



Hospitality and Catering Recipe Book

Term 1 + 2

Mrs Mather

L1/2 Hospitality and Catering

Chapter 1: Nutrients

Chicken Fajitas Assessment criteria

Practical: Fajitas for Teenagers

Learning Objectives:

To prepare, cook and serve a healthy main meal suitable for a teenager.

To apply a variety of technical skills and make creative and quality products with skill and precision.

It is important teenagers have a varied and balanced diet as shown in the Eatwell Guide. Some nutrients to be aware of:

1. Iron
2. Vitamin D
3. Calcium



Mrs Mather's Fajita success criteria:

<u>Low</u> L1	Fajitas using readymade components	Lots of shop bought components used eg prepared veg, grated cheese, ready made salsa, diced chicken			
<u>Medium</u> P/M	Homemade sauce, chicken marinated	Good knife skills demonstrated (vegetable preparation and dicing chicken) Homemade marinade and sauces			
<u>Complex</u> M/D	Chicken deboned and marinated. Homemade flatbreads	Knife skills show precision (vegetable and/or chicken preparation). All served on homemade flatbread with suitable homemade accompaniments. Presented to an excellent standard.			



It is important to try and prevent Enzymic browning when making a guacamole. Explain the process of Enzymic browning and suitable ways to prevent it.

Assessment Criteria:

Complex: Chicken, de boned, marinated, meat and vegetables prepared correctly and cooked with precision. Served on homemade flatbread with a range of homemade sauce and accompaniments e.g. salsa, guacamole and salad. All technical skills and processes executed and fajitas presented to an excellent standard. Meets all sections of Eatwell guide.

Medium: Chicken marinated and seasoned. Meat and vegetables prepared and cooked to a good standard and served with tortilla wrap and served with a suitable dip / accompaniment. All skills and processes executed effectively and fajitas presented to good standard. Meets most sections of Eatwell Guide.

Basic: Chicken and vegetables are prepared and cooked to a basic standard. Use of readymade sauce or Fajita kit used and no accompaniments.

Skills, processes and presentation are basic and meet some of Eatwell guide sections

Chicken Fajitas

Suitable meal for a teenager – following Eatwell Guide

Ingredients: Serves 2

- Juice of half a lime
- 1 clove garlic
- ½ green chilli or ½ tsp chilli powder
- 1 small chicken breast
- 1 small onion
- ½ a pepper (green, red or yellow)
- 2 tortilla wraps

Optional

- 1 tomato
- 25g cheddar cheese
- Guacamole, soured cream or salsa to serve
- ½ tsp smoked paprika
- Small bunch fresh coriander



Equipment: Lemon squeezer, Garlic press, Sharp knife, Brown chopping board, Red Chopping board, Medium bowl, Tablespoon, Grater, Frying pan

Method

1. Mise en place (Collect all ingredients and equipment, prepare working area and prepare the marinade):
 - Squeeze the lime
 - Peel and crush the garlic
 - De-seed and slice the chilli
 - Chop the fresh coriander
 - Stir everything together with the oil with any additional spices.
2. On a red chopping board cut the chicken in to strips.
3. Mix the chicken in the bowl with the marinade and set aside. *(If doing this at home, cover the bowl and place in the fridge until needed).*
4. Wash the sharp knife in hot soapy water and dry and prepare the remaining ingredients with a clean knife on a brown chopping board:
 - Slice the onion and pepper in to thin strips
 - Chop the tomato in to 1cm cubes (approx.)
 - Grate the cheese.
5. Add the marinated chicken to the frying pan and stir-fry for about 4 minutes and check that the chicken is cooked through (75°C).
6. Add the onion and pepper and continue to cook for another 2 minutes.
7. Warm the tortillas in a microwave oven for 20 seconds on a clean plate.
8. Spread a little chicken mixture in the centre of the tortilla, add some tomato, cheese and guacamole/salsa/soured, cream if using.

Jamie's Flatbreads – Wraps for fajitas

Ingredients

- 350g Self-raising flour
- 1 teaspoon baking powder
- 350g Natural yogurt

Garlic and herb butter (optional)

- 2 cloves garlic
- Bunch of fresh herbs (such as flat-leaf parsley, tarragon, basil, dill)
- 40g unsalted butter

Method

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
4. Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
5. If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher.
6. Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks.
7. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then set aside.
8. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
9. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
10. Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
11. Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
12. Brush the flatbreads all over with herby garlic butter as they come off the griddle



Fish Pie Recipe

(High biological value proteins practical)

Ingredients – serve 3-4

Topping:

- 350g potatoes
- 30g butter or margarine
- 25ml milk
- Seasoning
- 15g grated cheddar cheese
- 1 tomato – sliced (optional)

Fish

- 250g haddock or other white fish
(e.g. Pollock, whiting, hake, cod)
- 50g peas or sweetcorn
- Small bunch dill (optional)

Béchamel Sauce

- 25g unsalted butter or margarine
- 25g plain flour
- 300ml milk



Method

1. Potato Topping
 - a) Peel and chop the potatoes into small chunks
 - b) Place in a pan of water and boil for 15-20 minutes until the potatoes are soft
 - c) Drain the water away and mash the potatoes with butter/margarine and milk until they are smooth
2. Fish
 - a. While the potatoes are boiling, prepare the fish
 - b. Wash the fish in cold water and place it on some kitchen foil and bake at 180°C for 15-20 minutes (alternatively, poach the fish in a milk pan for a couple of minutes until it is cooked).
 - c. Carefully remove the fish and place it on a plate. Break the fish into small pieces with a knife and fork, remove any skin and check carefully for any small bones.
3. Béchamel sauce
 - a. In a small saucepan, melt the butter on the hob – do not let it burn.
 - b. Add the flour and continue heating it, stirring all the time for 1 minute (to cook off the flavour of the flour) - *Roux*
 - c. Remove the pan from the heat
 - d. Gradually add the milk to the roux, stirring well each time to avoid any lumps forming until all the milk has been added.
 - e. Put the pan back on the heat and stirring all the time, heat the sauce until it boils and thickens – the sauce should coat the back of the spoon and be smooth and glossy in appearance.
 - f. Remove the pan from the heat.
4. Assemble the fish pie

- a. Mix the peas or sweetcorn in to the sauce.
 - b. Chop the dill leaves with kitchen scissors or a knife.
 - c. Place the fish in the bottom of an ovenproof dish.
 - d. Scatter the dill leaves over the fish.
 - e. Pour the sauce over the fish and mix gently with a fork.
 - f. Spread the mashed potato evenly over the fish and sauce. You could use a piping bag and star nozzle to pipe the potato on to give a different finish.
 - g. If you are using a tomato, slice it thinly and arrange the slices neatly on the top of the potato.
 - h. Sprinkle the top with grated cheese
5. Bake in the oven at 190°C for 20 minutes or until the top has browned
Or place under a hot grill for a few minutes to brown the top.



There are some concerns that some types of fish that we eat regularly have been over fished, so that the stocks that are left in the sea are in danger of being made extinct. Find out what 'fish from sustainable sources' means, and which types of sustainable fish could be used as alternatives to tuna and haddock in the recipe.

Fishcake Recipe

(High biological value proteins practical)

Ingredients – Serves 4

350g potatoes

200g canned tuna or cooked fish (e.g. haddock)

25g butter or margarine

1 egg

Small bunch parsley / 1tsp dried parsley

200g dried breadcrumbs or stale bread

Flour for shaping the fish cakes (school provides)

Black pepper



Method

1. Peel the potatoes and cut in to 1cm dice.
2. Place the potatoes in a large pan, cover with cold water and bring to the boil. Simmer for 20 minutes or until the potatoes are soft.
3. Open the can of tuna or cooked fish, put in to a bowl and flake with a knife and fork.
4. Wash the parsley, remove stalks and chop finely.
5. When the potatoes are cooked, drain and mash them with a potato masher until smooth.
6. Add the butter or margarine, fish and parsley, season with black pepper and mix well with a spoon.
7. Crack the egg into a small bowl and beat with a fork.
8. Place the breadcrumbs on a plate.
9. Sprinkle some flour on your chopping board and hands. Shape the fish mixture into a sausage shape and then cut and shape into eight even-sized pieces.
10. Dip each fishcake into the egg mixture, brushing with a pastry brush.
11. Remove with a palette knife, place into the breadcrumbs and coat each side evenly.
12. Bake the fish cakes on a lined baking tray for 15-20 minutes at Gas 6/200°C (190°C if using a fan oven) until golden and crispy on the outside.

HBV / LBV Protein Practical Assessment Criteria

Complex: Fish filleted and all bones removed with no excess waste, fish and vegetables prepared correctly and cooked with precision. Homemade sauce and potato mashed and piped on top. All technical skills and processes executed and fish pie presented to an excellent standard.

Meets all sections of Eatwell guide.

Medium: Skin removed from a filleted fish with some waste. Fish and vegetables prepared and cooked to a good standard and served in a homemade sauce with mashed potato topping. All skills and processes executed effectively and fish pie presented to good standard. Pie meets most sections of Eatwell guide.

Basic: use of pre filleted fish. Fish and vegetables are prepared and cooked to a basic standard. Use of readymade sauce and basic potato topping. Skills, processes and presentation are fairly basic and dish meet some of Eatwell guide sections.

Carrot Cakes – makes 12 cupcakes

(High fibre / low sugar cakes)

150g margarine
250g carrots
200g light brown sugar
200g plain flour
100g wholemeal flour
2 x tsp cinnamon
2 x tsp baking powder
2 large eggs

Optional extras

- 50g dried fruit e.g. sultanas
- Zest of one orange

Cream cheese icing

- 50g cream cheese
- 25g icing sugar



Method

1. Preheat the oven to 180°C or gas mark 5
2. Melt the margarine in the microwave or in a saucepan
3. Top and tail and then peel and grate the carrots
4. Combine the carrots, sugar and melted margarine in the mixing bowl.
5. Sift in the flour, cinnamon and baking powder
6. Beat the eggs in a small bowl, and then add to the mixture
7. Mix in any other ingredients – e.g. sultanas and nuts
8. Divide the mixture equally between 12 muffin cases
9. Bake in the oven for 15 minutes
10. Once the cakes have cooled, combine 50g of cream cheese and 25g of icing sugar in a bowl and spread carefully on top of the cakes.

To increase the fibre content, you could swap the plain flour for wholemeal flour, add walnuts in to the sponge mix / or on top for decoration, add dried fruit to the mixture, add chopped apple to the mixture / on top, leave the skin on the carrots when grating (wash carrots before use)

To reduce the sugar, you could swap some of the sugar for a mashed up banana / use some artificial sweetener (this weighs much less than sugar!).

To add more skill, you could pipe your icing on to the cakes or consider more creative flavour combinations / adaptations

Courgette, Onion and Cheese Muffins (High fibre / low sugar muffins)

Ingredients: (serves 12 people)

225g self-raising flour (wholemeal is higher in fibre)

50ml oil

175ml semi-skimmed milk

1 egg

100g Cheddar cheese

1 small courgette (skin left on is higher in fibre)

1 small onion

black pepper

You will also need:

12 muffin cases

muffin tin



Storage instructions:

Allow to cool then place in an airtight tin or plastic box for up to 3–5 days. Once cooked, they can be frozen and warmed in an oven to defrost.

Method

1. Preheat the oven to Gas_6/200°C (190°C if you are using a fan oven).
2. Peel and finely chop the onion.
3. Wash then cut off the ends of the courgette and grate it into a mixing bowl with the cheese and the onion.
4. Add the flour, oil, milk and beaten egg and season with ground black pepper.
5. Mix the ingredients together with a spoon to form a batter.
6. Divide the batter equally between the muffin cases using two spoons.
7. Bake for 20 minutes, until well risen and golden brown in colour.
8. Serve warm or cold. Could be served with soup or stews.

What other flavours or toppings could you add to these muffins?

How could the fibre content be increased further?

Roasted Mediterranean Vegetable Tart

(Shortcrust pastry practical)

Ingredients

Pastry

150g plain wholemeal flour, or white flour or half and half (75g of each)

75g butter or vegetable fat spread

8 tsp (40ml) cold water

Filling

1 pepper

1 courgette

1 small onion

1 tomato or 2 medium mushrooms

2 tbsp olive oil

1 clove garlic

a few basil leaves

2 medium eggs

150ml milk

100g mature Cheddar cheese, grated
ground black pepper



23–25cm ovenproof flan tin or dish

Method

1. Heat the oven to Gas_6/200°C (190°C if you are using a fan oven).

2. Roasted vegetables: Wash and dice the onion, pepper, courgette, tomato and mushrooms all to the same size.

3. Mix the vegetables in a bowl with the olive oil, crushed garlic and ½ tsp black pepper.

4. Arrange the vegetables on a baking tray and roast them in the oven for 25–30 minutes until lightly browned and tender. Halfway through the cooking time, stir them around with a wooden spoon to ensure that they cook evenly.

5. While the vegetables are cooking, make the pastry.

6. Pastry: Rub the butter or vegetable fat spread into the flour, using your fingertips, until it looks like breadcrumbs. (*Fat coats the flour to give it a waterproof coating*)

7. Add the water and mix to a dough. If you are short of time, this could be made in the food processor.

8. Lightly knead the dough with your fingertips until it is smooth, then roll it out on a floured work surface and line the flan tin or dish, taking care not to stretch the pastry.
9. If you have time, give the pastry time to rest in the fridge for 15 minutes to allow the gluten molecules to relax, which will reduce the risk of the pastry shrinking in the oven.
10. Put some baking paper in the flan case and add some baking beans to hold it down. Bake the pastry case 'blind' (without the filling) for 15 minutes. It should be cooked and crisp.
11. Carefully remove the baking beans and paper. If the base of the flan looks undercooked, return it to the oven for a further 5 minutes.
12. Turn the oven down to Gas_5/190°C (180°C if you are using a fan oven).
13. Place the flan tin/dish on a baking tray.
14. Place half of the grated cheese in the cooked pastry case.
15. Place the roasted vegetables on top of the grated cheese and add the roughly chopped basil leaves.
16. Mix the eggs and milk together and pour them over the vegetables.
17. Add the rest of the cheese and bake the flan for 25 minutes until the filling has set and the top is a golden brown colour.
18. Serve warm or cold with a fresh, crisp salad.

Storage instructions:

Refrigerator: When cooled, store in the refrigerator for up to 5_days.

Freezer: The flan can be frozen once it has cooled for up to 4_months.

Variations: Try varying the vegetables that you use. Could you add a protein source?

Try different cheeses (e.g. a blue veined cheese such as Stilton or Red Leicester).

Smoked Mackerel Pate

(Soup / Salad / Starter, rich in specified vitamin)

Ingredients

- 1 medium fillet of smoked mackerel (ready to eat)
- 25g butter
- 50g crème fraiche or cream cheese or soured cream or plain yogurt
- ½ a lemon
- Black pepper to season

Method

1. Melt butter in a small pan for a few seconds and leave to cool slightly.
2. Remove the skin and bones from the fish and break it into small flakes with a knife and fork.
3. Zest half a lemon and squeeze the juice of half a lemon.
4. In a mixing bowl, put the fish, melted butter, crème fraiche/cream cheese/soured cream or yogurt, the zest and juice of the lemon and ¼ tsp black pepper.
5. Mix everything together thoroughly with a fork or spoon (if you would like a smoother texture you could use a food processor).
6. Place in to a bowl, cover and put in the fridge until ready to serve.
7. Serve with toasted bread and garnish with a lemon slice and some chopped parsley or a sprinkling of paprika.

Page 29 of AQA Textbooks explains the nutritional content of this recipe.



Crunchy watercress and orange salad (Soup / Salad / Starter, rich in specified vitamin)

Ingredients: (serves 4)

2 oranges
Bunch or bag of watercress
30g pumpkin seeds
2 tbsp olive oil
Freshly ground black pepper.



Method:

1. Carefully and thoroughly wash the watercress and allow it to drain.
2. Wash the oranges and finely grate the zest of one of them.
3. Carefully cut the skin and white pith from the oranges with a sharp knife. **Save the juice that is produced.**
4. Cut the segments from the oranges and put them in a bowl. Remove any seeds or membrane that separates the segments. If the segments are large you can cut them in half.
5. Dressing: Mix the olive oil with 1tbsp of the orange juice, some ground black pepper and 1tsp of grated orange zest.
6. Put the pumpkin seeds into a frying pan (without oil) and heat them gently, shaking them around in the pan until they start to toast and 'pop'. Add a little salt and pepper if you wish. Take them off the heat and aside until ready to use.
7. Mix the watercress, orange segments and dressing together in a bowl and tip in to a serving dish. Scatter the pumpkin seeds and the remaining grated orange zest on top.
8. Serve as an accompaniment to other salads and main meals.

Lasagne (Rich in calcium + vitamin D practical)

Ingredients

1 onion	1 tsp. mixed herbs
1 garlic clove	Black pepper
1 carrot	6 lasagne sheets
1 tbsp. oil	25g butter / margarine
250g lean minced beef	25g plain flour
1 tin chopped tomatoes (400g)	300ml semi-skimmed milk
1 tbsp. tomato puree	50g cheddar cheese
100ml water	



Pasta Ingredients

2 eggs – 1 whole + 1 yolk
140g '00' flour (Plain flour will also work)

Pasta Method

1. Add eggs and flour to a food processor and blitz until well combined. (*The mixture should resemble 'breadcrumbs' at this stage.*)
2. Remove the blade from the food processor carefully and scrape out the pasta dough.
3. Knead lightly on a clean work surface to combine the pasta dough.
4. Wrap the ball of dough in cling film and rest for 30 minutes to allow the gluten to relax.

Lasagne Filling

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot.
3. Fry the onion, garlic, carrot and celery in the oil.
4. Add the meat and cook until the mince is lightly browned.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil, then simmer for 20 minutes.

While the meat is cooking, prepare the lasagne sheets

5. Divide the dough in half (keep one half wrapped in cling film until ready to roll).
6. Roll the pasta dough in to a rectangle with a rolling pin.
7. Then use the pasta machine to roll the pasta sheets to the required thickness – Begin on the largest setting and reduce the size each time, making the pasta thinner and thinner.
8. Cut the pasta sheets to the length of your lasagne dish and set aside until ready to roll.

Béchamel sauce

1. Place the butter or margarine, flour and milk into a small saucepan.
2. Bring the sauce to a simmer, whisking it all the time until it has thickened.
3. Reduce the heat and simmer for 2 minutes.
4. Grate the cheese and stir in to the sauce (leave a little to sprinkle on top).

Assembling the lasagne

1. In an ovenproof dish or foil tray, spread some meat mixture in the bottom, cover with lasagne sheets and a little cheese sauce. Repeat this, finishing with the sauce on top.
2. Sprinkle the remaining grated cheese on top and bake in the oven for 20 minutes.

Practical: Homemade pasta dish

Learning Objectives:

To prepare, cook and serve a main meal that is a good source of energy.

To learn how to make pasta from raw ingredients.

Ingredients to make pasta:

1 whole egg

1 egg yolk

140g '00 or plain flour



Mrs Mather's pasta success criteria:

<u>Low</u> 1-1	Homemade pasta with readymade sauce	Making, shaping and cooking pasta				
<u>Medium</u> 3-5	Homemade pasta with tomato reduction sauce	Making, shaping and cooking pasta successfully, vegetable preparation, knife skills, making tomato sauce or bolognese from raw ingredients				
<u>Complex</u> 6-9	Ravioli with tomato sauce	Making and rolling pasta. Making ravioli filling, assembling, sealing and cooking ravioli. Vegetable preparation, making tomato sauce using the reduction method. Excellent attention to detail and presented to an excellent standard.				



1. Explain which methods of heat transfer have been used to cook your chosen pasta dish.
2. What is the nutritional value of your chosen pasta dish?

AQA Assessment Criteria:

Complex: Competent execution of skill and processes to an excellent standard. Selective use of a range of equipment with precision and accuracy. Dish shows a high level of challenge and complexity. Dish shows a wide range of finishing techniques such as garnishing and decoration. All dishes are presented with excellent attention to detail and finished to an excellent standard. Excellent use of time plans and application of hygiene and safety.

Medium: A range of skills to good standard. Equipment used with some accuracy. Dish shows some level of demand and uses a range of finishing techniques to garnish and decorate. Presentation is good and dish is finished to a good standard. Good use of time plans and hygiene and safety.

Basic: Some basic skills and processes used with some inaccuracies during making. Basic use of equipment and dish shows some demand but limited use of skill to cook and present. Limited hygiene and safety.

Fresh Pasta

Ingredients

- 140g plain flour or Italian '00' flour
- 2 eggs (1 whole egg + 1 egg yolk)

Method

1. Separate the 1 egg yolk from the egg white.
2. Mix the egg yolk in with 1 whole egg, in a jug with a fork.
3. Place the flour in a food processor and pulse it. Add the whole egg and egg yolk keep whizzing until the mixture resembles fine breadcrumbs (it shouldn't be dusty, nor should it be a big, gooey ball). This takes 2-3 minutes.
4. Tip out the dough and knead to form into a ball shape. Knead it briskly for 1 minute, it should be quite stiff and hard to knead. Wrap in cling film and leave to rest in a cool place for 20 minutes - 1 hour before using.
5. Now cut the dough into 2 pieces. For each piece, flatten with a rolling pin so it will fit through the widest setting on the pasta machine.
6. Now you are ready to roll out. Start with the pasta machine at its widest setting, pass the dough through the rollers. Do not fold but repeat this process, decreasing the roller setting down grade by grade with each pass. For most uses, I take the pasta down to around no.4, so that you can see shadows through the pasta sheets.
7. Bring a pan of water to the boil, add your shaped pasta and cook for 2-3 minutes. The pasta should float to the surface once cooked.

Choose a suitable sauce recipe to serve with your pasta.

Prepare your sauce whilst the pasta is resting in the fridge and do NOT cook the pasta until your sauce is cooked and ready to use.

Assessment criteria to consider when choosing a pasta recipe:

BASIC: Grade 1-3

- Pasta in tomato sauce: using ready-made pasta.
- Spaghetti bolognese: using ready-made pasta, jar of tomato sauce, chopping vegetables.
- Pasta salad: using dried pasta, cooked chicken, appropriate vegetables and mayonnaise.

MEDIUM: Grade 4-6

- Tagliatelle: making pasta and cream sauce e.g. carbonara.
- Tagliatelle: making pasta with a homemade pasta sauce e.g. Bolognese / ragu
- Pasta salad: using dried pasta, chicken cooked from raw, homemade salad dressing and vegetable preparation showing good knife skills.

COMPLEX: Grade M/D

- Ravioli: making pasta, shaping and filling ravioli and homemade tomato sauce.
- Lasagne: making own pasta, meat sauce and roux sauce.
- Pasta salad: using homemade pasta, chicken cooked from raw, precision cut vegetables and a homemade emulsion e.g. mayonnaise.

Lasagne (with homemade pasta sheets)

Ingredients

- | | |
|-------------------------------|-------------------------|
| 1 onion | 1 tsp. mixed herbs |
| 1 garlic clove | Black pepper |
| 1 carrot | 6 lasagne sheets |
| 1 tbsp. oil | 25g butter / margarine |
| 250g lean minced beef | 25g plain flour |
| 1 tin chopped tomatoes (400g) | 300ml semi-skimmed milk |
| 1 tbsp. tomato puree | 50g cheddar cheese |
| 100ml water | |



Pasta Ingredients

- 2 eggs – 1 whole egg + 1 egg yolk
- 140g '00' flour (Plain flour will also work)

Pasta Method

9. Add eggs and flour to a food processor and blitz until well combined. (*The mixture should resemble 'breadcrumbs' at this stage.*)
10. Remove the blade from the food processor carefully and scrape out the pasta dough.
11. Knead lightly on a clean work surface to combine the pasta dough.
12. Wrap the ball of dough in cling film and rest for 30 minutes to allow the gluten to relax.

Lasagne Filling

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot.
3. Fry the onion, garlic, carrot and celery in the oil.
4. Add the meat and cook until the mince is lightly browned.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil, then simmer for 20 minutes.

While the meat is cooking, prepare the lasagne sheets

13. Divide the dough in half (keep one half wrapped in cling film until ready to roll).
14. Roll the pasta dough in to a rectangle with a rolling pin.
15. Then use the pasta machine to roll the pasta sheets to the required thickness – Begin on the largest setting and reduce the size each time, making the pasta thinner and thinner.
16. Cut the pasta sheets to the length of your lasagne dish and set aside until ready to roll.

Béchamel sauce

5. Place the butter or margarine, flour and milk into a small saucepan.
6. Bring the sauce to a simmer, whisking it all the time until it has thickened.
7. Reduce the heat and simmer for 2 minutes.
8. Grate the cheese and stir in to the sauce (leave a little to sprinkle on top).

Assembling the lasagne

3. In an ovenproof dish or foil tray, spread some meat mixture in the bottom, cover with lasagne sheets and a little cheese sauce. Repeat this, finishing with the sauce on top.
4. Sprinkle the remaining grated cheese on top and bake in the oven for 20 minutes.

Practical: Special dietary needs layered dessert

Learning Objectives:

To create, prepare, cook and serve a layered dessert which has been adapted to meet a chosen dietary need.

To apply a variety of technical skills and make some creative and quality products with skill and precision.

Special Dietary Needs:

1. Vegetarian including vegans.
2. Coeliac (gluten intolerance).
3. Lactose intolerant (milk).
4. High fibre (NSP: *Non starch Polysaccharide*).
5. Reduced sugar or salt.
6. Reduced fat.



Mrs Alton's trifle success criteria:

<u>Low</u>	Trifle using readymade components	Slicing sponge, layering, packet mix custard, whipping cream				
<u>Medium</u>	Trifle with homemade custard	Layering the trifle, preparing and cutting fruit, whipping the cream Homemade custard with successful results (Thickened sauce using egg and cornflour)				
<u>Complex</u>	Trifle with homemade custard and trifle sponges	Layering the trifle, preparing and cutting fruit, whipping the cream, successful homemade custard, Homemade trifle sponges or swiss roll (piped or rolled accurately) Cream piped on to the top of trifle and garnished to an excellent standard				

****Must be able to explain how your dessert is suitable for the special dietary need you have chosen***



Explain the science. How do egg and cornflour thicken custard?

AQA Assessment Criteria:

Complex: Competent execution of skill and processes to an excellent standard. Selective use of a range of equipment with precision and accuracy. Dish shows a high level of challenge and complexity. Dish shows a wide range of finishing techniques such as garnishing and decoration. All dishes are presented with excellent attention to detail and finished to an excellent standard. Excellent use of time plans and application of hygiene and safety.

Medium: A range of skills to good standard. Equipment used with some accuracy. Dish shows some level of demand and uses a range of finishing techniques to garnish and decorate. Presentation is good and dish is finished to a good standard. Good use of time plans and hygiene and safety.

Basic: Some basic skills and processes used with some inaccuracies during making. Basic use of equipment and dish shows some demand but limited use of skill to cook and present. Limited hygiene and safety.

You can make any dessert as long as it has layers and you can explain how it meets the needs of your chosen target group. Consider timings, skill and presentation.

Swiss Roll for Trifle

Ingredients

3 eggs
75g self-raising flour
75g caster sugar
2-3 tbsp jam
Extra sugar for rolling up

If adding cocoa powder to the sponge, reduce the amount of flour, or the mixture will be too thick and will not roll effectively.

50g flour and 25g cocoa powder

Method

1. Preheat the oven to 200C or gas mark 6.
2. Grease and line a swiss roll tin.
3. Whisk the eggs and sugar together in a large mixing bowl until **thick**, creamy and pale – *Aeration!*
4. **Gently fold** in the flour using a metal spoon a little at a time.
5. Pour the mixture in to the swiss roll tin, ensuring it covers the entire base of the baking tray.
6. Bake for 8-10minutes until golden brown and firm to the touch. *Do not overcook or you will be unable to roll it up without cracks.*
7. While the Swiss roll is baking, place a piece of greaseproof paper on the worktop and sprinkle with sugar.
8. When the swiss roll is baked, tip it on to the sugared paper and peel off the paper. Trim off the long edges – **work quickly**.
9. Spread the jam over the sponge – right up to the edges. *Roll up and leave to cool before spreading over any butter icing or whipped cream!*
10. **Roll** up the sponge tightly – using the greaseproof paper to help



Custard for a Trifle

Ingredients Serves 3-4

210ml double cream
2 large egg yolks
12g caster sugar
1 level tsp (5ml) cornflour
½ tsp vanilla extract

Method

1. Place the cream in a pan over a **gentle** heat and heat it to just below simmering point, stirring occasionally with a wooden spoon.
2. While the cream is heating, use a balloon whisk to whisk together the egg yolks, sugar and cornflour mixture and the vanilla in a medium bowl.
3. Then, whisking the egg mixture all the time with one hand, gradually pour the hot cream into the bowl.
4. When it's all in, **immediately** return the whole lot back to the saucepan, using a rubber spatula.
5. Now back it goes on to the same **gentle** heat as you continue **whisking** until the custard is thick and smooth, which will happen as soon as it reaches simmering point. *If you do overheat it and it looks grainy, don't worry, just transfer it to a jug or bowl and continue to whisk until it becomes smooth again.*
6. Pour the custard into a jug or bowl, cover the surface with clingfilm and leave to cool

Delia custard recipe video:

<https://www.deliaonline.com/cookery-school/second-term-perfect-eggs/lesson-6-separate-ways-eggs-part-2>

Trifle Recipe

<https://www.deliaonline.com/recipes/books/delias-happy-christmas/traditional-english-trifle>

Ingredients

- 1 swiss roll
- Custard (above)
- 140g fresh or frozen raspberries
- 1 banana
- 140ml double cream

Method

1. Make, bake and roll the swiss roll sponge and set aside to cool.
2. Make the custard and set aside.
3. Slice the swiss roll and lay over the bottom of your trifle bowl.
4. *Optional – pour fruit juice of your choice over the sponge*
5. Peel and slice the banana.
6. Scatter the raspberries over the sponges and press down with a fork to release their juices then scatter over sliced banana.
7. Pour the custard all over the top.
8. Whisk the cream until thick (be careful not to over whisk), and spoon it over the custard or pipe the cream to add further skill.

Practical: Diet related illness

Learning Objectives:

To prepare, cook and serve a dish that is designed to meet the nutritional requirements of one of the major diet related diseases.

Diet related illness:

1. Obesity
2. Cardiovascular disease (CHD and high blood pressure)
3. Bone health Inc. rickets and osteoporosis
4. Dental health
5. Iron deficiency anaemia
6. Type 2 diabetes

Mrs Alton's diet related illness success criteria:

<u>Low</u>	Apple and raisin muffins <i>Low in fat and sugar</i>	Combining ingredients, fruit prep, knife skills.				
	Burgers with readymade burger bun <i>High in iron</i>	Vegetable preparation, combining and shaping ingredients				
<u>Medium</u>	Burgers with homemade tomato salsa + burger bun <i>High in iron</i>	Vegetable preparation, combining and shaping ingredients. Homemade bread roll to serve; forming and shaping				
<u>Complex</u>	Burgers with homemade burger bun + Mayonnaise <i>High in iron</i>	Vegetable preparation, combining and shaping ingredients. Homemade bread roll to serve; forming and shaping. Using an emulsifier (egg yolk) to make mayonnaise				



1. What is the BMI for an adult to be considered obese? (1 mark).
2. Explain why the Eatwell guide has been updated to reduce the obesity statistics. What are the main changes and why are they important for good health? (6 marks).
3. Plan a healthy packed lunch for a child that is low in sugar, fat but high in fibre. Explain why the choice of foods is good for the child's diet and health. (8 marks).

Apple and Raisin Muffins

No added sugar and low in fat, these muffins are perfect for someone on a calorie controlled diet. Swapping the white flour for wholemeal flour will also increase the fibre and lower the refined starch in this recipe.

Ingredients – Makes 12

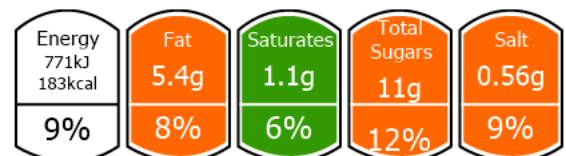
3 tbsp runny honey
2 medium apples, peeled and diced
1 tsp Chinese five-spice powder
1tsp ground mixed spice
2 large eggs, beaten
3 tbsp oil (vegetable or alternative)
200ml semi-skimmed milk
2 small bananas, peeled and mashed
300g self-raising flour
2-3 tsp granulated sweetener
1 tsp bicarbonate of soda
40g raisins

For the crumble topping (optional)

1 tbsp rolled oats
1 tbsp light brown sugar



Apple and raisin muffins



of an adult's Reference Intake.
Typical values per 100g: Energy 808kJ/191kcal

Method

1. Preheat the oven to 180°C/gas 4. Line a 12-cup muffin tray with large muffin cases.
2. Add the diced apples to a pan with the honey and spices and stir gently for 3-4 minutes, or until slightly softened. Remove from the heat and leave to cool.
3. Combine the beaten eggs, oil and milk in a bowl. Mix in the mashed bananas.
4. In a separate large bowl, stir together the flour, sweetener, bicarbonate of soda and raisins. Make a well in the middle pour in the egg mixture and add the apples with any liquid from the pan. Stir gently to combine.
5. Spoon the mixture into the muffin cases. Mix the oats and sugar together and sprinkle on top of each muffin.
6. Bake on the middle shelf of the oven for 20 minutes. To test, insert a skewer into the centre: it should come out clean. If not, give them a few minutes longer.
7. Leave the muffins to cool a little on a wire rack, then eat them whilst still warm. They will keep for up to 3 days in a tin and can be reheated in an oven preheated to 160°C/gas 3 for 5 minutes.

Beef Burgers

Burgers

450g lean minced beef
1 onion
(30ml) 2 teaspoons soy sauce
1 slice white bread (medium sliced)
1 medium egg
1 teaspoon mixed herbs
(15ml) 1 tablespoon sunflower oil

Salsa

6 ripe tomatoes
1 red onion
2 tablespoons fresh coriander
15ml (1 tablespoon) olive oil
15ml (1 tablespoon) balsamic or red wine vinegar
Salt and pepper to season.

Method

1. Preheat oven 200°C/Gas 6.
2. Dice half the onion for the burgers.
3. For the burgers, heat the oil in a small pan and add the remaining onion and cook over a low heat for 6 minutes (approx.) until the onion is soft. Stir frequently to stop it from sticking. Then when it is soft, take the onion off the heat.
4. Stir the onions in with the dried herbs and soy sauce – leave to cool.
5. Make the bread in to crumbs using a food processor.
6. In a large mixing bowl, mix breadcrumbs, egg, minced beef, onion mixture and salt and pepper with a fork.
7. Divide the mixture into four even sized pieces and shape into round flat shapes with your hands.
8. Put the burgers onto the baking tray equally spaced apart and put in oven for 10 minutes. After 10 minutes, turn them over with a fish slice and cook for another 10 minutes.



For the salsa

1. Wash and cut the tomatoes into small pieces using a sharp knife on a chopping board.
2. Peel the onion and chop it into small pieces.
3. Chop coriander removing thick stalks.
4. In a small mixing bowl put **half** the onion, all the tomatoes the chopped coriander, the olive oil and the balsamic vinegar.
5. Add a pinch of salt and pepper and stir all ingredients together.
6. Serve the salsa with the burgers.

Mayonnaise

Ingredients

2 egg yolks
1 tbsp Dijon mustard
250ml sunflower oil
2 tsp white wine vinegar or lemon juice

Method

1. Tip the egg yolks and mustard into a bowl, season with salt and pepper and **whisk** together until completely combined.
2. Whisking constantly, add a small drop of oil and whisk until completely combined, then add another drop and continue a drop at a time until the egg yolks and oil combine and start to thicken.
3. Once you are confident the oil and eggs are combining together you can add the oil a bit more at a time, but be patient, as adding the oil too quickly will cause the mayonnaise to split and curdle.
4. After all the oil has been whisked in to the eggs and you have a thick, spoonable mayonnaise, whisk in the vinegar or lemon juice and season to taste.



This will keep in the fridge for 2-3 days.

<https://www.bbcgoodfood.com/recipes/basic-mayonnaise>

Practical: Methods of heat transfer: Kebabs

Learning Objectives:

To prepare, cook and present kebabs with a range of vegetable and carbohydrate accompaniments that demonstrate 2-3 different methods of heat transfer.

Methods of heat transfer:

1. Convection
2. Conduction
3. Radiation

Mrs Alton's kebab success criteria:

<u>Low</u>	Vegetable Kebabs	Preparing vegetables, assembling skewers, evenly cooked				
<u>Medium</u>	Vegetable kebabs with homemade accompaniment	Preparing vegetables and a marinade. Assembling the skewers and serving with homemade flatbreads, cous cous or rice salad, for example.				
<u>Complex</u>	Vegetable kebabs with homemade accompaniment	Precision cut vegetables and cheese (all identical sized pieces) threaded on to a skewer and served with a suitable homemade accompaniment. Can explain the methods of heat transfer and which methods are used in your dish.				



1. Describe the 3 methods of heat transfer during cooking (3 marks).
2. Create a mind map of all the different ways of cooking the following three ingredients: Chicken, potatoes and green vegetables.
3. Extend each mind map to give reasons why the different ways of cooking your chosen food is used (e.g. for food safety, to develop flavours, texture etc.)
4. Discuss why steaming and stir- frying are a good cooking method for families (6 marks).

Vegetable and Halloumi Kebabs

Ingredients: serves 2 to 4

- 250g halloumi cheese
- 1 red pepper
- 1 courgette
- a small bunch of fresh mint
- 1 fresh red chilli
- 1 lemon
- 2 tablespoons olive oil
- sea salt and freshly ground black pepper
- a handful of cherry tomatoes

Method

To prepare your kebabs

1. Put 6 wooden skewers in a tray of cold water to soak
2. Cut the halloumi into 2cm cubes on a white chopping board
3. Deseed the pepper and chop into 2cm chunks on a brown chopping board
4. Put the halloumi, pepper and tomatoes into a large bowl
5. Use a peeler to peel the courgette into in long ribbons, then add to the bowl
6. Pick and finely chop the mint leaves, discard the stalks
7. Deseed and finely chop the chilli, add both to the bowl then finely grate in the zest of the lemon. Add the olive oil and season with salt and pepper. Mix well to coat.

To cook and serve your kebabs

1. If using a griddle pan, put it on a high heat now to get screaming hot
2. Skewer up the halloumi, cherry tomatoes and pepper pieces, alternating with folded ribbons of courgette
3. Cook on the griddle pan or under the grill for 5 or 6 minutes on each side, until golden and cooked through. If you like, you can brush any leftover marinade over the kebabs as they cook.



Practical: Gluten in Bread Making

Learning Objectives:

To prepare, cook and shape a bread based product which applies the scientific principles, using the protein gluten to bind the dough and give elasticity.

Mrs Alton's bread success criteria:

Low	Plain bread rolls	Making, kneading, shaping bread dough				
Medium	Garlic and Rosemary Focaccia	Making, kneading, shaping bread dough. Vegetable preparation, flavouring bread Well risen and finished to a very good standard				
	Pizza	Making, kneading, shaping bread dough. Vegetable and/or meat preparation Sauce making, assembling and arranging toppings				
Complex	Parmesan, oregano + sun blush tomato stuffed, bread plait	Making, kneading, shaping bread dough. Preparing and assembling the filling, plaiting the bread dough (complex shaping skills) Well risen and finished to an excellent standard.				

1. Describe the 3 main conditions that yeast needs to multiply (3 marks).
2. Explain, with examples, why gluten is important in bread making (4 marks).
3. Explain what makes bread rise (3 marks).



4. Bread is a staple part of the diet of many cultures. Discuss ways bread can be adapted to make it a healthier option and meet a range of special dietary needs (8 marks).

Bread Rolls Recipe

Ingredients

300g Strong white flour

½ tsp salt

15g margarine / 1tbsp oil

1 sachet of quick acting yeast (7g)

200ml warm water

Milk for glazing, optional

A few poppy/sesame seeds, optional



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray.
3. Sift the flour in to the mixing bowl (this will add air) and add salt.
4. Rub in the margarine (if using).
5. Stir in the yeast with a palette knife and any other flavourings.
6. Make a well in the centre of the flour and add enough warm water to bring the dough together (also add the oil here if using). You should not have to force the dough to stick together, nor should the dough be too sticky to handle.
7. Knead the bread dough on a work surface for at least 5-10 minutes, until the dough is smooth and elastic (stretch that gluten in the flour!).
8. If time allows, place the dough in a greased bowl and cover with cling film to prove in a warm place until doubled in size.
9. Turn the dough out on to a lightly floured work surface and 'knock it back' (knead the dough for a second time).
10. Divide the bread in to 6-8 equal sized pieces and shape in to the desired outcome.
11. Brush the rolls with a little milk and sprinkle on any toppings.
12. Leave to prove in a warm area for a second time and then bake for 10 minutes, until golden and sound hollow when tapped on the base.



Can you shape or glaze your bread rolls to demonstrate finishing techniques?

Garlic and Rosemary Focaccia

Ingredients

330g strong bread flour
200ml water, at room temperature
1x 7g sachet of dried yeast
1 dessert spoon (10ml) sugar
Sea salt and pepper
Olive oil
3-4 cloves garlic
Few springs of rosemary



Method

1. Sift flour in to a large mixing bowl and make a large well in the centre.
2. Pour half of the water, the sachet of yeast, sugar and salt in to the well and use a fork to gradually bring in the flour from the outside. Once you get a stodgy, porridge consistency in the well, add the rest of the water and gradually incorporate the flour to make a smooth dough.
3. Dust the work surface lightly with flour and then knead the dough, pushing and pulling it for about 5 minutes until it's silky, springy and elastic.
4. *If time allows:* Make the dough in to a flat round shape and place in a lightly floured bowl. Cover and leave to prove in a warm place for 1 hour, or until it has doubled in size.
5. *If you have had time to prove your dough, knock the air out of your bread* using your fist and then lightly flour your surface and knead it again until smooth.
6. Grease a baking tin well with olive oil and dust lightly with flour. Roll or stretch the dough out until it's the right size for the baking tin and put it in to the tin.
7. Squash the garlic cloves with the back of a knife. Strip the leaves off your sprigs of rosemary and drizzle olive oil over both the garlic and rosemary leaves, season with salt and pepper and scrunch together with your fingers.
8. Scatter the rosemary and garlic over the dough then use your fingertips to push the flavours in and make dimples/holes in the surface of the bread dough.
9. Drizzle the dough with a little olive oil, cover loosely and place somewhere warm and leave to prove for 1 hour, or until doubled in size.
10. Preheat your oven to 200°C
11. Once doubled in size, poke the bread all over with your finger again to give it texture. Sprinkle with salt and pepper.
12. Bake in the oven for around 20 minutes, or until golden with a crispy surface.
13. Remove from the oven, if it sounds hollow when tapped then it is cooked.

Parmesan, oregano and sun blush tomato, stuffed bread plait

Ingredients

5g instant dried yeast
300 g strong white bread flour
1 teaspoons runny honey
olive oil
200ml water, at room temperature
small bunch of fresh oregano
25 g sun-blush tomatoes
20 g Parmesan cheese



Method

1. Combine the yeast, flour and 1 teaspoon of sea salt in a bowl and make a well in the centre. Pour in the honey, 2 tablespoons of oil and 200ml of tepid water. Mix the liquid around with your fingers, drawing the flour in and gradually combining the ingredients to form a soft dough.
2. Turn onto a lightly floured surface and knead for 10 minutes, until elastic.
3. *If time allows:* Place in a lightly oiled bowl, cover with oiled cling film and leave to rise in a warm place for 45 minutes to 1 hour.
4. Meanwhile, prepare the fillings. For the tomato and oregano filling, warm 2 tablespoons of olive oil in a small pan over a medium heat, then finely chop and stir in the oregano. Set aside to infuse. Finely chop the tomatoes.
5. On a floured surface, roll it out to make a rectangle roughly 21cm x 30cm.
6. Stir the tomatoes into the oregano oil and spread it over the surface of the rectangle, then finely grate over the Parmesan.
7. Starting with a long edge, tightly roll one of the rectangles into a log and lay it seam-side down. Repeat with the second rectangle. Trim the ends of both logs so they're the same length. Cut each log in two lengthways, giving you four long pieces of filled dough.
8. Place a piece, cut-side up, alongside another. Pinch the top of both lengths together, then lift the left over the right, repeating until intertwined, with the filling visible on top.
9. Pinch the other ends together to seal. Shape the plait into a tight 'S' shape, then tuck both ends under the middle to form a figure of eight.
10. Place on a greased baking sheet. Cover with a clean tea towel and leave to rise for 1 hour.
11. Preheat the oven to 180°C/gas 4.
12. Brush the loaves with olive oil, scatter with sea salt and bake for 35 to 40 minutes, or until golden and the base of the loaves sound hollow when tapped.
13. Cool on a wire rack and enjoy warm or cold.

<https://www.jamieoliver.com/recipes/bread-recipes/stuffed-braided-bread/>

Lemon Meringue Pie Recipe

Ingredients

150g plain flour
50g butter
25g lard / white fat (Trex)
75ml cold water

Filling

Grated rind and juice of 2 large lemons
250ml cold water
50g cornflour
50g caster sugar
2 large egg yolks
40g sunflower margarine

Meringue

2 large egg whites
100g caster sugar.



Method

1. Preheat oven to 190°C/Gas 5.
2. Pastry: Mix the flour and fat together with your fingertips until the mixture looks like fine breadcrumbs.
3. Add cold water **a table spoon at a time** with a pallet knife until it forms a stiff paste.
4. Roll out on a floured surface to around 0.5cm thick and line your baking dish/flan ring with the pastry.
5. Bake blind for 20 minutes or until fully cooked.
6. Remove pastry case from the oven, leave to cool, and lower oven temperature to 150°C/Gas 2 for the meringue.
7. Using smallest holes of a grater, grate yellow rind of both lemons (be careful not to grate white pith). Put to one side.
8. On a chopping board, using a sharp knife, cut lemons in half and squeeze juice from them using a lemon squeezer. Put lemon juice to one side.
9. For the filling, measure out 250ml cold water into a measuring jug and spoon the cornflour and sugar into a small bowl. Add enough of the water from the measuring jug to mix the cornflour to a soft paste, then pour the rest of the water into a small pan.

10. Add lemon rind to the pan of water and bring to the boil. Pour into the bowl of cornflour paste and mix with a plastic/wooden spoon.
11. Transfer the mixture back to the pan and bring back to boil, ***stirring constantly***. Simmer for 1 minute, ***stirring constantly*** with a plastic/wooden spoon. The mixture should now be thick and smooth.
12. Remove from heat, ***allow to cool slightly*** and beat in 2 egg yolks, lemon juice and margarine.
13. Pour the lemon mixture into the pastry shell and spread it out evenly using a palette knife.
14. For the meringue, use a large ***clean***, grease free mixing bowl and whisk the egg whites using an electric whisk until they form soft peaks.
15. Beat in 1 tablespoon of caster sugar at a time until all is added (mixture should have formed stiff peaks).
16. Spread the meringue mixture all over the filling so it seals the top completely.
17. Cook in oven (150°C/Gas 2) for 30 minutes until the meringue has turned pale beige and is crisp on the outside and squashy in the middle. Alternatively, to save time, you could place lemon meringue pie under the grill for 5 minutes, or until the meringue is pale beige on top.

Key terms

Gelatinisation

Shortening

Aeration

Sweetening

Blind baking

Foam

Choux Pastry (Profiteroles)

Ingredients

60g strong plain flour

50g butter

2 eggs (large)

150ml water

Plus chosen filling and topping



Method

1. Preheat the oven to 200°C (190°C in a fan oven) or gas mark 6. Grease and line a baking tray and sprinkle with a little water.
2. Sift the flour on to a piece of greaseproof paper.
3. Beat the eggs in a small bowl or jug.
4. Put the butter and water in to a sauce pan and bring to the boil.
5. When it starts to **boil**, remove from the heat and shoot in the flour.
6. Beat the mixture briskly until it a ball of choux paste is formed in the pan (you are developing the gluten strands when you beat it, which will help the choux pastry stretch when it rises).
7. Allow the choux mixture to cool for a couple of minutes.
8. Gradually, stir in the egg, a little at a time, to form a smooth paste – **you may not need it all**. The paste should be a ‘dropping’ consistency – it must not be runny.
9. Spoon or pipe small, equal amounts of choux pastry on to the baking sheet.
10. Bake for 10 minutes. For profiteroles, increase the heat to 220°C, gas mark 7 and bake for a further 10 minutes, for eclairs – turn the temperature down to 190°C for the last 15 minutes.
DO NOT OPEN THE OVEN DOOR WHILST THEY ARE BAKING, IT WILL RELEASE ALL OF THE STEAM AND YOUR CHOUX BUNS WILL COLLAPSE.
11. Slit with a knife to release the steam and place on a cooling rack until cool enough to fill.

Chantilly Cream

Whip 200ml of double or whipping cream until thick. Then add ½ tsp vanilla extract and 2tbsp caster sugar.

Chocolate Sauce

Heat 150ml milk, 1 ½ tbsp. cocoa powder, 1 tbsp. sugar, 1 tbsp. golden syrup and 10g butter in a saucepan, until the butter is melted. Bring to the boil and then simmer gently for 15-20 minutes to reduce the sauce – it should be thick and glossy