



GSCE RECIPE BOOK

YSGOL ALUN - YEAR 10 FOOD & NUTRITION RECIPE BOOK
First Half Term



Welcome to GCSE Food & Nutrition!

The recipes are a guide.

- If there is something you wish to adapt and alter then please do.
- If you are unsure about a recipe, please speak to your teacher before the lesson.
- The recipes are chosen to match the skills and theme being studied as well as fitting in with our lesson times.
- You are encouraged to source your own recipe however check the skills and theme are similar for each week
- Don't forget to put high risk food items in the fridge when you get into school.
- Please remember a suitable container to bring your food home in.

Equipment required from the student for the course this year -

- Container (PLASTIC) with a tightly sealed lid.
- Ramekins (6-8)
- Oven proof dish – Pyrex etc.
- Jam Jar
- Quiche or tart tin

Skills

Ready-made/prepared components used in the preparation and cooking of food outcomes are all classed as basic.

Technique Type	Basic (*)	Medium (**)	Complex (*****)
Preparation Techniques	blending, beating, grating, hydrating, juicing, marinating, mashing, melting, proving, peeling, chilling, cooling, dehydrating, freezing, shredding, sieving, skimming, toasting*	creaming, dehydrating, folding, measuring, mixing, puréeing, bâton, slicing, spatchcock, baking, blanching, braising, deglazing, frying, griddling, pickling, rolling, rub-in, reduction, roasting, sautéing, setting, steaming, stir-frying, water-bath (sous-vide)	crimping, laminating, melting using bain-marie, piping, brunoise, deboning, filleting, julienne, mincing, segmenting, baking blind, caramelising, deep fat frying, emulsifying, foaming, whisking (aeration), tempering
Knife Techniques	chopping, peeling, shredding, sieving, skimming, toasting*	slicing, bâton, chiffonade	deboning, filleting, segmenting, brunoise, julienne, mincing
Cooking Techniques	boiling, grilling, chilling, cooling, freezing, shredding*, sieving*, skimming*, toasting*	baking, blanching, braising, deglazing, frying, griddling, pickling, rolling, rub-in, reduction, roasting, sautéing, setting, steaming, stir-frying, water-bath (sous-vide)	baking blind, caramelising, deep fat frying, emulsifying, foaming, whisking, tempering



Leek and Potato Soup

SERVINGS: 4

SKILLS COVERED: VEGETABLE PREPARATION AND BOILING / SIMMERING

Ingredients

1 tbsp vegetable oil
1 onion, sliced
225g / 8oz potatoes, cubed
2 medium leeks, sliced
1.2 litres / 2 pints
vegetable stock

Directions

1. Peel and chop potatoes into medium sized cubes
2. Dice the onion
3. Remove the tops & bottom from the leek and dice.
4. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes over a medium heat until starting to soften.
5. In a jug dissolve the vegetable stock in hot water & add to pan - bring to the boil.
6. Season with salt and pepper.
7. Simmer for 10 minutes until the vegetables are tender.
8. Whizz with a hand blender until smooth.
9. Carefully pour into container (use jug if needed to help).
Keep lid off to cool
10. Wash, dry & return all equipment.
11. At home you can heat up and stir in some Crème fraîche

Equipment: Saucepan, chopping board, knife, wooden spoon, measuring jug, Blender (shared), Kettle (shared), container



Apple Crumble

SERVINGS: 4

SKILLS COVERED: FRUIT PREPARATION AND BAKING

Ingredients

1.1 Kg of eating
apples (e.g. cox)
3-4 tbsp apricot jam
1 large orange
140g porridge oats
100g plain flour
1tsp ground
cinnamon
100g butter
100g light
muscovado sugar
1tbsp golden syrup

Directions

1. Heat oven to 190C/fan
2. Peel, core and thinly slice the apples
3. Spread apples evenly over a buttered 1.5-litre ovenproof dish
4. Halve the orange & juice it.
5. On to apples - Mix in the jam and orange juice - spread out evenly.
6. In a plastic bowl - mix the oats, flour and cinnamon quickly.
7. Cut butter in to small chunks and rub in gently using fingertips.
8. Stir in the sugar & drizzle in the syrup to form clumps.
9. Sprinkle evenly over the apples and bake for 20-25 mins until the juices from the apples start to bubble up

Equipment: Scales, chopping board, knife, peeler, juicer, bowl, wooden spoon, oven proof dish



Vegetable Enchiladas

SERVINGS: 4

SKILLS COVERED: VEGETABLE PREPARATION & BOILING, SIMMERING BAKING

Ingredients

1 tbsp sunflower oil, plus extra for greasing
1 medium onion,
1 yellow pepper
1 x 400g tin chopped tomatoes
1 x 400g tin red kidney beans in chilli sauce
2 teaspoons of chilli powder, paprika and cumin.
3 heaped tbsp chopped fresh coriander, plus extra to garnish
4 x ready-made flour tortillas
75g/2½oz mature cheddar, coarsely grated for topping

Directions

1. Finely chop the onion & peppers
2. Add the oil to the pan
3. Gently cook onion & peppers – stir
4. Open tins
5. After 4 mins – add chopped tomatoes & kidney beans to pan
6. Simmer for 10 mins
7. Remove from heat & stir in all herbs/spices
8. Get oven proof dish ready (oil if needed)
9. Fill the tortilla as shown
10. Pour remaining sauce on top
11. Sprinkle with cheese
12. Bake in oven 20 mins

Equipment: Knife, chopping board, tin opener, grater, saucepan, wooden spoon, oven proof dish



Strawberry Jam

SERVINGS: 4

SKILLS COVERED: VEGETABLE PREPARATION & BOILING, PRESERVATION

Ingredients

- 230 g Hulled strawberries washed & dried (1 punnet)
- 230 g Granulated sugar equal to prepared strawberry weight
- 1 tsp Lemon juice freshly squeezed
- A knob of unsalted butter optional

Directions

1. Put the strawberries in a large saucepan and crush with a masher.
2. Add the sugar and lemon juice.
3. Heat gently, stirring with a wooden spoon until all the sugar has dissolved.
4. Increase heat and bring to a rolling boil then time for 5 minutes, stirring occasionally with a wooden spoon.
5. Test a drop of jam on a chilled plate and place in the fridge for 30 seconds.
6. Run your finger through the drop and if it forms a crinkle and is tacky it's ready.
7. If not boil for another minute and retest until ready.
8. Skim any scum off the top with a spoon and add a small knob of butter to disperse any remaining scum if you wish.
9. Ladle into a small sterilised jar

Equipment: Saucepan, Chopping Board, Knife

Note- Jam Jar needed and must be sterilized at the start of the lesson.



Scones

SERVINGS: 4 / 6

SKILLS COVERED: VEGETABLE PREPARATION & BOILING, PRESERVATION

Ingredients

- 200g self raising flour
- 50g block margarine
- 25g sugar
- 50g fruit
- 1 egg
- 3 tbsp milk

Directions

Prep:

1. Preheat the oven to 200°C gas mark 7.
2. Sprinkle some flour onto a baking tray.

Method:

1. Sift the flour into a bowl.
2. Rub the margarine into the flour until it resembles breadcrumbs
3. Add the sugar and extra ingredients
4. In a jug or small bowl, beat the eggs with a fork – add the milk
5. Add the egg & mix to the dry ingredients and mix with a round bladed knife
6. Place the dough onto a floured work surface and knead lightly.
7. Press the dough gently until 1.5 cm thick
8. Shape the scones until scones using cutter.
9. Place the scones onto the baking tray, brush the top with a little milk and bake 12-15 minutes.
10. After baking place the scones onto a cooling rack.

Equipment: *Mixing bowl, form, jug, round ended knife, baking tray, cooling rack*



Pizza

SERVINGS: 4 / 6

SKILLS COVERED: VEGETABLE PREPARATION, SHAPING, BAKING

Ingredients

- 250g strong white bread flour
- 7g packet of easy bake yeast
- Pinch salt
- Tomato puree or small jar smooth passata
- 50g mozzarella
- Toppings of your choice (please ensure that they are pre-cooked where necessary e.g. meats)

Directions

Prep:

1. Preheat the oven to 200°C, gas mark 7.
2. Sprinkle some flour onto a baking tray.

Method:

1. Sift the flour into a medium mixing bowl.
2. Add the yeast and a pinch of salt.
3. Gradually add the water with a round bladed knife until it forms a dough.
4. Knead for 10 minutes until smooth and shiny.
5. Roll out the base into a circle shape (about 18cm) and place on your baking tray.
6. Spread over your passata sauce to around 1cm from the edge.
7. Slice your mozzarella and scatter over the sauce.
8. Add your toppings accordingly.
9. Bake in the oven for 10-15 minutes.

Equipment: Sieve, mixing bowl, baking tray, sharp knife, rolling pin, jug, round ended knife