

Home Economics Department

Our Lady’s High School, Cumbernauld

BGE Fourth Level Home Economics

Recipe Book



S3

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**Tuna Wrap**

Ingredients

1 tortilla wrap

1 spoon tuna

½ spring onion

¼ red pepper

15ml sweetcorn

15ml mayonnaise

Method

1. Wash spring onion and pepper.
2. Slice spring onion, chop red pepper and place in small bowl.
3. Add tuna, mayonnaise and sweetcorn. Mix gently.
4. Place wrap on to chopping board.
5. Add tuna mixture to the centre of the wrap.
6. Fold in 2 sides and roll the wrap.
7. Cut across the centre and serve.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, slice, chop, mix |
| **Cookery Process(es)** | - |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |



Scottish Fruit Crumble

Ingredients

**Topping**

50g of Plain flour

25g of wholemeal flour

25g of oats

50g of sugar

50g margarine

**Fruit Filling**

1 cooking apple

25g Frozen berries

Oven temperature: - 180oC/Gas Mark 5

Method

1. Turn on oven.
2. Wash, peel and slice apple as required.
3. Place fruit in sauce pan, add 15ml of water and 15ml of sugar and stew for 5 mins.
4. Measure flour and margarine into a large bowl. Rub margarine into fat.
5. Mix in sugar and oats.
6. Place stewed fruit in ovenproof dish, then cover with crumble mix.
7. Bake for 15-20 minutes and serve.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, peel, slice, rub in and mix. |
| **Cookery Process(es)** | Bake, stew |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

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**Chicken Stir Fry**

Ingredients

½ chicken breast

¼ red pepper

¼ green pepper

¼ courgette

¼ carrot

¼ onion

15ml oil

50g noodles

30ml black bean sauce or 30ml sweet chilli sauce

Method

1. Collect all ingredients. Half fill pan with water and put on to boil.
2. Cut chicken in to bite size pieces.
3. Peel and cut vegetable into thin matchsticks.
4. Heat the oil in a wok or frying pan, fry the chicken for 5 minutes. Add noodles to boiling water and cook for 3 minutes.
5. Add the vegetables to the chicken and stir fry for 3 minutes.
6. Drain noodles.
7. Add cooked noodles to vegetables and stir fry for a further 2 minutes, stirring continuously.
8. Add sauce and stir well.
9. Serve immediately.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, cut, peel, drain and matchsticks |
| **Cookery Process(es)** | Boil and stir-fry |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Blueberry Muffins**

Ingredients

25g blueberries

25g soft margarine

25g caster sugar

1 egg

25g SR flour

25g wholemeal SR flour

Oven temperature – 180oC or gas mark 4

Method

1. Set oven.
2. Cream margarine and sugar together until light in colour.
3. Beat egg in a cup and gradually beat in to the creamed mixture a little at a time.
4. Fold in the flours.
5. Add in blue blueberries and mix gently.
6. Divide equally into 6 paper cases.
7. Bake for 15 minutes or until well risen, golden brown and springy to touch.
8. Cool.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, cream, beat, fold, mix and portion. |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Pasta with Vegetable Sauce**

Ingredients

50g pasta shapes

**Sauce**

¼ of courgette

¼ green pepper

½ small onion

1 mushroom

100ml tinned tomatoes

2.5 ml garlic puree

2.5ml mixed herbs

10ml vegetable oil

Method

1. Put on water for pasta. When water is boiled carefully add pasta and boil for 12 minutes.
2. Prepare vegetables:
* Peel and finely chop onion
* Wash and slice courgette
* Wash and chop pepper.
* Wash and slice mushroom.
1. Heat oil, add onion, peppers and garlic.
2. Cook for 5 minutes without allowing vegetables to brown.
3. Add courgettes, mushrooms, tomatoes and seasoning to the pot.
4. Cook gently for 15 minutes. Do not allow the sauce to go dry.
5. Test pasta for readiness and drain. Mix together with sauce.
6. Garnish with parsley and serve.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, peel, chop, slice, finely chop, drain and mix. |
| **Cookery Process(es)** | Boil, simmer and stir-fry |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

Banana Loaf

Ingredients

100g SR flour

50g margarine

50g caster sugar

25g sultanas

1 egg

1 ripe banana

2.5ml vanilla

Oven temperature: Gas mark 8 / 150oC

Method

1. Set oven. Prepare tinfoil loaf tin.
2. Sieve flour into large bowl and rub in margarine until resembles breadcrumbs.
3. Add sugar and sultanas. Mix.
4. Beat egg in cup and add to dry ingredients. Mash banana and add to large bowl with vanilla.
5. Mix ingredients together and transfer mixture into the loaf tin.
6. Bake for 40 minutes until well risen and golden brown.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Sieve, rub in, mix, beat and mash |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Shortcrust Pastry**

Ingredients

100g plain flour

25g margarine

25g lard

25-30ml cold water

Method

1. Sieve the flour into a large bowl.
2. Cut the fat into small pieces, add to flour. Rub fat into the flour until the mixture resembles breadcrumbs.
3. Add water a little at a time and mix to a stiff consistency using a knife.
4. Knead pastry lightly in the bowl.
5. Make a label with your name, date and shortcrust pastry.
6. Wrap pastry in cling film, add label and place in freezer until required.
7. If you are not freezing the pastry, cover and leave in the fridge for 10-15 minutes before using.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, sieve, rub in, mix and knead |
| **Cookery Process(es)** |  - |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Savoury Flan**

Ingredients

100g shortcrust pastry

**Filling**

50g grated cheese

¼ onion

1 egg

30ml milk

Seasoning

2 slices tomato

Oven temperature: Pastry – 220oC / Gas Mark 7

 Filling – 180oC / Gas Mark 5

Method

1. Set oven for pastry.
2. Roll out pastry into a circle, line flan ring with pastry and mark base with a fork.
3. Place a piece of greaseproof paper and some baking beans on top of the pastry and bake blind for 10 minutes.
4. Chop onion and slice tomato.
5. Beat egg in small bowl, add onion and ¾ of the cheese and milk. Mix well and season.
6. Take flan case from oven and remove paper and baking beans. Turn down oven for filling.
7. Carefully pour filling into the baked flan case, sprinkle with the remaining cheese and arrange tomato.
8. Bake for 15 – 20 minutes until set.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, roll out, line, chop, slice, beat, mix and assemble |
| **Cookery Process(es)** | Bake blind and bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Apple Pie**

Ingredients

100g shortcrust pastry

1 cooking apple

30ml caster sugar

Oven temperature: 210oC / Gas Mark 7

Method

1. Set oven.
2. Divide dough into two pieces. Roll out one piece to fit plate. Line the plate with the pastry.
3. Roll the second out into a circle a little larger than the plate.
4. Wash, peel, quarter and core the apple. Thinly slice the apple.
5. Put half the apples on top of the pastry on the plate. Sprinkle sugar on top of the apples, add the rest of the apples.
6. Dampen the edges of the pastry with cold water.
7. Place the other piece of pastry on top of the apples, seal and decorate the edges with a fork.
8. Glaze the pastry with beaten egg.
9. Bake for 20-25 minutes until golden brown.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, roll out, peel, core, thinly slice, assemble, glaze. |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**S3 BGE Hospitality Assessment**

**MELTING MOMENTS**

Ingredients

75g self-raising flour

40g caster sugar

50g soft margarine

Few drops of vanilla essence

1 glace cherry

Oven Temperature – Gas mark 4 / Electric 170oC

Method

1. Set oven and lightly grease baking tray.
2. Measure margarine and sugar into a large bowl and add vanilla essence.
3. Measure flour into a small bowl. Beat margarine, sugar and vanilla essence until light and creamy.
4. Add the flour gradually to the creamed mixture to form a soft dough.
5. Lightly flour table and cut into 8 equal portions.
6. Roll each portion into a ball. Place on baking tray and flatten slightly with a fork.
7. Cut cherry into 8 equal portions and place on top of each biscuit.
8. Bake for 15 minutes or until golden brown. Allow to cool before removing from baking tray.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, cream, portion and decorate |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Scones**

Ingredients

100g Self raising flour

25g margarine

25g sugar

50ml milk

Oven temperature – Gas mark 8 or 220oC

Method

1. Set oven.
2. Sieve flour into large bowl.
3. Rub in margarine until mixture resembles breadcrumbs.
4. Add sugar and mix well.
5. Add milk, using a knife, mix to an elastic dough.
6. Knead lightly on a floured table. Roll out to 2.5cm thick.
7. Use scone cutter to cut. Re-knead dough and repeat to make 6 scones.
8. Place on floured baking tray.
9. Glaze with milk or beaten egg.
10. Bake in oven for 8-10 minutes.
11. Cool on a cooling tray.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, sieve, rub in, mix, knead, cut, glaze. |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Potato Wedges**

Ingredients

1 potato

15ml oil

Seasoning

1 garlic clove

30ml mayonnaise

2.5ml lemon juice

Oven temp: Gas mark 6 / 200oC

Method

1. Set oven.
2. Half fill a pot with water on to boil. Add salt.
3. Scrub potato clean. Cut the potatoes into chunky wedges. Add to boiling water and parboil for 5 minutes.
4. Drain potatoes and return to heat to dry for 1 minute.
5. Add 15ml oil to potatoes and season with your choice of flavouring. Coat the potatoes in the oil.
6. Lay out in baking tray and cook for 20 minutes until golden brown and crisp.
7. Crush garlic, add to mayonnaise with lemon juice and mix.
8. Serve potato wedges with garlic mayonnaise.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, cut, drain, coat, crush and mix. |
| **Cookery Process(es)** | Par – boil, roast |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Fruity Pinwheels**

Ingredients

100g SR flour

25g margarine

25g sugar

75ml milk

12.5g melted margarine

25g caster sugar

25g mixed fruit

2.5ml cinnamon

Oven temperature: Gas mark 7/ Electric 220oC

Method

1. Set oven. Sieve flour into large bowl, add margarine and cut into smaller pieces.
2. Rub margarine into flour until it resembles fine breadcrumbs.
3. Add 25g caster sugar and mix.
4. Gradually add milk until a soft dough is formed.
5. Turn out onto lightly floured table and roll into a rectangle 10cm x 20m.
6. Brush with melted margarine and sprinkle over the sugar, mixed fruit and cinnamon. Roll up like a Swiss roll.
7. Cut into 6 slices and arrange cut side down onto a greased baking tray.
8. Bake for 15-20 minutes until golden brown.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, sieve, rub in, mix, roll out, portion, cut |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Spaghetti Bolognese**

Ingredients

50g Mince

¼ Carrot

¼ Onion

1 Mushroom

½ Garlic Clove

75ml Tomatoes

15ml Tomato Puree

Pinch Mixed Herbs

1 Bay Leaf

50ml Beef Stock

50g Spaghetti

Sprig of parsley

Method

1. Prepare vegetables:
* Chop Onion
* Wash, peel and grate carrot.
* Slice mushroom
* Chop garlic
1. Brown mince with a fork until no pink shows.
2. Add all the vegetables and cook for 2 minutes.
3. Half fill large pot with water and bring to boil.
4. Add cup of ingredients. Bring to the boil then reduce heat to simmer.
5. Add spaghetti to boiling water. Boil for 12 minutes.
6. Keep checking sauce – add more stock if becomes too dry.
7. Drain spaghetti through a sieve and transfer to serving dish.
8. Spoon on Bolognese sauce. Garnish with parsley.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, chop, peel, grate, slice, drain and mix |
| **Cookery Process(es)** | Fry, boil and simmer. |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

Christmas Tree Biscuits

Ingredients

100g plain flour

50g soft margarine

25g caster sugar

25g soft margarine

50g icing sugar

Green food colouring paste

Oven temperature: 180oC / Gas mark 4

Method

1. Set the oven.

2. Measure margarine and sugar in a large bowl.

3. Cream together margarine and sugar until light and fluffy.

4. Add the flour a spoonful at a time. Beat mixture after each addition, until all the flour is added.

5. Roll out the biscuit dough. Cut 2 large circles, 2 medium circles and 2 small circles.

6. Spread out on the baking tray and bake for 15-20 minutes until slightly golden.

7. Gradually add icing sugar to the margarine, mix well after each addition. Add green food colouring to the buttercream and mix well.

8. Pipe buttercream onto cooled biscuits and stack in order of size – largest on the bottom and smallest on top.

9. Dust with icing sugar.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, cream, knead, roll out, cut, mix, pipe and assemble |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Empire Biscuits**

Ingredients

50g caster sugar

100g margarine

150g plain flour

30ml jam

75g icing sugar

1 cherry

Oven temperature: Gas Mark 5 / Electric 180oC

Method

1. Set oven.
2. Sieve flour onto a plate.
3. Cream sugar and margarine together in a large bowl.
4. Gradually add the flour to the creamed mixture a spoonful at a time. Beat well between each addition.
5. Knead into a smooth dough, roll out on a floured table to 1cm thick.
6. Cut into circles using a cutter.
7. Place on a greased baking tray.
8. Bake for 15 minutes or until starting to turn golden brown.
9. Allow to cool slightly, carefully lift biscuits onto a cooling tray. Cool completely.
10. Sandwich together with jam.
11. Make water icing following teachers’ instructions. Spread neatly on top of biscuits.
12. Decorate with a small piece of cherry.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure,, sieve, cream, knead, cut, assemble and decorate. |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**S3 BGE Hospitality Assessment**

Savoury Toasts

Ingredients

2 x 2cm slices French stick

5ml oil

¼ onion

1 mushroom

1/8 green pepper

2.5ml garlic puree

½ rasher bacon

30ml chopped tomatoes

1.25ml mixed herbs

20g cheddar cheese

Method

1. Prepare the vegetables
* Finely chop onion
* Slice mushroom
* Finely dice green pepper
1. Remove the rind from the bacon. Chop into small even sized pieces.
2. Heat the oil. Add the onion, mushroom, pepper and bacon.
3. Sauté gently until soft without browning.
4. Add the tomatoes and garlic puree to the pan. Simmer for approximately 10 minutes until the liquid is absorbed.
5. Taste, season if required.
6. Toast the bread on one side until golden brown.
7. Divide the topping between evenly on to the untoasted side of bread.
8. Mix the herbs with the grated cheese. Sprinkle the cheese onto the toasts.
9. Place under the grill until the cheese has melted.
10. Serve.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, finely chop, dice, dice, assemble, grate and mix |
| **Cookery Process(es)** | Fry, simmer and grill |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Chocolate Pear Upside Down**

Ingredients

50g SR flour

15ml coco powder

50g caster sugar

50g soft margarine

1 egg

Oven Temperature: Gas mark 4 / 180oC

Method

1. Set oven. Prepare tin.
2. Arrange the pear in the base of the tin – make sure cut side is up.
3. Place all the sponge ingredients in a large bowl and beat with a wooden spoon until the mixture is smooth and lighter in colour.
4. Carefully spread the mixture over the fruit.
5. Bake for 25 minutes until well risen and springy to touch.
6. To serve – turn the cake out onto a plate.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, assemble and cream |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Easy Margarita Pizza**

Ingredients

150g strong flour

2.5ml yeast

2.5ml salt

100ml warm water

Topping

60ml pizza topping (combination chopped tomatoes, tomato puree & garlic puree)

40g cheese

Method

Heat oven to 240C/fan 220C /gas 8

1. **Make the base:** Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 100ml warm water. Bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface, knead for 5 mins until smooth. Cover and set aside. You can leave the dough to rise if you like, but it’s not essential for a thin crust.
2. **Prepare topping:** grate the cheese and collect topping.
3. **Roll out the dough**: On a floured surface, roll out the dough into a large round, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the round onto a floured baking sheets (do this BEFORE adding topping).
4. **Top and bake**: Smooth sauce over base with the back of a spoon. Scatter with cheese. Bake for 8-10 mins until crisp.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, mix, knead, roll out, shape, assemble and grate |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Lemon Cheesecake**

Ingredients

6 digestive biscuits

40g margarine

100g cream cheese

60ml whipped cream

½ lemon – rind and juice

50g icing sugar

Method

1. Place biscuits in a plastic bag and crush finely.
2. Gently melt margarine and add crushed biscuits. Mix well then transfer to a greased flan dish. Smooth out using the back of a metal spoon. Chill.
3. Finely grate the lemon rind and squeeze out the juice.
4. Gently beat the cream cheese in a baking bowl, fold in cream and add lemon juice.
5. Sieve icing sugar into mixture and fold in.
6. Spoon mixture on top on the biscuit base.
7. Spread evenly using a palate knife and chill.
8. Decorate cheesecake with piped cream and fresh fruit.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, crush, mix, finely grate, fold, sieve, assemble. |
| **Cookery Process(es)** |  - |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Macaroni Cheese**

Ingredients

75g macaroni

25g margarine

25g flour

150ml milk

40g cheese

Seasoning

Method

1. Half fill a pan with water and bring to the boil.
2. Grate cheese. Weigh and measure remaining ingredients.
3. Cook macaroni for 12 minutes or until soft. Drain.
4. Melt margarine in a saucepan, add the flour and cook for 1 minute. Remove from the heat.
5. Add the milk gradually, stirring well between each addition.
6. Return to heat and bring to boil. Simmer for 1-2 minutes until sauce coats the spoon.
7. Add ¾ of the cheese and stir in macaroni into sauce.
8. Pour into ovenproof dish. Sprinkle with remaining cheese and brown under preheated grill.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, grate, drain and mix |
| **Cookery Process(es)** | Boil, simmer |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Carrot Cupcakes**

Ingredients

75g SR flour

5ml baking powder

2.5ml cinnamon

50g soft brown sugar

25g sultanas

¼ carrot

½ banana

1 egg

Oven temperature: Gas mark 5/ 180oC

Method

1. Measure flour, baking powder, cinnamon and sugar into a large bowl along with the sultanas.
2. Finely grate the carrot and mash the banana. Add the egg and mix all the ingredients together with a wooden spoon.
3. Divide mixture equally between 9 paper cases and cook for 20 minutes until golden brown.
4. Cool cakes and dust with icing sugar.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, sieve, finely grate, mash, mix and portion. |
| **Cookery Process(es)** | Bake |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Egg Fried Rice**

Ingredients

75g long grain rice

25g frozen peas

½ egg

1 spring onion

15ml oil

5ml soy sauce

Seasoning

Method

1. Put pan of water on to boil. Blanch peas for 2 minutes and refresh under cold water.
2. Wash the rice.
3. Boil the rice in boiling, salted water for 15 minutes or until cooked.
4. Drain and refresh under cold water. Drain well, removing as much water as possible. (Store in fridge overnight if doing over two days).
5. Beat the egg.
6. Slice the spring onions.
7. Heat the oil in a wok or frying pan.
8. Add the cooked rice and peas, stir fry until the rice is piping hot.
9. Add the spring onion and egg. Mix until the egg is cooked.
10. Add the soy sauce and mix thoroughly.
11. Taste and season as required.
12. Serve hot, in a clean warm dish garnished appropriately.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, refresh, beat, slice, mix |
| **Cookery Process(es)** | Boil, stir – fry, blanch |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |

**Beef Burger with Salad**

Ingredients

50g mince

25g breadcrumbs

½ egg

¼ onion

15 ml vegetable oil

Seasoning

Method

1. Finely chop onion.
2. Mix together the mince, onion, breadcrumbs, egg & seasoning in a bowl with a fork.
3. Shape into a circle.
4. Heat oil in a frying pan & fry gently for 8-10 mins until evenly browned turning once.
5. Prepare salad:
* Shred lettuce
* Dice cucumber
* Slice tomato
1. Serve burger on a plate with salad.

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| **Learning Intention – you will learn and practise the following skills:** |
| **Food preparation techniques** | Weigh & measure, finely chop, shape, shred, dice, slice |
| **Cookery Process(es)** | Fry, grill |
| **Other**  | Organise task and manage time.Personal and kitchen hygiene, and safety. |