

Year



Practical Ingredients & HW Recipes

In class practicals

In line with Covid guidance we will be splitting the group in half for practicals, and half the group will complete their dish on one practical session, the remaining members of the group will complete a fortnight later. **IT IS VITAL THE STUDENTS BRING CORRECT INGREDIENTS ON CORRECT DATE.**

All food should be in a clearly labelled bag with name and year and food teacher.

It is important that students bring in sensible containers to safely store their food.

<u>Dish</u>	<u>Date of practical</u>
Fruit Crumble	
Swiss Roll	
Lime and mascarpone cheesecake	
Design Dish – Layered Dessert	
Quick cinnamon rolls	

Homework Dishes

These should be completed every 2 -3 weeks during the food course. A photograph should be taken and the process written up and evaluated. This should be brought in and stapled to main work folder.

Cupcakes
Shortbread towers
Eton mess
Banoffee pie

Apple Crumble

Please bring – Suitable oven proof dish

600g cooking apples

300g blackberries

115g castor sugar

100g plain flour

85g rolled oats

85g butter

85g brown sugar

STEP 1

Heat oven to 180C.

STEP 2

Peel, core and cut 300g Braeburn apples into 2cm dice. Leave the chopped apples in a bowl of cold water

STEP 3

Sieve plain flour into a bowl. Add the unsalted butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy. Add the brown sugar and oats

STEP 4

Mixed chopped apples with blackberries in your baking tray.

STEP 5

Cover the mixture with your crumble mix

STEP 6

Bake your crumble in the oven for 20 minutes

SWISS ROLL

Ingredients

butter, to grease

3 large eggs

75g caster sugar, plus extra 2
tbsp to dust

75g self-raising flour

150g strawberry jam

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Grease and line a 16 x 28cm Swiss roll tin with baking parchment.
3. Beat the eggs and sugar together for 5 mins with an electric hand whisk until thick and pale.
4. Gently fold in the flour in two batches using a large metal spoon.
5. Pour the mixture into the tin and gently ease into the corners.
6. Bake for 10-12 mins until golden and firm. Be careful not to overbake, or the sponge will break when rolled.
7. While the sponge is baking, sprinkle 2 tbsp sugar over a square of baking parchment.
8. Warm the jam in the microwave for 20 secs.
9. Turn the baked sponge onto the sugared paper.
10. Peel off the lining paper and spread the sponge with the warm jam.
11. Roll up from the short edge using the paper to help you then cool on a wire rack.

Cupcake recipe



Bake these easy vanilla cupcakes in just 35 minutes. Perfect for birthdays, picnics or whenever you fancy a sweet treat, they're sure to be a crowd-pleaser

Ingredients

- 110g softened butter
- 110g golden caster sugar
- 2 large eggs
- ½ tsp vanilla extract
- 110g self-raising flour

For the buttercream

- 150g softened butter
- 300g icing sugar
- 1 tsp vanilla extract
- 3 tbsp milk
- food colouring paste of your choice (optional)

Original recipe from

<https://www.bbcgoodfood.com/recipes/cupcakes>

Method

STEP 1 Heat oven to 180C/160C fan/gas 4 and fill a 12 cupcake tray with cases.

STEP 2 Using an electric whisk beat 110g softened butter and 110g golden caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition.

STEP 3 Add ½ tsp vanilla extract, 110g self-raising flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake cases.

STEP 4 Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.

STEP 5 To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar, 1 tsp vanilla extract and a pinch of salt.

STEP 6 Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.

STEP 7 If wanting to colour, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes.

Shortbread Towers recipe

Make a basic shortbread mixture bake into biscuits and then stack with your favourite fillings, a classic choice is whipped cream and raspberries or strawberries

Ingredients

- Ingredients
- 125g/4oz butter
- 55g/2oz caster sugar, plus extra to finish
- 180g/6oz plain flour

For the filling - Any combo of

- berry fruits
- Whipped cream
- Ganache
- Confectionary
- Etc etc

Method to make shortbread

1. Preheat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.



Original recipe from

https://www.bbc.co.uk/food/recipes/shortbread_1290

Eton Mess recipe



Ingredients

- 2 large egg whites
- 120g caster sugar
- 500g strawberries, hulled and roughly chopped
- 450ml double cream
- 1 tbsp icing sugar

Few desserts say summer like Eton mess. Crunchy meringue, whipped cream and strawberry sauce is a winning combination, best served al fresco

Method

STEP 1

Heat oven to 120C/100C fan/gas 1 and line a large baking tray with parchment paper.

Whisk the egg whites in a clean bowl using an electric whisk or tabletop mixer until they reach stiff peaks, then add the sugar in 3 lots, re-whisking to stiff peaks every time.

Spoon dollops of the mixture onto the baking parchment, cook on the bottom shelf of the oven for 1hr – 1hr15 mins until the meringues are completely hard and come off the paper easily.

Leave to cool.

STEP 2

Blitz 1/3 of the strawberries to make a strawberry sauce.

In a large bowl whisk the cream with the icing sugar until it just holds its shape.

Roughly crush ¾ of the meringues and tip them in with the chopped strawberries and stir, then swirl through the strawberry sauce.

Dollop into bowls then crush the remaining meringues, sprinkling the pieces over the top.

Original recipe from

<https://www.bbcgoodfood.com/recipes/eton-mess>

Easy banoffee pie

Treat loved ones to a banoffee pie for dessert featuring a classic biscuit base, oozy caramel, bananas, cream and chocolate. Who could resist?



Ingredients

- 225g digestive biscuits
- 150g butter , melted
- 397g can caramel or 400g dulce de leche
- 3 small bananas , sliced
- 300ml double cream
- 1 tbsp icing sugar
- 1 square dark chocolate (optional)

Method

STEP 1

Crush the digestive biscuits, either by hand using a wooden spoon, or in a food processor, until you get fine crumbs, tip into a bowl. Mix the crushed biscuits with the melted butter until fully combined. Tip the mixture into a 23cm loose bottomed fluted tart tin and cover the tin, including the sides, with the biscuit in an even layer. Push down with the back of a spoon to smooth the surface and chill for 1 hr, or overnight.

STEP 2

Beat the caramel to loosen and spoon it over the bottom of the biscuit base. Spread it out evenly using the back of a spoon or palette knife. Gently push the chopped banana into the top of the caramel until the base is covered. Put in the fridge.

STEP 3

Whip the cream with the icing sugar until billowy and thick. Take the pie out of the fridge and spoon the whipped cream on top of the bananas. Grate the dark chocolate over the cream, if you like, and serve.

Original recipe from

<https://www.bbcgoodfood.com/recipes/easy-banoffee-pie>

Quick cinnamon rolls



Quick cinnamon rolls Makes: 12 cinnamon rolls
– Could halve

- 180ml milk
- 55g butter or margarine
- 400g plain flour, divided
- 7g quick yeast
- 50g caster sugar
- 1/2 teaspoon salt
- 60ml water
- 1 egg
- 220g dark brown soft sugar
- 1 tablespoon ground cinnamon
- 110g butter or margarine, softened
- 80g sultanas or raisins (optional)

Cinnamon rolls can be a arduous affair, but not with this recipe! Ready in less than 90 minutes, you can have warm cinnamon rolls straight from the oven ready before the rest of the family wakes up.

Method

Prep:20min › Cook:20min › Extra time:40min rising ›
Ready in:1hr20min

1. Heat the milk in a small saucepan until it bubbles, then remove from heat. Mix in 55g butter or margarine; stir until melted. Let cool until lukewarm.
2. In a large mixing bowl, combine about 300g of the flour, yeast, sugar and salt; mix well. Add water, egg and the milk mixture; beat well. Add the remaining flour, about 50g at a time, stirring well after each addition. When the dough has just pulled together, turn it out onto a lightly floured surface and knead until smooth, about 5 minutes.
3. Cover the dough with a damp cloth and let rest for 10 minutes. Meanwhile, in a small bowl, mix together brown sugar, cinnamon and 110g butter or margarine.
4. Roll out dough into a 30x23cm (12x9 in) rectangle. Spread dough with butter and sugar mixture. Sprinkle with sultanas or raisins if desired. Roll up dough and pinch seam to seal. Cut into 12 equal size rolls and place in 12 lightly greased muffin cups. Cover and let rise until doubled, about 30 minutes. Meanwhile, preheat oven to 190 C / Gas 5.
5. Bake in the preheated oven for 20 minutes, or until browned. Remove from muffin cups to cool. Serve warm.

Original recipe from

<http://allrecipes.co.uk/recipe/38164/quick-cinnamon-rolls.aspx>