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Recipe Book

Year 10 - Half Term 2



Please remember to always bring a container to take your food home in!

Dear Parent or Carer,

Food education is an integral compulsory part of your child's learning. This year they will take part in a wide range of practical lessons.

Your child has now been issued with a recipe book and a list of dates for their practical lessons. These recipe books can be kept at home so you have plenty of notice. The recipe book is also available on the da Vinci learning environment accessed via the website.

The recipes can be adapted to suit your family's taste and dietary requirements. If there is a week where the recipe given is not suitable, an alternative recipe can be provided if your child asks a member of the department. Please inform us if your child has any food allergies so we can plan safely around them.

Students are expected to provide ingredients so that the family can enjoy the dish at home and students get an understanding of choosing the best.

We stock a range of ingredients in school, and any ingredient marked with an asterisk (*) in the recipe will be available at school for your child to use free of charge.

For hygiene and safety purposes, students should bring their ingredients to the food room at the **start** of the day where we will ensure it is stored correctly. Completed dishes are collected at the **end** of the school day from the food room having been stored at the correct temperature.

Your child should bring a **suitable container** to take their food home in; good examples are old chocolate tins or large plastic tubs. Sometimes your child will need to bring an ovenproof dish and if their practical is in the afternoon this may still be hot when they need to carry it home.

If you have any questions regarding a Food education lesson please do not hesitate to contact your child's teacher.

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Victoria sponge

Bring in a container and 2x cake tins.

Ingredients

150g self-raising flour
150g butter or margarine
150g caster sugar
3 eggs
5ml. baking powder*

Filling/ decoration.

150ml double cream

Strawberries/ raspberries for decoration (optional)

1. Pre heat oven 180°C, Gas 4
2. Grease and line two sandwich cake tins
3. Cream margarine(butter) and sugar until light and fluffy
4. Beat eggs in a plastic jug
5. Add eggs a little at a time, beating well after each addition
6. Sieve in flour and baking powder and fold in gently with a metal spoon
7. Divide evenly between two tins
8. Bake for 15-20mins until golden brown and spring back when gently touched
9. Remove from tins and cool on a wire rack.
10. Sandwich together with jam or filling of your choice
11. Decorate as required.



Jam Recipe

300g hulled strawberry/any other appropriate fruit

250g jam sugar

juice 1/2 lemon

small knob of butter (optional)

1. Put a small blue bowl in the fridge,
2. Prepare the strawberries by wiping them with a piece of damp kitchen paper.
3. Mix the sugar and the strawberries together in a saucepan
4. Cook the fruit and sugar over a low heat and cook very gently. If any sugar remains on the sides of the pan, dip a pastry brush in hot water and brush the sugar away.
5. When you can no longer feel any grains of sugar remaining, turn up the heat to start bubbling the jam and bringing it to the boil.
6. The sugar must be completely dissolved before increasing the heat, otherwise it will be difficult for the jam to set, and it may contain crystallised lumps of sugar.
7. Boil hard for 5-10 mins until the jam has reached 105C on a preserving or digital thermometer, then turn off the heat. If you don't have a thermometer, spoon a little jam onto one of the cold bowl. Leave for 30 secs, then push with your finger; if the jam wrinkles and doesn't flood to fill the gap, it is ready. If not, turn the heat back on and boil for 2 mins more, then turn off the heat and do the wrinkle test again. Repeat until ready.
8. Use a spoon to skim any scum that has risen to the surface and discard this and pour the jam into a jam jar
9. Add a knob of butter, if you like, to the finished jam, and stir in to melt. This will help to dissolve any remaining scum that you haven't managed to spoon off the top.

Toad in the Hole

Serves 4

Bring oven proof dish or baking tin!

250g sausages
1 tblsp oil *
100g plain flour
 $\frac{1}{2}$ tsp salt *
1 egg
250ml milk



1. Light oven *Gas 7*, 220°C.
2. Put the sausages into a large shallow dish or tin. Add the oil and place in the oven for at least 10mins.
3. Sieve the flour and the salt into a large bowl.
4. Drop the egg in the centre, add a **little** of the milk and beat with a fork until smooth.
5. Add the rest of the milk and beat with a whisk until little bubbles form on top of the batter.
6. When the oil in the tin/dish is really hot and has a faint haze over it, pour the batter into the tin.
7. Return to the oven for 40mins, until well risen and golden brown



Duchess potatoes

Ingredients

400g potatoes, peeled and cut into even 4cm chunks
25 g unsalted butter
1 tsp ground nutmeg
1 tsp ground white pepper
25 ml double cream
1 tbsp milk
1 large egg yolk



Method

1) In a large pan, cover potatoes with water. Bring to the boil, reduce the heat and simmer gently for 15min until completely tender and a knife can be inserted with no resistance. Drain (reserving pan) into a colander and set aside to steam dry.

2) Press potatoes through a ricer into the pan or mash until smooth. With a handheld electric whisk, beat in the butter, nutmeg, pepper, cream, milk, yolk and plenty of salt until smooth.

3) Line one large baking sheet with baking parchment. Spoon potato mixture into a piping bag fitted with a 2cm (3/4in) star or flower nozzle. Pipe 8-10 swirls, each about 6.5cm (2 1/2in) wide, on to the sheets, spacing apart. Chill for 20min.

4) Preheat oven to 200°C . Cook the potatoes for about 15-20min until light golden. Cool on sheets for 5min before carefully removing to a warm serving dish with a palette knife.

Choux pastry

Profiteroles

75g plain flour
50g marg/butter
125ml hot water
2 eggs beaten
1/2 teaspoon vanilla ess

Chocolate topping
225g plain chocolate.

Filling
225ml whipping cream.

Eclairs

Exactly the same as profiteroles except you pipe the paste mixture onto the baking tray.



1. Preheat oven 200°C, Gas 6
2. Put the butter and water into a saucepan, heat gently to melt the butter and bring to the boil. **Remove from the heat.**
3. Quickly tip in all the flour and beat to a smooth paste until it forms a ball in the centre of the pan. Add vanilla essence
4. **Leave to cool for 5 minutes.**
5. Add the beaten eggs a little at a time, beating vigorously until there is a sheen on the paste.
6. Place teaspoons of mixture on a well-greased baking tray. Bake in the oven for 10mins.
7. Turn up heat to 220°C, Gas 7 and bake for a further 15 mins.
8. Remove from oven and pierce the side of each one to let out the steam. Leave on a cooling rack.
9. Melt the chocolate over a pan of water do not allow any water to get into the chocolate.
10. Whip the cream to soft peaks.
11. Split the choux buns, fill with cream. Pour over the melted chocolate



Fruit filled choux puffs

Choux pastry

75g plain flour
50g marg/butter
125ml hot water
2 eggs beaten
1/2 teaspoon vanilla essence

Filling

Fresh Fruit which will not go brown chopped
Double cream whipped or custard

Topping

Melted chocolate or icing sugar

1. Put the butter and water into a saucepan, heat gently to melt the butter and bring to the boil. **Remove from the heat.**
2. Quickly tip in all the flour and beat to a smooth paste until it forms a ball in the centre of the pan. **Leave to cool for 2 - 3 minutes.**
3. Add the beaten eggs a little at a time, beating vigorously until there is a sheen on the paste.
4. Spoon the mixture into eight or ten large mounds, 7cm apart on two dampened baking sheets.
5. Bake at 200°C, Gas 6 for 45-50 minutes.
6. Split the puffs in half horizontally with a sharp knife to release the steam and leave to cool completely on a wire rack.
7. When the puffs are cold fill with fruit and whipped cream. Dust the tops with icing sugar or dip into melted chocolate.

Lemon Meringue Pie

1. For the pastry, put the plain flour and butter in a bowl and rub in
2. Add icing sugar, egg yolk (save the white for the meringue) and 1 tbsp cold water and combine.
3. Tip the pastry onto a lightly floured surface, gather together until smooth, then roll out and line a 23 x 2.5cm loose-bottom fluted flan tin.
4. Trim and neaten the edges. Press pastry into the flutes. The pastry is quite rich, so don't worry if it cracks, just press it back together. Prick the base with a fork, line with foil, shiny side down, and chill for 30 mins-1 hr (or overnight).
5. Put a baking sheet in the oven and heat the oven to 200C/180C fan/gas 6. Bake the pastry case 'blind' (filled with dry beans) for 15 mins and set aside.
6. While the pastry bakes, prepare the filling. Mix the cornflour, golden caster sugar and lemon zest in a medium saucepan.
7. Strain and stir in the lemon juice gradually. Make the orange juice up to 200ml with water and strain into the pan. Cook over a medium heat, stirring constantly, until thickened and smooth.
8. Once the mixture bubbles, remove from the heat and beat in the butter until melted.
9. Beat the egg yolks (save white for meringue) and the whole egg together, stir into the pan and return to a medium heat. Keep stirring vigorously for a few minutes, until the mixture thickens and plops from the spoon. (It will bubble, but doesn't curdle.) Take off the heat and set aside while you make the meringue.
10. Put the egg whites in a large bowl. Whisk to soft peaks, then add 100g of the golden caster sugar a spoonful at a time, whisking between each addition without overbeating. Whisk in the cornflour, then add the remaining 100g of sugar as before until smooth and thick.

Ingredients

For the pastry

- 175g plain flour
- 100g cold butter, cut in small pieces
- 1 tbsp icing sugar
- 1 egg yolk

For the filling

- 2 level tbsp cornflour
- 100g golden caster sugar
- 2 large lemons, zested
- 125ml fresh lemon juice (from 2-3 lemons)
- 1 small orange, juiced
- 85g butter, cut into pieces
- 3 egg yolks and 1 whole egg

For the meringue

- 4 egg whites, room temperature
- 200g golden caster sugar
- 2 tsp cornflour

11. Pour the warm lemon filling into the pastry case. Immediately put spoonfuls of meringue around the edge of the filling (if you start in the middle, the meringue may sink), then spread so it just touches the pastry (this will anchor it and help stop it sliding).
12. Pile the rest into the centre, spreading so it touches the surface of the hot filling (and starts to cook), then give it all a swirl.
13. Return to the oven for 18-20 mins until the meringue is crisp and slightly coloured. Let the pie sit in the tin for 30 mins, then remove and leave for at least another 30 mins-1 hr before slicing.

Individual Christmas Cakes

This cake is made in a Pineapple ring tin (4) which has been washed and dried

1 egg, beaten
50g brown sugar
50g margarine
50g flour
100g dried fruit
4 glacé cherries, chopped
 $\frac{1}{2}$ tsp mixed spice

1. Oven Gas 2. 150°C
2. Line and grease a pineapple ring tin
3. Cream sugar and margarine until light and fluffy
4. Add beaten egg and stir well
5. Add flour and mixed spice and stir well
6. Stir in mixed fruit and cherries
7. Mix well together
8. Carefully pour into tin, pushing mixture down into the tin.
9. Place in oven for approximately 1 hour until when a skewer is inserted it comes out clean.

Cakes can be decorated with marzipan and icing and placed on a silver board

