

# St Joseph's Academy



**No flour? No problem!**

Tried and tested recipes don't need flour

**Lockdown Recipes**

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## Useful Measurements/Glossary

School portion = small tin/tray

Family portion = large tin/tray

5ml = 1 teaspoon

15ml = 1 Tablespoon


Not got the right size of pan watch these You-tube videos for some cake pan hacks

<https://youtu.be/6kDa8iHpnnM>

<https://youtu.be/0LAOOfw7nyU>

# Ikea Style Swedish Meatballs (Makes 20 – 24 meatballs)

 I am learning today.... to shape meat and work safely and hygienically using raw meat

 I am successful if I can.... Shape the meatballs into even sizes. Wash my hands, before and after handling meat and immediately wash equipment and work surface that had raw meat with a clean net cloth

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients



## Ingredients

500g beef mince  
250g pork mince  
1 onion finely chopped (trick is to have this really small)  
1 clove of garlic (crushed)  
100g breadcrumbs (grate some old slices of bread)  
1 egg  
75ml of whole milk  
salt and pepper to taste

Dash of oil for frying (approx. 5ml -10ml)

## Equipment

Large bowl  
Fork  
Chopping board (for veg)  
Knife  
Metric spoons  
Measuring jug  
Grater  
Scales  
Plate  
Frying pan  
Wooden spoon  
Oven proof dish/casserole dish

## Method

1. Measure milk (5 x 25ml milk = 75ml)
2. Finely chop onion
3. Crush garlic
4. Make breadcrumbs by grating day old bread on a grater and weigh to 100g
5. Combine beef and pork mince in a large bowl and mix thoroughly to break up any lumps.
6. Add finely chopped onion, garlic, breadcrumbs, egg and mix.
7. Add milk and season well with salt and pepper.
8. Shape mixture into small, round balls. Place on a clean plate, cover and store in the fridge for 2 hours (to help them hold their shape whilst cooking).
9. Preheat the oven to 180°C or 160°C fan/ Gas Mark 4
10. In a frying pan, heat oil on medium heat. When hot, gently add your meatballs and brown on all sides.
11. When browned, add to an ovenproof dish and cover.
12. Place in a hot oven (180°C or 160°C fan) and cook for a further 30 minutes.
13. Finish **Washing Up Routine** (SEE POSTER AT SINK).
14. When ready to eat, serve with your favourite potatoes – either creamy mash or mini new boiled potatoes. (and if you wish with the Swedish Cream Sauce on next page)

Storage instructions: Ready to eat.

# Swedish Cream for Ikea Style Meatballs



I am learning today....

to make a roux and a sauce from the roux



I am successful if I can....

Shape the meatballs into even sizes. Wash my hands, before and after handling meat and immediately wash equipment and work surface that had raw meat with a clean net cloth

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients

### Ingredients

10ml oil  
1 onion, chopped  
200ml chicken stock  
200ml double cream  
5ml cornflour  
salt and freshly ground black pepper

### Equipment

Chopping board  
Knife  
Metric spoons  
Measuring jug  
Wooden spoon  
Pot or saucepan  
Cup to mix cornflour in  
Sieve (optional)

## Method

1. Measure Chicken Stock
2. Measure Double cream
3. Chop onion
4. Heat 10ml oil in a large pan and fry the onions until soft and translucent.
5. Add the chicken stock. Bring to the boil and cook until the volume of liquid has reduced by a third.
6. Add the 200ml double cream and cook over a low heat for another 6-8 minutes.
7. Mix 5ml cornflour with a little water to form a consistency of milk (then stir it into the sauce.
8. Season with salt and pepper. (If you would like a smooth sauce pour through a sieve to remove the onion) Keep warm until ready to serve.
9. **Wash Up equipment and utensils and wash the work surfaces.**

## Storage instructions:

Ready to eat.

# Pasta Bolognese (4 portions)



I am learning today....

Works safely and hygienically



I am successful if I can....

To boil and drain pasta safely. Using a colander or sieve and not drip water on the floor. Safe use of raw meat. Wash hands, utensils and worksurfaces after touching raw meat.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients

### Ingredients

300g mince  
1 onion  
2 garlic cloves  
15ml oil  
5ml Basil or Mixed Dried Herbs  
1 400g tin of chopped tomatoes  
30ml Tomato Puree  
1 beef stock cube  
200g Pasta or Spaghetti

### Equipment

Chopping board  
Sharp knife  
Garlic Crusher (can use side of knife to crush)  
2 pots  
1 Colander or sieve to drain pasta  
Metric spoons (1 teaspoon = 5ml)  
(3 teaspoons = 15ml)  
Cup or Scales to measure  
[pasta (approx. 4 cups)]

## Method

1. Put water on to boil for pasta. (fill a large pot, up to the handle, with water)
2. Peel and chop onion
3. Peel and crush garlic
4. Put 15ml oil into pot
5. Fry onions to soften (to not brown)
6. When onions are translucent add garlic for 30 seconds
7. Add meat and seal (cook until turns brown)
8. Add chopped tomatoes, tomato puree and stock cube.
9. Add 5ml Basil (or mixed herbs)
10. Cook for 15 mins stirring occasionally
11. Put pasta (or spaghetti) into boiling salted water to cook for 12-15 minutes.
12. When pasta cooked drain pasta.
13. Serve Bolognese with pasta (or spaghetti).
14. Finish **washing up equipment and utensils and wash the work surfaces.**

## Storage instructions:

Ready to eat.

When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

# Chilli and rice (4 portions)



I am learning today....

Works safely and hygienically



I am successful if I can....

To boil and drain rice safely. Using a colander or sieve and not drip water on the floor. Safe use of raw meat. Wash hands, utensils and worksurfaces after touching raw meat.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients

### Ingredients

300g mince  
1 onion  
2 garlic cloves  
15ml oil  
5ml Basil or Mixed Dried Herbs  
1 x 400g tin of chopped tomatoes  
30ml Tomato Puree  
1 beef stock cube  
60g kidney beans (Washed) or baked beans  
5ml chilli powder  
150g rice  
Salt and Pepper

### Equipment

Chopping board  
Sharp knife  
Garlic Crusher  
(can use side of knife to crush)  
2 pots  
Wooden spoon  
Colander or sieve to drain rice  
Metric spoons (1 teaspoon = 5ml)  
(3 teaspoons = 15ml)  
Cup or Scales to measure rice  
(approx 1 - 1½ cups)

## Method

1. Put water on to boil for rice. (fill a large pot, up to the handle, with water)
2. Peel and chop onion
3. Peel and crush garlic
4. Put 15ml oil into pot
5. Fry onions to soften (to not brown)
6. When onions are translucent add garlic for 30 seconds
7. Add meat and seal (cook until turns brown)
8. Add chopped tomatoes, tomato puree and stock cube.
9. Add 5ml chilli powder
10. Drain and wash 4 x 15ml kidney beans and add to meat (If you don't like kidney beans add baked beans with their tomato sauce instead)
11. Cook for 15 mins stirring occasionally
12. Add rice to boiling salted water and cook for 15- 20 minutes until cooked. Clear up.
13. When rice is cooked drain rice.
14. Serve chilli with boiled rice
15. Finish **washing up equipment and utensils and wash the work surfaces.**

## Storage instructions:

Ready to eat.

When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

# Coleslaw



**I am learning today....**

to use a sharp knife safely and improve my peeling, grating, slicing and chopping skills.



**I am successful if I can....**

Can follow the teacher's instructions on how to carry and use the knife and grater safely.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment
4. On a plate collect cabbage, onion and carrot.
5. Measure 3 x 15ml mayonnaise into a large bowl.



## Ingredients

- 1 small piece cabbage
- ¼ onion
- 1 carrot
- 3 x 15ml mayonnaise
  
- Optional additional ingredient
- ¼ apple

## Equipment

- Plate
- Large bowl
- Vegetable knife
- Vegetable peeler
- Chopping board
- Tablespoon
- Grater
- Dessertspoon
- Metric spoon
- Colander
- 2 paper kitchen towels


## Method


1. Slice cabbage, wash in colander. Pat dry with paper towel and add to bowl.
2. Peel onion
3. Wash, peel and rewash carrot.
4. Finely chop onion and grate carrot and add to bowl.
5. Grate carrot and add to bowl.
6. Wash and deseed (core) apple (IF USING). Pat dry with paper towel and chop into small pieces. Add to bowl.
7. Mix ingredients well.
8. Spoon into serving dish.
9. Stack dirty dishes and wipe down surface.
10. Wash up using **Washing Up Routine**

## Storage instructions:

Ready to eat. Store in an airtight container in the fridge.  
Best eaten within 1 day.

# French bread pizza (1 portion)

 **I am learning today....** Today I am learning use the hot grill safely. I am also continuing to learn to measure accurately and work safely with a sharp knife. .

 **I am successful ....** I am successful if I can follow the teacher's instructions on how to use the grill safely. I am also successful if I can measure accurately using a metric spoon as well as chop safely using a sharp knife.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment
4. Collect Ingredients
5. Switch on grill (make sure grill pan is out and door left open)



## Ingredients

- 1 piece French Bread
- 25g Edam Cheese  
(or 2 x 15ml grated cheese)
- ¼ onion
- 15ml Pizza base topping  
(or 15ml chopped tomatoes  
and Pinch Mixed herbs)

## Equipment

- Grill pan and foil sheet
- Green chopping board
- Vegetable Knife (each)
- Paper towel each (for peelings)
- Damp kitchen towel or net cloth  
(to place under chopping board  
to stop board slipping)
- Grater
- Metric spoon
- Plate

## Method

1. Cover grill pan with foil.
2. Grate cheese using the coarse side of the grater onto a plate.
3. Slice onion on the chopping board and place to one side of the plate.
4. Carefully toast one side of the bread till golden brown
5. Turn bread over, toasted side down and place pizza topping or chopped tomatoes and onion on top. Cover with grated cheese and sprinkle on herbs
6. Place pizza under grill and cook until cheese has melted
7. Remove from grill and switch grill off. Serve on a plate
8. Wash up using **Washing Up Routine**.

**Storage instructions:** Ready to eat



# Cheesy Beanos (1 portion)



**I am learning today....**

Today I am learning use the hot grill safely. I am also learning to grate safely .



**I am successful if I can....**

I am successful if I can follow the teacher's instructions on how to grate and how to use the grill safely.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment
4. Collect Ingredients , bread, cheese on a plate
5. Cover the grill pan with tin foil.



## Ingredients

- 1 slice bread
- 12.5g cheese
- 1 tablespoon baked beans
- 5 ml margarine or butter

## Equipment

- Tinfoil
- Grill pan
- Small bowl / chopping board
- Plate
- Knife
- Metric spoons
- Grater

## Method

1. Preheat grill on high.
2. Grate cheese.
3. Toast bread on both sides. Put on plate and go back to place.
4. Spread toast with margarine, if wished.
5. Measure baked beans into a cup (if cold place in microwave for 30 seconds)
6. Place measured baked beans on toast
7. Sprinkle grated cheese over the baked beans.
8. Return to grill and grill till cheese is bubbling.
9. Switch off grill. Carefully remove toast and put on plate.
10. Serve.
11. Stack dirty dishes and wipe down surface.
12. Wash up using **Washing Up Routine**.

## Storage instructions:

Ready to eat

# Not Pot Noodle (1 portion)



**I am learning today....**

Use the kettle and the microwave safely



**I am successful if I can....**

Make sure cables are out of the way and use oven gloves to remove items from the microwave.

## Preparation:

1. Collect Tea towel, net cloth, , apron, (recipe)
2. Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Put the kettle on (fill kettle to maximum level) and turn on
5. Measure 200ml of boiling water into the measuring jug.
6. Place 1/2 stock cube in water and stir



## Ingredients

1/2 vegetable stock cube  
1/2 onion  
1 piece of red pepper  
1 piece of courgette  
1 mushroom  
1 x 15ml sweet corn  
1 x 15ml peas  
50g noodles  
15ml—30ml sauce

## Equipment

Metric spoons  
Green chopping board  
Vegetable knife  
Measuring jug  
Fork  
Small bowl  
Spoon

## Method

1. Slightly break the noodles into the small bowl and add to measuring jug with 200ml boiling water and 1/2 stock cube.
2. Wash vegetables. (pepper, courgette, and wipe the mushroom)
3. Peel and finely chop onion and red pepper.
4. Chop the red pepper.
5. Slice the courgette and the mushroom.
6. Slice the mushroom
7. Place all the vegetables into the measuring jug with the broken noodles.
8. Place the jug into the microwave and cook on full power for 2 minutes.
9. Start to tidy up and wash up using Washing Up Routine (SEE POSTER AT SINK).
10. Carefully remove from microwave. (use oven gloves)
11. Add sauce to the jug and stir thoroughly.
12. Serve and enjoy!
13. Finish washing up routine

## Storage instructions:

Ready to eat.

# Tuna Pasta Salad (1 portion)



I am learning today....

Today I am continue to use a sharp knife safely and improve my dicing, slicing and chopping skills. I will also improve my boiling techniques.



I am successful

if I can....

I am successful if I can follow the teacher's instructions on how to carry and use the knife safely. Also to boil water safely and complete the washing up in the allocated time.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Fill pot with water and put on high to boil
4. Collect onion and pepper.
5. Measure 2 x 15 ml mayonnaise into large bowl
6. Collect rest of equipment



## Ingredients

50g pasta (1 cup)  
½ onion  
⅛ red pepper  
40g tuna (¼ of tin)  
2 x 15ml sweetcorn  
30ml mayonnaise

## Equipment

Pot  
Vegetable knife  
Chopping board  
Large bowl  
Cup & Plate  
Dessert spoon  
Metric spoon  
Colander

## Method

1. Put a large pot onto boil. When boiling carefully add pasta to boiling water and cook for 12 minutes until soft.
2. When pasta is ready (soft) drain pasta in a colander and rinse with cold water and add to large bowl.
3. Peel and dice onion. Add to bowl.
4. Wash and slice red pepper. Add to bowl
5. Flake tuna on a plate. Add to pasta along with sweetcorn and mayonnaise.
6. Mix ingredients well. Serve and enjoy.
7. Stack dirty dishes and wipe down surface. .
8. Wash up using **Washing Up Routine**.

## Storage instructions:

Ready to use. Store in an airtight container in the fridge.  
For best results eat within a day.

# Pasta al Pomodoro (1 portion)



I am learning today....

to work hygienically as I follow a recipe and to work safely as I use the hob. I am also learning to use my time effectively



I am successful if I can....

I follow the recipe exactly (preparation and method) and have the pasta water boiling and pasta on to cook before I prepare my sauce and drain the pasta safely. I am also successful if I follow the washing up routine instructions.

## Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, apron, long hair tied back, no nail varnish or jewellery on.
2. Wash work surface and wash hands.
3. **Measure water (up to pot handle) into pot and put on high and bring to boil.**
4. Collect equipment
5. Collect and measure ingredients, (Pasta in Cup, Tomatoes & Basil in Jug, oil in small pot (each), Onion and mushrooms onto chopping board

## Ingredients

### Pasta

1 cup Pasta (100g)

### Sauce

¼ onion (

1-2 mushrooms

5ml oil

100ml tinned tomatoes (¼ of a tin)

1.25ml dried basil

Salt and pepper

### Garnish

15ml grated cheese

## Equipment

1 pot (largest for Pasta) -

1 pot (for sauce )

Colander

Green chopping board

Vegetable knife

Plate

Paper towel

Measuring jug

Metric spoons

Wooden spoon

Fork (To test pasta)



## Method

### Pasta

1. Measure pasta in a cup.
2. Add pasta to boiling water and cook for 12 – 15 minutes until ready (al-dente).

### Sauce

1. Collect tomatoes in measuring jug.
2. Wash and slice mushrooms. Put in measuring jug..
3. Peel and finely chop onions. Place on plate.
4. Measure oil into clean pot.
5. Wash up using **Washing Up Routine**
6. Put on medium heat. Fry onions for 1 minute. **DO NOT LET ONIONS BROWN.**
7. Add mushroom and tomatoes into the pan. Add a pinch of dried basil.
8. Bring sauce to boil then lower heat and simmer sauce for 5 minutes.
9. Test Pasta for readiness. Drain the cooked pasta when ready in a colander. **DO NOT DRIP WATER ON FLOOR.**
10. Add the cooked pasta to the sauce of cooked onion, mushroom and tomato & basil and stir well. **(MAKE SURE PASTA/& POT ARE NOT ON HEAT)**
11. Put pasta and sauce onto a plate and garnish with a sprinkling of measured grated cheese
12. Serve and enjoy. When finished complete **Washing Up Routine**

## Storage instructions:

Ready to eat. When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

# French Toast (4 portions)



**I am learning today...**

to work safely and hygienically using eggs and frying pan.  
Take care of my equipment.



**I am successful if I can....**

Avoid burning the toast. Also if using a non-stick pan that I only use equipment that is not metal and so won't scrape it.  
I am successful if I wash up everything I used to make the dish including the work surfaces

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients
4. Crack egg into cup and measure milk in measuring jug.



## Ingredients

1 egg  
5ml Vanilla Extract  
2.5ml Ground Cinnamon  
60ml milk  
4 slices bread  
A little oil to grease the frying pan

## Equipment

Cup  
Measuring jug  
Metric spoon  
Fork or whisk  
Shallow dish or bowl  
Frying pan (preferably non-stick)  
Wooden spoon or non stick utensil

## Method

1. Beat egg, into milk and add vanilla and cinnamon.
2. Pour mixture into a shallow dish or bowl.
3. Dip bread in egg mixture, turning to coat both sides evenly.
4. Fry bread slices on lightly greased nonstick frying pan on medium heat until browned
5. Turn and fry on other side until brown.
6. Serve with Maple syrup or Golden syrup if desired. Perhaps have it with fruit and cream?
7. Wash Up dishes and clean worksurfaces

## Storage instructions:

Ready to eat.

# Bounty Bites

Makes 6 - 12 balls = \*school portion\*



I am learning today....

to work safely and hygienically



I am successful if I can....

Clean as I work and clean up everything after I have finished.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients



## Ingredients

½ tin of condensed milk  
75g coconut  
50g covering chocolate

## Equipment

Scales  
Large bowl  
Plate  
Tin opener  
Wooden spoon  
Veg knife  
Plate

## Method

1. Place condensed milk into large bowl.
2. Weigh coconut onto a plate.
3. Gradually add coconut to bowl, mixing well between each addition. Mixture should be stiff (add more coconut if too sticky, add more condensed milk if crumbling).
4. Divide mixture into equal portions (6-12). And shape into balls. (pretend it's a stickier version of plasticine or play dough)
5. Melt chocolate (Low heat in microwave watch it doesn't over cook in microwave. If using a glass bowl over pot of boiling water i.e. a bain-marie make sure steam doesn't go into the chocolate mixture).
6. Place melted chocolate on plate and roll bites until covered (you can place bites on cocktail stick and dip them in).
7. Allow to set. When set, enjoy!!!
8. Wash Up dishes and clean worksurfaces

(The recipe can be "doubled-up" to make larger quantities)

## Storage instructions:

Ready to eat. Store in an airtight container in the fridge.

# Mars Bar Cake

Makes a 'family portion'



I am learning today....

to work safely and hygienically



I am successful if I can....

Clean as I work and clean up everything after I have finished.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients



## Ingredients

- 3 Mars Bars
- 75g hard margarine (or butter)
- 45ml golden syrup
- 225g Rice Krispies
- 1 large plain chocolate bar

## Equipment

- Scales
- Measuring spoons
- Large bowl
- Knife
- Baking tray
- Greaseproof paper
- Veg knife
- Large pot or saucepan
- Wooden spoon
- Dessert spoon

## Method


1. Line baking tin with greaseproof paper
2. Weigh Rice Krispies into large bowl.
3. Measure margarine or butter and put into pot
4. Measure 3 x 15ml of syrup (heat the metal metric spoon in hot water beforehand and the syrup will slip off easily)
5. Place Syrup into pot
6. Cut Mars Bars into small pieces. Add to pot.
7. On a low heat melt Mars Bars, margarine and golden syrup stirring until lumps are smooth.
8. Pour melted mixture onto Rice Krispies and combine well.
9. Press mixture into baking tray using the back of a deserts spoon.
10. Melt chocolate (low heat in microwave -20 second bursts or bain-marie). *(Low heat in microwave watch it doesn't burn in microwave. If using a bain-marie that is a glass bowl of chocolate melting over a pot of boiling water i.e. a make sure steam doesn't go into the chocolate mixture).*
11. Pour chocolate over mixture, spread until the top is covered & leave to set ( 1-2 hrs).
12. Run knife under hot water and cut into portions. Enjoy!!!!
13. Wash Up dishes and clean worksurfaces


## Storage instructions:

Ready to eat. Store in an airtight container in the fridge.

# Chocolate Tiffin

Makes a 'school portion'

 I am learning today.... to work safely and hygienically

 I am successful if I can.... Clean as I work and clean up everything after I have finished.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients



## Ingredients

50g butter/ hard margarine  
30ml cocoa  
15ml Sugar  
15ml Golden syrup  
12 x digestives biscuits  
15ml raisins / mini marshmallows / nuts  
50g milk chocolate  
50g dark chocolate

## Equipment

Scales  
Measuring spoons  
Plastic food bag  
Large bowl  
Wooden spoon  
2 x bowls  
Baking tray  
Greaseproof paper  
Dessertspoon

## Method

1. Line baking tin with greaseproof paper
2. Measure 50g butter or margarine and place into a pot
3. Put 12 biscuits into plastic bag. Crush the digestive biscuits in a plastic bag with a rolling pin (or food processor).
4. Measure 15ml sugar and place into the pot
5. Measure 15ml golden syrup (heat the metal measuring spoon in hot water beforehand and the syrup will come off easily)
6. In pot melt butter, cocoa, sugar and golden syrup on a medium/low heat.
7. Stir in crushed biscuits and raisins.
8. Pour mixture into tin and press down with the back of a dessertspoon.
9. Melt each chocolate separately (low heat in microwave – 20 second bursts or bain-marie). *Low heat in microwave watch it doesn't burn in microwave. If using a bain-marie that is a glass bowl of chocolate melting over a pot of boiling water i.e. a make sure steam doesn't go into the chocolate mixture).*
10. Add one chocolate into another and stir slightly to create a "marbled" affect.
11. Pour chocolate over mixture and gently smooth out with the back of a dessertspoon.
12. Allow to cool and place in fridge to set (1-2 hours).
13. Run knife under hot water and cut into portions. Enjoy!!!
14. Wash up dishes and clean worksurfaces

**Storage instructions:** Ready to eat. Store in an airtight container in the fridge.



# Rocky Road

Makes a 'family portion'



I am learning today....

to work safely and hygienically



I am successful if I can....

Clean as I work and clean up everything after I have finished.

## Preparation:

1. Collect Tea towel, net cloth, apron, (recipe)
2. Wash work surface and wash hands.
3. Collect equipment and collect Ingredients



## Ingredients

100g unsalted butter  
225g chocolate  
30ml golden syrup  
100g white chocolate chunks  
50g mini marshmallows (2 x 25g)  
7 chocolate digestive biscuits

## Equipment

Measuring spoons  
Scales  
Baking tin  
Medium pot  
1 bowl  
1 large GLASS bowl  
Wooden spoon  
Dessert spoon  
Chef's knife

## Method

1. Weigh 100g butter
2. Weigh 225g chocolate and breakup into chunks.
3. Break the biscuits into chunks and place into a bowl with **half** of the marshmallows
4. Line baking tin with greaseproof paper
5. Half fill a medium pot with water, bring to boil then simmer.
6. Place the butter, chocolate and golden syrup into a separate large glass bowl. Place glass bowl on top of simmering pot and allow to melt.
7. Stir then set aside to cool slightly.
8. Add biscuit and marshmallow mixture and combine thoroughly.
9. Pour mixture into tin and smooth out mixture to an even thickness.
10. Distribute remaining marshmallows on top of mixture.
11. Allow to cool and place in fridge to set (3-4 hours/overnight).
12. Run knife under hot water and cut into portions.
13. Enjoy!!! Wash up dishes and clean worksurfaces

## Storage instructions:

Ready to eat. Store in an airtight container in the fridge.

## Washing Up Routine - Kitchen Hygiene

### Preparation for washing dishes

Clean as you go

- 1 Put things away
  - a) Rubbish away. **In a covered bin because waste food attracts flies**
  - b) Stack dishes - **To the side of the sink - not on the drainer**
  - c) Put ingredients away and food into your container
  - d) Put recipe away



### Before washing dishes

- 2 Fill basin with **HOT** soapy water.  
**Hot soapy water removes grease and bacteria. Cold water doesn't work.**
- 3 Wipe down work area with damp net cloth  
Use hot soapy water to dampen cloth and squeeze it out)  
**Somewhere to store clean dishes**



### Washing the dishes

- 4 Wash dishes. **Place upside down on draining board to drain:**
  - a) Glass
  - b) Sharp
  - c) Cutlery
  - d) Cleanest
  - e) Dirtiest
  - f) Pots and baking trays last **Use a dish washing brush or scouring pad.**
- 5 **Dry and putting away the dishes**
  - a) Dry dishes **Bacteria will grow on damp stored dishes.**
  - b) Store them on your clean work surface
  - c) Teacher to check dishes
  - d) Put away clean dishes



### Finishing touches (after teacher has checked your dishes and they are put away)

- 6 **Clean workstation for next time**
  - a) Wipe down and dry work surface
  - b) Wipe hob (top of cooker)
  - c) Wipe taps
  - d) Wipe basin
  - e) Wipe draining board
  - f) Clean and wipe sink (check it is free from food)  
**Bacteria like moisture and food.**
  - g) Put net cloth and tea-towel in the laundry basket for washing



Self cleaning  
kitchen -  
Clean up  
after yourself

