



GCSE Catering Recipe Booklet



Name: _____

Tutor: _____

Minestrone soup – Recipe 1

Ingredients

225g Carrots

225g courgettes

2 x sticks celery

1 x medium onion

1 x chicken or vegetable stock cube

500ml boiling water

1 x clove garlic

1 x large tin of chopped tomatoes (400g)

100g small pasta shapes

Garnish of choice

Container to carry it home in



Mise – en – place

1. Attend to health, hygiene and safety.
2. Put on uniform.
3. Collect ingredients.
4. Collect equipment.
5. Wipe down work surfaces with anti bacterial spray.
6. Weigh out ingredients.

Sequence

1. Wash all vegetables.
2. Peel all necessary vegetables.
3. Chop and slice vegetables into equal pieces and cuts as required.
4. Peel and finely slice the garlic.
5. Boil 500 ml of water and dissolve the stock cube.

6. Fry the onion and garlic.
7. Add other vegetables into the pan and fry for a further 3 minutes.
8. Add pasta shapes into the pan and stir.
9. Add made up stock and full tin of chopped tomatoes.
10. Leave to simmer for 20 minutes.

Completion

1. Clear all equipment to the sink area.
2. Wash down all the work surfaces used.
3. Stir and check the soup.
4. Wash and dry pots.
5. Put all equipment away in the correct places.
6. Stir and check the soup.
7. If soup ready, place into a soup bowl and garnish as required.
8. Place the rest of the soup into a container.
9. Wash the pan and wooden spoon.
10. Wash down the top of the cooker.

Quiche Lorraine- Recipe 2

Ingredients

Pastry

- 150g plain flour
- 75g butter or margarine
- 125ml cold water

Filling

- 100g bacon
- 100g cheddar cheese
- 3 x eggs
- 125ml whole milk
- Salt and pepper to season
- Tomato to garnish
- **Flan/quiche dish**



Mise-en-place

1. Attend to hygiene, health and safety.
2. Put on uniform.
3. Wipe down surface with anti-bacterial spray.
4. Collect all equipment.
5. Collect ingredients.
6. Preheat the oven to 190c/gas 5

Sequence

1. Sieve the flour into the bowl.

2. Rub in the fat with your fingertips until it resembles fine bread crumbs.
3. Add the cold water a little at a time and mix with a round bladed knife until it starts to come together into a ball.
4. Put the dough ball onto a floured surface and roll out using a rolling pin to approximately $\frac{1}{2}$ cm thick. **DO NOT HANDLE THE PASTRY TOO MUCH!**
5. Line the quiche/flan dish with the pastry. Prick holes using a fork into the bottom on the pastry.
6. Line the pastry with greaseproof paper and place uncooked rice on top of the paper to ensure the pastry stays in the correct position.
7. Place the pastry in the oven to 'blind bake' for about 10-15 minutes.
8. Whilst the pastry is in the oven prepare the rest of the ingredients.
9. Grill or fry the bacon. Chop the bacon up on a chopping board once it is cooked.
10. Grate the cheese and slice the tomato.
11. In a jug mix the eggs and milk together with a fork and season with salt and pepper.
12. When the pastry is out of the oven add $\frac{1}{2}$ the cheese and bacon pieces into the pastry case.
13. Pour the milk and egg mix into the pastry case.
14. Sprinkle the remaining cheese on top of the quiche and decorate with the tomato.
15. Place into the oven to bake for about 30 minutes.

Completion

1. Clear all equipment to the sink area.
2. Wash down all the work surfaces used.
3. Wash and dry pots.
4. Put all equipment away in the correct places.
5. Clean the grill or hob.
6. Take the quiche out of the oven.
7. Turn off the oven.

Sugar Pastry (Pate Sucree) Recipe 3

Ingredients

Pastry

210g all purpose flour

50 g granulated white sugar

1/8 teaspoon salt

113g unsalted butter, room temperature

1 large egg, lightly beaten

Sift flour and salt together and set aside.

Flan/quiche dish to bake it in

Filling

100g self raising flour

2 eggs

100g caster sugar

100g margarine

1 tbsp jam

Mise - en - place

1. Attend to health, safety & hygiene.
2. Put on uniform.
3. Collect ingredients.
4. Collect all equipment.
5. Turn on oven to 200C Gas 6.
6. Weigh out all ingredients.



Sequence

1. Put the butter and sugar together and mix using an electric whisk until light and fluffy.
2. In a separate bowl beat the egg using a fork.
3. Add the egg and beat a little till just incorporated.
4. Add flour all at once and mix using a round bladed knife until forms a ball.
5. Flatten the dough and cover in cling film.
6. Put into fridge for 20 minutes.
7. Wash up all pot and wash work surfaces.
8. Sprinkle some flour onto the work surface and get out the pastry.
9. Roll the pastry out until slightly larger than the container.
10. Place the pastry into your container.
11. Prick the bottom of your dough using a fork.
12. Place a piece of baking paper over the pastry.
13. Fill in the pastry case with beans or rice and 'bake blind' for 10 minutes.
14. Sieve flour into glass bowl.
15. Crack eggs into a small plastic bowl and whisk with a fork.
16. Add butter, sugar and eggs to the flour.
17. Using a wooden spoon begin to mix the ingredients together gently gradually increasing until beating. Mixture to look smooth and creamy.
18. Add the essence to mixture and stir in.
19. Using oven gloves remove the pastry from the oven and place onto a heat proof triangle.
20. Remove greaseproof paper and rice.
21. Place the jam into a small plastic bowl and mix until a runny consistency.
22. Spread the jam into the pastry case using a palette knife.
23. Begin to dot the sponge mixture over the jam carefully.

24. Spread out evenly until all the jam is covered.

25. Using oven gloves place back into the oven for 30 minutes, check after 20 minutes.

Completion

1. Clear all equipment to the sink area.
2. Wash down all the work surfaces used.
3. Wash and dry pots.
4. Put all equipment away in the correct places.
5. Take the bake well tart out of the oven and trim the edges of the pastry.
6. Turn off the oven.

Puff Pastry Tartlets - Recipe 4

Ingredients

375g Puff pastry (1 block defrosted)

Small jar of red or green pesto

1 red or green or yellow pepper (1 in total)

2 medium tomatoes

125 g mozzarella or cheddar cheese

Container



Mise-en-Place

1. Attend to health, hygiene and safety.
2. Put on the uniform
3. Wipe down the surfaces with anti-bacterial spray.
4. Collect equipment
5. Collect ingredients.
6. Weigh out ingredients
7. Preheat the oven to 200c or Gas 6
8. Flour a baking tray

Sequence

1. Wash and dry the vegetables
2. If using cheddar cheese grate using the coarse side of the grater.
3. Cut the peppers in half and remove the stalk and seeds. Then cut in half again to produce quarters.
4. Pierce a piece of pepper using a fork. Hold the handle using oven gloves.
5. Light the gas hob at the front of the cooker and hold the pepper over the naked flame (as previously demonstrated). Until the pepper blisters and goes brown.
6. Repeat step 5 with each piece of pepper.

7. Slice the peppers into julienne strips.
8. Macedoine your tomatoes
9. Put any rubbish in the bins and clear away.
10. Wash the pots and wipe down the work surfaces.
11. Using flour dredger to flour your work surface.
12. Begin to roll out the pastry, only roll in 1 direction and turn the pastry 90 degrees (keep the pastry a square shape).
13. Cut the pastry into 4 equal sized rectangle pieces.
14. Place the pastry onto floured baking sheet leaving a small gap between each one.
15. Using a paring knife, score a 1cm edge inside each rectangle, taking care not to cut all the way through the pastry. (You must now work within the border).
16. Spread 1 tbsp of pesto onto each slice staying inside the border.
17. Roughly sprinkle $\frac{1}{4}$ of the peppers, tomatoes and cheese over each piece of pastry.
18. Using oven gloves place the slices into the preheated oven, cook for 15 minutes.

Completion

1. Clear all the pots to the sink area.
2. Wash the work surfaces and clean with anti bacterial spray.
3. Clean over the cooker top.
4. Wash and dry all the equipment.
5. Put all the equipment away.
6. Put a cooling rack onto your work space.
7. Remove the slices from the oven and using a fish slice place onto the cooling rack.
8. Wash the baking tray and fish slice.
9. Turn off the oven.
10. Put the slices into your container.
11. Remove the uniform.
12. Wipe down the work space.

Profiteroles - Choux Pastry - Recipe 5

Ingredients

Choux Pastry

75g Plain flour
50g Margarine
125ml hot water
2 x large eggs

Chocolate sauce

20g butter
5 tbsp (70ml) water
225g plain chocolate

Cream filling

225ml whipping cream
1 x tbsp icing sugar
Container to carry home

Mise-en-Place

1. Attend to health, hygiene and safety.
2. Put on the uniform
3. Wipe down the surfaces with anti-bacterial spray.
4. Collect equipment
5. Collect ingredients.
6. Weigh out ingredients
7. Preheat the oven to 220c or Gas 7
8. Grease a baking tray
9. Place 125ml water in to a pan to heat until hot

Sequence



1. Cut up butter and place into the hot water in the pan, bring to the boil.
2. Sieve the flour into a bowl.
3. Remove the water from the heat, and add the sieved flour all at once into the water and beat with a wooden spoon until it becomes a smooth soft paste.
4. Leave the mix to cool for 5 minutes.
5. Crack the eggs into a bowl and whisk with a fork.
6. Add the egg a little at a time beating thoroughly between each addition. It should look like a glossy paste.
7. Place teaspoons of the mixture onto a well greased baking tray.
8. Cook in the oven for approx 20-30 minutes, until risen and golden brown in colour.
9. Clean up whilst the profiteroles are in the oven.
10. Remove the profiteroles from the oven and leave to cool on a wire rack. Pierce the side of each profiterole to let out the steam.
11. Melt the chocolate, water and butter in a glass bowl over a saucepan of simmering water. Stir until smooth but don't over heat as it will burn.
12. Place the whipping cream into a bowl and whip using the electric whisk until thick. Sieve in the icing and fold with a metal spoon.
13. Cut a hole or cut in half each profiterole and place in the shipped cream.
14. Pour over the chocolate sauce.

Completion

1. Clear all the pots to the sink area.
2. Wash the work surfaces and clean with anti bacterial spray.
3. Clean over the cooker top.
4. Wash and dry all the equipment.
5. Put all the equipment away.
6. Turn off the oven.
7. Put the profiteroles into your container.
8. Remove the uniform and wipe down the work space.

Chicken Cacciatore - Recipe 6

Ingredients

4 x chicken breasts

2 x tablespoons olive oil

3 x cloves garlic

2 x shallots

225g fresh mushrooms

4 x tomatoes or small tin of tomatoes

$\frac{1}{4}$ teaspoon chilli powder

1 x tablespoon fresh basil

125ml Chianti - provided by school (bring in £1)

Garnish

Ovenproof dish

Method

Peel and seed the tomatoes using a bowl of boiling water

Peel and chop the garlic the garlic and shallots. Clean and slice the mushrooms. Chop the basil.

Heat the oil in a frying pan over a medium heat. Add the chicken breasts. Fry for about 20 minutes over a low heat, turning the pieces over 2 or 3 times.

Remove the chicken breasts from the pan and set aside.

Add the garlic, shallots and mushrooms to the pan and season well. Cook for approximately 10 minutes over a low heat.

Increase the heat under the frying pan to high. Pour in the wine and reduce for 2 minutes. Add the tomatoes, chilli powder and basil. Cook for 5 minutes over a medium heat.

Return chicken pieces to the sauce in the pan and simmer for about 5 minutes before serving.

Garnish as required



Chicken Chasseur Recipe 7

Ingredients

- 4 chicken breasts
- 4 rashers streaky bacon (chopped)
- 1 onion (chopped)
- 1 oz (25g) flour
- 1 oz (25g) margarine or butter
- 4 oz (100g) mushrooms (sliced)
- 1/2 pint (250 mls) chicken stock
- 1/4 pint (125 mls) red wine - provided by school (bring in £1)
- 1 bay leaf
- 1 clove garlic (if wanted)
- 1 tablespoon soy sauce
- 1 x small tin tomatoes or 4 tomatoes
- 1 - 2 tablespoons tomato puree
- Seasoning, salt, pepper, mixed herbs



Method

Wash and chop all vegetables

Gently fry chicken pieces in margarine/butter to seal the outsides. Lift from pan and place on metal plate.

Add bacon and onion to the pan and fry gently until onion is soft but not browned.

Stir in flour and cook for 1 - 2 minutes.

Remove from heat and gradually stir in the wine and stock.

Return to heat, bring to boil and add skinned, chopped tomatoes, sliced mushrooms and seasoning. Add soy sauce but only add tomato puree if colour is too pale. Re-add chicken.

Allow to simmer very gently (either on the hob or in a casserole dish in the oven) for approx 1 hour.

Taste and adjust seasoning if necessary. Pour into serving dish.

Garnish with a row of finely chopped parsley.

Delicious served with creamed or duchesse potatoes and green vegetables.

Roux Sauce - Recipe 8 & 9

You have 2 options to produce a roux sauce dish.

Fish pie

Lasagne

Basic roux sauce recipe

50g butter or margarine

50g flour

500ml (bring a little more just in case!)

150g cheddar cheese



Bring an oven proof dish.

Lasagne - Recipe 8

Ingredients

200g (approx) lasagne sheets (fresh is best)

450g - 500g minced beef/lamb or Quorn

1 small carrot (optional)

1 stick celery (optional)

1 small - medium onion

2 rashers bacon

1 clove garlic (if wanted)

50g (2 tbsps) tomato puree

100g mushrooms

125 mls beef stock (use a good quality stock cube)

1 x tin chopped tomatoes

Cheese sauce for top made with;

50g margarine, 50g flour, 500mls milk, 150g grated cheese)

Method

1. Prepare all ingredients. Cut celery, carrot and onion into brunoise (tiny dice), cut bacon into strips, slice mushrooms, and crush garlic.

2. Prepare meat sauce - place bacon, onion, garlic, celery, carrot and minced beef in a pan - place on medium heat and stir till meat is brown.

3. Remove from heat and add tomato puree and stock.

4. Bring to boil and then simmer for 15 mins.



5. Add mushrooms - cook for 2-3 mins. Turn off heat.
6. Make cheese sauce - roux method (scald milk and allow to infuse, melt marg add flour and cook for 1 minute, remove from heat, gradually add hot milk, stirring all the time. Bring up to boil, remove from heat and add cheese).
7. Assemble lasagne - start with a spoonful of cheese sauce, then add lasagne sheets and meat sauce. Repeat layers, finishing with lasagne sheets.
8. Cover generously with remaining cheese sauce. Make sure all lasagne is covered so that it does not dry out.
9. Sprinkle with cheese.
10. Bake for 20 - 30 minutes Gas 5 until lasagne is soft and top is golden
11. Garnish and serve.

NOTE: Delicious with garlic bread and crisp salads!

Fish Pie – Recipe 9

Ingredients

300 g white fish (cod, haddock etc, frozen is fine)

2 rashers bacon

2 smoked mackerel

100g prawns (defrosted)

1 x tsp mustard

500 mls milk

50 g margarine

50g flour (1 heaped tbsps)

150g grated cheese



750 g potatoes

35 g margarine or butter

75 mls milk

Seasoning

1 tomato or parsley for garnish (if wanted)

Ovenproof dish

Method

1. Peel and chop potatoes. Place in a pan, just cover with fresh cold water. Add 1 teaspoon salt and bring up to boil. Reduce heat and allow to simmer for approximately 20 minutes until the potatoes are soft.
2. Remove skin and bones from fish if necessary. Either place in ovenproof dish, add milk and bake for 20 - 30 minutes Gas 5 or 180 C OR place in pan, add milk and poach for 15 - 20 minutes.

3. Carefully drain milk from fish and pour into measuring jug.
4. Flake the fish and place in bottom of ovenproof dish.
5. In a clean pan melt some butter and with some kitchen scissors cut the bacon into small pieces straight into the pan. Fry off the bacon and put into your oven proof dish.
6. Using the same pan as the bacon melt margarine, add flour and cook the roux for 1 - 2 minutes without colouring. Remove from heat and add the hot milk very gradually at first to make a smooth sauce. Return to heat and allow the sauce to boil for at least a minute.
7. Take off the heat and add grated cheese (save a little for the top). Pour the sauce over the fish in the ovenproof dish.
8. Drain and mash potatoes. Add butter and enough milk to make them smooth and creamy.
9. Spread or pipe potatoes evenly over the sauce. If spreading potatoes, fork round dish to neaten.
10. Sprinkle with leftover cheese and garnish with slices of tomato.

To Serve: Bake in a moderate oven - Gas 5 or 180 C until piping hot and golden brown. Serve with a colourful vegetable e.g. peas.

Custard - Recipe 10

Ingredients

1 x vanilla pod or vanilla extract

275ml double cream

3 x large egg yolks

1 x teaspoon cornflour

25 g golden caster sugar



Method

Split the vanilla pod length ways and scoop out the seeds using a knife or teaspoon.

Place the pod and seeds in a small saucepan, along with the cream.

Now place the pan over a gentle heat and heat to just below simmering point.

While the cream is heating whisk the egg yolks, cornflour and sugar together in a medium bowl using a balloon whisk.

Remove the vanilla pod from the hot cream. Then, whisking the egg mixture all the time with one hand, gradually pour the hot cream into the bowl.

When it is all in, immediately return the whole lot back to the saucepan using a spatula. Return it to a gentle heat and continue whisking until the custard is thick and smooth (it will happen as it reaches simmering point). If you over heat it, it will turn grainy, don't worry, just transfer it to a jug or bowl and continue to whisk until it becomes smooth again.

You also need to choose an accompaniment to produce that can be served with the custard.

Accompaniment could be....

Sponge cake, crumble, bakewell tart.

Chocolate Hazelnut Meringue Roulade - Recipe 11

Ingredients

2 x 100g bars of dark chocolate

110g hazelnuts

4 x large egg whites

225g golden caster sugar

570ml double cream

Container to take roulade home



Method

Pre heat the oven to gas 5 or 190c

Grease and line a baking tray.

Toast the hazelnuts on a baking sheet on the top shelf of the oven for 8 minutes. Cool and grind in the food processor.

Whisk the eggs using an electric whisk until they form soft peaks, then whisk in the caster sugar a little at a time.

Using a metal spoon, fold the ground hazelnuts into the eggs mixture.

Spread the mixture onto a greased baking tray evenly. Bake in the oven for 20 minutes. Clean up!!!!

Remove the roulade from the oven and leave to cool. Turn and remove the greaseproof.

Heat a pan of water and break the chocolate into pieces and place in a bowl. Place the bowl over the simmering water, making sure the bowl doesn't touch the water. Melt the chocolate over the bowl. When melted remove from heat and leave to cool.

Whisk the cream until it forms soft peaks. Add chocolate to the cream and leave some for decoration. Fold the chocolate quickly and gently into the cream.

Spread the cream evenly over the inside of the roulade leaving 1cm around the edge.

Using the greaseproof to help, roll the meringue up into a long log shape and sit on its seam.

Using a spoon, drizzle the chocolate over the roulade in a zig zag movement. Place into the fridge.

Potato Dauphinoise - Recipe 12

Ingredients

500g potatoes

170ml milk

125ml cream

60g cheddar cheese

20 g butter

Ovenproof dish



Method

Preheat the oven to 180°C / gas 4.

Brush the ovenproof dish with melted butter or oil.

Peel the potatoes and cut them into thin slices.

Place the slices in layers in prepared dish, overlapping them slightly.

Combine the milk and cream in a jug, drizzle mixture over potatoes.

Sprinkle cheese over the potatoes and dot with butter.

Bake for 45 minutes, or until the potatoes are tender when tested with a knife and the top is golden brown.

Duchess Potatoes Recipe 13

Ingredients

750g floury potatoes

150g butter

2 x eggs

Grated nutmeg (optional)

Method

Heat the oven to 220C/Gas 7.

Put a pan of water on to boil

Peel floury potatoes and halve or quarter if large.

Boil in salted water for 12-15 minutes until tender.

Drain, then return to the pan over a low heat for a minute to remove excess moisture.

Mash well, using a potato ricer if possible.

Return the mash to the pan and place over a medium heat. Stir in 150g butter and season with salt, pepper and a little grated nutmeg if you like.

Take the pan off the heat and mix in 2 beaten medium eggs.

Spoon the enriched mash into a large piping bag fitted with a 2cm fluted nozzle and, while still warm, pipe into whirls on a greased baking sheet.

Bake for 5-7 minutes until golden and crisp at the edges.



Sponge Cake - Recipe 14

Ingredients

100g self raising flour

100g butter

100g sugar

2 x eggs

1 x teaspoon vanilla essence

Cake tin



Method

Preheat the oven to 180 °c / gas 4.

Grease and line a 20cm cake tin.

Weigh out all the ingredients carefully.

Add the butter, sugar and eggs into a bowl and sieve in the flour.

Beat the ingredients together until soft and creamy.

Add the mixture to the prepared cake tin.

Bake the cake for 20-25 minutes until spongy and golden brown.

Turn out the cake onto a cooling rack and leave for a few minutes.

Basic Bread Dough - Recipe 15

Ingredients

225g strong bread flour

$\frac{1}{2}$ teaspoon fast acting yeast

$\frac{1}{2}$ teaspoon salt

150ml warm water

2 x tablespoons olive oil



Method

Preheat the oven to 210°C / gas 7.

Weigh out the ingredients.

Sieve the flour into a mixing bowl.

Add the yeast and the salt.

Gradually add the warm water to make dough.

Knead the dough for about 5 minutes.

place the dough back into the mixing bowl and cover with cling film or a tea towel and leave on top of a warm oven to rise (dough should almost double in size).

Turn out the risen dough onto a lightly floured surface and knock back and knead again.

Divide the dough and shape as required. Place on a floured baking tray and cover and leave again to rise before baking.

Bake in the oven for 15-20 minutes.

Remove from the oven and place on a wire rack to cool.