



Ysgol Penglais School
GCSE Food and Nutrition
Assessment 2

RECIPE BOOK

Candidate Name:

Candidate Number:

Centre Number: **68204**

Dear Parent/Guardian,
Your son/daughter is about to start their Food and Nutrition GCSE course.

We feel that learning about and becoming confident in a range of practical skills is very important and would like to ask for your assistance in providing the necessary ingredients.

We are very flexible and understand that ingredients can be expensive or that the recipes we have chosen may not suit due to individual dietary needs. Therefore, we always stress that alternative ingredients can be brought in.

Penglais is a healthy school and within class students learn about dietary guidelines such as 'The Eatwell Guide', '5-a-day' campaign and the 8 tips for a healthy lifestyle - dishes chosen reflect this with students cooking predominantly savoury dishes.

Pupils are given ample time to plan and bring in ingredients, so this should not be an issue, however, we realise from time to time there may be unplanned emergencies.

If for any reason your child is unable to cook, a letter of explanation must be given to the Teacher. If the recipe book is misplaced, recipes can be found on the School website.

We also understand that there can be financial pressures which can make it difficult to provide ingredients. If this is the case please contact the Design and Technology Department (01970 624220) where we may be able to help. Please give as much notice as possible. Alternatively, a message can be written in your child's planner.

Finally, we do hope you enjoy the dishes, that are created in school and if you have any further questions then please feel free to contact me on the email below.

Mr Retter
Teacher of Food & Nutrition
j.retter@penglais.org.uk

To enable practical lessons to run smoothly.....

Please **weigh out ingredients before the lesson**, since lessons are only one hour.
Please **bring containers**, these are needed to bring food into school, and to take food back home safely.

Please **label containers**, with your child's name, date and teacher's name.

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Parent/Guardian:

Fruit Crackle Cake

Ingredients:

150g /6oz self-raising flour
½ teaspoon ground cinnamon
50g sunflower margarine
50g caster sugar
75g/3oz fruit - apples, pears,
plums, blackberries or
blackcurrants
1 egg
3 tablespoons milk

TOPPING

1 tablespoon sugar

Equipment:

Mixing bowl
Wooden spoon
Sharp knife
Chopping board
Tablespoon
Rectangular foil cake dish
Measuring jug



Production steps

Preheat oven 180°C/Gas 5
Wash hands and put apron on
Wipe down work surfaces
Collect equipment
Set out ingredients on a tray.

1. Put flour into a mixing bowl. add cinnamon and nutmeg and rub in the margarine, stir in the sugar.
2. Prepare fruit - peel and slice and dice, apples or wash and dice plums, wash soft fruit such as blackberries. Stir fruit into the mixture.
3. Crack the egg into a jug and check for freshness, add milk and mix, add to dry mixture in the mixing bowl. Spoon the mixture into a loaf tin or foil container. Sprinkle sugar on top.
4. Place on a baking tray and put into the oven using oven gloves.
Bake for 15-20 minutes or until golden brown. Skewer should be clean when the cake is tested.
5. Clear and wash up. Check units.

Which nutrients can be found in Fruit Crackle cake?

How does it fit into the Eat Well Guide?

Why should this cake be served as part of a balanced diet?

EXAMPLE

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: Fruit Crackle Cake



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION
WHOLEMEAL FLOUR	Carbohydrates, fibre, B vitamins—	Bulking agent
SUNFLOWER MARGARINE	Fat, vitamins A and D	Moistener
APPLE	Vit C, fibre	Flavour, moistener
EGG	Protein, iron, fat, vitamins A,D and E	Binding agent
MILK	Protein, calcium, fat, vitamins A, D	Binding agent
SUGAR	Sugar (sucrose)	Sweetener

How does this recipe fit into the eat well guide? This dish contains flour from the yellow starch section. I used wholemeal for added fibre. The apple comes from the fruit section. The egg from the protein section, the milk from the blue dairy section and the margarine from the oils and spreads section. The dish also contains sugars which we are advised to cut down on. It contains foods from every section but is quite high in fats and sugars but if eaten with a healthy main course would make a good nutritious meal.

Success criteria:

- Shape - made in a rectangular tin so good shape, top was well risen and slightly rounded.
- Surface colour - a rich golden brown.
- Texture - a light open texture with small chunks of soft apple.

Skills/Techniques in this recipe:

- Knife skills when chopping apple.
- Rubbing in margarine to flour, mixing to make a mixture of a good consistency.
- Weighing and measuring

HELPFUL HINTS

Recipe Modification:

- *Use wholemeal flour for added fibre.*
- *Use a different fruits, ideally fruits in season.*
- *Could replace milk with skimmed milk or water.*
- *Could add spices such as cinnamon.*
- *Could try cooking in a round tin or even individual portions.*

Science involved:

- *Before cooking rubbing in the fat to flour emulsifies the dough (grains of flour surrounds the fat).*
- *During cooking the following changes take place;*
Fat melts at 40°C
Proteins denature at 60°C
Starches gelatinise at 80°C
At 100°C colour changes occur turning the cake golden brown

Cook's tips:

- *Slice to serve*
- *Serve with whipped cream or yoghurt*
- *Keep in an air tight container*
- *Suitable for freezing*

Allergens:

- *Wheat flour - gluten (some people are intolerant to this)*
- *Milk - lactose (some people are intolerant to this)*

Examples of salad dressings

French Dressing

2tbs white wine vinegar

Crushed clove of garlic

1tbs lemon juice

Simply shake the ingredients

pinch of salt/pepper/sugar in a screw top jar.

Yoghurt Dressing

1tbs mustard

3tbs natural yoghurt

2tbs olive oil

Pinch of salt/pepper/sugar

1tbs cream. Shake ingredients in a screw top jar.

Lemon Dressing

Shake ingredients in a screw top jar.

Juice of one lemon

3tbs olive oil

Pinch of salt/pepper/1tsp sugar

Shake ingredients in a screw top

Simple Vinaigrette dressing

1tbs wine vinegar

2tbs olive oil

Pinch of salt/pepper/1tsp sugar

Shake ingredients in a screw top jar

Green Mayonnaise

Just add 50g chopped fresh herbs

[parsley, chives, coriander, or basil]

75g mayonnaise, and mix well.

Evolution Salad

Choose one from each row:



Four Star Coleslaw

Ingredients:

Equipment:

100g/4oz celeriac
100g/4oz carrots
100g/4oz white cabbage
3 spring onions or 1 small
onion. Dressing from page 8

Or Red alternative

100g/4oz celeriac
100g/4oz carrots
100g/4oz red cabbage
1 small red onion
Dressing from page 7

Mixing bowl
Wooden spoon
Sharp knife
Chopping board
Tablespoon
Tray

Container needed



Production steps

Wash hands and put apron on
Wipe down work surfaces
Collect equipment
Set out ingredients on a tray.

1. Peel celeriac, carrots and coarsely grate, then remove outer leaves of spring onions and finely chop.
2. Finely cut the cabbage. [Your teacher will show you how to do this]
3. Make the dressing of your choice and add to the ingredients in a mixing bowl. Mix with clean hands or a fork and spoon.
4. Put into a container. Clear and wash up. Check units.

Which nutrients can be found in Four Star coleslaw?

How does it fit into the Eat Well Guide?

What can it be served with to make it part of a balanced meal?

Emulsion Sauces

An **emulsion** is when fat, or oil and water are held together using an emulsifier. Oil and water usually will not mix or stay mixed. You can shake them together, and if you place the container down they will separate out again. Sauces showing emulsification are mayonnaise, hollandaise and vinaigrette.

Mayonnaise:

Ingredients:

300ml olive oil

2 egg yolks

1 heaped tsp powdered mustard

1 tablespoon white wine vinegar

Pinch of salt and pepper

Method;

1. Place egg yolks in a clean bowl
2. Add mustard and vinegar and whisk well
3. Add a few drops of oil and whisk well
4. Keep adding the oil drop by drop, and whisking well each time.

The sauce will emulsify and thicken

5. Stop adding the oil when the desired thickness is reached.
6. Season with salt and pepper.

Hollandaise is a rich creamy sauce made from butter, egg yolks and lemon juice or vinegar, it is often served with vegetables, asparagus or fish.

Hollandaise sauce:

Ingredients:

3 egg yolks

1 tablespoon of fresh lemon juice

100g butter

Salt & pepper

Method;

1. Melt the butter in a small bowl in the microwave.
2. Place the egg yolks into a bowl, and put the bowl over a saucepan of simmering water. Make sure that the base of the bowl does not touch the water.
3. Add the lemon juice and whisk together.
4. Slowly add the melted butter, whisking after each addition.
5. Once all the butter has been added you should have a smooth thickened sauce to serve immediately.
6. Season with salt and pepper.

EMULSION SAUCE

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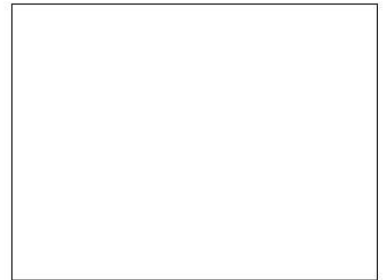
Practical Evaluation

Assessment 2

Recipe: _____



Photo: _____



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
-

EMULSION SAUCE

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Practical Evaluation

Assessment 2

Recipe Modification:

-
-
-

Science involved:

-
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-
-

Cook's tips:

-
-
-
-

Allergens:

-
-
-

Evolution Potato Salad

Ingredients:

Basic Potato Salad

500g New potatoes
4tbs olive oil
1 lemon

Potato salad 2

As above plus:

Fresh herbs: chives, parsley,
mint or a combination of all
three.

Potato salad 3

As above plus: 125ml natural
yoghurt

Potato salad 4

As above plus: 4 rashers of
smoked bacon .
1 slice of bread

Equipment:

Saucepan,
Chopping board, sharp
knife, frying pan

Container needed



Production steps:

Wash hands and put apron on
Wipe down work surfaces
Collect equipment,
Weigh out ingredients/set out on a tray

1. Boil water in a kettle. Place washed new potatoes in a saucepan and pour boiling water to cover. Cook until soft, this may take 15-20 minutes.
2. Put cooked potato in a mixing bowl add lemon zest, juice and oil and toss using clean hands or a fork & spoon.
3. If adding herbs, finely chop using the 'claw' method and add to potatoes and toss until well mixed
4. If adding yoghurt add to potatoes in the mixing bowl and toss until well mixed.
5. If adding bacon, finely chop and dry fry until crispy, remove add breadcrumbs and cook until golden brown, add both to potato salad and toss to mix.

How does adding different ingredients change the nutritional value of the potato salad? Is this a good idea? Why? Does it improve the sensory properties of the dish? Explain your answer.

Vegetable Soup

Ingredients:

1 carrot
1 stick of celery
1 onion
1 small leek
1 potato
1tbs olive oil
1 vegetable stock cube.
Leek and potato soup-
2leeks,2potatoes,
Vegetable stock cube
Carrot and coriander soup-
2 carrots, half a bunch of
coriander,1 vegetable
stock cube.

Equipment:

Saucepan,
Chopping board, sharp
knife, blender.

Container /flask needed



Production steps:

Wash hands and put apron on
Wipe down work surfaces
Collect equipment,
Weigh out ingredients/set out on a tray

1. Prepare ingredients. Peel and dice the carrot, slice the celery, peel and roughly chop the onion. Cut the ends of leeks, quarter them lengthways, wash under running water and then slice. Peel and dice the potato using the 'bridge' method. [Your teacher will discuss this with you]
2. In a saucepan place 1 tbs of oil add all the vegetables except the potato [it tends to stick] and sauté for 5 minutes add the potato, crumble the stock cube into the saucepan add 500ml of cold water.
3. Bring the mixture to the boil and then simmer until vegetables are soft. Remove from heat. Taste and season.
4. Serve it as a chunky soup or liquidize for a smooth soup.
5. Clear units, wash up and check units.

Which nutrients can be found in Soups?

Why is soup considered a good meal to include in the diet?

VEGETABLE SOUP

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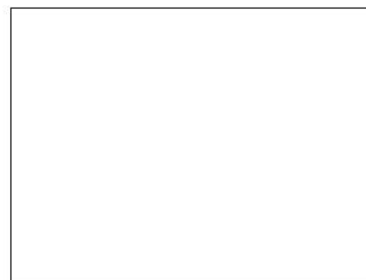
Practical Evaluation

Assessment 2

Recipe: _____



Photo: _____



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
-

VEGETABLE SOUP

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

-
-
-

Science involved:

-
-
-
-

Cook's tips:

-
-
-
-

Allergens:

-
-
-

Mixed Red Fruit Jam

Ingredients:

900g Fruit [blackberries, apples, plums, raspberries, or strawberries]
900g sugar
4 Jam Jars.

Equipment:

Saucepan, sharp knife
Chopping board
Preparation bowls
Jam jar

Production Steps:

Wash hands and put apron on.
Wipe down work surfaces.
Collect equipment & Weigh out ingredients.
Set out ingredients on a tray.



1. Put the fruit into a preserving pan. For blackberries, add 50ml water, and 1½ tbsp. of lemon juice; for plums [halved and stoned], use 150ml water, for strawberries, add 3tbsp of lemon juice [no water]; and for raspberries, add nothing.
2. Lower the heat. For blackberries simmer for 15minutes; for plums simmer for 30-40minutes; for raspberries simmer for 2 minutes, for strawberries simmer for 5 minutes. The fruit should be soft.
3. Tip in the sugar, stir over a very low heat until the sugar has completely Dissolved. Raise the heat, and bring to a full rolling boil, then rapidly boil blackberries for 10-12 minutes, plums for 10 minutes, raspberries for 5 minutes, or strawberries for 20-25minutes-don't stir through until the setting point of 105°C is reached.
4. Remove from heat remove any scum then stir in the butter this helps dissolve any scum that is left. Leave for about 15 minutes so that the fruit can settle. Pour into sterilized jars, label and seal.

Why is jam making a good way to preserve fruit?

Which nutrients can be found in jam?

How can jam be served as part of a healthy diet?

Cawl

Ingredients:

150g/6oz lean cubed lamb
1 onion
1 leek
1 potato
Quarter Swede
1 carrot
1 stock cube vegetable or lamb
1 tbs oil

Equipment:

Saucepan, sharp knife
Chopping board
Preparation bowls.

Container/Flask needed



Production Steps:

Wash hands and put apron on.
Wipe down work surfaces.
Collect equipment & Weigh out ingredients.
Set out ingredients on a tray.

1. Prepare all vegetables; chop onions finely and place in a prep bowl, prepare Swede peel and cut into cubes, prepare leek and slice thinly, peel and cut carrots diagonally, cut potato into cubes.
2. In a saucepan add 1 tbs oil and onion sauté until soft add lamb cook until lamb changes colour from red to brown [what is this browning stage called?] add leeks, carrots, Swede and finally potatoes. Add stock cube and 500ml/1 pint of water and leave to simmer.
3. Clear away, wash up and check units.
4. Serve with cheese and crusty bread.

Which nutrients can be found in Cawl?

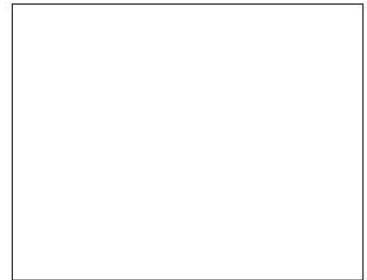
Cawl is a traditional Welsh stew. How it is made varies from region to region. Find out what type of Cawl is served inland and by the sea?

What is the maillard reaction? Which cooking methods result in the maillard reaction?

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
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CAWL

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

-
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Science involved:

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-
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Cook's tips:

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-
-
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Allergens:

-
-
-

Chicken Noodle Soup

Ingredients:

1 chicken breast
1 onion
50g sweet corn
1 small packet noodles
1 stock cube vegetable or chicken
25g/1oz parsley finely chopped.

Equipment:

Saucepan, sharp knife
Chopping board
Preparation bowls.

Container /Flask needed.



Production Steps:

Wash hands and put apron on.
Wipe down work surfaces.
Collect equipment & Weigh out ingredients.
Set out ingredients on a tray.

1. Prepare all vegetables; chop onions finely and place in a prep bowl, prepare parsley. Drain sweet corn and put in a prep bowl.
2. Cut chicken into very small pieces and put into a prep bowl. Wash up and wipe down surfaces, to prevent cross contamination and campylobacter food poisoning.
3. In a saucepan add 1 tbs oil and onion sauté until soft add chicken cook until it changes colour from pink to white, add sweet corn and two thirds of the parsley and noodles. Add stock cube and 500ml/1pint of water and leave to simmer.
3. Clear away, wash up and check units.
4. Serve piping hot with the remaining parsley sprinkled on top.

Which nutrients can be found in Chicken noodle soup?

Classic Carrot Cake

Ingredients:

Cake

125g self-raising flour
150g light brown sugar
1tsp ground cinnamon
½ tsp ground ginger
¼ tsp salt
100ml sunflower oil
180g grated carrot
2 eggs

Topping

100g cream cheese
25g butter
100g icing sugar

Equipment:

Mixing bowl, tablespoon.
Measuring jug
Grater
Prepared cake tin

Container needed.



Production steps:

Put an apron on and wash hands.
Wipe down work surfaces.
Set ingredients on a tray.
Preheat oven to 180 Gas 4

1. In a mixing bowl combine 125g plain flour, 150g light brown sugar, 1tsp baking powder, 1tsp bicarbonate of soda, 1tsp ground cinnamon ½ ground ginger, ¼ tsp salt.
2. In a small bowl combine 100ml oil, 180g grated carrot, and 2 eggs check for freshness.
3. Add wet ingredients to the dry ingredients and mix thoroughly.
4. Tip into a prepared Swiss roll tin. Bake for 35 minutes
5. Beat 100g cream cheese with 25g butter and 100g icing sugar until smooth and spread on cooled cake before slicing into squares.
6. Clear away, wash up and check units.

Which nutrients can be found in carrot cake?

Why is it important to serve this as part of a balanced diet?

CARROT CAKE

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
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-

CARROT CAKE

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

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-
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Science involved:

-
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-
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Cook's tips:

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-
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Allergens:

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-
-

Glamorgan Sausages

Selsig Morgannwg

Ingredients:

115g/4oz leeks trimmed, finely sliced
25g/1oz butter
175g/6oz breadcrumbs
2tbsp fresh parsley
1tbsp fresh thyme
150g/5oz Caerphilly or Welsh cheddar cheese
2 free range eggs
1 tsp mustard
Seasoning
5tbsp sunflower oil

Equipment:

Tray, chopping board, sharp knife
Grater, frying pan
Mixing bowl.

Container needed.



Production Steps:

Wash hands and put apron on

Wipe down work surfaces

Collect equipment.

Preheat oven to Gas 5, or Electric 180°C

Set ingredients on a tray

1. For the sausages, melt the butter in a frying pan and fry the leeks gently until soft but not coloured.
2. Put 100g/3½oz. of the breadcrumbs, the parsley, thyme and cheese into a large mixing bowl and mix well until combined. Beat the egg yolks with the mustard, salt and plenty of pepper in a preparation bowl.
3. Add the leeks from the frying pan into the cheese mixture. Add the egg yolk mixture and mix together until the mixture combines. Divide the mix into eight and roll into sausage shapes. Place on a tray lined with cling film.
4. Whisk the egg whites in a small bowl until frothy. Put the breadcrumbs into a small bowl. Dip the sausages into the egg then into the breadcrumbs and place on the baking tray until you complete all eight.
5. In a frying pan heat oil and cook the sausages until golden brown this will take 10- 12minutes.
6. Clear away and wash up.

Success criteria? Which nutrients can be found in Glamorgan sausages?

Lemon Drizzle Cake

Ingredients:

125g/4oz butter
125g/4oz sugar 150/6oz
self-raising flour
1 level tsp baking powder 2
medium eggs
2tbsp milk
1 lemon zest only

For the glaze Juice of one
lemon 75g/3oz sugar

Equipment:

Mixing bowl, Whisk,
Zester, Prepared Swiss roll tin
Palette knife

Container needed.



Production Steps:

Wash hands and put apron on.

Wipe down work surfaces

Collect equipment.

Preheat oven to Gas 5, or Electric 180°C

Set ingredients on a tray

1. Prepare the Swiss roll tin and place on a baking tray with your name on it.
2. Put all ingredients into a food processor until well mixed. Pour into prepared tin. Bake for 20 minutes until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the middle of the cake.
3. Make the glaze by squeezing the juice and putting it into a small bowl add the sugar and stir to dissolve.
4. When the cake is cooked place on a cooling rack and brush the lemon juice mixture on top of the cake and leave to cool.

Success criteria?

Which nutrients can be found in the cake?

Spicy Apple Swiss Roll

Ingredients:

75g/3oz self-raising flour
75g/3oz caster sugar
3 medium eggs
Extra 1tbs sugar.
75g /3oz pureed
fruit [apple with a
little
cinnamon]

Equipment:

Prepared Swiss roll tin,
mixing bowl, whisk, table
spoon sieve, sheet of
greaseproof paper

Container needed.



Production steps:

Preheat oven to 190°C/Gas 6
Wash hands and put apron
on Wipe down work surfaces
Collect equipment, Prepare Swiss roll tin.
Set ingredients on a tray.

1. Whisk the eggs and sugar until thick and creamy. [Your teacher will explain this process] Using a metal spoon gently fold in the sieved flour. Pour into prepared tin.
2. Bake for 8-10 minutes until golden brown and firm. Do not overcook, or it will break when rolling.
3. While cake is baking, Sprinkle the extra sugar over a piece of greaseproof paper. Place a sharp knife and a palette knife beside the paper.
4. When the Swiss roll is cooked, tip it on to the greaseproof paper. Peel of the paper and trim the edges of the Swiss roll.
5. Spread the fruit puree quickly and then roll it up, using the paper to help you. Cool on a cooling rack.
6. Clear units and wash up. Check units.

Success criteria?

Which nutrients can be found in a Swiss roll?

How can this be served as part of a balanced diet?

Why is it important to serve this as part of a balanced diet?

SPICY APPLE SWISS ROLL

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

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-
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SPICY APPLE SWISS ROLL

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

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Science involved:

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Cook's tips:

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-
-
-

Allergens:

-
-
-

Stuffed Pastry Pasty

Ingredients:

150g plain flour
75g margarine
5tbsp cold water
1 egg
Your choice of filling (prepared and cooked at home)

Equipment:

Mixing bowl
Tablespoon
Sharp knife
Chopping board
Circle cutter
Baking tray with liner
Brush

The Great Pasty BAKE OFF

Pasty ideas...

Spicy Vegetable

- 15g onion (chopped)
- 50g potato (peeled & diced)
- 50g mixed vegetables
- garlic (peeled & crushed)
- 1 tbsp curry powder

Traditional Beef

- 15g onion (chopped)
- 25g potatoes (peeled & diced)
- 50g swede (peeled & diced)
- 25g beef steak (minced)
- 1 stock cube (crushed)

Chicken & Cheese

- 15g onion (chopped)
- 25g potatoes (peeled & diced)
- 50g cheese (grated)
- 25g chicken (diced)
- garlic (peeled & crushed)
- 1 stock cube (crushed)

100g of your choice.....
Chicken/Beef/Potatoes/Swede/Vegetables/
Cheese/Onion/Garlic etc

Mince Pies Noel

Ingredients:

Short crust pastry:
250g/8oz plain flour
50g/2oz sunflower marg/butter
50g/2oz white flora/cookeen
2 – 3 tablespoons cold water
Filling: ½ jar mincemeat
Shortbread topping:
150g/6oz soft butter.
150g/6oz plain flour
50g/2oz icing or caster sugar
½ teaspoon vanilla essence [if wanted]
Makes 2 dozen

Equipment:

Mixing bowl, sharp knife,
measuring jug baking tray

Container needed.



Production steps:

Preheat oven to 180 °C/Gas 4
Wash hands and put apron on
Wipe down work surfaces
Collect equipment
Weigh out ingredients/set on a tray

1. Make pastry – rub margarine and white flora into flour until it looks like bread crumbs and feels sandy. Add enough water to make a firm dough.
2. Roll pastry out on cold, lightly floured surface. Cut out circles using the largest pastry cutter and place in bun tins.
3. Add a small teaspoonful of mincemeat to every pastry case, taking care not to over-fill.
4. Make topping – Cream margarine and sugar together until soft and pale. Add sieved flour a tablespoon at a time making sure you mix well each time. Add vanilla essence if using. Spoon shortbread mixture into piping bag fitted with a small star nozzle.
5. Pipe a star onto each mince pie to almost cover the mincemeat.

Bake for 20 – 25 mins at Gas Mark 5 or 180 °C The pastry should be firm and the topping a pale golden brown. Allow to cool in tins for 5 minutes before lifting onto wire rack.

These freeze very successfully and are delicious warm.

Gingerbread biscuits

Ingredients:

175g plain flour
1tsp bicarbonate of soda
1tsp ground ginger
½tsp cinnamon
65g butter
85g light brown sugar
½ egg
2tbsp. Golden syrup

Method

1. Preheat oven to 180C/Gas 4.
2. Sieve the flour, bicarbonate of soda, ginger and cinnamon and rub in the butter until it resembles fine breadcrumbs.
3. Stir in the sugar.
4. Beat the egg and golden syrup together and add to the dry ingredients. Mix until it clumps together.
5. Tip the dough out and knead until smooth.
6. Roll the dough out 0.5cm in thickness onto a lightly floured surface.
7. Using the shapes/cutters, gently cut out the dough and place on the baking tray – **be sure to leave a gap between each biscuit.**
8. Bake for 12-15 minutes until lightly golden brown.
9. Leave to cool and then decorate with icing at home!



Lets get cooking!

Macaroni Cheese

Ingredients:

75g/3oz **cooked macaroni**
75g/3oz grated cheddar cheese, or
any strong flavoured cheese.
350ml/ $\frac{3}{4}$ pt milk
25g /1oz flour
25g/1oz margarine.
Topping is optional.
Breadcrumbs +25g grated cheese
for topping. [au gratin]

Equipment:

Saucepan
Wooden spoon
Measuring jug
Grater
Rectangular foil
container or
casserole dish

Container needed.



Production Steps:

Wash hands and put apron on.
Wipe down work surfaces.
Collect equipment & Weigh out ingredients.
Set out ingredients on a tray.

1. In a saucepan put the margarine and melt add flour and mix to a paste, remove from heat and gradually add all the milk. [Your teacher will show you, how to blend the mixture] Return to heat, and stir until the mixture thickens. [**Do not leave the mixture, it will form lumps as it gelatinises.**]

2. Remove from heat, add the cooked macaroni and $\frac{3}{4}$ of the cheese. Season with pepper, not salt why?

3. Pour into the foil dish and sprinkle with cheese or cheese and breadcrumbs and place under the grill to brown.

4. Brown under the grill. Watch the macaroni cheese, when under the grill to prevent the topping from burning.

5. Clear and wash up. Check units.

Explain the process of gelatinisation.

What nutrients can be found in Macaroni cheese?

Broccoli & Cauliflower Cheese

Ingredients:

2 florets broccoli and 3 florets cauliflower, or
a small broccoli/cauliflower
75g/3oz grated cheddar cheese, or
any strong flavoured cheese.
350ml/ $\frac{3}{4}$ pint milk
25g /1oz flour
25g/1oz margarine.
Topping is optional.
Breadcrumbs +25g grated cheese
for topping. [au gratin]

Equipment:

Saucepan
Wooden spoon
Measuring jug
Grater
Rectangular foil
container or
casserole dish

Container needed.

Production Steps:

Wash hands and put apron on.
Wipe down work surfaces.
Collect equipment & Weigh out ingredients.
Set out ingredients on a tray.



1. Boil water in the kettle. Place whole broccoli/cauliflower into the saucepan and add boiling water to cover and cook until 'al dente'
2. In a saucepan put the margarine and melt add flour and mix to a paste, remove from heat and gradually add all the milk. [Your teacher will show you, how to blend the mixture] Return to heat, and stir until the mixture thickens. **[Do not leave the mixture, it will form lumps as it gelatinises.]**
3. Remove from heat, add $\frac{3}{4}$ of the cheese. Season with pepper, not salt why?
4. Put the broccoli/cauliflower into the dish, pour the cheese sauce over the and sprinkle with cheese or cheese and breadcrumbs and place under the grill to brown.
5. Brown under the grill. Watch the broccoli/cauliflower, when under the grill to prevent the topping from burning.
6. Clear and wash up. Check units.

Which nutrients can be found in this dish?

Explain the changes to cheese and breadcrumbs when placed under the grill.

CHEESE SAUCE EVALUATION

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
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CHEESE SAUCE EVALUATION

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

-
-
-

Science involved:

-
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-
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Cook's tips:

-
-
-
-

Allergens:

-
-
-

Shepherd's Pie with Cheese crusted Leeks

Ingredients:

250g/8oz welsh lamb mince
1 lamb stock cube
1level tbsp. tomato puree
1tbsp olive oil
1 small onion peeled and chopped
75g/3oz carrot peeled and cut very small
75g/3oz swede peeled and chopped very small
1tbsp mixed herbs
25g/1oz flour
Topping
50g/2oz grated mature welsh cheese
1 medium leek cleaned and finely chopped
300g/12oz Desirée or King Edward potatoes
25g/1oz butter
Salt & Pepper

Equipment:

Tray, chopping board
Sharp knife, potato masher
Saucepan
Foil dish or casserole dish.

Container needed.



Production steps:

Put an apron on and wash hands. Wipe down work surfaces.

Set ingredients on a tray.

Preheat oven to 180 Gas 4

1. Peel and cube potatoes and put in a saucepan cover with cold water and bring to the boil. Prepare leeks and put into a preparation bowl. Grate cheese.
2. In a saucepan, add 1 tbsp. olive oil and fry all the vegetables and remove a place in a small bowl. Add meat to the pan and cook until colour changes from red to brown. What is this process called?]
3. Add the vegetables to the meat together with mixed herbs and stir in the flour, add lamb stock cube, tomato puree and a little bit of water if the mixture is too dry. [Ask your teacher to check this if you are not sure] Simmer gently.
4. When potatoes are cooked drain liquid and mash then add butter, and half the cheese. Put meat sauce into foil tin or casserole dish. Spread the potato on top ask you teacher if you are not sure how to do this. Add cheese to leeks and sprinkle on top of the Shepherds' pie. This can be baked in school but would be better completed at home. Preheat the oven to Gas4 or Electric 180°C. Place Shepherd's pie on a baking tray and cook for about 25 minutes until the crust is golden.

5.
What are the success criteria for this dish?

Which nutrients can be found in this dish?

Fruit topped Cheesecake

Ingredients:

125g/5oz cream cheese
150ml/¼pt whipping cream 1 lemon or orange
30g/1oz sugar
1 tablespoon vegetable gel from school
Base
8-10 digestive biscuits
30g/1oz butter

Packet of orange/lemon quick gel

Equipment:

Mixing bowl
Wooden spoon, zester.
Sharp knife Chopping board
Tablespoon Lemon squeezer
Measuring jug Electric whisk
Round foil dish or dessert dish



Production steps:

Wash hands and put apron on Wipe down work surfaces
Collect equipment
Set ingredients on a tray

1. Prepare base - crush biscuits, melt margarine in a bowl using the microwave, when melted add the biscuits, mix well and press into a flan dish or foil container. Wash bowl.
2. Remove zest from lemon/orange using grater or zester. Place in a prep bowl
3. Slice fruit in half and reserve a slice for decoration.
4. Extract juice from lemon/orange using lemon squeezer pour into prep bowl with the zest.
5. In a mixing bowl add juice, zest, sugar, cheese, cream and vegetable gel. Whisk on speed 2 until mixture holds soft peaks.
6. Pour carefully onto to the middle of the biscuit base and carefully smooth outwards with a palette knife. [Your teacher will show you how to do this]
7. Make the quick gel reading the instructions on the packet. Let it cool slightly. Pour on top of the cheesecake. Decorate with slice of lemon/orange and remaining zest.
8. Chill in fridge. Clear and wash up. Check units.

Success criteria?

Which nutrients can be found in the cheesecake?

How can it be served as part of a balanced meal bearing in mind that it is high in calories?

FRUIT TOPPED CHEESECAKE

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
-

FRUIT TOPPED CHEESECAKE

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

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-
-

Science involved:

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-

Cook's tips:

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Allergens:

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Quiche – independent recipe making short crust pastry

Short Crust Pastry – Lining a flan dish

Turn on the oven 180 °c

Add cubed butter to flour

Rub fat into flour

Add small amounts of water until a dough forms

Sprinkle flour on the work surface. Roll the dough once away from you. Turn the dough 10° Repeat this process to roll a even circle to fit you flan dish

Check the dough fits the dish. Roll the pastry around the pin and lift to roll into the dish.

Lift the edges of the pastry and push gently into the sides of the flan dish.

Blind bake your pastry case for 10 minutes.

Filling and baking the quiche.

Use scissors to cut the bacon into frying pan Q.C. small pieces

Fry the bacon for 2 m-5 minutes Q.C. firm light pink

Prepare your chosen filling Q.C. small pieces

Grate the cheese

Crack eggs into the milk. Add 1 tsp herbs and ¼ tsp pepper and salt. Mix.

Bake your quiche in the oven 25 to 30 minutes. Q.C. Golden brown, it should wobble.

Put the filling in the pastry case.

Place the flan dish onto a baking tray

Trim the edges of your pastry using a sharp knife.

Egg Custard Tarts

Method:

1. Preheat the oven to gas 6, 200°C.
2. Warm the milk in a small pan.
3. Beat the egg yolks and sugar until pale and creamy in a mixing bowl.
4. Pour the warm milk onto the egg mixture, stirring well.
5. Decant to a jug and allow to cool.
6. Prepare your pastry - cut into discs big enough to fill a muffin tray.
7. Lightly oil the tray and line with the pastry discs. T
8. Then carefully pour the cooled custard into the pastry cases, filling to the top.
9. Sprinkle each tart with a little grated nutmeg/cinnamon.
10. Bake for 10-15 minutes until the custard is lightly set.

Ingredients

1 packet of ready rolled shortcrust pastry
400ml full fat milk (blue top)
4 egg yolks
50g caster sugar
Grated nutmeg/cinnamon (optional)



Remember main the skill being demonstrated in this recipe is your ability to make a sauce e.g. an egg custard and not the pastry making. Therefore, buying ready made shortcrust pastry in this instance is fine. You would be expected to make your own pastry if this was one of your final GCSE examination dishes.

EGG CUSTARD TARTS

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
-
-
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EGG CUSTARD TARTS

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

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-
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Science involved:

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-
-

Cook's tips:

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-
-

Allergens:

-
-
-

Homemade Yoghurt Flatbreads with Parsley Butter

Recipe:

100g Self raising flour
100g Natural Yoghurt
1 tbsp oil
50g butter
1 tbsp chopped parsley
2 cloves of garlic (crushed)

Let's Get Cooking!!



Method:

1. Sieve flour into a mixing bowl.
2. Add natural yoghurt and spoon of oil and mix together until a dough is formed.
3. Leave the dough to rest.
4. Mix your parsley and crushed garlic with your softened butter.
5. Flour the worktop and roll dough into desired shape. A thinner dough is best as it takes less time to cook.
6. Dry fry in a hot frying pan until golden brown.
7. Brush the cooked flatbread with your parsley butter.

Flavoured bread – choose your own!

- 500g Strong Plain Flour
- 2 tsp salt
- 2 sachets easy blend dried yeast
- 300ml water (luke warm)
- 25g margarine
- 1 egg to glaze
- Oven Temperature: 200 – 220c gas 6 – 8

Basic Bread Recipe



1. Add flour, salt and dried yeast to a bowl.
2. Rub in the margarine.
3. Collect 300ml warm water.
4. Make a well in the centre. Pour in half of the water, and stir with a knife until 'raggy'. Add the remaining water little by little.
5. Knead on the work surface for 10 minutes; until smooth, shiny and elastic.
6. Add your additional flavourings here if you have brought any.
7. Cut into 5/6 and shape. Try inventing your own shapes!

Above is a basic bread dough recipe.

You can make either a sweet or savoury flavoured dough.

Make sure you practice shaping the dough as this shows high levels of skill.

You will bake the bread using the 'cold oven' technique.

Think about what flavours work well together? Think about experimenting with any unusual flavour combinations.

FLAVOURED BREAD

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

-
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FLAVOURED BREAD

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

-
-
-

Science involved:

-
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-
-

Cook's tips:

-
-
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-

Allergens:

-
-
-

The Great Ysgol Penglais Bake-Off

The Bread Art Challenge



Ingredients:

You will need:

- 500g Strong white bread flour
- 7g (1 sachet) Dried fast action yeast
- 2tsp fine sea salt
- 5tbsp olive oil plus extra for the tin
- 375ml warm water
- Ingredients for your design



Part 1:
Make the
dough.

1. Sieve 500g strong bread flour into a large mixing bowl. Add yeast and salt and gently mix.
2. Make a well in the centre of the flour. In a jug mix together 2 tbsp oil and 375ml lukewarm water. Gradually add to the flour until you have a slightly sticky dough (you may not need all the water)
3. Sprinkle the work surface with flour and knead dough for 5 – 10 minutes until it is soft and less sticky.
4. Put dough into a clean bowl, cover with a tea towel and leave to prove for 1 hour until doubled in size.
5. Oil a rectangle, shallow tin (25 x 35cm). Stretch your dough to fit in the tin. Cover with a tea towel and leave to prove for another 35-45 mins.
6. Whilst this is rising you can prepare your vegetables for decoration.
7. Mix together 2 tbsp of olive oil and 1 tbsp of water, brush this over the dough and arrange your vegetables and herbs, use the remaining oil to brush over the vegetables.
8. Bake for 20-25 mins until golden, whilst bread is still hot drizzle 1-2 tbsp of olive oil over the top.



Flapjacks

Ingredients:

75g/ sunflower margarine

50g soft brown sugar

30ml golden syrup

175g oats

25g currants or 25g dried fruit or 25g diced apple/apricots



Method:

1. Place margarine, syrup, and sugar into a saucepan.
2. Put the saucepan onto the hob and gently melt the ingredients. Do not let the mixture sizzle.
3. Place the saucepan on a damp dishcloth and add oats and fruit to the saucepan.
4. Pour into a lined baking tray and flatten to compact the mixture. Make sure that your mixture is well coated and there are no dry bits.
5. Spoon into your tray.
6. Place into the oven using the oven gloves and bake until golden brown.
7. Clear away, wash up and check units.

Fresh Egg Pasta with Homemade Tomato Sauce

To make the pasta dough you will need:

100g '00' Pasta Flour/Plain flour

1 egg

1 tbsp oil

Method:

- Add the egg and oil to the centre of the flour well.
- Gently stir in a little flour at a time into the egg with a fork/finger.
- Continue to mix together until all the flour is combined.
- Form a dough and gently knead for 5 minutes until smooth, silky and stretchy.
- Optional (chill the dough for 30 minutes)
- Roll, cut and shape to your requirements using rolling pin or pasta machine.

To complete the dish, you will need:

1 small jar of pasta sauce (your choice)

50g cheese (parmesan, cheddar, mozzarella)

Fresh basil

Method:

- Place your pasta into a saucepan of boiling water.
- Cook for 4minute or until the pasta a floating well.
- Drain into a colander.
- Add your premade sauce to the saucepan you were just using and bring to the boil.
- Stir through your pasta and serve into your dish.
- Sprinkle with cheese and fresh basil.

Portioning a whole chicken:

You will need to bring in a whole chicken which you will be shown how to portion into its different components. You will then use these chicken cuts to make three different dishes.



The different cuts will then be stored in school, either refrigerated or frozen until they are required. You will need to bring in the additional ingredients required for each of the dishes that you are being asked to produce.

Your teacher will tell you what and when you will be making these dishes.

BBQ Chicken Wings and Drumsticks

Ingredients

- Chicken wings and drumsticks
- 5 spring onions, finely sliced
- 5 tbsp honey
- 2 tbsp soy sauce
- 1 red chilli, sliced
- 1-2 cm piece of ginger, grated
- 4-5 sprigs of thyme, leaves picked

Method:

1. Mix all the marinade ingredients together in a bowl to make a sticky sauce.
2. Place the chicken wings and drumsticks in a single layer in a bowl.
3. Pour the marinade over your chicken and coat well.
4. Preheat your oven to 180C/gas mark 4.
5. Place your chicken onto a lined baking tray and bake for 25 minutes until the juices of the chicken run clear.
6. Could be served with a delicious homemade coleslaw.

Chicken Escalope with Rocket, Sage & Lemon

Ingredients

For the chicken escalopes

- 2 chicken breasts, skin removed
- 5-6 fresh sage leaves, finely chopped
- 5 tbsp plain flour
- 1 egg, beaten
- 100ml milk
- 150g fresh breadcrumbs
- 1 tbsp oil (to fry)
- 50g unsalted butter (to fry)
- Dressed salad of choice (optional)
Rocket, parmesan, olive oil and balsamic vinegar works well.

Method

1. For the chicken escalopes, sandwich each chicken breast between two sheets of cling film. Using a rolling pin, flatten each chicken breast until it has widened and become thinner (this is called an escalope). Remove and discard the cling film. Season the chicken escalopes with the chopped sage and salt and pepper..
2. Tip the flour into a bowl. Beat the eggs and milk together in a separate bowl. Sprinkle the breadcrumbs onto a plate.
3. Dredge each chicken escalope in the flour and shake off any excess. Dip each floured escalope in the egg and milk mixture, then dredge it in the breadcrumbs until completely coated.
4. Heat the oil in a frying pan over a medium to high heat. Then add the butter. Add the breaded chicken escalopes and fry for 4-6 minutes on each side, or until the breadcrumbs are crisp and golden-brown and the chicken is cooked through (the juices will run clear when the chicken is pierced in the thickest part).
5. Heat the remaining butter in the frying pan over a medium heat. When the butter has turned a pale golden-brown, squeeze in the lemon juice and stir to combine. Remove from the heat.

Chicken Thigh Curry

Ingredients:

2 Chicken thighs

1-2 teaspoons mild curry powder

1 tablespoon vegetable oil

15g plain flour

15g butter

1 chicken stock cube

½ pint boiling water (school)

1 small onion, chopped

1/2 tablespoon tomato puree

fresh parsley (optional for garnish)

1. Put kettle on to make stock. Pour 1/2pt of boiling water into a jug and crumble your stock cube in, give it a stir.
- 2 Remove the Chicken thigh meat from the bone and cut into even sized pieces.
3. Heat oil in a saucepan and fry chicken pieces until lightly brown on a medium heat.
4. Add butter and onion to the saucepan and fry for 5 minutes, until softened
5. Stir in curry powder and the flour.
6. Gradually add the stock and bring to boil, stirring continuously.
7. Stir in tomato puree.
8. Cover and simmer for 20 minutes, until chicken is tender and juices run clear.
9. Serve garnished with parsley (optional).

REMEMBER TO BRING IN A CONTAINER TO TAKE YOUR CURRY HOME IN!!!

Chocolate Eclairs / Profiteroles

Ingredients:

65g plain flour

50g butter

120ml water

2 eggs

200ml whipping cream

5 teaspoons icing sugar

100g milk chocolate



1. Preheat oven to 200°C, Gas mark 6. Line a baking sheet.
2. Melt the butter and water in a saucepan. Increase the heat once the butter has melted.
3. Bring to the boil and immediately add the flour. Beat well over the heat until it becomes a smooth dough.
4. Cook for two minutes, stirring, until a glossy ball is formed.
5. Remove from the heat and leave to cool until the mixture feels slightly warm to touch.
6. Beat eggs in a jug, then add a little at a time to the flour mixture, beating well until all the egg is combined and the mixture is smooth and glossy.
7. Either use a piping bag to pipe the mixture into eclair lengths, or use a teaspoon to make small round buns of mixture.
8. Bake in the oven for 15 minutes at 200°C, Gas mark 6 then turn down the temperature to 170°C, Gas mark 3 for a further 10 minutes until golden brown and crisp. Do not open the oven door during this time or the eclairs will collapse.
9. When cooked, pierce a small hole in the side of the eclair to allow the steam to escape and return to the oven for 5 minutes to dry out.
10. Remove from the oven and allow to cool on a cooling rack until cold.
11. Whip the cream until stiff and add the icing sugar.
12. Cut the eclairs down the side and pipe in the cream.
13. Melt the chocolate in a bowl over simmering water and use it to coat the top of the eclairs.
14. Leave the chocolate to dry before serving.

ECLAIRS / PROFITEROLES

GCSE Food & Nutrition

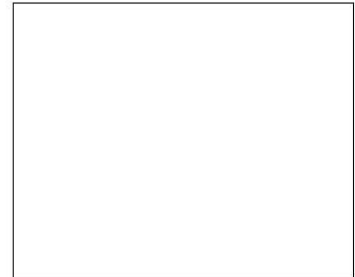
Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

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ECLAIRS / PROFITEROLES

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

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-
-

Science involved:

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-
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Cook's tips:

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-
-
-

Allergens:

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-
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Chilled Lemon Flan

Chilled Lemon Flan

Recipe:

Serves 6 as I have halved the quantities

150ml double cream

200g condensed milk (not evaporated)

1 large lemon

125g plain digestive biscuits

55g unsalted butter

fresh fruit to decorate

Also a 16cm flan dish.

Method:

1. Melt the butter on a low heat in a small pan or microwave. Do not let it boil or burn.
2. Crush the digestive biscuits and mix them in a bowl with the melted butter.
3. Press the mixture into the flan dish and up the sides using the back of a metal spoon.
4. In a separate bowl, whisk the cream until it forms soft peaks.
5. Add the condensed milk and mix thoroughly.
6. Grate the zest of a lemon and then juice it.
7. Add the juice and some of the zest to the cream mixture
8. Mix together thoroughly. The mixture will thicken as you do this.
9. Put the mixture in the flan dish and spread out evenly.
10. Put the flan into the fridge and chill before decorating.

CHILLED LEMON FLAN

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe: _____



Photo:



INGREDIENTS	NUTRIENTS	FUNCTION

How does this recipe fit into the eat well guide? _____

Success criteria:

- Shape _____
- Surface colour _____
- Texture _____

Skills/Techniques:

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-

CHILLED LEMON FLAN

GCSE Food & Nutrition

Practical Evaluation

Assessment 2

Recipe Modification:

-
-
-

Science involved:

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-
-

Cook's tips:

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Allergens:

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Skills group and techniques table

No	Skill Group	Techniques
1	Knife skills	<p>Be able to demonstrate the following techniques for fruits and vegetables and, where appropriate, also those that relate to meat and fish or their alternatives:</p> <ul style="list-style-type: none"> • meat, fish and alternatives - fillet a chicken breast, portion a chicken, remove fat and rind, fillet fish, slice raw and cooked meat and fish or alternatives (such as tofu and halloumi) evenly and accurately • fruits and vegetables - bridge hold, claw grip, peel, slice, dice and cut into even size pieces (i.e. batons, julienne) <p><i>Be able to prepare fruit and vegetables as appropriate to the task/recipe. Suitable sizes to cook evenly, maintaining nutritive value and sensory properties.</i></p>
2	Prepare fruits and vegetables	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and prepare garnishes whilst demonstrating the technical skills of controlling enzymic browning and spoilage and preventing food poisoning (wash and dry where appropriate)
3	Prepare combine and shape	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, and shape and bind wet mixtures (such as falafels, fish cakes or meatballs) whilst demonstrating the technical skill of preventing cross contamination and handle high risk foods correctly
4	Tenderise and marinate	<p>Be able to demonstrate how acids denature protein and marinades add flavour and moisture when preparing vegetables, meat, fish, and alternatives</p>
5	Select and adjust a cooking process	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • select and adjust the cooking process and length of time to suit the ingredient, for example to match the cut of meat, fish and alternatives <p>Be able to demonstrate knowledge of suitable cooking methods and time requirements to inform selecting methods pertinent to certain recipes/ingredients</p>
6	Weigh and measure	<p>Be able to demonstrate accurate measurement of liquids and solids</p>
7	Preparation of ingredients and equipment	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • grease/oil, line, flour, evenly and with attention to finished product

8	Use of equipment	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use a blender, food processor, mixer, and microwave <p><i>And any equipment in the centre/pertinent to the task e.g. Pasta makers, ice cream machines, pressure cookers, bake stone, steamer, slow cooker, bread maker, contact grill “deep fry in a temperature controlled fryer”</i></p>
9	Water based methods using the hob	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • steaming • boiling and simmering • blanching • poaching
10	Dry heat and fat based methods using the hob	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • dry frying • pan (shallow frying) • stir frying
11	Using the grill	<p>Be able to demonstrate the following techniques with a range of foods, such as vegetables, meat, fish or alternatives such as halloumi, seeds and nuts:</p> <ul style="list-style-type: none"> • char • grill or toast
12	Using the oven	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • baking • roasting • casseroles and/or tagines • braising
13	Make sauces	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • make a blended white sauce (starch gelatinisation) such as a roux and all in one blended sauce, infused sauce, velouté, béchamel, to demonstrate understanding of how liquid/starch ratios affect the viscosity and how conduction and convection work to cook the sauce and the need for agitation (<i>infused sauce, velouté, béchamel; not essential</i>) • make a reduction sauce such as pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as myco-protein and textured vegetable protein) to demonstrate how evaporation concentrates flavour and changes the viscosity of the sauce • make an emulsion sauce such as a salad dressing, mayonnaise, hollandaise to demonstrate the technical skill of how to make a stabilised emulsion (non-essential skill to demonstrate in NEA but suitable for candidates to learn as part of food science)
14	Set a mixture - removal of heat (gelation)	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use starch to set a mixture on chilling for layered desserts such as custard or cheesecake

15	Set a mixture - heating (coagulation)	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use protein to set a mixture on heating such as denatured protein in eggs for quiche, choux pastry
16	Use of raising agents	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use egg (colloid foam) as a raising agent - create a gas-in-air foam - whisking egg whites, whisked sponge • use chemical raising agents - self raising flour, baking powder, bicarbonate of soda • use steam in a mixture (choux pastry, batter) • use of yeast in a range of mixtures
17	Make a dough	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use the technical skills of shortening, gluten formation, fermentation (proving) for bread, pastry, pasta
18	Shaping and finishing a dough	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • roll out pastry, use a pasta machine, line a flan ring, create layers (palmiers), proving/resting • glazing and finishing such as pipe choux pastry, breadrolls, pasta, flat breads, pinwheels, pizza, calzone
19	Test for readiness	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • use a temperature probe, knife/skewer, finger or 'poke' test, 'bite', visual colour check or sound to establish whether an ingredient or recipe is ready
20	Judge and manipulate sensory properties	<p>Be able to demonstrate the following techniques:</p> <ul style="list-style-type: none"> • how to taste and season during the cooking process • change the taste and aroma through the use of infusions, herbs and spices, paste, jus, reduction • how to change texture and flavour, use browning (dextrinisation) and glazing, add crust, crisp and crumbs • presentation and food styling – use garnishes and decorative techniques to improve the aesthetic qualities, demonstrate portioning and presenting

