# Topic Exploration Pack

# Skills and techniques: Recipes with skill levels

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## Instructions and answers for teachers

These instructions cover the student activity section which can be found on [page 29](#_Student_Activity). This Topic Exploration Pack supports OCR GCSE (9‒1) Food Preparation and Nutrition.

**When distributing the activity section to the students either as a printed copy or as a Word file you will need to remove the teacher instructions section.**

**123** **–** This activity offers an opportunity for maths skills development.

# Introduction

All the skills and techniques outlined in Section D of the specification are covered in the recipes that follow.

Within each recipe, a range of skill levels are used, so an overall skill rating has been assigned to each dish.

Throughout all the recipes candidates must be able to:

1. Select and adjust the cooking process and length of time to suit the ingredient (e.g., to match the cut of meat, fish and alternatives).
2. Demonstrate accurate measurement of liquids and solids when weighing up for each recipe.
3. Taste and season during the cooking process.
4. Demonstrate portioning and presenting skills.

The requirement to demonstrate the following skills is highlighted in the recipes below, where appropriate:

1. Grease/oil, line, flour, evenly and with attention to finished product
2. Use specialist equipment where appropriate: different knives, blender, food processor, mixer and microwave, potato ricer, pasta machine

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.

# Suggested activities

The table highlights a range of recipes that could be used by the teacher to cover the range of skills and techniques in Section D of the specification.

| **Recipe dish** | **Skills requirements** | | **Skill level**  **High/ Medium/Low** | **Overall skill level for recipe dish** |
| --- | --- | --- | --- | --- |
| **Skills group** | **Techniques** |
| **Savoury recipes** |  |  |  |  |
| **Thai fish cakes with Wasabi mayonnaise** | 1. Knife skills  1. Knife skills  1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  8. Judge & manipulate sensory properties | Fillet fish. Use of blue coloured chopping boards to prevent cross contamination.  Slice raw fish evenly and accurately.  Dice vegetables using bridge hold and claw grip.  Use food processor to mix wet fish mixture Bind the wet fish mixture with egg.  Shaping the wet mixture. Coating the mixture with flour and egg.  Scissor snip herbs.  Shallow pan frying. Use a temperature probe to check the fish is cooked.  Emulsion sauce: use blender to make mayonnaise.  Change taste and aroma through the use of herbs. Use of garnish. | High  Low  Low  Medium  High  Low  Medium  High  Medium | High |
| **Salmon and potato fishcakes with watercress and hollandaise sauce** | 1. Knife skills  1. Knife skills  1. Knife skills  1. Knife skills  3. Cooking methods  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  8. Judge & manipulate sensory properties | Fillet fish. Use of blue coloured chopping boards to prevent cross contamination.  Slice raw fish evenly and accurately.  Dice vegetables using bridge hold and claw grip.  Peeling and dicing potatoes using bridge and claw hold.  Boil potatoes on hob.  Mash potatoes, use potato ricer.  Mix fish, potato and vegetables. Bind the wet fish mixture with egg.  Shaping the wet mixture. Coating the mixture with flour, egg and breadcrumbs.  Scissor snip herbs.  Shallow pan frying. Use a temperature probe to check the fish is cooked.  Emulsion sauce: hollandaise.  Use of garnish. Changing texture with breadcrumbs. | High  Low  Low  Low  Low  Low  Medium  High  Low  Medium  High  Medium | High |
| **Herb-crusted fish with sweet potato chips** | 1. Knife skills  4. Sauces  8. Judge & manipulate sensory properties  2. Preparation and techniques  3. Cooking methods  2. Preparation and techniques  3. Cooking methods | Fillet fish. Use of blue coloured chopping boards to prevent cross contamination.  Emulsion sauce: garlic mayonnaise to spread over fish and to stick herb crust onto.  Change texture and flavour by use of herb crust.  Scissor snip herbs.  Oven bake. Use temperature probe to check the fish is cooked.  Cut sweet potatoes into even sized batons.  Blanch and roast sweet potatoes. | High  High  Low  Low  Medium  Medium  Medium | High |
| **Crispy fish parcels with oriental-style dressed crunchy salad** | 1. Knife skills  2. Preparation and techniques  7. Dough  7. Dough  8. Judge & manipulate sensory properties  3. Cooking methods  1. Knife skills  4. Sauces  8. Judge & manipulate sensory properties | Fillet salmon. Use of blue coloured chopping boards to prevent cross contamination.  Marinade to add flavour and moisture.  Rolling marinated fish in filo pastry.  Glazing with egg wash.  Coating the wrap in sesame seeds to add texture and flavour before baking.  Oven bake. Use a temperature probe to check the fish is cooked.  Julienne carrots and cut vegetables into even sized strips.  Emulsion sauce: salad dressing.  Change taste and aroma through the use of spices. | High  Low  Low  Low  Low  Medium  Medium  High  Medium | High |
| **Chicken and asparagus pie** | 1. Knife skills  1. Knife skills  4. Sauces  7. Dough  7. Dough  3. Cooking methods | Dice raw pre-filleted chicken breasts evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Peel and slice onion and vegetables using bridge hold and claw grip.  Blended white sauce: Veloute sauce.  Shortcrust and flaky pastry. Flour surface to roll and shape pastry. Line flan dish.  Glazing with egg wash.  Oven bake. Visual colour check for golden brown. | Low  Low  High  Medium. High  Low  Low | High |
| **Breaded lemon and cracked blacked pepper chicken goujons with lemon mayonnaise** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  8. Judge & manipulate sensory properties | Slicing raw chicken.  Use of red coloured chopping boards to prevent cross contamination.  Use of lemon juice (acid) to denature protein and add flavour.  Coating with pre-dust, egg wash and breadcrumbs.  Shallow pan frying. Use of temperature probe to check if chicken is cooked.  Emulsion sauces: lemon mayonnaise.  Change taste and aroma through the use of spices. | Low  Low  High  Medium  High  Medium | High |
| **Scotch eggs with garlic mayonnaise** | 3. Cooking methods  1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  8. Judge & manipulate sensory properties | Boiling egg on hob.  Peel and dice onion and vegetables using bridge hold and claw grip.  Use food processor to blend wet sausage mixture. Binding with egg and/or breadcrumbs.  Layering meat mixture around the egg. Coating with egg wash and breadcrumbs.  Shallow frying.  Emulsion sauce: mayonnaise.  Use of garnish. | Low  Low  Medium  Medium. High  Medium  High  Medium | High |
| **Chicken and thyme jus** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  4. Sauces  3. Cooking methods  8. Judge & manipulate sensory properties | Portion a chicken to obtain chicken wings.  Use of red coloured chopping boards to prevent cross contamination.  Peel and dice onions and vegetables evenly and accurately using bridge hold and claw grip.  De-seed tomatoes.  Jus: stock based reduction sauce.  Shallow frying and simmering on hob to reduce the sauce: jus.  Use a temperature probe to check the chicken is cooked.  Change the taste and aroma by use of a jus. | High  Low  Low  Medium  Low  Medium | High |
| **Chicken Kiev filled with coriander butter** | 1. Knife skills  2. Preparation and techniques  8. Judge and manipulate  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods | Fillet a chicken breast (de-skin).  Marinade chicken breasts to add flavour and moisture.  Change the taste and aroma through the use of coriander butter.  Filling chicken breast with the sauce.  Coat with predust, egg wash and breadcrumbs.  Oven baking. Use temperature probe to check chicken is cooked. | High  Low  Medium  Medium  High  Medium | High |
| **Mushroom gougère** | 4. Sauces  5. Set a mixture  6. Raising agents  7. Dough  3. Cooking methods | Blended white sauce: Roux sauce mushroom filling.  Use protein (egg) to set the choux pastry on heating.  Use steam in choux pastry to rise it.  Gluten formation – use of strong flour to make choux pastry. Pipe choux pastry into ring. Glaze.  Oven bake. Visual colour check for golden brown. | High  High  High  Medium  Medium | High |
| **Smoked salmon soufflé** | 4. Sauces  1. Knife skills  6. Raising agents  3. Cooking methods  8. Judge & manipulate sensory properties | All-in-one cheese sauce.  Slice cooked fish.  Use egg as a raising agent - create gas in air foam using the egg white.  Oven bake and visual check for golden brown and poke test to check if cooked.  Use of garnish. | Medium  Low  High  High  Medium | High |
| **Parma ham, honey and red pesto Palmiers** | 1. Knife skills  8. Judge and manipulate  2. Preparation and techniques  7. Dough  3. Cooking methods | Slice cooked meat evenly and accurately.  Change the taste and aroma through the use of pesto paste.  Rolling filling in rough puff pastry.  Gluten formation – use of strong flour. Create layers: rough puff pastry. Resting dough in between rolling and folding. Roll pastry to shape.  Glazing with egg wash.  Oven bake. Visual colour check for golden brown. | Low  Medium  Medium  High  Low  Low | High if chicken is portioned or filleted  Medium if chicken is bought pre-filleted filleted. |
| **Spaghetti, meatballs and tomato sauce** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  3. Cooking methods  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and dice onion using bridge hold and claw grip.  Crush garlic. Mix and bind the wet meatball mixture with egg and/or breadcrumbs.  Shaping the wet mixture. Coating the mixture with flour.  Scissor snip herbs.  Shallow pan frying the meatballs. Use a temperature probe to check the meatballs are cooked.  Reduction sauce: tomato pasta sauce.  Simmering the tomato pasta sauce on the hob.  Pasta. Extrude pasta dough into strips using pasta machine.  Boil pasta on the hob. Use bite test to check pasta is cooked.  Change taste and aroma through the use of herbs. | Low  Low. Medium  High  Low  Medium  Medium  Medium  Low  Medium | Medium  High if pasta dough is made |
| **Cornish pasties** | 1. Knife skills  1. Knife skills  3. Cooking techniques  4. Sauces  7. Dough  2. Preparation and techniques  7. Dough  3. Cooking techniques | Dice raw beef evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Peeling and dicing carrots, potato, swede, and onion using bridge and claw hold.  Sweating vegetables and bacon. Simmering on hob.  Reduction sauce: gravy.  Shortcrust pastry. Use flour to roll pastry to shape.  Wrap pastry around the meat mixture.  Finishing: crimping pastry edges/ Glazing with egg wash.  Oven baking. Use visual colour to cooked. | Medium  Low  Low  Medium  Medium  Medium  Low  Low  Low | Medium |
| **Meat Lasagne** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  3. Cooking methods  7. Dough  4. Sauces  2. Preparation and techniques  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and dice onion and vegetables using bridge hold and claw grip.  Crush garlic, grate carrot, slice celery.  Scissor snip herbs.  Shallow pan frying..  Reduction sauce: meat sauce (made from beef, Quorn or TVP)  Simmering the meat sauce on the hob.  Pasta. Extrude pasta dough into sheets using pasta machine.  Blended white sauce: Béchamel sauce.  Layer meat sauce, pasta and cheese sauce.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of herbs | Low  Low  Low  Medium  Low  Medium  High  Medium  Low  Medium | Medium  High if pasta dough is made |
| **Roasted vegetable lasagne** | 1. Knife skills  3. Cooking methods  4. Sauces  3. Cooking methods  7. Dough  4. Sauces  2. Preparation and techniques  3. Cooking methods | Peel and dice onion and vegetables using bridge hold and claw grip.  Roast vegetables.  Reduction sauce: tomato pasta sauce.  Simmering the tomato pasta sauce on the hob.  Pasta. Extrude pasta dough into sheets using pasta machine.  Blended white sauce: All-in-one (mornay) cheese sauce.  Layer meat sauce, pasta and cheese sauce.  Oven bake. Visual colour check for golden brown. | Low  Low  Medium  Low  Medium  Medium  Medium  Low | Medium  High if pasta dough is made |
| **Three cheese Tortellini/Ravioli in red pepper sauce** | 4. Sauces  7. Dough  2. Preparation and techniques  3. Cooking methods | Reduction sauce: pasta sauce.  Pasta. Extrude pasta dough into sheets using pasta machine. Shape.  Wrap cheese inside pasta. Shape pasta.  Boil pasta on the hob. | Low  Medium  Medium  Low | Medium |
| **Fish pie** | 1. Knife skills  1. Knife skills  3. Cooking methods  4. Sauces  1. Knife skills  3. Cooking methods  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods | Fillet salmon. Use of blue coloured chopping boards to prevent cross contamination.  Slice raw fish evenly and accurately.  Poach fish in milk on hob.  Blended white sauce: Roux sauce.  Peeling and dicing potatoes and slicing mushrooms using bridge and claw hold.  Boil potatoes on hob.  Mash potatoes, use potato ricer and pipe on the top of the pie.  Layer fish sauce and mashed potato.  Scissor snip herbs.  Oven bake. Visual colour check for golden brown. | High  Low  Medium  Medium  Medium/ High  Medium  Medium | Medium  High if the fish is filleted and the potato is piped |
| **Falafels in pitta with tzatziki** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  2. Preparation and techniques  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and dice onion and vegetables using bridge hold and claw grip.  Use food processor to blend wet falafel mixture.  Binding the wet falafel mixture with egg and/or breadcrumbs. Shaping the wet mixture.  Scissor snip herbs.  Shallow pan frying the falafels. Use a temperature probe to check the falafels are cooked.  Grating cucumber for the tzatziki.  Use of yeast to ferment dough/proving dough. Flour surface to knead dough/gluten formation.  Oven bake the pitta bread.  Change taste and aroma through the use of spices. | Low  Low  Medium  Low  Medium  Low  Medium  Medium  Medium | Medium |
| **Fajitas in tortilla wraps with guacamole**  **(filling could be meat, fish or alternatives)** | 1. Knife skills  1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  7. Dough  3. Cooking methods  2. Preparation and techniques  8. Judge & manipulate sensory properties | Slice raw meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Remove visible fat on meat.  Use of coloured chopping boards to prevent cross contamination.  Peel and slice onion and vegetables using bridge hold and claw grip.  Marinate meat/fish/alternatives to flavour.  Scoop avocado, blend vegetables, control enzymic browning with lemon juice .  Use hand blender for guacamole.  Shallow pan frying the fajita mix .  Use a temperature probe to check the meat/fish/alternatives are cooked.  Gluten formation in tortilla. Flour surface to knead dough.  Dry-frying of flatbread on a hot pan.  Wrapping the fajita mix in the tortilla wrap.  Change taste and aroma through the use of spices. | Medium  Low  Low  Medium  Low  Medium  Medium  Medium  Low  Medium | Medium |
| **Lamb moussaka** | 1. Knife skills  3. Cooking methods  4. Sauces  3. Cooking methods  4. Sauces  2. Preparation and techniques  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and slice onion and vegetables using bridge hold and claw grip.  Shallow pan frying.  Reduction sauce: meat sauce.  Simmering the meat sauce on the hob.  Blended white sauce: Béchamel sauce.  Layering of meat, aubergines and white sauce.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of herbs. | Low  Low  Medium  Low  High  Medium  Low  Medium | Medium |
| **Char sui pork buns with sweet chilli dipping sauce** | 1. Knife skills  2. Preparation and techniques  3. Cooking methods  1. Knife skills  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Remove visible fat on pork.  Marinate pork fillet to flavour.  Char marinated pork fillet in oven and grill. Use a temperature probe to check the pork is cooked.  Dice cooked pork evenly and accurately.  Use of yellow coloured chopping boards to prevent cross contamination.  Use of yeast to ferment dough/proving dough.  Steaming proved buns to cook.  Change taste and aroma through the use of spices. Use of garnish. | Low  Low  Medium  Low  Low  Medium  Medium | Medium |
| **Tandoori-style chicken with naan and spiced basmati rice** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  3. Cooking methods  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Portion a chicken or fillet a chicken breast. Remove visible fat on meat (de-skin).  Use of red coloured chopping boards to prevent cross contamination.  Use of lemon juice (acid) to denature protein.  Marinade to add flavour and moisture. Use blender to make the marinade.  Oven bake the chicken.  Use a temperature probe to check the chicken is cooked.  Boiling the rice on the hob.  Use of yeast to ferment dough/proving dough. Flour surface to knead dough. Gluten formation.  Oven bake the naan bread/grill top of naan to brown.  Use visual colour and sound to check the naan is cooked.  Change taste and aroma through the use of spices/paste. | High. Low  Low  Low  Medium  Low  Medium  Medium  Medium | Medium |
| **Shish lamb kebab in lefse (flat bread)** | 1. Knife skills  1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  1. Knife skills  3. Cooking methods  2. Preparation and techniques  7. Dough  3. Cooking methods  2. Preparation and techniques  8. Judge & manipulate sensory properties | Dice raw lamb evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Peeling and dicing onions and dicing pepper using bridge and claw hold.  Marinate lamb to tenderise and flavour the meat.  Skewer chicken and vegetables to grill, wrap kebab in pitta bread.  Grill skewers. Use a temperature probe to check the lamb is cooked .  Peeling and dicing potatoes using bridge and claw hold.  Boil potatoes on hob.  Mash potatoes, use potato ricer and mix into lefse dough.  Gluten formation in lefse. Flour surface to knead dough.  Dry-frying of flatbread on a hot pan.  Wrapping the lamb kebab and grilled vegetables in the lefse flatbread.  Change taste and aroma through the use of spices/paste. | Low  Low  Medium  Low  Medium  Low  Low  Medium  Medium  Medium  Low  Medium | Medium |
| **Tomato, lentil and bacon soup and Seeded bread rolls** | 1. Knife skills  1. Knife skills  3. Cooking methods  2. Preparation and techniques  7. Dough  7. Dough  8. Judge & manipulate sensory properties  3. Cooking methods | Peeling and dicing onions and slicing celery using bridge and claw hold.  Use of red coloured chopping board to prevent cross contamination.  Dice raw bacon evenly and accurately. Remove visible rind on bacon.  Sweating vegetables and bacon. Simmering on hob.  Use a poke test to check the vegetables are cooked.  Blend soup in blender.  Gluten formation – use of strong flour. Use of yeast to ferment dough/proving dough.  Use of flour to knead bread dough.  Glazing the bread rolls with egg wash.  Coating the top of the bread rolls in poppy seeds to add texture and flavour before baking.  Oven baking of bread. Use visual colour and sound to check the bread is cooked. | Low  Low  Medium  Medium  Medium  Low  Low  Medium | Medium |
| **Jerusalem artichoke soup with infused chilli oil and breadsticks** | 1. Knife skills  2. Preparation and techniques  3. Cooking methods  2. Preparation and techniques  7. Dough  7. Dough  8. Judge & manipulate sensory properties  3. Cooking methods  8. Judge & manipulate sensory properties | Peeling and slicing Jerusalem artichokes and onion using bridge and claw hold.  Control enzymic browning with lemon juice.  Sweating vegetables. Simmering on hob.  Use a poke test to check the vegetables are cooked.  Blend soup in blender.  Gluten formation – use of strong flour. Use of yeast to ferment dough/proving dough.  Use of flour to knead bread dough.  Glazing the bread sticks with egg wash.  Coating the breadsticks in sesame seeds to add texture and flavour before baking.  Oven baking of bread. Use visual colour and sound to check the bread is cooked.  Change taste and aroma through the use of infused chilli oil. | Low  Low  Low  Medium  Medium  Low  Low  Medium  Medium | Medium |
| **Spring rolls with dressed oriental salad and tomato, chilli jam** | 1. Knife skills  1. Knife skills  2. Preparation techniques  8. Judge & manipulate sensory properties  3. Cooking methods  4. Sauces  2. Preparation techniques  3. Cooking methods  8. Judge & manipulate sensory properties | Julienne carrots and cut vegetables into even sized strips for filling and salad.  Slice cooked meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Rolling filling in rice paper, filo or spring roll pastry.  Coating the wrap in sesame seeds to add texture and flavour before frying.  Shallow pan frying. Use of visual colour test to check if cooked.  Emulsion sauce: salad dressing.  De-seed chilli and tomatoes. Dice vegetables using bridge hold and claw grip.  Boiling the jam on the hob.  Change taste and aroma through the use of spices. | Medium  Low  Medium  Low  Medium  High  Low  Medium  Medium | Medium |
| **Stir fry with noodles** | 1. Knife skills  1. Knife skills  2. Preparation and techniques  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Julienne carrots and cut vegetables into even sized strips for filling and salad.  Slice cooked meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Marinade to add flavour and moisture. Use blender to make the marinade.  Pasta. Extrude pasta dough into strips using pasta machine.  Stir frying.  Change taste and aroma through the use of spices. | Medium  Low  Low  Medium  Medium  Medium | Medium  High if noodle dough is made and extruded |
| **Katsu chicken with sticky rice**  **(Katsu- Japanese method of breadcrumbing)** | 1. Knife skills  2. Preparation and techniques  3. Cooking methods  4. Sauces  8. Judge & manipulate sensory properties  8. Judge & manipulate sensory properties | Slicing raw chicken.  Use of red coloured chopping boards to prevent cross contamination.  Coating with egg wash and breadcrumbs.  Oven baking. Use of temperature probe to check if chicken is cooked. Boiling rice on hob.  Reduction sauce: curry sauce.  Change taste and aroma through the use of spices.  Decorative technique: mould sticky rice. | Low  High  Medium. Low  Medium  Medium  Medium | Medium  High if chicken is de- boned |
| **Pizza** | 1. Knife skills  1. Knife skills  4. Sauces  7. Dough  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Slice cooked meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Peel and slice vegetables using bridge hold and claw grip.  Reduction sauce: tomato pasta sauce.  Use of yeast to ferment dough/proving dough. Gluten formation.  Use of flour to knead and shape dough. Finishing: Creating the topping.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of herbs. | Low  Low  Medium  Medium  Medium  Low  Medium | Medium |
| **Calzone** | 1. Knife skills  1. Knife skills  4. Sauces  7. Dough  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Slice cooked meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Peel and slice vegetables using bridge hold and claw grip.  Reduction sauce: tomato pasta sauce.  Use of yeast to ferment dough/proving dough. Gluten formation.  Use of flour to knead/shape dough. Finishing: wrap filling in bread/crimp edges/egg wash glaze.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of herbs. | Low  Low  Medium  Medium  Medium  Low  Medium | Medium |
| **Quiche Lorraine** | 1. Knife skills  1. Knife skills  3. Cooking methods  5. Set a mixture  7. Dough  3. Cooking methods | Peeling and dicing onions and vegetables using bridge and claw hold.  Use of red coloured chopping board to prevent cross contamination.  Dice raw bacon evenly and accurately. Remove visible rind on bacon.  Sweating vegetables and bacon. Simmering on hob.  Use a poke test to check the vegetables are cooked.  Use protein (egg) to set the heated filling mixture.  Shortening – shortcrust pastry. Use flour to roll pastry to line flan ring.  Oven baking. | Low  Medium  Low  Low  Medium  Medium | Medium |
| **Steak and kidney pudding** | 1. Knife skills  1. Knife skills  7. Dough  3. Cooking methods | Dice raw beef and kidneys evenly and accurately.  Use of red coloured chopping boards to prevent cross contamination.  Peel and slice onion using bridge hold and claw grip.  Suet pastry.  Steaming. | Medium  Low  Medium  Medium | Medium  High if a reduced sauce, gravy is made |
| **Ham, leek and mushroom crepes with parmesan cheese sauce** | 1. Knife skills  1. Knife skills  5. Set a mixture  3. Cooking methods  2. Preparation and techniques  4. Sauces | Dice cooked ham evenly and accurately.  Slice vegetables.  Use protein (egg) to set the heated batter.  Dry-frying crepes and shallow frying vegetables.  Wrapping filling in crepe.  Blended white sauce: all-in-one. | Low  Low  Medium  Medium  Low  Medium | Medium |
| **Goan curry with chapattis** | 1. Knife skills  1. Knife skills  1. Knife skills  4. Sauces  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Slice raw meat/fish/alternatives (e.g., tofu, halloumi) evenly and accurately.  Remove visible fat on meat.  Use of coloured chopping boards to prevent cross contamination.  Peel and slice onion and vegetables using bridge hold and claw grip.  Reduction sauce: curry sauce.  Gluten formation in chapatti. Flour surface to knead dough.  Dry-frying of flatbread on a hot pan.  Change taste and aroma through the use of spices. | Low  Low  Low  Medium  Medium  Medium  Medium | Medium |
| **Soda bread with caramelised onion chutney** | 6. Raising agents  7. Dough  3. Cooking methods  1. Knife skills  3. Cooking methods  8. Judge & manipulate sensory properties | Use chemical raising agents - self raising flour & bicarbonate of soda.  Glazing with egg wash.  Oven bake. Visual colour and sound check for golden brown.  Peel and slice onion using bridge hold and claw grip.  Shallow fry onions. Simmer on hob.  Change taste and aroma through the use of spices and reduction. Change flavour by caramelising onions. | Medium  Low  Medium  Low  MediumMedium | Medium |
| **Salad Lyonnaise (poached egg and bacon salad)** | 1. Knife skills  3. Cooking methods  2. Preparation and techniques  4. Sauces  8. Judge & manipulate sensory properties | Slice raw bacon and shallots.  Grill bacon. Poach egg. Shallow fry bread to make croutons.  Shred frisée lettuce.  Emulsion: salad dressing.  Change taste through use of spices. | Low  Medium  Low  High  Medium | Medium |
| **Gnocchi with Pomodoro sauce** | 4. Sauces  1. Knife skills  3. Cooking methods  2. Preparation and techniques  7. Dough  8. Judge & manipulate sensory properties | Reduction sauce: pasta sauce.  Peeling and dicing potatoes using bridge and claw hold.  Boil potatoes and gnocchi on hob.  Mash potatoes, use potato ricer.  Gnocchi. Finishing: shape.  Change taste and aroma through the use of herbs. | Medium  Low  Low  Medium  Medium | Medium |
| **Chilli con carne with rice** | 1. Knife skills  2. Preparation and techniques  3. Cooking methods  4. Sauces  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and dice onion and vegetables using bridge hold and claw grip.  Crush garlic, de-seed chilli.  Shallow pan frying.  Reduction sauce: meat sauce (made from beef, Quorn or TVP).  Simmering the meat sauce on the hob.  Boil rice on the hob. Use bite test to check rice is cooked.  Change taste and aroma through the use of spices. | Low  Low  Medium  Medium  Low  Medium | Medium |
| **Cottage pie** | 1. Knife skills  3. Cooking methods  4. Sauces  3. Cooking methods  1. Knife skills  3. Cooking methods  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods | Peel and dice onion and vegetables using bridge hold and claw grip.  Shallow pan frying.  Reduction sauce: meat sauce (made from beef, Quorn or TVP).  Simmering the meat sauce on the hob.  Peeling and dicing potatoes using bridge and claw hold.  Boil potatoes on hob.  Mash potatoes, use potato ricer and pipe on the top of the pie.  Layer meat sauce and mashed potato.  Oven bake. Visual colour check for golden brown. | Low  Low  Low  Low  Low  Low  Medium  Medium  Low | Low  Medium if the potatoes are riced and piped |
| **Thai green curry with jasmine rice** | 1. Knife skills  1. Knife skills  2. Preparation and techniques  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties | Dice raw pre-filleted chicken breasts evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Slice spring onions and sugar snap peas.  Scissor snip herbs. Crush garlic.  Simmer on hob. Use a temperature probe to check the chicken is cooked.  Boil rice on the hob. Use bite test to check rice is cooked.  Change taste and aroma through the use of spices. | Low  Low  Low  Low  Low  Medium | Low  Medium if the Thai green sauce is made |
| **Spaghetti bolognaise** | 1. Knife skills  2. Preparation and techniques  2. Preparation and techniques  3. Cooking methods  4. Sauces  3. Cooking methods  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Peel and dice onion and vegetables using bridge hold and claw grip.  Crush garlic, grate carrot, slice celery.  Scissor snip herbs.  Shallow pan frying.  Reduction sauce: meat sauce (made from beef, Quorn or TVP).  Simmering the meat sauce on the hob.  Pasta. Extrude pasta dough into strips using pasta machine.  Boil pasta on the hob. Use bite test to check pasta is cooked.  Change taste and aroma through the use of herbs. | Low  Low  Low  Low  Low  Low  Medium  Low  Medium | Low  Medium if the pasta dough has been made |
| **Toad in the Hole** | 6. Raising agents  3. Cooking techniques  3. Cooking techniques | Use steam in batter to rise it.  Roasting sausages in the oven  Oven bake batter . Visual colour check for golden brown. | Low  Low  Medium | Low  Medium if served with roasted or steamed vegetables |
| **Macaroni cheese** | 4. Sauces  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties | Blended white sauce: Infused milk to make cheese sauce.  Boil pasta on the hob. Use bite test to check pasta is cooked.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of infused milk. | Medium  Low  Low  Medium | Low |
| **Mushroom risotto** | 1. Knife skills  1. Knife skills  3. Cooking methods    8. Judge & manipulate sensory properties | Peeling and dicing onions and celery using bridge and claw hold.  Slice mushrooms using bridge hold.  Sweating vegetables. Simmering on hob.  Use a poke test to check the vegetables are cooked. Use bite test to check rice is cooked.  Use of garnish. | Low  Low  Low    Low | Low  Medium if served with a dressed salad |
| **Beef bourguignon with roasted crushed potatoes** | 1. Knife skills  1. Knife skills  4. Sauces  3. Cooking methods  3. Cooking methods  2. Preparation and techniques  8. Judge & manipulate sensory properties | Dice raw beef evenly and accurately.  Use of red coloured chopping boards to prevent cross contamination.  Peel and slice onion and vegetables using bridge hold and claw grip.  Reduction sauce: gravy.  Oven baking. Use a temperature probe to check the beef is cooked.  Boiling potatoes on the hob. Roasting potatoes in the oven.  Crush potatoes, Scissor snip herbs.  Use of infused walnut oil to roast crushed potatoes. | Low  Low  Medium  Low  Medium  Low  Low | Low  Medium if served with potatoes and vegetables |
| **Braised pork with plums with creamy celeriac mash** | 1. Knife skills  2. Preparation and techniques  1. Knife skills  3. Cooking methods  2. Preparation and techniques  8. Judge & manipulate sensory properties | Dice raw meat evenly and accurately. Remove visible fat and rind on meat.  Marinade meat to add flavour and moisture.  Peel and slice onion, vegetables and plums evenly and accurately using bridge hold and claw grip.  Shallow fry meat and vegetables. Braise in oven. Boil celeriac on hob.  Mash celeriac.  Change the taste by use of herbs and spices. | Medium  Low  Low  Low  Low  Medium | Low  Medium if served with the potatoes and vegetables |
| **Stuffed vine leaves** | 1. Knife skills  3. Cooking methods  2. Preparation techniques  3. Cooking methods | Peeling and dicing onions and vegetables using bridge and claw hold.  Simmer lamb, vegetable and rice mixture on hob.  Wrapping vine leaves around lamb and rice mixture  Boil stuffed vine leaves on hob. | Low  Low  Low  Low | Low |
| **Eswatini Africa**  **Beef Stew with dumplings** | 1 Knife skills  3 Cooking methods  3 Cooking methods  3 Cooking methods | Peel and dice vegetables with paring knife.  Frying onions till translucent and add other vegetables.  Simmer stew till tender.  Sift flour and add just enough liquid for correct consistency for dumplings.  Add dumplings when liquid is boiling. | Low  Medium  Medium  Medium | Medium |
| **South Africa**  **Bobotie (can be used with minced beef or hake)** | 3 Cooking methods  3 Cooking methods  3 Cooking methods  3 Cooking methods  3 Cooking methods  3 Cooking methods | Sauté the onions in the butter or oil.  Soak the bread in half the milk.  Mix all the ingredients together except the eggs, the remainder of the milk and the lemon leaves. Spoon. Into a casserole and press in the lemon leaves.  Beat the eggs and milk and pour over the meat. Bake for approximately 45 minutes in oven Gas 5 / 180c.  Bake for approximately 45 minutes in oven Gas 5 / 180c.  Serve with rice, chutney, desiccated coconut and chopped nuts. | Medium  Low  Medium  Medium  Low  Medium | Medium |
| **Morocco**  **Chicken Tagine** | 1 Knife skills  3 Preparation and techniques  1 Knife skills  3 Cooking methods  3 Cooking methods. | Remove skin and debone chicken thighs. Cut into cubes.  Heat oil in large wide pan, with a lid, add chicken boneless thighs. Fry quickly until lightly coloured.  Add chopped onion, pepper, carrots and ginger. Fry further 2 minutes  Add 150ml water, the turmeric and honey, season, then stir well. Bring to the boil.  Cover tightly, then simmer for 20 minutes until chicken is tender (75c).  Uncover and increase the heat for approximately 5 mins to reduce the sauce just a little. Sprinkle with parsley and serve with lemon wedges. Serve with rice. | High  Medium  Medium  Low  Medium | High |
| **India**  **Bombay Potato curry** | 1 Knife skills  3 Cooking methods  3 Cooking methods  3 Cooking methods  3 Cooking methods  3 Cooking methods  8 Judge and manipulative sensory properties | Cut potatoes into bite size pieces, peel and slice onion.  Heat oil in frying pan and cook the onion over medium heat until soft and slightly caramelised – approximately 10 minutes.  Add spices and chilli and cook for 2 minutes, stirring continuously to release flavours.  Add enough water to cover ingredients, then simmer for 20 minutes.  Add the potatoes to the pan, cover and cook until they are tender – about 10 minutes.  Add peas five minutes before the end of cooking, stir and replace the lid.  Remove from heat and stir in the spinach until wilted.  Serve with fresh raita made from reduce fat yogurt, grated cucumber and 1 x 5ml spoon mint sauce. | Medium  Medium  Low  Low  Medium  Low  Medium  Medium |  |
| **Namibia**  **Flatbreads** | 3 Cooking methods  7 Dough  3 Cooking methods  3 Cooking methods  3 Cooking methods  2 Judge and manipulate sensory properties | Add flour and pepper for flatbreads in a large bowl. Add yoghurt and mix well using a pastry knife.  Divide dough into 4 and then roll each piece out into an oval shape.  Place on a baking tray and baking oven as 5/190 c for about 10 mins or until lightly brown or using a griddle / frying pan cook for 2 minutes each side.  Peel and chop onion and crush garlic  Chop tomatoes  Put oil in pan and add garlic and onion fry for 2 mins. Add tomatoes, vinegar, pepper, honey, herbs and cook for another few minutes, stirring well until all ingredients cooks down.  Serve each flatbread with tomato sauce mixture | Medium  Medium  Low Medium  Medium  Medium  Medium | Medium |
| **Philippines**  **Pork and coconut curry noddle soup** | 1 Cooking methods  2 Preparation and techniques  3 Cooking methods  3 Cooking methods  3 Cooking methods  2 Preparation and techniques  3 Cooking methods  3 Cooking methods  8 Judge and manipulate sensory properties | Pre-heat oven Gas 7 /200c. Cut pork into large bite size cubes. Rub with salt and 2 tablespoons of curry powder.  Place pork pieces on baking tray and roast for 15-20 minutes until well cooked.  Rest for 10 minutes and then slice.  Cook noodles, drain and rinse under cold water and set aside.  Heat remaining oil in a large saucepan over a medium heat. Fry the onions stirring occasionally until lightly golden.  Add the lemon grass and remaining curry powder. mix well and cook for 1 minute.  Add 250 ml water and the coconut milk, bring to the boil for 1 minute, then lower the heat. Simmer for 10 minutes.  Add the beans, Worcester sauce to taste, then cook for a further 4-5 minutes.  Add the noodles to heat through. Then add the lime zest and juice.  Serve the soup topped with pork, lime wedges, plus extra chilli and crispy onions, if you like. | Medium |  |
| **Ukraine**  **Borsch** | 1 Knife skills  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  2 Preparation and techniques  8 Judge and manipulate sensory properties | Peel, grate/chop all the vegetables.  Heat a large pan over medium to high heat and add 2 tablespoons of oil.  Add grated beetroot and sauté for 10 minutes. Stirring occasionally.  Add stock made up or use a mix vegetable stock cubes with ½ litre water. Add sliced potatoes and carrots. Cook for 10-15 minutes or until easily pierced with a folk.  While potatoes are cooking heat a large skillet/frying pan over a high/medium heat. Add 2 tablespoons of oil.  Add chopped celery, onion, and bell pepper. Sauté stirring occasionally until softened and slightly golden. (7-8 minutes).  Add 4 tablespoons of sauce (can make fresh to include additional skills. and stir fry for 30 seconds. Transfer to sauce pan to continue cooking with the potatoes.  When potatoes and carrots are soft, add a can of cannelloni beans with their juice. 2 bay leaves, 2-3 tablespoons of white vinegar, 1 tsp salt, ¼ tsp black pepper, 1 pressed garlic clove, and 2 tablespoons of chopped dill.  Simmer for 2-3 minutes. Season to taste add more seasoning as required.  Serve with sour cream and sourdough grain bread. | Medium  Low  Medium  Medium  Medium  Medium//high  Medium  Low | Medium |
| **Ukraine**  **Chicken Kyiv** | 2 Preparation and techniques  2 Preparation and techniques  1 Knife skills  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  8 Judge and manipulate sensory properties | Preparing chicken Kyiv begins with making herb butter. Dill and parsley are used to which garlic and salt and sometimes pepper, are added.  This butter is shaped into a cylinder and placed in the freezer so that it can be maintained and is easy to handle.  Debone chicken breast or buy already deboned.  Chicken breasts are pounded to be flattened and are used to wrap around the herb the butter. This insert is placed in a poultry net and the whole is rolled up on itself. The final shape should suggest that the chicken breast was never stuffed.  Stuffed chicken is placed in the fridge to keep it in shape.  Breaded coating is made using a mixture of flour, beaten egg and then breadcrumbs.  Chicken is then dipped in the egg mixture and coated with breadcrumbs. It can then be fried in hot oil. Turning halfway through frying approximately 8 minutes.  Bread crumbed chicken can also be cooked in the in the oven for about 20 minutes.  The chicken can be garnished with a drizzle of lemon juice, serve with green vegetables and mashed potatoes. | Medium    High / Medium  High / Medium    Medium | High |
| **Original meat chilli con carne from American Texas**  **Adapted to suit Vegetarians**  **Vegetarian chilli** | 1 Knife skills  3 Cooking methods  3 Cooking methods  2 Preparation and techniques  3 Cooking methods  8 Judge and manipulate sensory properties | Prepare all vegetables and chop finely. Crush garlic.  Into a pan or wok put oil. Add crushed garlic, sweet potato, pepper and onion. Fry gently for about 5 minutes.  Stir in cayenne pepper, chilli, cumin, cinnamon, salt and pepper. Cook for another 5 minutes.  Drain the beans and stir into the pan together with the mushrooms. Open the tomatoes and add to the mix.  Turn down the heat and simmer for about 20 minutes. or until all vegetables are soft and the mixture has thickened. If it gets too thick add a small amount of water.  Before serving stir in chopped fresh coriander (if using). Taste for seasoning. Serve with soured cream or natural yoghurt and boiled rice. | Medium  Medium  Medium  Low  Medium  Medium | Medium |
| **Kenya Africa**  **Mielie bread** | 1 Cooking methods  2 Preparation and techniques  6 Raising agents  7 Dough  3 Cooking methods  8 Judge and manipulate sensory properties | Preheat oven and grease loaf tin and dust with flour.  Sift flour to incorporate air. Use a chemical raising agent.  Make sure it is the correct consistency.  Oven bake. Visual and skewer check.  Browning (dextrinization). | Low  Medium  Medium  Low | Medium |
| **Samp and beans** | 2 Preparation and techniques  3 Cooking methods  3 Cooking methods  8 Judge and manipulate sensory properties | Wash and soak beans and samp overnight.  Boil samp and beans till soft.  Add onion, carrots, tomatoes and simmer. Stir in mushroom soup and simmer until soft.  Change taste by folding in biltong powder and leave to stand for 5 minutes. | Low  Low  Low | Low |
| **Fat cake and curry mince** | 2 Preparation and techniques  6 Raising agents  7 Dough  7 Dough  3 Cooking methods  7 Dough  2 Preparation and techniques  3 Cooking methods | Sift flour to incorporate air.  Heat oil for deep frying fat cake.  Use yeast – fermentation - to produce carbon dioxide in dough.  Knead, rise and prove dough in a warm place.  Shape dough in balls.  Fry vegetables for mince stew.  Fry in hot oil till golden brown.  Cut fat cake and fill with stewed mince.  Stew mince. | Low  Medium  High  High  Low  Medium  Medium  Low  Low | High |
| **India**  **Masala Paneer** | 1 Knife skills  3 Cooking methods  2 Preparation and techniques  3 Cooking methods  6 Judge and manipulate sensory properties | Slice the onions and tomatoes. Put frying pan or skillet on medium heat.  Add 1 tablespoons of butter and add the onions, when the onions turn brown at the edges add the tomatoes and 100 ml water and cook them until soft.  Let the mixture cool and then blend this mixture into a puree like consistency.  Using the same frying pan/skillet, add the other tablespoon of butter, add the coriander powder and the chilli powder and the puree of onion and tomato.  Add the cubed cottage cheese and 125 ml water and cook for a further 3-4 minutes. Taste for seasoning add as required. | Medium    Medium  Medium  Medium | Medium |
| **India**  **Roti, Phulka and Chapati** | 7 Dough  7 Dough  2 Preparation and techniques  3 Cooking methods  3 Cooking methods | Combine flours in a large bowl, add salt and oil and the water to make a stiff dough.  Let the dough rest for 15 minutes.  Divide the dough into 12 equal balls – keep the other dough balls covered until you roll out evenly.  Put on a skillet or grill pan over a medium heat. When hot, place the rolled out Roti on the skillet/fry pan and cook util some bubbles start to appear, around 20 seconds. Flip the Roti onto the other side until a few more bubbles appear, around 20/30 seconds. As it is cooking lightly press the roti from the sides and it should puff up as a whole  Remove and out a little butter on the roti. Repeat the method above for the remaining dough. | Medium      Medium/high | Medium |
| **South America**  **Argentina**  **Empanadas** | 7 Dough      3 Cooking methods    3 Cooking methods  3 Cooking methods  3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  7 Dough  7 Dough  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods | Empanada dough  Add flour, salt into a large bowl, stir together. Add egg and butter, stir well. Add oil and warm water, stir until the mixture starts to come together into a dough ball. Add more water if the mixture is too dry.  Place dough in bowel and cover. Allow to rest at room temperature for 30-45 minutes. Shortcrust pastry can be used instead.  Filling  Heat olive oil over medium – low heat. Add onion and cook for 10 minutes, stirring frequently.  Add garlic, chilli, cumin and sweet paprika powder and oregano. Cook for 2 minutes.  Increase heat to medium and add ground beef. Season with salt and pepe and cook, crumbling into small pieces until brown. Stir in beef bouillon.  Remove from heat and transfer to a bowl leave to cool.  Then stir in green onion, olives, parsley and hard-boiled eggs. Different fillings can be added. For example, ground chicken, turkey, diced potatoes, carrots, peas, ham walnuts and raisins.  Cover mixture and leave in fridge for 30 minutes or longer if possible.  Assembly  Divide the dough in 2 pieces. Roll each piece into large circle., about 1/8 inches thick.  Use a cutter to cut the dough into circles about 6 inches in diameter. Mini empanada’ can be made with a smaller cutter.  Place 2 tablespoons filling in centre of dough, leaving around the border.  Moisten edges of the circles with water, then fold the dough over and match the ends together to form a semi-circle.  Pinch ends together then crimp them with a fork or pinching and twisting/folding it over.  Baked Empanadas place on baking sheet lined with parchment paper. Brush with egg white and bake for 190c/Gas 5 for 25-30 minutes. Until golden brown and fully cooked. | Medium      Medium    Low  Medium  Medium  Low  High  High  Medium  High  High  Medium | High |
| **Vietnam**  **Caramelised fish with turmeric and dill** | 2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  2 Preparation and techniques  3 Cooking methods  8 Judge and manipulate sensory properties  2 Preparation and techniques  8 Judge and manipulate sensory properties | To make turmeric and dill marinade, wash, dry and peel fresh turmeric and put in mortar and pestle until completely crushed. Otherwise use powered turmeric and dill. Add salt and 1 tablespoon of oil. Mix well.  Fillet white fish and cut into large pieces (5cm x 5cm). Salmon pieces can also be used.  Transfer the turmeric and dill marinade a bowl and add the fish pieces. Ensure all fish is covered. Place in fridge for 20 minutes.  Create a paste by pounding the garlic in the mortar. Add the shallots and pound. Add the chillies and pound. Leave to one side.  Using a frying pan add the garlic, shallot and chilli paste, 2 tablespoons of oil and pepper. Stir to combine. Cook on low heat for 1 minute or until aromatic and sizzling.  Sprinkle in sugar and allow to caramelise. Add the fish sauce., stir to combine. Add water and stir. Turn the heat up to bring to the boil.  Once boiling turn down, taste to adjust seasoning, then add fish pieces. And gently cook until just done.  Sprinkle chopped fresh dill, sliced spring onions and roasted peanuts over the fish.  Transfer to dish and cover. Serve with steamed rice or noodles. Garnish. | Medium  High/medium  Medium  Medium  Medium  Medium  Medium  Medium  Medium | High / Medium |
| **Sweet recipes** |  |  |  |  |
| **Lemon meringue pie** | 2. Preparation and techniques  5. Set a mixture  3. Cooking methods  6. Raising agents  7. Dough  7. Dough  8. Judge & manipulate sensory properties | Juice lemon.  Use cornflour starch to set the chilled lemon filling.  Simmer lemon filling on hob. Oven baking.  Use egg as a raising agent - create gas in air foam using the egg white for the meringue top.  Shortening – sweet shortcrust pastry. Us e flour to roll pastry to line flan ring.  Finishing: pipe meringue.  Browning (dextrinization). | Low  High  Medium  High  Medium  Medium  Low | High |
| **Chocolate éclairs or profiteroles** | 5. Set a mixture  6. Raising agents  7. Dough  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties | Use protein (egg) to set the choux pastry on heating.  Use steam in choux pastry to rise it.  Gluten formation – use of strong flour to make choux pastry. Pipe choux pastry.  Oven bake. Visual colour check for golden brown.  Piping cream inside choux and coating the top with chocolate.  Browning (dextrinization). | High  High  High  Medium  Medium  Low | High |
| **Cream horns** | 7. Dough  7. Dough  7. Dough  5. Set a mixture  3. Cooking methods  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour  Create layers: rough puff pastry. Resting dough in between rolling and folding. Roll pastry to shape  Glazing with egg wash  Use starch and eggs to set crème patisserie.  Oven bake. Visual colour check for golden brown.  Decorative technique: spiralling pastry around the horn. Browning (dextrinization) | High  High  Low  High  Medium  Medium | High |
| **Apple and Passion fruit tartlets** | 7. Dough  7. Dough  3. Cooking methods  5. Set a mixture  2. Preparation and techniques  1. Knife skills  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour.  Create layers: rough puff pastry. Resting dough in between rolling and folding. Roll pastry to shape.  Oven bake. Visual colour check for golden brown.  Use starch and eggs to set crème patisserie.  Peel apples. Scoop seeds out of vanilla pod and passion fruit.  Slice apples into even sized pieces using bridge hold and claw grip.  Decorative technique: spiralling apple layer and scooped passion fruit. Browning. | High  High  Medium  High  Medium  Low  Low | High |
| **Summer berry vol au vents hearts** | 7. Dough  7. Dough  7. Dough  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties  2. Preparation and techniques  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour.  Create layers: rough puff pastry. Resting dough in between rolling and folding. Roll pastry to shape.  Glazing with egg wash.  Oven bake. Visual colour check for golden brown.  Boiling the fruit jam on the hob.  Decorative technique: piping cream.  Cutting strawberries into rose shapes to decorate.  Browning (dextrinization). | High  High  Low  Medium  Medium  Medium  Medium  Low | High |
| **Pavlova/meringues** | 6. Raising agents  3. Cooking methods  2. Preparation and techniques  7. Dough | Use egg as a raising agent - create gas in air foam using the egg white. Use of electric mixer.  Oven bake. Visual and sound check.  Peeling, slicing and de-segmenting fruit. Garnish top with fruit.  Finishing: piping meringue and cream. | High  Medium  Medium  Medium | High |
| **New York Cheesecake** | 7. Dough  8. Judge & manipulate sensory properties  5. Set a mixture  2. Preparation and techniques  3. Cooking methods | Shortening: making biscuits by rubbing in method.  Change texture by crushing the biscuits.  Use starch and eggs to set crème patisserie.  Zest and juice lemon. Garnish top with lemon.  Oven bake. Visual colour and poke check to test if cooked. | Medium  Low  High  Low  Medium | High |
| **Feathered Victoria sponge cake** | 6. Raising agents  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties | Use chemical raising agents - self raising flour.  Oven bake. Visual and skewer check.  Boiling the jam on the hob.  Decorative technique: Feathering with glacé icing. Browning (dextrinization). | Medium  Medium  Medium  High | High |
| **Swiss roll**  **Whisked flan case** | 6. Raising agents  3. Cooking methods  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties | Use egg as a raising agent - create gas in air foam using the whole egg.  Oven bake. Visual and skewer check.  Boiling the jam on the hob.  Finishing: rolling the cake and dusting with icing sugar.  Browning (dextrinization). | High  Medium  Medium  Medium  Low | High |
| **Roulade** | 6. Raising agents  3. Cooking methods  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties | Use egg as a raising agent - create gas in air foam using the whole egg.  Oven bake. Visual and skewer check.  Boiling the jam on the hob.  Finishing: rolling the cake and dusting with icing sugar.  Browning (dextrinization). | High  Medium  Medium  Medium  Low | High |
| **Black cherry and chocolate trifle** | 6. Raising agents  3. Cooking methods  5. Set a mixture  8. Judge & manipulate sensory properties | Use egg as a raising agent - create gas in air foam using the egg white to make sponge fingers.  Oven bake. Visual and skewer check.  Use starch to set chilled chocolate custard. Use gelatine to set jelly.  Decorative technique: layering of trifle, use of whipped piped cream and fruit to decorate top. | High  Medium  High  High | High |
| **Salted caramel Chelsea buns** | 7. Dough  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour. Use of yeast to ferment dough/proving dough. Gluten formation. Rolling dough to shape.  Glazing with sugar glaze.  Oven bake. Visual colour check for golden brown and sound check to test if cooked.  Change flavour by addition of salt to caramel . Browning (dextrinization). | High  Low  Medium  Medium | High |
| **Cinnamon Danish pastry pinwheels** | 7. Dough  7. Dough  7. Dough  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour.  Create layers: danish pastry. Resting dough in between rolling and folding. Roll pastry to shape  Glazing with egg wash.  Finishing: rolling and cutting the dough.  Oven bake. Visual colour check for golden brown.  Change taste and aroma through the use of cinnamon paste.  Decorative technique: drizzle with glacé icing. Browning (dextrinization). | High  High  Low  Medium  Medium  Medium  Low | High |
| **Lemon tart**  **or**  **Egg custard tart** | 5. Set a mixture  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Use protein (egg) to set the heated filling mixture.  Shortening – sweet shortcrust pastry. Us e flour to roll pastry to line flan ring.  Oven baking.  Browning (dextrinization). | Low  Medium  Medium  Low | Medium |
| **Scones and fruit jam** | 3. Cooking methods  6. Raising agents  7. Dough  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Boiling the jam on the hob.  Use chemical raising agents - self raising flour & bicarbonate of soda.  Shortening – rubbing fat into flour. Rolling.  Finishing: cutting the dough, glazing with egg wash.  Oven bake. Visual colour check for golden brown.  Browning (dextrinization). | High  Medium  Medium  Low  Low | Medium |
| **Lemon and raisin drop scones with lemon curd** | 5. Set a mixture  6 Raising agents  3. Cooking methods  8. Judge & manipulate sensory properties | Use protein (egg yolks) to thicken and set the heated lemon curd mixture.  Use chemical raising agents - self raising flour.  Dry-frying. Visual colour and poke check to test if cooked.  Browning (dextrinization). | Low  Medium  Medium  Low | Medium  High if lemon curd is made |
| **Fruit salad with strawberry ice cream** | 1. Knife skills  2. Preparation and techniques  3. Cooking methods  5. Set a mixture | Peel, slice or dice fruit into even sized pieces using bridge hold and claw grip.  Blend and de-seed strawberries. De-skin fruit and segment oranges.  Control enzymic browning with lemon juice.  Simmer custard base.  Use protein (egg yolks) to thicken and set the heated mixture. | Low  Low  Low  Medium  Medium | Medium |
| **Lemon drizzle cake** | 6. Raising agents  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties | Use chemical raising agents - self raising flour.  Oven bake. Visual and skewer check.  Finishing: applying drizzle glaze  Browning (dextrinization). | Medium  Medium  Low  Low | Medium |
| **Blueberry muffins with coconut crumble topping** | 6. Raising agents  7. Dough  3. Cooking methods  8. Judge & manipulate sensory properties | Use chemical raising agents - self raising flour.  Shortening – coconut crumble topping.  Oven bake. Visual and skewer check.  Addition of coconut crumble topping to make crisp and crumb textured. Portioning. Browning (dextrinization). | Medium  Medium  Medium  Medium | Medium |
| **Carrot and passion fruit cake** | 2. Preparation and techniques  6. Raising agents  3. Cooking methods  8. Judge & manipulate sensory properties | Grating carrot for the cake mixture. De-skinning and scooping out passion fruit seeds.  Use chemical raising agents - self raising flour.  Oven bake. Visual and skewer check.  Browning (dextrinization). | Low  Medium  Medium  Low | Medium |
| **Black forest Gateaux** | 6. Raising agents  3. Cooking methods  8. Judge & manipulate sensory properties | Use chemical raising agents - self raising flour.  Oven bake. Visual and skewer check.  Decorative technique: piping cream and garnishing with fruit. Browning (dextrinization). | Medium  Medium  Medium | Medium |
| **Viennese fingers** | 7. Dough  8. Judge & manipulate sensory properties | Shortening.  Decorative technique: Piping dough and dipping in melted chocolate. | Medium  Medium | Medium |
| **Apple crumble and vanilla custard** | 2. Preparation and techniques  1. Knife skills  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties  5. Set a mixture  8. Judge & manipulate sensory properties | Peel apples. Scoop seeds out of vanilla pod.  Slice apples into even sized pieces using bridge hold and claw grip.  Blanch apples. Oven bake. Visual colour check for golden brown.  Shortening – crumble topping.  Addition of oats to crumble topping to make crisp.  Use protein (egg yolks) to thicken and set the heated custard.  Browning (dextrinization). | Low  Low  Low  Medium  Low  Medium  Low | Medium |
| **Apple strudel** | 1. Knife skills  3. Cooking methods  2. Preparation and techniques  7. Dough  7. Dough  3. Cooking methods  7. Dough  8. Judge & manipulate sensory properties | Peel and slice apples using bridge hold and claw grip.  Blanch apples.  Control enzymic browning with lemon juice.  Use of filo pastry.  Glazing with egg wash.  Oven bake. Visual colour check for golden brown and sound check to test if cooked.  Finishing: wrapping the filling in filo.  Decorative technique: dusting with icing sugar. Browning (dextrinization). | Low  Low  Low  Low  Low  Low  Medium  Low | Medium  High if served with crème Anglais or home made ice cream |
| **Crème Brulé** | 1 Cooking methods  2 Preparation and techniques  1 Knife skills  2 Preparation and techniques  3 Cooking methods  3 Cooking methods | Pre heat oven 180c.  Beat the egg yolks, add sugar a little bit at a time. Beat until light colour and thick in mass.  Cut the vanilla pod open and scrape the seeds out with a sharp knife.  Mix the seeds and cream into the egg mixture. Then pour the mixture into ramekins. Place the ramekins in a large oven proof dish, poor cold water into the dish (about 3cms high).  Bake the mixture for 30 minutes.  Take out of the oven and let cool. Then place in fridge for about 2 hours. Before serving sprinkle caster sugar over each ramekin and caramelise either with a gas burner or under the grill in a very hot oven for a couple of mins. | Medium    Medium  Medium/High  Medium  Medium/high | High |
| **Finland**  **Finnish fruit rolls** | 3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  2 Preparation and techniques  7 Dough  7 Dough  7 Dough  7 Dough | Pre heat oven to Gas mark 6 / 200c  Grease baking tray  Sift flour, spice and salt into a mixing bowl.  Stir in fruit and yeast.  Stir the sugar into the warm milk and flour and pour into the flour mixture.  Melt the margarine and add to flour.  Break the egg into a small bowl and beat with a fork. Mix together until a dough is formed.  Place dough on table and knead for 5 minutes.  Divide into 8 small rounds and shape.  Leave to prove until double in size and then bake for 10-15 minutes or until they are golden brown and sound hollow when tapped. | Low  Medium  Medium  Medium  Medium  High/Medium  Medium  Medium | High |
| **France**  **Normandy apple cake** | 3 Cooking methods  2 Preparation and techniques  1 Knife skills  1 Knife skills  2 Preparation and techniques  2  Preparation and techniques  1 Knife skills  2 Preparation and techniques  3 Cooking methods  8 Judge and manipulative sensory properties | Pre heat oven to Gas 4 / 180c. In a mixing bowl, beat the butter and caster sugar together until they become pale, light and fluffy.  Add a beaten egg a tablespoon at a time. Beat the mixture well between each addition. Continue until all the egg is incorporated.  Cut the apple in half from stalk to base. Using a melon baller, remove the core from both halves. Cut the apple halves to make quarters.  Grate three of the apples’ quarters on the coarse ‘teeth of the grater’. Discard any tough skins.  Add the grated apple and the flour and spice to the mixing bowl. Stir gently to the combined ingredients.  Slice the remaining apple quarter very thinly and arrange the slices, slightly overlapping, in the base of the cake tin.  Carefully spoon the cake mixture into the tin and smooth the top with the back of the spoon. Use scrapper to ensure that all the mixture is removed from the bowl.  Bake the cake on the centre shelf of the oven for 25-30 minutes until well-risen and golden-brown. When cooked, the cake will ‘spring back’ when lightly pressed in the centre with the fingertips.  Leave the cake to cook in the tin, then turn it out on to a plate. Serve warm or cold with crème fraiche. | Medium  High  Medium  Medium  Medium | High |
| **Vegan**  **Chocolate traybake** | 3 Cooking methods  3 Cooking methods  3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  8 Judge and manipulative sensory properties  3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques | Preheat oven Gas 4/ 180c. Line and oil a baking tin 23 x 33cm (must be at least 4cm deep).  Whisk milk (soy, almond or coconut) and vinegar together in a jug. The milk should curdle slightly – leave.  Whisk the sugar. Oil and vanilla extract together in a bowl then add the yogurt. Making sure to break down any sugar lumps. Pour in the soured milk and mix well.  Sift in the flour, cocoa powder, baking powder, bicarbonate of soda and ¼ teaspoon salt into a separate bowl, stir well to combine.  Gradually whisk in the wet ingredients into the dry until you have a smooth batter. Be careful not to overmix.  Pour the batter into the tin and bake for 30-35 minutes until well risen and springy. Skewer test - should come out clean. The mixture should not be wet.  Leave the cake to cool for 20 minutes. Turn out onto wire rack and cool completely.  Vegan buttercream  Melt chocolate in microwave / bowl set over simmering. Leave to cool. Blend the spread and vanilla using an electric mixer until pale and fluffy  Add icing sugar gradually. Pour in the cooled chocolate and combine thoroughly. Add a splash of plant milk if the icing is very stiff.  Chill the buttercream in the fridge for 15-20 minutes.  When the cake is completely cool, spread the icing over the top of the cake and decorate with sprinkles/fruit. Store in fridge. | Low  Medium  Medium  Medium  Medium  Medium  Low  Medium  Medium  Low | Medium |
| **Polish**  **Piernik Gingerbread** | 2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods  2 Preparation and techniques  2 Preparation and techniques  3 Cooking methods | Heat oven to 160C/140C fan/Gas 3. Grease and line the base and sides of a deep 20cm cake tin with baking parchment.  Put the honey, sugar and butter in a medium saucepan and cook over a medium heat until fully melted. Remove from the heat and allow to cool.  Put the flour and spices in a large bowl and mix everything together.  Once the liquid ingredients have cooled, whisk in the eggs. Pour over the dry ingredients, whisking them together to form a smooth batter  Pour into the prepared tin and bake for 50-55 minutes or until risen and a skewer inserted into the middle of the cake comes out clean. Allow the cake to cool.  Once cooled, use a large, serrated knife to slice the cake into 3 layers. Spread the jam across the 2 bottom cake layers, then reassemble the cake and set aside while you make the glaze.  Put the cream, chocolate and honey in a medium pan and cook over a low-medium heat until the chocolate is melted and you have a smooth, pourable mixture. Put the cake on a wire rack set over a parchment-lined baking tray and pour over the glaze, making sure to cover the entire cake. Allow the glaze to set. | Medium    Medium  Medium  Medium  Medium  High  High/ Medium | High |

### Useful websites

* Paul Hollywood’s What Went Wrong series on Youtube: [www.youtube.com](http://www.youtube.com) – covers bread, cakes, pastry, pancakes.
* BBC Good Food recipes; [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
* British Nutrition Foundation: Food a fact of life.Recipes: [www.foodafactoflife.org.uk/Sheet.aspx?siteld=20&sectionld=80&contentld=271](http://www.foodafactoflife.org.uk/Sheet.aspx?siteld=20&sectionld=80&contentld=271)
* British Nutrition Foundation: Food a fact of life.Videos on the Bridge Hold, The Claw Grip, Grating, Peeling, Onion Preparation: [www.foodafactoflife.org.uk/VideoActivity.aspx?siteld=15&sectionld=65&contentld=73&titleld=84](http://www.foodafactoflife.org.uk/VideoActivity.aspx?siteld=15&sectionld=65&contentld=73&titleld=84)

### Useful books

* Leiths School of Food and Wine. (2013*). Leiths How To Cook*. Quadrille. London. ISBN 978 1 84949 356 7.

This details skills and techniques which cover most of skill requirements for Section D of the specification.

* Roux, M. (2008). *Pastry*.Quadrille. London. ISBN 978 1844008278.

Detailed recipes on different pastry types.

* Roux, M. (2008). *Desserts*. Quadrille. London. ISBN 978 1844009831.

Useful cook book that covers a range of dessert recipes.

* Clements, C (1999) *The Complete Book of Baking*. Quintet. London. ISBN 978 1843092568.

This provides a range of recipes for for bread, tarts, cakes, biscuits and pastries.

* Love Food (2012), *Traditional Puddings A British Classic*. Parragon. London. ISBN 978 1445487298.

Useful cook book on traditional British desserts.

# Topic Exploration Pack

# Skills and techniques: Recipes with skill levels

## Student Activity section

### There are three recipes:

### Student Activity 1 – Apple and passion fruit tartlets (High level recipe with the skills identified)

### Student Activity 2 – Cornish pasties (Medium level recipe with skills identified)

### Student Activity 3 – Chicken Thai green curry with jasmine rice (Low level recipe with skills identified)

### **Student activity 1: Apple and Passion fruit tartlets** (High level recipe with the skills identified)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Apple and Passion fruit tartlets | 7. Dough  7. Dough  3. Cooking methods  5. Set a mixture  2. Preparation and techniques  1. Knife skills  8. Judge & manipulate sensory properties | Gluten formation – use of strong flour.  Create layers: rough puff pastry. Resting dough in between rolling and folding. Roll pastry to shape.  Oven bake. Visual colour check for golden brown.  Use starch and eggs to set crème patisserie.  Peel apples. Scoop seeds out of vanilla pod and passion fruit.  Slice apples into even sized pieces using bridge hold and claw grip.  Decorative technique: spiralling apple layer and scooped passion fruit. Browning. | High  High  Medium  High  Medium  Low  Low | High |

### Apple and Passion fruit tartsIngredients

150g rough puff pastry

90g crème pậtissière

2 small apples (preferably Cox’s)

30 caster sugar

1 passion fruit, ripe

### Method

1. Preheat the oven to 200ᵒC/Gas mark 6.

2. Roll the rough puff pastry out on a floured surface to a 2mm thickness.

3. Using a 12 cm pastry cutter, cut out 3 discs.

4. Brush a baking sheet with a little cold water and lift the pastry discs onto it with a palette knife. Refrigerate for 20 minutes.

5. Prick the pastry discs in five places with a fork.

6. Divide the crème pậtissière between them and spread it evenly, leaving a narrow margin around the edge.

7. Peel the apples. Cut in half and remove the cores, then thinly slice each half. Arrange a sliced apple piece over the crème pậtissière on each disc radiating from the centre.

8. Bake for 15 minutes, then sprinkle generously with the caster sugar and cook for another 5 minutes.

9. Take the tartlets out of the oven and immediately lift them onto a wire rack with a palette knife.

10. To serve, halve the passion fruit and scrape out the pulp and seeds, using a teaspoon, directly onto the tartlets.

### Rough Puff PastryRough Puff Pastry

### Ingredients

300g plain flour (strong)

300g very cold butter, cut into small cubes

½ tsp salt

150 ml very cold water

5ml lemon juice (the lemon juice helps to strengthen the gluten in the flour)

### Method

1. Sieve the flour into a mixing bowl and make a well in the middle.

2. Put in the butter and salt and work them together with the fingertips, gradually drawing the flour into the centre.

3. When the cubes of butter have become small pieces and the dough is grainy, gradually add the iced water and mix until it is all incorporated, but don’t overwork the dough. Roll it into a ball, wrap in cling film and refrigerate for 10 minutes.

4. Flour the work surface and roll out the pastry into rectangle, three times as long as it is wide (approximately 10cm x 30 cm).

5. Fold it into three and give it a quarter turn:

a. fold the bottom third up over the middle third

b. fold the top third down

c. rotate 90ᵒ, so that the outer fold is on your left.

6. Repeat stages 4 and 5.

7. Wrap the block in cling film and refrigerate for 10 minutes.

8. Give the chilled pastry another 2 turns, rolling and folding as before. This makes a total of four turns.

9. Wrap in cling film and refrigerate for at least 30 minutes before using.

### Crème pậtissière

### Crème pậtissièreIngredients

3 egg yolks

63g caster sugar

20g plain flour

250ml milk

½ vanilla pod, split lengthways

A little icing sugar or butter

### Method

1. Whisk the egg yolks and one third of the sugar together in a bowl until a light ribbon consistency. Whisk in the flour thoroughly.

2. In a saucepan, heat the milk with the rest of the sugar and the vanilla pod. As soon as it comes to the boil, pour it onto the egg yolk mixture, stirring as you go. Mix well, then return the mixture to the pan. Bring to the boil over a medium heat, stirring continuously with the whisk. Let bubble for 2 minutes, then pour into a bowl.

3. Dust the crème pậtissière with a veil of icing sugar to prevent a skin forming as it cools, or dot small flakes of butter all over the surface. Once cold, it can be kept in the fridge for up to 3 days. Remove the vanilla pod before using.

### **Student activity 2: Cornish pasties** (Medium level recipe with skills identified)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Cornish pasties** | 1. Knife skills  1. Knife skills  3. Cooking techniques  4. Sauces  7. Dough  2. Preparation and techniques  7. Dough  3. Cooking techniques | Dice raw beef evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Peeling and dicing carrots, potato, swede, and onion using bridge and claw hold.  Sweating vegetables and bacon. Simmering on hob.  Reduction sauce: gravy.  Shortcrust pastry. Use flour to roll pastry to shape.  Wrap pastry around the meat mixture.  Finishing: crimping pastry edges/ Glazing with egg wash.  Oven baking. Use visual colour to cooked. | Low  Low  Low  Low  Medium  Medium  Medium  Medium  Medium | Medium |

### Cornish pastieIngredients – short crust pastry

250g plain flour

100g butter or hard margarine, slightly softened and 25g   
white vegetable fat or lard, cut into small pieces

Pinch of salt

4 tbsp iced water

### Method

1. Sieve the flour and salt into a mixing bowl.

2. Put in the butter and white fat.

3. Using your fingertips, rub these ingredients together. Little by little, draw in the flour, working the dough delicately until it has a grainy texture and resembles breadcrumbs.

4. Add the water and incorporate gently with the back of a knife until the dough begins to hold together.

5. Using the palm of your hand, work the dough by pushing it away from you 4 or 5 times until it is smooth. Roll it into a ball, wrap in cling film and refrigerate until ready to use.

### Ingredients – filling

200g lean braising beef (or minced beef)

(for vegetarian option use minced Quorn or TVP)

1 tbsp oil

150ml beef stock

1 small onion (about 80g), thinly sliced

1 small potato (about 150g), cut into 5mm dice

½ swede (about 100g) or equivalent weigh of carrot if preferred, cut into 5mm dice

15g plain flour

Salt and freshly ground pepper

### Ingredients – glaze egg wash

1 egg yolk mixed with 1 tbsp milk

### Method

1. **To make the filling:** chop the beef with a knife into thin pieces on a red coloured chopping board. Further chop until it resembles coarse mince. (If using minced beef, go straight   
to step 3.)

2. Peel and thinly slice the onion.

3. Peel and dice the potato and swede/carrot.

4. Heat the oil in a frying pan and lightly cook the onion and the beef until brown.

5. Add the stock and diced potato and swede (or carrot). Cover and cook over a medium heat for approximately 30 minutes until the vegetables are tender. Sprinkle over the flour, stirring it into the mixture and heating for another minute until it thickens. Season with salt and pepper. Take off the heat.

6. **To assemble:** roll out the pastry to a 2-3mm thickness. Using a 14cm cutter or plate as a guide, cut out 4 discs.

7. Spoon the filling into an oval in the middle of each disc, and brush the borders of the pastry with egg wash. Fold up the sides of the pastry and bring them together to make a raised pasty. Crimp the edges with your fingertips all along the crest to seal the pasty completely.

8. Place on a baking sheet and brush with egg wash.

9. Bake for 25-30 minutes 180ᵒC/Gas 4.

### **Student activity 3: Chicken Thai green curry with jasmine rice** (Low level recipe with skills identified)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Thai green curry with jasmine rice** | 1. Knife skills  1. Knife skills  2. Preparation and techniques  3. Cooking methods  3. Cooking methods  8. Judge & manipulate sensory properties | Dice raw pre-filleted chicken breasts evenly and accurately. Remove visible fat on meat.  Use of red coloured chopping boards to prevent cross contamination.  Slice spring onions and sugar snap peas.  Scissor snip herbs. Crush garlic.  Simmer on hob. Use a temperature probe to check the chicken is cooked.  Boil rice on the hob. Use bite test to check rice is cooked.  Change taste and aroma through the use of spices. | Low  Low  Low  Low  Low  Medium | Low if jar of curry paste is used and pre-filleted chicken  Medium if Thai green sauce is made from raw ingredients  Or  Medium if chicken is de- boned |

### Thai green curryIngredients

2 x 5ml oil

2 spring onions

1 clove of garlic

80g sugar snap peas

2 small chicken breasts

2 x 15ml green curry paste

400ml coconut milk

Juice of ½ lime

Small bunch of coriander

### Method

1. Prepare the vegetables:
   1. slice the spring onions;
   2. cut sugar snap peas in half;
   3. peel and crush the garlic using a garlic press
2. De-skin the chicken fillets. Cut the chicken into small chunks on a red coloured chopping board.
3. Fry the spring onions, garlic and chicken in the oil for 3 - 4 minutes.
4. When the chicken has turned ‘white’, stir in the green curry paste, followed by the sugar   
   snap peas.
5. Squeeze the lime.
6. Add the coconut milk and lime juice and simmer for 15 minutes.
7. Scissor snip the coriander and add to the curry.
8. Boil the jasmine rice in a saucepan. Drain and serve with the curry.

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