



# FOOD AND NUTRITION

## YEAR 11 TERM 1 RECIPE BOOKLET

Name:	
Form:	
Class:	
Teacher:	

### Practical Lesson Checklist

Do I have everything I need?



My ingredients –  
don't forget to  
bring straight to  
the fridge at  
school!



My airtight  
container



Hairband to  
tie up my hair  
with



No nail  
varnish or  
false nails

# VIENNESE WHIRLS OR FINGERS

## Biscuits

100g Butter/Soft  
Margarine

100g Plain Flour

25g Icing Sugar

***Provided by school:***

*¼ tsp Baking Powder*

## For Viennese Whirls:

### Filling

50g Butter/Soft

Margarine

85g Icing Sugar

25g Jam

***Provided by school:***

*½ tsp Vanilla*

OR

## For Viennese Fingers

100g Chocolate

## METHOD

1. Preheat the oven to 190°C
2. Cream the butter and sugar together in a bowl with an electric whisk until pale and fluffy
3. Sieve in the flour and baking powder and beat until thoroughly mixed
4. Spoon mixture into a piping bag fitted with a star nozzle and pipe fingers or whirls onto a lined baking tray, spacing well apart
5. Bake for 10-15 minutes until a pale golden brown

## For Viennese Whirls:

1. Put the softened butter in a large mixing bowl and add the icing sugar
2. Whisk with an electric whisk to get the buttercream fluffy and smooth
3. Add the vanilla extract and beat again to combine.
4. Turn the biscuits over so their flat side is facing up then pipe buttercream over half of the biscuits and spread a little jam on the rest
5. Sandwich a jam covered biscuit together with a buttercream one and repeat until all the biscuits are used up



## For Viennese Fingers:

1. Melt the chocolate in a bowl over a pan of hot water (bain marie)
2. Dip both ends of the biscuits into the chocolate and leave to set



# SESAME CHICKEN



## For the chicken

1 Egg  
5 tbsp Plain (all-purpose) Flour  
2 Chicken Breast Fillets  
OR bring a whole chicken to debone for extra challenge

### ***School will provide:***

3 tbsp Oil  
½ tsp Salt  
½ tsp Pepper  
½ tsp Garlic Salt  
2 tsp Paprika  
3 tbsp Cornflour

## For the sauce

### ***School will provide:***

1 tbsp White Wine Vinegar  
2 tbsp Honey  
2 tbsp Sweet Chilli Sauce  
2 tbsp Ketchup  
2 tbsp Brown Sugar  
3 tbsp Soy Sauce

## To Serve

2 Spring Onions  
OPTIONAL: 100g Basmati or long grain rice

### ***School will provide:***

2 tbsp Sesame Seeds

## METHOD

1. Place the egg in one bowl and beat with a fork
2. Add the corn flour, plain flour, salt, pepper, garlic salt and paprika to a DIFFERENT bowl and mix together
3. Place a saucepan onto boil, add the rice once boiling and time according to the packet instructions
4. Dip the chicken in the egg, then dip in the flour bowl (make sure all of the chicken is covered).
5. Heat the oil in a wok or large frying pan until hot.
6. Add the coated chicken pieces to the wok and cook on a high heat for 6-7 minutes, turning two- or three-times during cooking, until well browned. **Be very careful of any spitting oil, turn down the temperature if it spits.**  
**You may need to cook the chicken in two batches**
7. Check the chicken has reached 75°C with a temperature probe, then remove from the pan and place in a clean bowl
8. Add all of the sauce ingredients to the hot wok/saucepan, stir and bubble on a high heat until the sauce reduces by about a third (should take 2-3 minutes).
9. Add the chicken back in and toss in the sauce to coat. Cook for 1-2 minutes.
10. Turn off the heat and serve with boiled rice and top with sesame seeds and spring onions.

# GLAZED FRUIT TART

## Pastry:

200g Plain Flour

100g Butter or Margarine

50g Cold water

## ***Provided by school:***

*1 tbsp Caster Sugar*

## Confectioners Custard:

250ml Milk

2 Eggs (to be separated at school)

50g Caster Sugar

## ***Provided by school:***

*50g Cornflour*

*½ tsp Vanilla*

## Fruit Topping:

Fresh fruit e.g. Strawberries,

Blueberries, Raspberries, Kiwi **OR**

Tinned fruit

***Provided by school: Arrowroot***

*You will need a 20cm round tart tin*

## METHOD

### **Pastry Case**

1. Pre heat the oven to 140°C
2. Rub fat into flour to form breadcrumbs, stir in the sugar.
3. Mix to a soft dough with water.
4. Roll out pastry to fit flan case or dish.
5. Place on a baking tray and bake blind for 15—20 minutes until crisp, allow to cool before trimming pastry edges

### **Confectioners Custard**

1. Blend cornflour, milk and sugar together in a small saucepan.
2. Bring to the boil, stirring continuously.
3. Remove from heat, add egg **yolks** and stir thoroughly – allow to cool, then add vanilla.
4. Whisk egg **whites** in a bowl with an electric whisk and then fold in carefully into your custard mixture.
5. Return to heat and cook until thick.
6. Pour into pastry case. Allow to cool.

### **Fruit Topping and Glaze**

1. Cut any larger fruits and carefully arrange over the custard.
2. Measure 150mls of the fruit juice (not syrup) from the tinned fruit OR cold water
3. Dissolve the arrowroot in a little of the juice or cold water before adding all your liquid.
4. Bring liquid to boiling point, remove from heat and stir until mixture thickens. Do not over boil as this may cause it to lose its thickening power.
5. Allow to cool a little before glazing fruit



# PORK WITH TOMATO AND GINGER

## METHOD

200g Pork Fillet or Pork Steak (No Bone)  
(or Chicken / Quorn if Pork is not eaten)

3 tbsp (45ml) Soy Sauce

1 x 400g Tin of Chopped Tomatoes

2 Nests of Dried Noodles

**OR** 1 Egg and 100g Pasta Flour/Strong  
Bread Flour to make own noodles

***School Will Provide:***

*Piece of Fresh Ginger*

*1 tsp Oil*

*2 tbsp Crème Fraîche*



1. Peel and chop/grate the ginger on a WHITE chopping board. Mix with the soy sauce in a bowl to make the marinade
2. Place the pork between two sheets of parchment and flatten with a rolling pin. Cut into strips on a RED chopping board.
3. Add the pork into the marinade and stir to coat the meat in the marinade.
4. Heat the oil in a non-stick frying pan or wok and brown the pork, stirring continuously for 1-2 minutes.
5. Add the tinned tomatoes and the crème fraîche, then simmer for a few minutes until the tomatoes have softened. Season well.
6. Place the noodle nests in boiling water. Turn off the heat and leave for 4-6 minutes until cooked. Drain
7. Place noodles in the dish, top with the Pork mixture

# PINEAPPLE UPSIDE DOWN CAKE WITH CRÈME ANGLAIS

## CAKE

Small tin of Pineapple Rings or Pieces

6 Glace Cherries

1 tbsp Sugar (any)

100g Caster Sugar

100g Soft Margarine or Butter

2 Eggs

100g Self Raising Flour

## CRÈME ANGLAIS

125ml Milk

125ml Double Cream

25g Caster Sugar

3 Egg Yolks (bring eggs to separate at school)

1 vanilla pod, split

***OR Provided by school – 2 tsp Vanilla***















## CAKE

1. Preheat oven at 180°C /
2. Grease and line a cake tin (8")
3. Sprinkle the base with 1 tbsp sugar
4. Add a layer of pineapple rings and cherries in an attractive pattern – this will be the top of the cake when you turn it out of the tin
5. Cream the margarine and sugar together in a bowl using a wooden spoon until light and fluffy
6. Crack the eggs into a jug/mug, beat to break up. Add the beaten egg slowly, mixing well after each addition
7. Sieve the flour into the bowl and fold in carefully with a metal spoon
8. Spoon the cake mixture on top of the pineapples and cherries in the tin, and spread evenly.
9. Place in the oven for 20-25 minutes, until an inserted skewer comes out clean

## CRÈME ANGLAIS

1. In a large bowl, beat the egg yolks with 2 tsp sugar – leave for later
2. Put the milk, double cream and rest of the sugar into a heavy based saucepan. Scrape the seeds from the vanilla pod and add them to the pan OR add vanilla extract
3. Heat until almost simmering. Then take off the heat.
4. Gradually pour the hot cream and milk onto the sugary yolks, whisking as you do so. Strain the mixture through a fine sieve into a clean pan.
5. Stir the mixture over a low heat until the custard thickens enough to thinly coat the back of a spoon. Do not allow the mixture to boil as it will curdle.



Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VIENNESE WHIRLS OR FINGERS		✓ wheat					✓						✓	✓
SESAME CHICKEN	✓	✓ wheat		✓						May contain	May contain	✓	✓	✓
GLAZED FRUIT TART		✓ wheat		✓			✓							
PORK WITH TOMATO AND GINGER		✓ wheat		✓						May contain	May contain		✓	✓
PINEAPPLE UPSIDE DOWN CAKE WITH CRÈME ANGLAIS		✓ wheat		✓			✓							✓

Please let us know if you have any allergies, intolerances or other dietary needs

# 14 ALLERGENS

coming to a food label near you

Please let us know if you have any allergies relating to these 14 ingredients and please be mindful when bringing in any of these listed ingredients.



## Celery / Celeriac

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and southeast Asian curries or salads, is an ingredient to look out for.



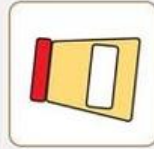
## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## Cereals Containing Gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.