



Y10: Term 1 Cooking Dates and Recipes

Ingredients listed in red are either at school or will be provided by school.

Date	Practical
Friday 14 th September	<p>Deboning and portioning a chicken</p>  <p>Bring in a defrosted, medium sized whole chicken</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 cloves of garlic <input type="checkbox"/> 1 chopped onion <input type="checkbox"/> 1 chopped carrot <input type="checkbox"/> 2 tsp of mixed herbs <input type="checkbox"/> 1 container with lid for chicken breasts <input type="checkbox"/> 1 container with lid for chicken wings and drumsticks <input type="checkbox"/> 1 container with lid for the chicken stock <p>Please make sure containers are suitable for the freezer. The deboned and portioned chicken will be frozen at school and used in future recipes.</p>
Friday 21 st September	<p>Chicken Kiev's and Stuffed Chicken Breast</p> <p>Use frozen chicken breasts from deboning chicken practical.</p> <p>Bring in:</p> <p>Chicken Kiev:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 chicken breast- at school <input type="checkbox"/> 50g unsalted butter <input type="checkbox"/> 1 clove garlic, peeled and crushed <input type="checkbox"/> 1 tbsp. flat leaf parsley <input type="checkbox"/> 20g plain flour- at school <input type="checkbox"/> 25g breadcrumbs- bring in a few slices of bread that can be processed at school <input type="checkbox"/> 1 egg  <p>Stuffed Chicken breast:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 skinless, boneless chicken breast: At school <input type="checkbox"/> 50g firm goat's cheese, such as Crottin de Chavignol <input type="checkbox"/> 1 tsp fresh thyme leaves, plus 1-2 sprigs <input type="checkbox"/> 2 rashers streaky bacon, thinly sliced or Parma ham <input type="checkbox"/> 1 courgettes , thinly sliced <input type="checkbox"/> 1-2 tbsp olive oil, plus extra for drizzling <input type="checkbox"/> 250g vine tomato, thinly sliced <p>A container to take food home in</p>
Friday 28 th September	<p>Different Cooking Methods of Eggs Ingredients provided by school</p>

Friday 5th October

Risotto and Arancini (Italian)

Mushroom Risotto

- 1 tbsp dried porcini mushrooms
- 1 onion, diced
- 2 garlic cloves, crushed
- 225g sliced chestnut mushrooms
- 1.35 litres hot vegetable stock-stock at school
- big handful of fresh parsley, chopped
- 50g Parmesan cheese, grated
- 2 tbsp olive oil
- 350g Arborio rice
- 25g butter
- salt and freshly ground black pepper



Arancini

- 1 egg
- 50g plain flour
- 50g mozzarella cheese
- 4tbsp breadcrumbs



Friday 12th October

Knife Skills: Vegetable cuts

- 5 chunky carrots
- 5 potatoes
- 1 courgette
- 2 onions



Container with lid- vegetables will be boiled and blended after being cut to make a soup and prevent wastage.

Friday 19th October

Knife Skills: Complex Garnishes



Please make sure that the fruits are not over ripe or they will be too soft to work with










- Punnet of large strawberries
- 1 cucumber
- 4 tomatoes
- 2 apples
- 1 lemon



Plus bring in any additional fruits to try garnishes you researched for your homework.

A container to take food home in

Friday 2 nd November	<p>Cheesy Bean Burgers</p> <ul style="list-style-type: none"> <input type="checkbox"/> 400g can butter beans <input type="checkbox"/> 3 tbsp olive oil <input type="checkbox"/> 1 small onion <input type="checkbox"/> 1 garlic clove <input type="checkbox"/> salt and pepper for seasoning <input type="checkbox"/> 75g Wensleydale cheese <input type="checkbox"/> 1 tbsp plain flour <input type="checkbox"/> 1 egg, beaten <input type="checkbox"/> 50g fresh white breadcrumbs or dried breadcrumbs <input type="checkbox"/> Salad, for serving <input type="checkbox"/> Bread bun  <p>A container to take food home in</p>
Wednesday 7 th November	<p>Make a steak marinade</p> <p>Marinade:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 x 5oz flank steaks <input type="checkbox"/> 1 thumb of ginger, finely grated <input type="checkbox"/> Juice and zest of 1 lime <input type="checkbox"/> 2 tbsp. coriander, chopped <input type="checkbox"/> 2 spring onions, finely sliced <input type="checkbox"/> 3 cloves of garlic, finely grated <input type="checkbox"/> 15ml light soy sauce <input type="checkbox"/> 30ml honey <input type="checkbox"/> 2 tsp. ground cumin <input type="checkbox"/> Large pinch of black pepper  <div data-bbox="1011 1111 1278 1171" style="border: 1px solid black; padding: 2px; display: inline-block;">Zip lock food bag</div> <p>Bring in a large plastic zip lock food bag the marinade the steak in</p>
Friday 9 th November	<p>Different Cooking Methods of Steak</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 flank steak <p>Bring in an additional flank steak for the investigation. It will be cut into 4 samples will undergo a different cooking method e.g, grilling, baked, poached, fried.</p> <p>The marinated steaks from yesterday will also be cooked in a griddle pan and plated up.</p> <p>A container to take food home in</p>
Friday 16 th November	<p>Food Investigation: Investigate the best stabiliser to use in egg white for meringue ALL ingredients provided by school</p>

<p>Friday 30th November</p>	<p>Tempering chocolate, chocolate garnishes and making caramel</p> <ul style="list-style-type: none"> □ Bring in a piping bag with a thin round nozzle □ A silicone mould for making small chocolates □ Hundreds and thousands/food glitter □ A selection of dark, milk and white cooking chocolate (white doesn't temper as well as dark and milk chocolate) □ A leaf to paint melted chocolate onto to make a mould □ Caster sugar- at school <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 10px;">Silicon moulds</div>   </div>
<p>Friday 7th December</p>	<p>Chocolate Mousse 200g milk chocolate 4 eggs separated 150 ml double cream 6 ramekin dishes</p> <p>OR</p> <p>Lemon Mousse 3 lemons, juice and zest 200g/7oz ricotta cheese 3 tbsp caster sugar 290ml/½ pint double cream 4 sprigs of mint 4 fresh strawberries 6 ramekin dishes</p> <div style="display: flex; align-items: center; margin-top: 10px;">   </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-right: 10px;">Ramekin dishes</div>   </div>
<p>Wednesday 12th December</p>	<p>Piping practise</p> <ul style="list-style-type: none"> □ Powdered mash potato □ Piping bag with different nozzles <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="border: 1px solid black; padding: 2px 5px; margin-right: 10px;">Piping bag with nozzles</div> <div style="margin-left: 100px;"> <div style="border: 1px solid black; padding: 2px 5px; margin-bottom: 5px;">Instant mash</div>   </div> </div> <p>Bring in a packet of powdered potato mash mixture- it's cheap and great to use for piping practise</p>
<p>Friday 14th December</p>	<p>Festive Gateaux <i>"French gâteaux can have several layers, one or more of which are made up of mousse, ganache or fruit filling, supported by thin layers of sponge cake."</i></p> <p>Your design and recipe! Remember to bring your recipe to the lesson. Visit these links for ideas!</p> <p>https://joepastry.com/2009/what_s_the_difference_between_a_layer_ca/ https://www.bbcgoodfood.com/recipes/2303676/black-forest-gteau https://www.jamieoliver.com/recipes/category/beautiful-baking/cake/</p>

Goat's cheese & thyme stuffed chicken (Serves 2)

<https://www.bbcgoodfood.com/recipes/3925/goats-cheese-and-thyme-stuffed-chicken>

Ingredients List:

- 2 skinless, boneless chicken breasts
- 100g firm goat's cheese, such as Crottin de Chavignol
- 1 tsp fresh thyme leaves, plus 2-3 sprigs
- 4 rashers streaky bacon, thinly sliced or Parma ham
- 2 courgettes , thinly sliced
- 1-2 tbsp olive oil, plus extra for drizzling
- 250g vine tomato, thinly sliced

Method:

1. Heat oven to 190C/fan 170C/gas 5.
2. Split the chicken breasts almost in half from one long side and open them out like a book.
3. Bat them out a little with a rolling pin to flatten them.
4. Season on all sides.
5. Put half the goat's cheese on each piece of chicken and sprinkle with the thyme leaves.
6. Fold the chicken over to enclose the cheese, then wrap each one in two slices of the bacon.
7. Lightly oil a shallow gratin dish, then arrange overlapping rows of courgettes and tomatoes over the base.
8. Drizzle with olive oil and sprinkle with salt, pepper and thyme sprigs.
9. Sit the chicken on top.
10. Bake for 40-45 mins until the bacon is crisp and golden and the courgettes are tender. Serve straight from the dish with new potatoes or good bread.

Mushroom Risotto (serves 4)

Ingredients List:

- 1 tbsp dried porcini mushrooms
- 1 onion, diced
- 2 garlic cloves, crushed
- 225g sliced chestnut mushrooms
- 1.35 litres hot vegetable stock
- big handful of fresh parsley, chopped
- 50g Parmesan cheese, grated
- 2 tbsp olive oil
- 350g Arborio rice
- 25g butter
- salt and freshly ground black pepper

Method:

1. Fill a kettle with water and bring to the boil.
2. Place the dried porcini mushrooms in a heatproof bowl. Pour over 250ml of just boiled water and leave to stand (you want to use both the mushrooms and the stock in this recipe).
3. Make the stock (by pouring boiling water over the stock cube/powder).
4. When all the above is done you can start cooking:
5. Heat the oil in the pan and add the onion and garlic.
6. Sauté over a gentle heat for 2–3 minutes, until softened.
7. Add the sliced chestnut mushrooms and gently sauté for a further 2–3 minutes, until browned.
8. Whilst the mushrooms are sautéing, drain the soaked mushrooms and keep the mushroom water safe as you will need this. Roughly chop the mushrooms.
9. Add the rice to the pan. Stir in the rice and coat in the oil.
10. Add the mushroom stock and sliced chestnut mushrooms to the pan. Bring to a simmer, stirring, until the liquid has been absorbed.
11. Add a ladleful of the stock and simmer, stirring again, until the liquid has been absorbed. Continue adding the stock in this way, until all the liquid has been absorbed and the rice is plump and tender. This can take up to 35 minutes.

12. Test the rice – it should have a little bite in the centre ('al dente'). Turn off the heat and stir in the chopped parsley, grated Parmesan cheese and butter. Taste and season.

Recipe Modification:

- Use a selection of different and more exotic mushroom varieties, e.g. oyster, portabello, shiitake, shimeji
- Mushrooms can be substituted with other vegetables, e.g. sliced peppers, diced courgettes, butternut squash, sweet potato
- Add cooked bacon, prawns, chicken
- Flavour with other herbs such as thyme, basil, sage

Half of the Risotto will then be used to make Arancini

Arancini

Ingredients List:

- 1 egg
- 50g plain flour
- 50g mozzarella cheese
- 4tbsp breadcrumbs

Method:

1. Beat 1 egg in a deep plate and season lightly with salt and pepper.
2. Form the cooled rice into 10 balls about the size of a mandarin orange. Make a depression in the centre with your finger and fill with the diced cheese, as well as peas and meat (if you want a non-vegetarian version of the recipe). Seal the opening.
3. Dust the rice balls with flour and roll first in egg and then in breadcrumbs.
4. Deep fry with supervision from the teacher.

Cheesy Bean Burgers

Ingredients List:

- 400g can butter beans
- 3 tbsp olive oil
- 1 small onion
- 1 garlic clove
- salt and pepper for seasoning
- 75g Wensleydale cheese
- 1 tbsp plain flour
- 1 egg, beaten
- 50g fresh white breadcrumbs or dried breadcrumbs
- Salad, for serving

Method:

1. Dice the onion finely, and crush the garlic.
2. Drain the butter beans and tip into a bowl and mash with a fork to form a rough purée. Put to one side.
3. Heat one tablespoon of oil in a small frying pan and add the onion and garlic. Cook over a gentle heat for 3–4 minutes, until softened.
4. Stir the onion mixture into the butter beans, along with the cheese, then season.
5. Shape the mixture into four patties, put onto a plate, cover and chill for 10 minutes.
6. Put some flour onto a piece of greaseproof paper, roll the patties in the flour and dust off any excess.
7. Crack the egg into a shallow bowl and beat with a fork, carefully roll the patties in the egg.
8. Put the breadcrumbs onto a plate and coat the patties.
9. Heat the remaining oil in a non-stick frying pan on a medium heat and add burgers. Cook for 8–10 minutes, turning occasionally until golden.
10. Drain on kitchen paper to remove any excess oil and serve with a salad.

Recipe Modification:

- Change butter beans to any other type of bean
- Change Wensleydale to grated Cheddar cheese
- Optional extra ingredients: 1 tsp chilli powder, 1 tbsp chopped fresh herbs, e.g.
- chives, parsley, 1 tsp paprika

Garlic and Lime Flank Steak (Serves 2)

Ingredients

- 2 x 5oz flank steaks
- 1 thumb of ginger, finely grated
- Juice and zest of 1 lime
- 2 tbsp. coriander, chopped
- 2 spring onions, finely sliced
- 3 cloves of garlic, finely grated
- 15ml light soy sauce
- 30ml honey
- 2 tsp. ground cumin
- Large pinch of black pepper

Method

1. Tenderise the flank steaks with the meat bat and place into a food bag.
2. Combine all other ingredients together in a bowl and pour over the meat.
3. Massage the marinade into the beef and seal the bags.
4. Leave overnight in the fridge.

Garlic and Lime Flank Steak (Serves 2)

Method

1. Remove flank steak from the marinade and drain well.
2. Place the marinade into a saucepan and bring to the boil. Reduce by half and strain through a fine sieve.
3. To cook the steak, heat a griddle pan and lightly oil the steak. Griddle on both sides evenly until lightly blackened. Periodically brush the steak with the reduced marinade.
4. Allow to rest before carving.

Chocolate Mousse

Ingredients List:

- 200g milk chocolate
- 4 eggs separated
- 150 ml double cream
- 6 small glass dishes

Method:

1. Separate the eggs.
2. Break chocolate into squares put into a heatproof bowl.
3. Put the bowl over a pan of simmering water. Stir until the chocolate melts. **MAKE SURE THE BOTTOM OF THE BOWL DOES NOT TOUCH THE WATER!**
4. Remove the bowl from the heat and stir in the egg yolks.
5. Whip cream to soft peak stage.
6. Whip the egg whites until stiff (Do not leave to stand or the egg whites will separate and collapse)
7. Fold cream into chocolate mixture. Stir in a table spoon of the egg whites. Then fold in the remaining egg whites but be very careful not to beat out the air.
8. Pour into clean glasses. Put into fridge for at least an hour to chill and set, decorate with piped whipped cream, raspberries or strawberries.

Lemon Mousse

Ingredients List:

- 3 lemons, juice and zest
- 200g/7oz ricotta cheese
- 3 tbsp caster sugar
- 290ml/½ pint double cream
- 4 sprigs of mint
- 4 fresh strawberries

Method:

1. In a bowl, mix the lemon juice and zest together with the cheese and sugar.
2. Half whip the cream and carefully fold into the lemon mix.
3. Spoon into the glasses and top with a sprig of mint and a strawberry cut in half.