

Name:

Teacher:

Class:

Term 1

Top Tips for Unit 1 and Unit 2

Hospitality and Catering

This term during practical lessons in Hospitality & Catering you will learn and apply:

Unit 1: Know how food can cause ill health

One of the first things you must learn prior to cooking is food safety. You should be aware of and be able to analyse, identify explain or describe:

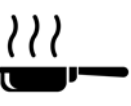
- ⇒ Food related causes of ill health
- ⇒ Common types of food poisoning
- ⇒ Symptoms of food induced ill health
- ⇒ Food safety hazards in different situations
- ⇒ Risks in food safety
- ⇒ Control measures
- ⇒ Food safety regulations

Unit 2: Be able to cook dishes

You must also be able to cook quality dishes safely during term one you will learn:

- ⇒ **Knife skills:** soups, vegetable cuts
- ⇒ **Pastry skills:** filo, shortcrust, puff
- ⇒ **Yeast doughs:** Chelsea bun, Catherine wheel bread rolls/tear & share
- ⇒ **Pastry making:** Short, filo pastry, puff
- ⇒ **Sauces:** Béchamel, minty yoghurt dip, sweet chilli dip

Reheating food safely

Grill	Microwave	Pan Fry	Oven	Saucepan
				

Reheating means cooking again, not just warming up. Always reheat food until it is piping hot all the way through i.e. above 75°C for at least 30 seconds. Food should only be reheated once. If ovens or grills are used for reheating, make sure they are preheated. If you're reheating food in a microwave, stir it regularly to make sure the centre of the food is thoroughly heated.



Skill level



Recipes that have one chef hat are low level skills. Level 1.

Examples

Crumbles
Sandwiches
Pizza with ready made bases
Simple salads
Assembling products with ready made sauces



Recipes that have two chef hats are low / medium level skills. Level 2 Pass.

Examples

Ready made pastry items assembly e.g. Milles feuille.
Fruit and vegetable dishes that require even sizes e.g. julienne, macedoine.
Simple cakes, cookies scones, undecorated.
Pre cut meat products or simple meat dishes such as curry, bolognaise with homemade sauce.



Recipes that have three chef hats are medium level skills. Level 2 Merit.

Examples

Cheesecakes. Homemade ice cream.
Simple sauces—red wine, cream.
Decorated cakes and gateaux, whisked sponge. Home made short crust pastry products,
Piped potato dishes, eg, duchess, croquette, shepherds pie.



Recipes that have four chef hats are medium to high level skills. Level 2 Distinction.

Examples

Cheesecakes—gelatine, baked. Panna cotta. Rich yeast doughs. 1 Or 2 complex accompaniments/garnishes
Choux buns, home made puff pastry. Tiramisu with home made sponge.
Home made pasta dishes. Roux based sauces. Lyonnaise, dauphinoise potatoes.
Meat and fish dishes that require changing the shape of the meat e.g. chicken Kiev.

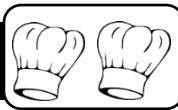


Recipes that have five chef hats are high level skills. Level 2 Distinction*

Examples

De-boning/ portioning chicken. Filleting fish
3/4 complex accompaniments/ garnish
2 or more high skills to make one product e.g. Gateau St Honore
Presentation of dishes exemplary—clean neat presentation
Chocolate run outs, spun sugar for decorated cakes. Accurate piping skills.

Lemon Mousse



Ingredients

284ml carton double cream
1 lemon
60g caster sugar
2 egg whites
4 decorative glasses/pots to take home in



CHALLENGE AT HOME:

Shortbread Biscuit Ingredients— serves 2/3

300g plain flour
200g butter
100g sugar

Method

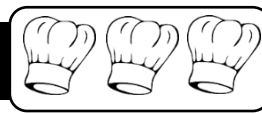
- 1) Put the cream, lemon zest and sugar into a large bowl and whisk them together until the mixture starts to thicken.
- 2) Add the lemon juice and whisk again until the mixture thickens further, don't let it get too stiff or you won't be able to fold in the egg whites.
- 3) In a separate bowl whisk the egg whites until they form soft peaks.
GENTLY Fold the egg whites into the lemon mixture (use the folding technique with a metal spoon so you don't knock any air out of the egg whites).
- 4) Spoon the mousse into 4 glasses and chill.
- 5) Decorate with extra zest if you like

Top Tips

Plating up top tips:

- Don't use plates that are too big or too small
- Remember if the food is hot, the plate should be warm
- If the food is cold, the plate should be cold
- Wipe the edges of the plate clean of drips & spills
- Have one ingredient as the focal point
- Be careful of food that can move around when serving, you may slice the bottoms off e.g. strawberry garnishes or lean food against other foods
- Serve odd numbers of foods as it is visually more appealing

Carrot & Coriander Soup



Ingredients

6/8 carrots
1 small onion
2 veg stock cubes
Handful fresh
coriander chopped
Pinch mixed herbs*

Equipment

Saucepan
Chopping board
Sharp knife
Measuring jug
Teaspoon
Wooden spoon

A suitable container to take home in



Suitable for elderly.
Great lunch time dish or starter.

Method

- Get kitchen ready
- Prepare and chop vegetables
- Put a tablespoon of vegetable oil into a pan
- Sauté onion
- Add rest of chopped vegetables and soften a little
- Add enough water to cover the ingredients
- Add vegetable stock cube and pinch of mixed herbs
- Bring to the boil, then reduce the heat and leave to simmer for twenty minutes
- When vegetables are soft remove from heat and put into container. (If you want a smooth soup use a blender, if you want a creamy soup and some fresh cream)
- For chicken soup blend to make smooth soup then add cream
- Wash up
- Serve hot with crusty homemade bread rolls.

Starter

Your second practical lesson will be to cook a **starter course**. You may wish to also add a garnish at home before serving. Below are some popular ideas including a parmesan crisp and croutons; but also note the use of herbs (chiffonade basil or a sprig of parsley). You may wish to stir through some crème fresh or cream:

Top Tips



Parmesan Crisp: Is an unusual and eye catching garnish. It also adds a contrasting texture and strong flavour to any dish. It can be used on a variety of dishes not just soup e.g. chicken carbonara!

You will need: 85g parmesan (or vegetarian alternative), very finely grated

To make the Parmesan crisp; heat the oven to 175°C. Line a baking sheet with baking parchment and divide the grated Parmesan into 6 long strips or circles, do not press down! Leave in little piles. Cook for 8-10 min until the cheese has melted and is golden. While still warm and a bit flexible, release the biscuits from the baking parchment with a palette or cutlery knife, then cool on a wire rack until firm. To store, keep in an airtight container to remain crisp.

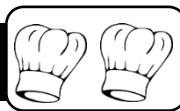
Croutons: Are a well loved favourite, they add a contrast in colour and texture. Croutons can also be sprinkled on dishes such as salads! **You will need:** 1 or 1 slices of bread (or part of a French stick roughly chopped for a rustic look), oil, herbs, (garlic is optional)

To make the croutons; heat the oven to 175°C. Cut the bread into small cubes. Transfer cubed bread to a parchment lined baking sheet. Drizzle the bread with the olive oil and then sprinkle with garlic, salt, pepper and Italian seasoning.

Using your hands, gently toss the croutons and make sure they are coated with all the oils, butters and seasonings.

Bake for 15-20 minutes until they are golden brown. Remove from oven and let cool before serving.

Samosa & Minty Dip



Ingredients

- 1 small potato
- 30g frozen peas
- Filo pastry sheets
- 1 tsp medium curry powder *
- vegetable oil*

A container to take home in

Equipment

- Saucepan
- Chopping board
- Sharp knife
- Peeler
- Masher
- Jug & pastry brush
- Baking tray



Suitable as a side for an Asian dish or as a starter with a dip.

Method

- Get kitchen ready
- Preheat oven to 180°C or gas mark 4
- Prepare potatoes
- Chop into bite sized chunks
- Boil until a fork goes through with a little resistance
- Mash potatoes, mix in curry powder and peas and leave to cool
- Gently cut your filo pasty into 4 strips and brush with oil
- Fold up and fill (be careful not to over fill).
- Wash up



Minty Yoghurt Dip

Ingredients

- 3tbl spoons of Greek yoghurt or natural yoghurt
- 2 tsp spoons of mint sauce (not the jelly kind)

Equipment

- Small mixing bowl
- Tablespoon
- Teaspoon

Method

- In a small mixing bowl combine ingredients
- Serve



Finished early?

Collect your Improve and Impress booklet and write paragraph for the following:

What did you do to prepare for cooking?

How did you store your ingredients?

What health and hygiene practices did you do during cooking to ensure a high level of health and hygiene?

What did you do ensure your clean down was thorough?

Remember to write in good sentences using capital letters and full stops, if you fill a whole box in your Improve and Impress book, then you can move onto the next box. Use accurate temperatures to prove your knowledge and understanding.



Ingredients- makes 6 bread rolls

250g strong plain flour
1 sachet easy blend yeast **OR**
15g fresh or dried yeast
2 tbsp spoons of green or red pesto
20g of grated cheese
Optional: 2 slices of ham/
pepperoni/ sundried tomatoes/
cherry tomatoes/ chorizo
1 tsp salt*
100-150ml warm water*

Equipment

Large mixing bowl
Flour dredger
Measuring jug
Cheese grater
Teaspoon
Tablespoon
Table knife
Baking tray with flour
dredged on to it



Suitable as a tear and share for a family style service.



A container to take home in

Method

1. lightly grease baking tray then dredge flour onto it.
2. Put the flour into a mixing bowl.
3. Add the easy blend yeast and 1 tsp salt to the flour.
4. Add in 100ml of water gradually to make a soft dough, if dough is a bit dry slowly add up to 50ml more.
5. Flour the surface and knead for 5 minutes.
6. Cut into 6 and shape into a long sausage and then flatten so it looks like a ruler.
7. Along your ruler like shape dough spoon on some pesto and some cheese. Bring the dough together into a sausage shape and then create a Catherine wheel shape.
9. Place on baking tray and put into a cold oven and heat oven to 210°C or gas mark 6
10. Bake for 15 minutes (rolls) in the oven / remove when golden brown and hollow sound heard when base knocked.
11. Team tidy up

Finished early?

Collect your Improve and Impress booklet and write paragraph for the following:
Explain what you did to ensure the bread rises and you achieved a high quality bread.

Remember to write in good sentences and use key terminology such as:
Carbon Dioxide, Gluten, Ferment, Prove, knock back

Chelsea Buns



Ingredients

1 level teaspoon of sugar
125 ml milk
1/2 sachet dried yeast
200g of strong plain flour
50g of butter
25g dried fruit
25g sugar
1 teaspoon milk for glaze*

Equipment

Large mixing bowl
Saucepan
Wooden spoon
Jug
Pastry brush



A container to take home in

Suitable as a café sweet treat with tea or coffee for adults or elderly

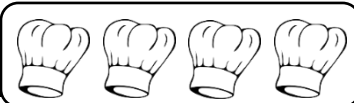
Method

Mise en place

- .Add the flour into a large mixing bowl, add 1/2 sachet of dried yeast and rub in half the butter.
- .Add a good pinch of sugar.
- .**Warm** the milk in a saucepan, DO NOT BOIL.
- .Add the milk and mix in with a wooden spoon.
- .Knead the enriched dough on a floured work surface for 10 minutes.
- .Roll out into a rectangle. Spread the remaining butter evenly over the dough.
- .Sprinkle with the dried fruit and sugar.
- .Damp the edges and roll them up firmly like a Swiss roll.
- .Cut 3-4 cm along.
- .Put them into the greased round cake tin and shape them.
- .Glaze with milk.
- . Put them in a cold oven and heat oven to 200°C /gas 7, bake the buns for 20 minutes until risen and golden in colour.
- .Meanwhile, boil 1 teaspoon water and 2 teaspoons sugar in a small saucepan until syrupy.
- .Brush the buns as soon as they come from the oven, so that the syrup dries on. Or brush the tops over with glacé icing made with 100 grams of icing sugar.
- .Finally, break the buns apart when cool, and enjoy!
- .Wash up

Remember: This is a heavy dessert, it wouldn't usually be served as a dessert to e.g. a pizza which is also very heavy. As a chef it is important to consider how courses work together and compliment each other.

Spring Roll



Ingredients

100g fine rice noodles (must be soft noodles)
1 bag of about 200g of shredded mixed vegetables e.g. bean sprouts, carrots, peppers, Chinese leaf cabbage, spring onions
Filo pastry sheets
1 chicken breast **precooked** at home (*Put chicken breast into saucepan, cover with boiling water and simmer 10-15 min until cooked through*)
1 tsp dried ginger*
Soy sauce*
Chinese 5 spice*

Equipment

Saucepan
Chopping board
Sharp knife
2 x forks
Measuring jug
Jug & pastry brush
Baking tray
Mixing bowl



Suitable as a side for an oriental dish or as a starter with a dip..

Method

- .Mise en place
- .Heat oven to 200°C or gas mark 6
- .Put chicken breast into saucepan, cover with boiling water and simmer 10-15 min until cooked through
- .Once chicken is cooked remove and put on a yellow (white if there are no yellow) chopping board and use 2 forks to shred the chicken
- .Mix all the ingredients together in a bowl
- .Take a sheet of filo and oil all around the edges
- .Fill your spring rolls and oil (sprinkle with sesame seeds if required)
- .Wash up

Filo is pastry commonly used in Greek, eastern European and middle eastern cuisines. As the sheets are very thin, work quickly to prevent drying out. Fillings, sweet or savoury should be part cooked before use as the pastry only requires a short amount of cooking time.

Want a distinction? Try cooking this accompaniment at home to add to your dish:

Sweet chilli dipping sauce

You can tailor this brilliant sauce to your taste: add less sugar, ramp up the chilli or simmer till it's sticky and jammy. It takes no time and keeps in the fridge for up to 5 days.

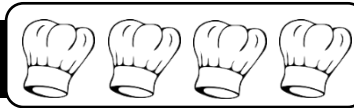
Ingredients

1 garlic clove, chopped
1 red chilli, chopped (deseeded, if liked)
50g caster sugar
3 tbsp white wine vinegar

Method

Put all the ingredients in a pan with 100ml water. Bring to the boil and simmer for 3–5 minutes, until the chilli has softened and the sauce has reduced by half. Take off the heat, then pour into a small dish and leave to cool.

Vegetable Lasagne



Ingredients

1 small courgette in bite size pieces
1 small onion diced
1 red pepper in bite sized pieces
250g of mushrooms sliced
1 veg stock cube
2 tins of tomatoes
50 g flour
50g butter
500ml milk
75-100g cheese
Lasagne sheets
Ovenproof dish from home
Veg oil*
Pinch mixed herbs*

Equipment

Saucepan
Frying pan
Chopping board
Sharp knife
Measuring jug
Teaspoon
Wooden spoon
Grater



Suitable as a main for a tennager/ adult/ elderly.

Chop most/all vegetables at home!!
So you have time to cook.

At home:

.Turn oven on 180°C or gas 5
.Cook for 40 mins until pasta is tender and lasagne is extremely hot at the core (It should be 70°C for 2 minutes)
Obviously, you may not be able to check the temperature at home, so insert a table knife into the core, leave for a minute and check it is hot when you pull it out.

Method

- .Mise en place
- .Prepare and chop vegetables
- .Put a tablespoon of vegetable oil into a saucepan
- .**Sauté** onion
- .Add rest of chopped vegetables and soften a little
- .Add tinned tomatoes to cover the ingredients
- .Add vegetable stock cube and pinch of mixed herbs
- .Bring to the boil, then reduce the heat and leave to simmer for twenty minutes
- .When vegetables are soft remove from heat and layer in casserole dish with pasta sheets.
- .Make the **béchamel sauce** (see below how to do this)
- .Cook until thickened, remove from the heat add half the cheese and season. Pour over pasta. Top with remaining cheese. Wash up

Béchamel and Veloute are both white sauces that are made by combining flour and melted butter to make a roux, then adding differing quantities and combinations of milk, cream or stock. A béchamel is usually made with milk or cream and a Veloute is made with a flavoured stock.

Traditional Roux Sauce Method

- .Melt the butter in a frying pan on a low temperature.
- .Add the flour and stir with a wooden spoon to make a paste (**roux**).
- .Add the milk gradually, a bit at a time to the roux. Stir constantly.
- .Keep adding the milk gradually, stirring constantly to prevent lumps. The sauce will thicken.
- .Once thickened, glossy and boiling, cook for two minutes. This will cook out the taste of the flour.

Mini Quiche



Ingredients

Pastry:

200g plain flour
50g chilled butter or hard
margarine
50g lard
2-3 tablespoons (tbsp) cold water*

Filling:

1 small onion
2 eggs
4 rashers of bacon
50g grated cheese
2 tablespoons (tbsp) milk

A container to take home in

Equipment

Rolling pin
Chopping board
Cooks knife
Muffin tray
Grease proof paper
Cookie cutter
Wire rack
Frying pan
Wooden spoon
Jug
Tablespoon
Cheese grater
Fork
Table knife



Re-heat to **72°C for at least 2 minutes**. Make sure your re-heated food is piping hot at the core.

Ideal for a children's party on a buffet menu.

Method

Mise en place. Preheat oven to 200°C or Gas 6.

.Put the flour, butter and lard into a large mixing bowl and rub in until it looks like breadcrumbs.

.Add 3-5 tablespoons of water and bind the breadcrumbs to make a pastry dough. Leave pastry in the fridge to rest.

.Slice the bacon into lardons, dice the onion

- Put them in a frying pan and fry until bacon is cooked and onion is soft.
- Crack two eggs into a jug and whisk with a fork add a pinch of salt and pepper
- Place a paper case into each muffin pit.

.Roll out pastry on a floured work surface.

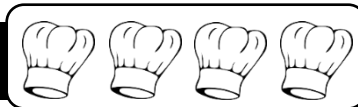
.Use cookie cutters and put the pastry circle into each paper case. Prick the base with a fork.

.Line the pastry cases with greaseproof paper and then baking beans. Bake the pastry blind for 10 minutes with baking beans and equally distribute your bacon and onion and then pour your egg mixture evenly between the tartlets.

.Bake for 10 mins or until golden then leave to cool on a wire rack.



Joint a chicken



Ingredients:

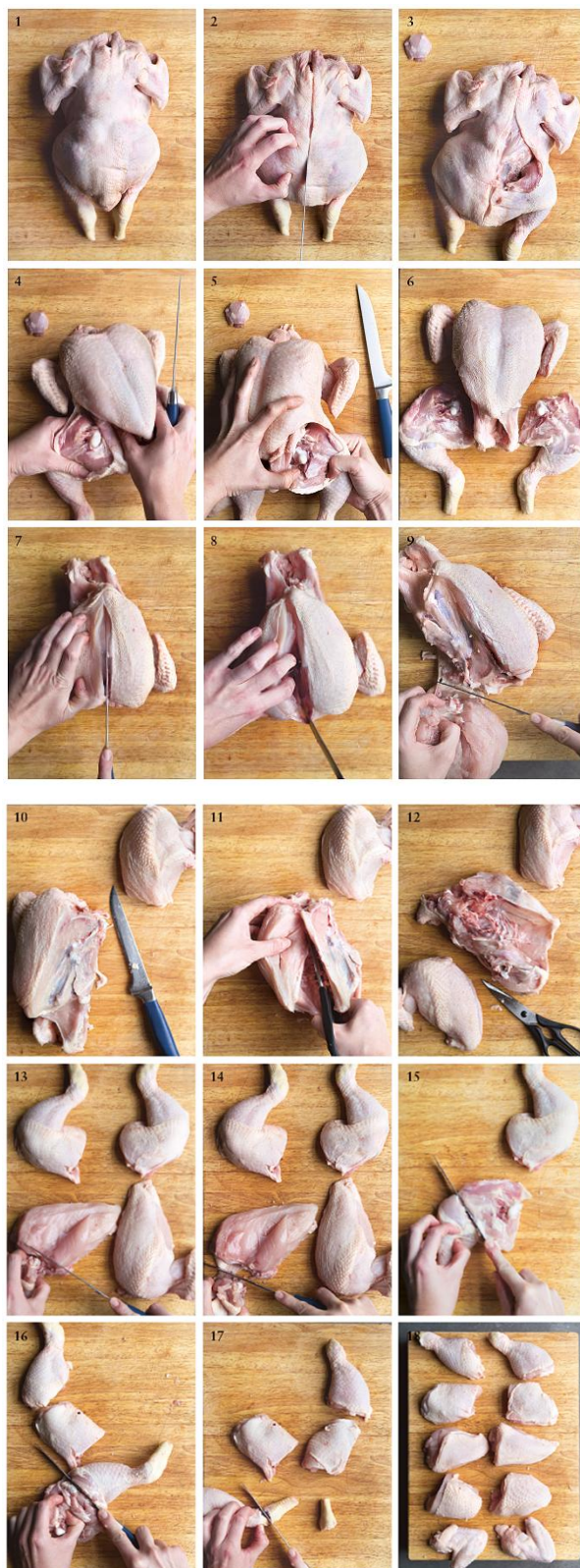
(Whole Chicken) Please bring in £2.50 for half of a whole chicken.

Equipment:

Red Chopping board and Knife

Method

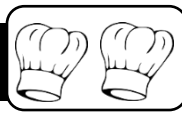
1. With chicken breast side up, cut through skin where thigh joins body. Pull joint away from body, so thigh bone pops out but skin is still attached, and repeat with other leg.
2. Now trim skin away around bone, to release thighs from body. Do this on both sides.
3. Separate thighs from drumsticks by cutting between joint. Trim bones off from ends of drumsticks.
4. Feel for breast bone of chicken, and slice down one side, against bone. Use short slices to release breast away from bone.
5. Use knife to cut along edge of wishbone. Slice along backbone to remove breast from body, with wing attached.
6. Repeat on other side, cutting along opposite side of breast bone. Discard carcass.
7. Remove wings from breasts, turn skin side down and cut through at a slight diagonal where joint meets breast meat. If desired, remove the wing tips also.



https://www.google.co.uk/search?hl=en&q=good+house+keeping+how+to+joint+a+chicken&meta=&gws_rd=ssl#gws_rd=ssl&kpvalbx=_vup_YMrQFYf5gQa374cQ13&spf=1618995902070

Key Words: Joint, drum stick, trim

Breaded Chicken Burger



Low skill level but if you butcher a chicken first, then this would go up to a high skill.

Ingredients

- 1 chicken breast
- 2 slices of white bread (to make into breadcrumbs)
- 1 large egg
- 2 tablespoons (tbsp) plain flour
- 1 tablespoon (tbsp) oil*
- Salt & pepper*

Items to make it into a burger and then you can eat it for lunch or break: Burger bun/Salad / Cheese/ mayo, tomato ketchup etc.

Equipment

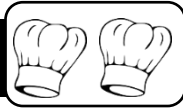
Small bowl, tray, red chopping board, red cooks knife, large bowl, fork, baking tray, frying pan, fish slice, rolling pin



Recipe

1. Preheat the oven to 200°C/Gas mark 6.
2. Prepare the ingredients:
 - Tip flour onto a large bowl. Season with salt and pepper.
 - Crack eggs into a small bowl and whisk.
 - Use food processor to make bread crumbs then pour onto a tray.
 - Joint the whole chicken and carefully remove the breasts.
 - Wrap each chicken breast with cling film and pound them with a rolling pin until they are flatter. Make sure they are the same thickness
3. Coat the chicken breasts in FLOUR then EGG then BREADCRUMBS.
4. Add some butter and oil to a frying pan and on a medium temperature fry the breaded chicken nuggets on each side to brown the breadcrumbs.
5. Place on a lightly greased baking tray and continue cooking in the oven, 180° for 20/25mins.
6. Make sure breast is cooked the whole way through.

Creamy sundried tomato chicken



Low skill level but if you butcher a chicken first, then this would go up to a high skill.

Ingredients

20g plain flour
125g sundried tomatoes in oil, (drained and roughly chopped, 3 tbsp oil reserved)
1 red onion finely chopped
3 garlic cloves crushed or finely grated
½ - 1 tsp chilli flakes (to taste)*
2 tsp dried oregano
150ml double cream
1 x chicken stock cube to make 250ml chicken stock
35g parmesan grated
*school will provide ingredients

Equipment

White tray
Saucepan with lid
Chef knife
Green chopping board
Measuring jug



Method

1. Put the flour on a plate and season with salt and freshly ground black pepper. Coat the chicken in the flour.
2. Heat 2 tbsp of the sundried tomato oil in a large, lidded [frying pan](#) over a medium heat and fry the chicken for 8-10 mins until golden all over, but not cooked through.
3. Drizzle the remaining 1 tbsp sundried tomato oil into the pan and reduce the heat to medium-low. Fry the onion for 8-10 mins until softened but not golden. Stir in the garlic and cook for another minute before adding the sundried tomatoes, chilli and oregano, stirring well.
4. Then pour over the cream and chicken stock, and season well. Put the lid on the pan and cook on medium-low for about 20 mins, turning the chicken halfway through until it is cooked through and the sauce has thickened a little. Stir in the parmesan, then serve.

At home you could serve with some mash potato, tender stem broccoli or a cous cous and salad.

Festive Nutella Puff Pastry Wreath



Nutella puff pastry wreath

Ingredients ~ serves 4-6

- 1 sheet of ready-roll puff pastry
- 1 jar of Nutella (you will only use 1/3 of it)
- 1 egg
- Icing sugar to dust*
- A container to take it home in
- *school will provide ingredient

Equipment

- Small bowl, flour dredger per kitchen, pastry brush, baking tray, palette knife, white knife

Method

- Preheat oven to 180°C/ gas mark 4
- Unroll your puff pastry and lay your puff pastry on to a floured work surface
- Use the greaseproof paper from your puff pastry for your baking tray and with a little oil grease it.
- With a palette knife spread your Nutella as a base all over the puff pastry.
- Then roll up your puff pastry from the longest side.
- Once rolled using your chef knife carefully slice it in half (look at picture to help you)
- Then plait your two halves with the Nutella layers on view at the top
- Twist it around until it makes a wreath shape and squeeze the puff pastry together carefully until it connects.
- Crack the egg in a small mixing bowl and whisk it
- Using a clean pastry brush, brush an egg glaze on top.
- Put it in the oven for 20 mins uncovered and then 30 mins with tin foil on top.
- Get it out of the oven and sprinkle with icing sugar on top.

Low skill level but if you make a rough puff from scratch, then this would go up to a medium skill.





Ideal on a festive menu for a seasonal dish for table service

Ingredients

- 1 chicken breast
- 1 tbsp cream cheese
- 2 slices of bacon
- 1 tsp cranberry jelly (*school will have a jar if you can't get any)

Accompaniments

- 1 handful of Green beans
- 1 parsnip
- 1 carrot
- 1 red onion
- 1 potato
- 1 garlic clove

Coating

- 85g pack of sage & onion stuffing
- ½ lemon, juiced
- tbsp olive oil *

A container to take home in

Re-heat to **72°C for at least 2 minutes.**
Make sure your re-heated food is piping hot at the core.



Equipment

- Green and red chopping boards
- Cooks knife
- Saucepan
- Baking tray

Method

Mis en place. Pre-heat oven to 190°C/ gas mark 5

- . Prepare your potatoes and root vegetables. Cube and par-boil for 5-10 min until a fork will press through with little resistance.
- . Cut the chicken breast in half horizontally, carefully cutting halfway through, and open it out like a book. Spread 1 tbsp Cream cheese and 1tbsp cranberry inside the chicken breast. Close the breast, then wrap it in the 2 slices of bacon.
- . Place chicken breast on the baking tray.
- . Once par-boiled toss the potatoes and vegetables in the stuffing mix, drizzle over the olive oil, season.
- . Place vegetables around the chicken and roast for 20 mins.
- . Wash and trim the green beans and boil until al dente.
- . Present and serve.
- . Wash up.

Practical assessment in the New Year

In this lesson you will cook one of the dishes you have learnt this term as a practical assessment. Remember to choose wisely and look at the chef hats for different skill levels to ensure you are showing the highest skill level possible.

