



NEWARK
ACADEMY

Student	
Group	
Teacher	
Target Grade	

GCSE RECIPE

BOOK

Term 2

How to 'Max Up' your skills!

	Basic level skills (G - E)	Medium level skills (D - C)	High level skills (B - A*)
	<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 (bolognaise, chilli) Simple whisked desserts Vegetable & fruit dishes requiring even sizes for appearance All in one sauces & batters (cheese sauce, custard, pancakes) Simple cakes Simple meat & fish cookery Basic yeast dough Milk puddings 	<ul style="list-style-type: none"> Skilled Pastry (Short crust, pate Sucre, choux, puff) Roux based sauces (béchamel, velouté) Meringues and pavlovas Complex meat and fish cookery (meat or fish is stuffed or a sauce is used) 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 (shop bought base) 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 (using bought pasta) Mousse, cheesecake Steak or chicken (no stuffing or sauces) Fajitas (shop bought tortilla wraps) 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, tagliatelle, 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.

OIL SPRAY

Investing in an oil spray will avoid spillages as well as being healthier (you use less).

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.

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 registration on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the unit storage areas.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, grater, hob, zesting, chopping, whisking, melting, stirring, blending, crushing, garnishing.



Ingredients

200g digestive biscuits
60g butter
1 lemon
300g medium fat cream cheese (NOT LOW FAT VERSIONS!)
75g caster sugar
150ml double cream

Tin foil tray 6" * or
jam jars/ large ramekin
dishes x 4 or 6" Spring
form baking tin.

Decoration:

1 Lemon
50 ml Double cream to
pipe as garnish

No cook easy lemon cheesecake – Method

1. Put the biscuits into a food bag, crush into crumbs with a rolling pin.
2. Put the butter in a pan and melt it over a low temperature on the hob or melt in microwave for 1 minute.
3. Remove the pan from the heat. Add the biscuit crumbs to the melted butter and stir with a wooden spoon until completely mixed.
4. Tip the mixture into a tin foil cake tin. Use the bottom of a glass to flatten, and chill in the fridge for around 20 minutes.
5. Wash the lemon to remove wax and grate the zest into a bowl.
6. Cut the lemon in half and using a juicer squeeze out the juice, pour into a measuring jug.
7. Place the cream cheese and sugar into a mixing bowl; beat until mixed together.
8. In a separate bowl, whisk 150ml double cream until just beginning to thicken, DO NOT OVER WHIP!
9. Pour the cream cheese mixture into the cream, add in the lemon juice and zest, whisk until creamy.
10. Make sure the biscuit base is properly chilled then remove from the fridge. Pour the cream cheese mixture on top of the biscuit base, and spread it out evenly.
11. Put the cake in the fridge to chill for a couple of hours. Add garnish to top.

Outcome: Successfully and safely make chilled dessert with appropriate accompaniment or decoration.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, sieving, melting method, combining ingredients, lining a cake tin, whisking, folding in mixture, safe use of knives, decorating.

Ingredients

200g Dark Chocolate (70% cocoa solids)

150g Butter

100g Milk or white chocolate, or a mix of both

125g Dark Muscovado sugar

125g Caster sugar

4 Free-range eggs

85g Plain Flour

2 tbsp. Cocoa Powder, plus extra for dusting if you like.

¼ tsp Salt

23 cm (9inch) square cake tin

Lidded container to take Brownies home in

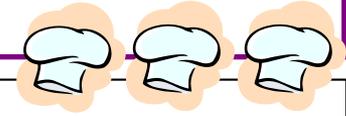
Chocolate Brownies – Method



1. Preheat oven to 180°C, Gas mark 4.
2. Place a bain marie on the stove top and allow to come to the boil.
3. Line a square 23cm/9” baking tin.
4. Chop up dark chocolate into small pieces and place into the bain marie to melt. Keep the heat low, and don't allow water to boil over into chocolate. Once melted remove from heat and allow to cool.
5. Whilst melting, chop up white (or white and milk mixed) to the size of a penny. Leave this to one side.
6. Whisk the sugars together in a mixing bowl with the eggs until ribbon stage. (Quality check the eggs before use).
7. Sift the flour, cocoa powder and salt over the egg and sugar mixture, then fold in the COOLED chocolate mixture.
8. Pour into the prepared tin and scatter remaining chunks of white and milk chocolate on top.
9. Bake for 20-25 minutes, the brownies will still have a wobble in the middle.
10. Let the brownies cool completely before lifting out and cutting into squares. Sift over with icing sugar.

Outcome: Successfully and safely make chocolate brownies using the melting method.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, rubbing in method, grating, adding correct amount of water, making a smooth dough, rolling, shaping, mixing, and piping.



Ingredients

200g plain flour + 50g extra for rolling out
50g hard margarine or butter
50g lard or white vegetable fat
1 large orange
Mincemeat – 1 jar

Shortbread topping:

100g Margarine or soft butter
25g icing sugar
125g plain flour
Airtight container to take home in.

Mincemeat pies topped with Viennese Biscuit - Method

1. Preheat oven 200°C / gas mark 6.
2. Wash and dry the orange and grate the rind only using the small side of the grate. Add this to the flour. Use a pastry brush to remove all rind from the grater and give it a good bash!
3. Using the rubbing in technique rub the margarine and lard into the flour until it resembles breadcrumbs.
4. Squeeze the orange and add juice to flour mixture until it forms a dough. Add a little extra cold water if needed. Allow to rest in the fridge.
5. Mix all the shortbread ingredients together (make sure margarine is soft). Add a little water to make it easier to pipe (if needed).
6. Roll out pastry and use cutter to form circles.
7. Place in bun tins.
8. Fill each pie equally with mincemeat, do not overfill. (about 1 teaspoon).
9. Place mixture in piping bag (large star nozzle) and pipe on top of mincemeat.
10. Bake for 15-25 minutes.

Outcome: Successfully and safely make shortcrust pastry mincemeat pies topped with shortbread.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of oven, use of the hob, melting, sieving, whisking, folding, piping, shaping, rolling, decorating.

Ingredients

Swiss Roll:

3 eggs

85g self raising flour

85g caster sugar

2 tbsp cocoa powder

For filling and Icing

Chocolate Ganache:

50g butter – NOT LOW
FAT SPREAD

140g dark chocolate
broken into small
squares

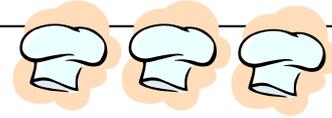
1 tbsp golden syrup

284ml pot double cream

200g icing sugar, sifted

Holly decorations or
Christmas themed
decorations

Chocolate Yule Log – Method



1. Preheat the oven to 180 °C gas mark 4.
2. Grease and line a swiss roll tin with baking parchment.
3. Place the eggs and sugar into a bowl and whisk for around 8-10mins until very light, fluffy and thickened.
4. Sift the flour and cocoa over the mixture and fold in carefully.
5. Pour mixture into the lined tin and tip the tin until mixture evenly spread out. Bake the sponge for 10 minutes.
6. Lay a sheet of baking parchment on the work surface and sprinkle with caster sugar. When the cake is ready, tip it onto the parchment, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool.
7. To make the icing, melt 50g butter and 140g dark chocolate together in a bowl over a bain marie. Take from the heat and stir in 1 tbsp golden syrup and 5 tbsp double cream from a 284ml pot. Beat in 200g sifted icing sugar until smooth.
8. Whisk the remaining double cream from the 284ml pot until it holds its shape.
9. Unravel the cake, spread the cream over the top.
10. Cut a thick diagonal slice from one end of the log. Lift the log on to the cake board, then arrange the slice on the side with the diagonal cut against the cake to make a branch.
11. Spread the icing over the log and branch (don't cover the ends), then use a fork to mark the icing to give the effect of tree bark. Scatter with sifted icing sugar to resemble snow, and decorate with chosen decorations.

Outcome: Successfully and safely make highly decorative Swiss roll using a ganache.