese (save a little for the top).
7. Pour the sauce over the fish in the ovenproof dish.
8. Drain and mash potatoes. Add butter and enough milk to make them smooth and creamy.
9. Spread or pipe potatoes evenly over the sauce. If spreading potatoes, fork round dish to neaten.
10. Sprinkle with leftover cheese and gratinate under the grill or bake in the oven until the top is golden brown. Serve with a colourful vegetable e.g. peas and carrots.

Outcome: Successfully and safely produce a fish based dish topped with piped potatoes and gratinated cheese.