

Year 8 Recipe Booklet

Name



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There will be blank pages for you to make notes on after completing each recipe.



Fluids

1/5 teaspoon = 1 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid oz. = 30 ml
1/5 cup = 50 ml
1 cup = 240 ml
2 cups (1 pint) = 470 ml
4 cups (1 quart) = .95 liter
4 quarts (1 gal.) = 3.8 liters

Weight

1 oz. = 28 grams
1 pound = 454 grams

Fluids

1 milliliters = 1/5 teaspoon
5 ml = 1 teaspoon
15 ml = 1 tablespoon
30 ml = 1 fluid oz.
47 ml = 1/5 cup
100 ml = 3.4 fluid oz.
237 ml= 1 cup
240 ml = 1 cup
473 ml= 2 cups
.95 liter=4 cups
3.8 liters = 4 quarts (1 gal.)
1 liter = 34 fluid oz.
1 liter = 4.2 cups
1 liter = 2.1 pints
1 liter = 1.06 quarts
1 liter = .26 gallon

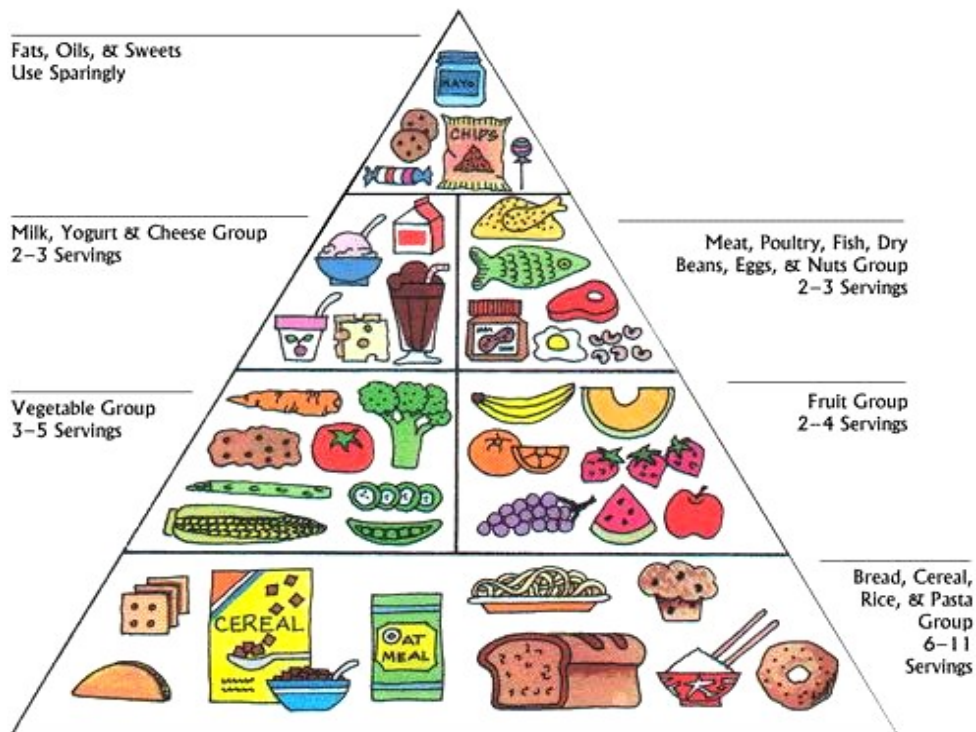
Weight

1 gram = .035 ounce
100 grams = 3.5 ounces
500 grams = 1.10 pounds
1 kilogram = 2.205 pounds
1 kilogram = 35 oz.

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

Nutrients - Proteins, Fats & Carbohydrates

Proteins	Body uses	Growth and repair Any extra the body uses for heat and energy
	Sources	Animal: meat, milk, eggs, fish, cheese Vegetable: cereals, pulses & nuts
Fat	Body uses	Energy for work & warmth To form body fat
	Sources	Animal: butter, cream, cheese, egg yolk, meat fat, dripping, lard, suet Oily Fish, fish liver oils Vegetable: olive oil, nut & seed oils
<p>Note: Margarine can be made of all vegetable fat or a mixture of vegetable and animal fat.</p>		
Carbohydrate	Body uses	Energy for work & warmth A little stored as Glycogen in the liver Extra is converted into fat in the body
	Sources	Sugars: cane & beet sugar, honey, jam, syrup, fresh & dried fruit, some vegetables e.g. beet-root. Starch: cereals e.g. wheat, oats, barley Food made with cereals such as cakes and puddings Potatoes & Pulses Cellulose Framework of vegetables and fruits which cannot be digested by human beings but useful as roughage. Also known as Dietary Fibre and Non-Soluble Polysaccharides (NSP)



Nutrients - Vitamins

Vitamin A	Body uses	Growth in children. Bones and teeth. Healthy sight and skin. Keeping the linings of the bronchial tubes and stomach moist. Helps resistance to disease.
	Sources	As vitamin A in fatty parts of food. In fish liver oils, liver, kidney, egg yolk, butter, cheese, milk, margarine (added to). As carotene: carrots, spinach, watercress, tomatoes, dried apricots.
Vitamin B Group	Body uses	Helping the body use carbohydrate for energy. Growth and general health. Strengthens nervous system. Helping the body use food fats and amino acids.
	Sources	Yeast & yeast extracts. Lean meat, pork, bacon, ham, liver. Fish & fish roes, eggs. Dried peas, beans, lentils, nuts, oatmeal. Bread (added to most flour). Whole grain cereals. Potatoes.
Vitamin C	Body uses	Growth. Healing wounds and broken bones. General health
	Sources	Citrus fruits e.g. oranges, lemons, grapefruit. Also blackcurrants, strawberries, gooseberries. Cabbages, sprouts, new potatoes, tomatoes. Rose-hip syrup. Dried and frozen fruit & vegetables.
Vitamin D	Body uses	Making strong bones and teeth. Note
	Sources	Fish liver oils, dairy foods. Vitamised margarine. By the action of sunshine on the skin.
Note: the body can store vitamin D in body fats.		

Nutrients - Minerals

Calcium	Body uses	Making strong bones and teeth Keeping the muscles in good working order The clotting of the blood
	Sources	Milk and cheese (rich sources) Bread (added to white flour), bones of sardines and salmon, hard water, eggs, green vegetables
Phosphorous	Body uses	Making strong bones and teeth (combines with calcium) Enables body to obtain energy from food Making cells of the body (especially nerves and brain)
	Sources	Found in most foods, especially milk, cheese, liver, kidney, meat, fish, eggs, bread
Iron	Body uses	Making the red colour in blood - haemoglobin. It is needed to carry Oxygen in the blood so that fuel foods can be burnt to provide energy
	Sources	Liver, kidney, red meat, corned beef, egg yolk Bread, dried fruit, black treacle, watercress (the iron in spinach cannot be used by the body!)
Iodine	Body uses	The proper working of the Thyroid gland (it controls the mental and physical growth). Expectant mothers. People living in parts of the country where there is too little iodine in the soil and water.
	Sources	Sea fish, iodised salt, watercress, onions, water
Sodium	Body uses	All body fluids
	Sources	Salt, bacon, cheese, kippers
Fluorine	Body uses	Forming healthy teeth and bones
	Sources	Some Drinking water, fish

Shortcrust Pastry

Ingredients:

100g/4oz plain flour

pinch of salt

50g/2oz hard margarine, cubed

30-45ml/2-3 tbsp cold water



Method:

1. Put the flour and salt in a large bowl and add the cubes of margarine.
2. Use your fingertips to rub the margarine into the flour until you have a mixture that resembles coarse breadcrumbs with no large lumps of margarine remaining. Try to work quickly so that it does not become greasy.
3. Using a knife, stir in just enough of the cold water to bind the dough together.
4. Wrap the dough in clingfilm and chill for 10-15 minutes before using.

Using a Processor

1. Alternatively using a food processor, put the flour, margarine and salt in the food processor and pulse until the fat is rubbed into the flour.
2. With the motor running, gradually add the water through the funnel until the dough comes together. Only add enough water to bind it and then stop.
3. Wrap the dough in clingfilm as before and chill for 10-15 minutes before using.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Beany Banger Bites

Ingredients: 1 shortcrust pastry recipe
25g/ 10z grated cheese
225g can baked beans & sausages

Method:

1. Heat oven to no 5 190⁰C greased tart tin
2. Mix together flour and salt rub in fat
3. Add water to mix to a stiff dough
4. Roll out 0.25cm thick
5. Cut out large circles and line tin
6. Empty beans and sausages cut sausages into three
7. Divide filling between pastry lined tins
8. Sprinkle with cheese and bake for 15 - 20 mins

Fruit/Egg & Bacon Pie



Ingredients (both): 1 shortcrust pastry recipe
Fruit Pie: 200g Fruit (Apple, Rhubarb, Plums)
25g sugar plus a little for decoration
Egg & Bacon Pie: 3-4 eggs
6-8 rashers back bacon

Method:

1. Prepare fruit peel and chop. Place in cold water to prevent browning.
2. Divide pastry into 2. Roll out to the size of your plate approx 15 – 20cm diameter and 0.5cm thick. Place on greased plate and trim with a knife.
3. Put on fruit and sprinkle with sugar, brush the edge of the pastry with water to attach the top.
4. Roll out remaining pastry, place over fruit and press to the bottom layer of pastry. Finish the edge in your chosen method, (fork, knife, pinching or teaspoon.) Brush with milk and sprinkle over the remaining sugar.
5. Bake 200⁰C, gas mark 6 for 25 – 35 mins middle shelf until golden brown and crisp.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Cornish Pasty

Makes 4

Pastry 250g plain flour 100g marg, chilled and cubed
Ingredients: 50g lard, chilled and cubed
Milk or beaten egg, to glaze

Filling 200g minced beef
Ingredients: 1 medium potato, (100g), peeled & cut into 1cm dice
100g swede, peeled and cut into 1cm dice
1 med onion, finely chopped
Freshly ground white pepper

Alternative Fillings

Bacon, egg and cheese

- Pastry 75g grated mature Cheddar to the pastry and reduce the lard to 25g and marg to 50g.
- For the filling, use 150g unsmoked bacon chopped
- 1 medium sliced leek or onion
- 1 hard boiled chopped eggs.

Sweet version

- Apple and Cinnamon Or Rhubarb and Ginger. Make the pastry with all marg and add 25g caster sugar. Divide the pastry into 6.
- 300g Bramley apples, peeled, cored and sliced.
- Pinch of cinnamon or ginger per pasty
- 1 dsp sugar or light brown muscovado 180°C, gas mark 4 for 40 minutes. Serve with Custard or icecream.

Method:

1. Make the pastry first. Season the flour and sift into a large bowl. Add the marg and lard and rub them into the flour using your fingertips until the mixture resembles fine breadcrumbs. Sprinkle with 8 tsp of chilled water (enough to just bind the dough you will need to add more) and draw the mixture together with a round-bladed knife.
2. Knead gently to bring together then wrap the pastry in cling film and chill until required.
3. Divide the pastry into 4 equal pieces (6 if sweet) and roll each one out on a lightly floured work surface using short sharp strokes, always rolling in one direction. Give the pastry a quarter-turn, then roll it again to form a round about 20cm in diameter and about as thick as a £1 coin. Cut into a circle using a plate as a guide. Reserve the trimmings to make pastry initials, if you wish.
4. Divide the filling ingredients into 4. Arrange half a portion of potato and
5. Swede along the centre of a pastry circle. Top with mince then onion, then the rest of the potato and swede. Season each layer with white pepper.
6. Lightly brush the edge of the pastry with water then carefully bring up the edges to the centre to cover the filling. Pinch or crimp between the forefinger and thumb of one hand and forefinger of the other to create a sealed crest over the top of the pasty. Add your initials cut from the trimmings. Repeat with the other pastry circles, place on a baking sheet.
7. Preheat the oven to 180°C, gas mark 4. Brush the pasties with milk or beaten egg and cook for 1 hour until the pastry is golden and the filling cooked through. Serve hot or cold.

Cook's tips

Open-freeze the uncooked pasties on a tray and place in an airtight container in the freezer until required. Thaw completely and cook as above.

Scones

(plain, fruit & cheese)

Ingredients: 250gm/8oz. SR Flour
Pinch of salt
40gm/1 ½ oz margarine
125ml/ ¼ pt milk



Method:

1. Light the oven, Gas 7, 220°C. Position the shelf at the top of the oven, Grease or flour a baking tray.
2. Sieve the flour and salt into a bowl. Rub in the margarine.
3. Pour the milk in and mix to a fairly soft, but not sticky dough.
4. Knead lightly.
5. Then roll out. The dough must be at least 1cm/ ½” thick. Cut into rounds using a medium cutter and place on the baking tray.

OR

1. Press out by hand to a square shape 1 cm thick. Cut in half in each direction, then each mini square diagonally in half to form triangles – no waste and no re-rolling necessary.
2. Brush with a little milk, then bake for 12-15 minutes until golden brown. Cool on a wire tray.

To Make Fruit Scones

Add after rubbing in before adding liquid

50g 2oz dried fruit of your choice (currants, sultanas, raisins, apricots or cherries.

50g / 2oz caster sugar

To Make Cheese Scones

Add 50g grated cheddar cheese after rubbing in before adding liquid.

Reserve a little cheese to sprinkle on top of each scone if required.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Creamed Buns & Glace Icing

Makes 9



Ingredients: 50g / 2oz margarine
50g / 2oz caster sugar
1 egg
50g / 2oz SR flour sieved

Method:

1. Oven gas mark 4, electric 180°C
2. Cream margarine and sugar together.
3. Beat in egg ½ at a time.
4. Fold in flour gently
5. Share between 9 paper bun cases. Bake middle shelf 12 – 15 mins until risen and pale brown on top.

Glacé Icing

100g / 4oz sieved icing sugar

15ml / 1 tbsp warm water

Flavour and colour of choice i.e. vanilla essence, orange or lemon

Any decorations as required.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Rough Puff Pastry

Basic Recipe - 225g

Ingredients: 225 g Plain Flour Pinch Salt
150 g lard and margarine mixed
Cold water to mix (1tsp per 25g flour)

Method:

1. Mix flour and salt, add fat cut into small pieces.
2. Stir in with a knife (do not rub in). Mix to a stiff dough with water.
3. Roll out on a floured surface to a narrow strip.
4. Fold in three, give a quarter turn so one of the open ends is towards you and roll out again. Do this three times in all.
5. Cover pastry and leave to rest (about 15 minutes) then roll into desired shape.
6. In hot weather allow pastry to rest for 20-30 minutes in a refrigerator or cool place before use.

N.B. Always take care to roll away from you and do not break the air bubbles that will rise.

The pastry has a crisp light layered texture which is made by rolling and folding to trap air between the layers.

This pastry can be used for sausage rolls and currant slices.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Sausage Rolls

Ingredients: 225g/9oz rough puff pastry
200g/8oz sausage meat or skinless sausages



Method:

1. Put on oven 220°C, Gas Mark 7
2. Divide the pastry into two
3. Roll the pastry into a long rectangle
4. Roll the sausage meat to the same length
5. Put the sausage meat along the middle of the pastry
6. Dampen one edge of the pastry with water
7. Fold the pastry to enclose the sausage meat. Seal the edges well using a fork
8. Cut into lengths, put on a baking tray
9. Brush with milk, cut the tops
10. Bake for about 20 mins

Currant Slices

Ingredients: 225g/9oz rough puff pastry
150-200g/6-8oz currants
25g/1oz margarine
25g/10z brown sugar



Method:

1. Put on oven 220°C, Gas Mark 7
2. Divide the pastry in two
3. Roll out into 2 squares
4. Put one square on a baking tray
5. Cover with currants, dot with marg and sprinkle with sugar
6. Dampen the edges of the pastry with water
7. Cover with the second piece of pastry
8. Seal the edges well with a fork
9. Mark a diamond pattern on the top, brush with milk

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Sausage Plait

- Ingredients:** 200gm/8oz Puff Pastry
- Filling:** 250gm/8oz sausage meat
Salt and pepper
Beaten egg or milk for the top

Method:

1. Make rough puff pastry
2. Light the oven, Gas mark 7, 220⁰C. Place shelf above the centre. Grease a baking tray.
3. Roll out the pastry to a rectangle, about 30cm x 20cm (12" x 8").
4. Season the sausage meat with the salt and pepper. Roll it out and place in the centre of the pastry.
5. Cut the edge of the pastry diagonally into 2cm/1" strips.
6. Fold the ends of the pastry over the meat, then fold over alternate sides. Place carefully on the baking tray.
7. Brush with beaten egg and milk, then bake for 15 minutes. Turn the oven down to gas 5, 190⁰C and bake for a further 30 minutes.
8. Serve either hot or cold with a salad.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Millionaires Shortbread

Makes 24 squares

For the Shortbread

250g plain flour

75g caster sugar

175g butter, softened

For the Caramel

100g butter or margarine

100g light muscavado sugar

2 x 397g cans condensed milk



Topping 200g plain or milk chocolate, broken into pieces

Method:

1. Pre-heat the oven to 180°C/Gas mark 4. Lightly grease a 13 x 9 inch (33x23cm) Swiss roll tin.
2. To make the shortbread, mix the flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Knead the mixture together until it forms a dough, then press into the base of the prepared tin. Prick the shortbread lightly with a fork and bake in the pre-heated oven for about 20 minutes or until firm to the touch and very lightly browned. Cool in the tin.
3. To make the caramel, measure the butter, sugar and condensed milk into a pan and heat gently until the sugar has dissolved. Bring to the boil, stirring all the time, then reduce the heat and simmer very gently, stirring continuously, for about 5 minutes or until the mixture has thickened slightly. Pour over the shortbread and leave to cool.
4. For the topping, melt the chocolate slowly in a bowl over a pan of hot water. Pour over the cold caramel and leave to set. Cut into squares or bars.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Mars Bar Cake

Ingredients: 2 mars bars 75g butter or margarine
rice crispies 1 tbsp golden syrup
Chocolate to cover

Method:

1. Place syrup, mars bars and butter in a microwave bowl and cook on high heat for 2-3 mins until melted.
2. Stir in 3 cups of rice crispies
3. Press over base of greased tin.
4. Melt chocolate and cover. Refrigerate until set

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Bread Rolls

Ingredients: 200g /8oz strong white flour
25g / 1oz margarine
Pinch salt
1 sachet dried yeast
½ tsp sugar
150ml/ 1/4pt warm water

Method:

1. Put on oven 230oC, Gas mark 8. Boil Kettle.
2. Put flour in mixing bowl, stir in salt.
3. Put in marg, cut into small pieces and rub into flour.
4. Stir in yeast and sugar.
5. Put 4 tbsp of boiling water in a measuring jug.
6. Add cold water to 150ml / 1/4pt
7. Pour liquid into flour and mix.
8. Turn onto floured worktop and knead until smooth.
9. Cut into 6 or 8 pieces and shape, put onto baking tray.
10. Leave in a warm place to rise. (Double size)
11. When risen bake for 15 – 20 mins.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Scone Based Pizza

Ingredients:	150g self raising flour	25g margarine
	50ml milk semi-skimmed	1 egg
Topping:	2 mushrooms	1 tomato
	½ green pepper	25g sweetcorn
	3 x 15ml spoons of passata sauce	
	50g cheese, e.g. Mozzarella	
	1 x 5ml spoon of dried herbs	

Method:

1. Preheat the oven to 200°C or gas mark 6. Grease a baking tray.
2. Sift the flour into a bowl.
3. Rub the butter or margarine into the flour until it resembles bread-crumbs.
4. Whisk the egg and milk together in a small bowl with a fork.
5. Add the egg mixture to the flour and mix together form a soft dough.
6. Flatten out the dough on a floured surface to form a large circle.
7. Transfer the dough to the baking tray.
8. Spread the passata sauce over the dough using the back of a spoon.
9. Prepare the vegetables: slice the mushrooms; slice the tomato;
10. remove the core from the green pepper and slice into the thin strips.
11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
12. Grate or slice the cheese.
13. Sprinkle or place the cheese and herbs over the top of the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

Top Tips

- * Divide the dough in half and make two mini pizzas.
- * Experiment with different toppings. Why not try slices of ham, tuna, red pepper, onion, or different types of cheese?
- * Add herbs, spices, garlic or black pepper to the scone base mixture.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Pineapple Upside Down Pudding

Serves 6 -8

For the Topping:

50g / 2oz softened butter

50g / 2oz light soft brown sugar

7 pineapples rings in syrup,
drained and syrup

Glacé cherry



For the Cake:

100g / 4oz softened butter

100g / 4oz golden caster sugar

100g / 4oz self-raising flour

1 tsp baking powder

1 tsp vanilla extract

2 eggs

1. Heat oven to 180°C/160°C fan/gas 4.
2. Arrange pineapple rings on top, then place cherries in the centres of the rings.
3. For the topping, beat the butter and sugar together until creamy. Spread in between the pineapples and cherries of a 20-21cm round cake tin.
4. Place the cake ingredients in a bowl along with 2 tbsp of the pineapple syrup and, using an electric whisk, beat to a soft consistency.
5. Spoon into the tin on top of the pineapple and smooth it out so it's level.
6. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate.
7. Serve warm with a scoop of ice cream or custard

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Eves Pudding

Serves 4



For the filling 2 large cooking apples (about 500g/1lb2oz in total)
1 tbsp lemon juice 2 tbsp water
20g/¾oz butter 2 tbsp caster sugar

For the topping 75g/3oz butter 100g/4oz caster sugar
2 eggs, lightly beaten 1 tbsp boiling water
100g/4oz self-raising flour

To serve - cream or custard

Method

1. Preheat the oven to 180^oC, Gas mark 4.
2. Peel, core and roughly chop the apples.
3. Add the apples to a saucepan with the lemon juice and water.
4. Stir, cover and cook briskly for five minutes until the apples are soft.
5. Add the butter and caster sugar and stir.
6. Transfer to a 900ml/1½ pint capacity oven proof dish about 5cm/2in deep.
7. Leave to cool while you prepare the topping.
8. For the topping, cream together the butter and caster sugar until fluffy and light.
9. Beat in the egg. Fold in flour into the sugar mixture until blended, being careful to keep folding rather than stirring energetically - this will keep air in the mixture.
10. Add a spoonful of boiling water to the mix.
11. Spoon the mixture over the apples. Cook in the oven for 30-35 minutes or until the topping is puffy and golden. Serve with cream or custard.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Victoria Sandwich

Ingredients:

- 4oz / 100g soft margarine
- 4oz / 100g granulated or caster sugar
- 2 eggs (medium sized)
- 4oz / 100g SR Flour

A greased and lined sandwich tin 8" / 20cm



Method

1. Oven on gas no. 4 electric 180°C
2. Place margarine and sugar together in a bowl and cream with a wooden spoon until a pale colour and a soft creamy texture.
3. Crack eggs into separate containers to check freshness and avoid getting shell into the cake mixture
4. Combine and lightly beat with a fork.
5. Add 1/3 of egg to margarine and sugar and beat until smooth. Repeat until all egg is mixed in. If the mixture will not return to a smooth texture add a tsp of the flour and beat.
6. Swop the wooden spoon for a tablespoon spoon and sieve ½ the flour on top and fold in gently (figure of eight). Repeat for the second half.
7. Pour the mixture into the prepared cake tin. DO NOT drag around tin up the sides. Give a gentle tap to level. Place in oven for 30 mins.

To test for readiness. How long has it been in the oven?

Is it an even golden brown?

Is it soft and springy to the touch?

Is it shrinking from the sides?

Take out of the oven and leave to cool on a cooling rack before trying to take out of the tin. Decorate with a sprinkling of icing sugar.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Butterfly Cup Cakes

Ingredients:

50g 2oz Margarine
50g/ 2oz Caster sugar
1 egg
50g /2oz SR Flour sieved

Flavouring:

1/2 Orange or Lemon zest
If required
1/tsp Vanilla
25g Cocoa



Butter Icing: 50g Margarine 100g Sieved Icing Sugar
Flavouring and colouring as required
1 tbsp of icing sugar for dusting

Method for cakes:

1. Cream together the marg and sugar
2. Break and beat the egg in a bowl
3. Add to the creamed mixture a little at a time
4. Add the flavouring if required
5. Change to a metal spoon and fold in the SR flour
6. Milk may be needed to give the dropping consistency.
7. Divide between cases and bake 10 – 15 mins until cooked.
8. Allow to cool

Method for butter Icing:

1. Cream margarine add icing sugar and cream together
2. Colouring and flavouring maybe added if required

Method to make Butterflies:

1. Ensure cakes are completely cold before decorating
2. Cut a hole in the top of the cake
3. Cut the piece in half
4. Place a teaspoon of cream in the hole
5. Place the cut top sections back on, if wanted add a piece of cherry or dot of jam
6. Dust with icing sugar

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:



Cheesecake

Ingredients: 150g crushed digestive biscuits 75g margarine
100g cream cheese 50g sugar
125ml yoghurt any flavour A flake bar
125mls double cream
Optional fresh fruit to decorate

Equipment: 20 cm tin to put in

Method:

1. Melt margarine and mix in crushed biscuits
2. Press into tin
3. Beat cheese until soft then stir in yoghurt sugar and cream
4. Pour onto biscuit base
5. Decorate with crumbled flake. Cover and chill.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Basic Batter & Pancakes

Basic Batter

4oz Plain flour

Pinch salt

1 egg

1/2pt milk (or milk and water)

Method for Batter

1. Mix flour and salt in a basin make a hollow in the centre and drop in an egg.
2. Stir with a wooden spoon and add liquid gradually until all the flour is worked in
3. Beat well and add remaining liquid. (The consistency should be like single cream.)

Method for Pancakes

1. Put 1 tbsp of oil into a frying pan and heat until smoking turn down heat.
2. Add 2 -3 tbsp batter to pan and swirl around to coat base. Cook until brown on base and loose in pan.
3. Turn and cook on second side approx. 1- 2 min. Keep warm in oven separated by pieces of grease proof paper.
4. Serve when ready.



Fruit Batter Pudding

Ingredients: Batter as for pancakes

25g / 1oz caster sugar

425g / 15oz can fruit well drained or any prepared fresh fruit

15g / 1/2oz butter

Method:

1. Melt butter in oven proof dish
2. Arrange fruit in bottom. Stir sugar into batter.
3. Pour batter over fruit.
4. Place in hot oven 220^oC gas no 7 for about 30 – 40 mins.
5. Dredge with icing sugar to serve.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Apple Fritters (fruit of your choice)

Ingredients: 1 recipe of batter as for pancakes.
Apples Caster sugar

Method:

1. Peel and core apples. Cut into slices or rings.
2. Coat rings with batter and deep fry. Turn as cooking so that they become evenly brown.
3. Drain and toss in caster sugar.

Toad in the Hole

Serves 4

Ingredients:

Batter mixture as for pancakes
8 sausages

Method:

1. Place sausages in an oven proof dish and put into a pre heated oven gas no 7 or 220°C. Cook for 15 mins
2. Make up batter as per pancake recipe.
3. As sausages have started to cook there will be fat in the dish. Swirl this around to coat dish to prevent batter from sticking. Pour in batter and place back into oven for a further 30 mins until risen and brown.
4. Serve with an onion gravy



Onion Gravy

Ingredients: 1-2 medium onions sliced 1 tbsp oil
1 pt boiling water 1 tbsp flour
1 vegetable stock cube

Method:

1. Sauté onion in oil until lightly browned.
2. Off the heat stir in the flour.
3. Dissolve stock cube in water. Add small amounts of the stock to the onion and stir to blend
4. Return to heat and warm through stirring all the time until gravy thickens and becomes translucent.
5. Gently simmer for a minute and serve.

Further adaptations:

What I did well:

What went wrong:

How can I improve next time:

Recipe Skill	Electric hand mixer	Kneading	Rolling out / Roll and Fold	Use of Oven	Lining cake tins	Opening cans	Glazing	Peeling / Chopping	Melting	Rubbing In	Breaking Eggs	Creaming	Sieving	Weighing & measuring
Shortcrust Pastry														
Beany Banger Bites / Fruit / Egg and Bacon Pie														
Cornish Pasties														
Scones														
Small cakes/Buns & Glace Icing														
Rough Puff Pastry														
Sausage Rolls / Plait / Currant Slices														
Mars Bar / Millionaires Shortbread														
Bread Rolls														
Scone based pizza														
Pineapple Upsidedown / Eves Pudding														
Victoria Sandwich / Butterfly Cakes														
Cheesecake														
Toad in hole, fruit batter, pancakes														