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Hope Valley College

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Hospitality & Catering Unit 2 Recipe booklet

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tutor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Ingredients**

4 tbsp. Olive oil

2 Carrots

1 potato

2 sticks celery

1 medium onion

150g streaky bacon

1 litre beef stock (2 Oxo’s)

2 cloves garlic

1 large tin of chopped tomatoes (400g)

1 large tin haricot beans

100g spaghetti

30g tomato puree

1 bay leaf

Handful fresh parsley

½ French stick

200g mozzarella

Sealed Container to carry it home in

Apron

**Method**

1.Wash all vegetables.

2.Peel all necessary vegetables.

3.Cut up bacon into pieces using scissors

4.Chop and slice vegetables into equal pieces and cuts as required.

5. Peel and finely slice the garlic.

6. Boil 1 litre of water and dissolve the stock cubes.

7. **Sauté** the onion, bacon, celery and garlic for 2 minutes or until soft.

8. Stir in the potatoes and fry for a further 2-3 minutes.

9. Pour in the stock and bring to the **boil.** Stir in the tomato puree and simmer for 45 minutes.

10. Clean and wash up

11. Slice the French stick into 4 equal pieces

12. Slice the mozzarella into 4 equal pieces

13. Add the haricot beans, herbs, chopped tomatoes and spaghetti and continue to cook until the pasta is tender. Season with salt and pepper.

14. Drizzle the bread in olive oil

15. Heat the gribble pan until hot and fry the bread on one side for 2-3 minutes, or until golden brown.

16. Remove the bread from the pan and top the uncooked side with mozzarella. Place under the **grill** for 2-3 minutes, or until the cheese is bubbling and golden brown.

17. To serve, ladle the soup into 4 soup bowls and top with a crouton.



**Recipe Card – Minestrone Soup**

**Equipment – write down the equipment you will need to use**

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**Recipe Card – Breadsticks and Hummus**

**Ingredients**

250g strong bread floor

5g salt

5g (1 sachet) fast action yeast

200ml tepid water

1 tbsp olive oil

250g pitted olives

**Hummus**

200g canned chickpeas

2 garlic cloves

1 tsp cumin

pinch salt

1 tbsp tahini (sesame seed paste)

4 tbsp water

2 tbsp olive oil

1 tsp paprika

2 tbsp lemon juice

Apron and container

**Method**

1. Pre-heat the oven to 220/gas 7 and grease and line a large baking tray.
2. Sieve the flour into a mixing bowl. Add the salt and yeast to separate sides of the bowl.
3. Add a little water at a time, mixing continuously with a round bladed knife or palette knife. Add all the water. It should be quite wet.
4. Add the olive oil and olives and mix with a wooden spoon.
5. Leave in the bowl to prove whilst making the hummus.
6. Drain the chickpeas and rinse.
7. Combine the chickpeas, lemon juice, garlic and cumin, salt, tahini and water in a food processor, and blend to a creamy puree.
8. Taste. Add more lemon, garlic, cumin or salt to taste. Pour into container.
9. Heavily dust the work surface with flour and some semolina flour and tip the dough onto a floury surface.
10. Dust the top of the dough with flour and stretch it our with your fingers tips into a rectangle.
11. Starting at one long side cut the dough rectangle into about 9 strips using a large knife or pizza cutter.
12. Place onto the baking tray and bake for 10-15 minutes until golden brown.
13. Remove from the oven using oven glove and place onto a wire rack.

**Equipment – write down the equipment you will need to use**

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**Recipe Card – Chelsea Buns**

**Method**

1. Turn on oven to 200°/Gas 6
2. Put the milk and butter into a small pan and warm gently over a low heat just to melt the butter. Leave to cool
3. Put the flour, salt, yeast, sugar, zest of 1 lemon and dried fruit in a large mixing bowl. Mix well.
4. Make a well in the middle of the dried ingredients
5. Mix the egg and butter /milk mix together and pour into the well and combine with a round bladed knife until you have a dough ball
6. Lightly dust your hands and the worktop with flour and turn out your dough. Knead thoroughly for 10 minutes
7. Place the dough in a bowl for ½ hour. Cover with a towel and clean up.
8. Gently knead the marzipan until soft and supple. Spilt into 2 and roll out 2 rectangular marzipan sheets, put to one side.
9. Uncover the bowl and punch down the dough with your knuckles to deflate. Turn out onto the lightly floured surface and split in half.
10. Roll out one piece of dough slightly bigger than your marzipan. Set one piece of marzipan on top of one piece of dough.
11. Roll up like a Swiss roll. Repeat with other piece of dough and marzipan.
12. Using a large sharp knife, cut each roll into 8 pieces and arrange, cut side up, in the tin so they are barley touching. Leave to prove for 10 minutes.
13. Bake in the oven for 25 minutes. Or until a golden brown colour.

**Ingredients**

200ml Milk

50g unsalted butter

450g strong flour

1 tsp salt

3 tbsp light brown sugar

1 x 7g sachet fast-action yeast

1 x lemon

150g dried mixed fruit

1 medium egg

400g marzipan

To finish

100g icing sugar

Apron & container

Large cake tin brownie tin approx. 20.5 x 25 com

**Equipment – write down the equipment you will need to use**

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**Recipe Card – Lasagne**

**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 tbps) tomato puree

100g mushrooms

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

1 x 400g 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. Add the chopped tomatoes, mushrooms, tomato puree and stock then simmer for 15 mins.
3. Make cheese sauce – roux method (scald milk and allow to infuse, melt margarine 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).
4. Assemble lasagne - start with a spoonful of cheese sauce, then add lasagne sheets and meat sauce. Repeat layers, finishing with lasagne sheets.
5. Cover generously with remaining cheese sauce. Make sure all lasagne is covered so that it does not dry out
6. Sprinkle with grated cheese
7. Bake for 20 – 30 minutes Gas 5 until lasagne is soft and top is golden

**Equipment – write down the equipment you will need to use**



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**Recipe Card – Steamed Syrup Pudding & Custard**

**Ingredients**

175g unsalted butter, softened, plus extra for greasing

3 tbsp. golden syrup, plus extra for drizzling

1 slice stale bread (white)

175g golden caster sugar

1 lemon

3 large eggs

175 self-raising flour

2 tbsp. milk

Custard

1 x vanilla pod or vanilla extract

275ml double cream

3 x large egg yolks

1 x tsp cornflour

25g golden caster sugar

**Method**

1. Use a small knob of butter to **grease** a 1-litre pudding basin.
2. Put on a ½ a pan of water to boil
3. **Blitz** the slice of bread in the food processor to make breadcrumbs.
4. **Fold** the breadcrumbs with the golden syrup and tip into the pudding basin.
5. **Zest** the lemon
6. **Beat** the butter and sugar until creamed and add in the lemon zest until fluffy.
7. **Beat** the eggs and gradually add them in to the butter and sugar.
8. Gently **fold** in the flour and finally add the milk
9. Spoon in the pudding basin and cover with a double layer of buttered foil and greaseproof paper. Make a pleat in the centre allowing the pudding to rise.
10. Tie the foil securely with string and place the pudding basin in the pan to **steam**. The water should go ½ way up the side of the pudding basin.
11. **Steam** for approx. 1-1 ½ hours. Keep topping up the water as necessary.
12. Prepare Custard: split the vanilla pod length ways and scoop out the seeds using a knife and place pod and seed into the pan
13. Add the cream to the pan and heat gently until just below simmering point
14. While the cream is heating whisk the egg yolks, cornflour and sugar together in a small mixing bowl.
15. Remove the pod and then whisking all the time, gradually pour the hot cream into the bowl with the eggs
16. Immediately return the cream and egg mix to the pan and return to a gentle heat and continue to whisk until it thickens and becomes smooth. If you over heat it will turn grainy.

**Equipment – write down the equipment you will need to use**



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**Method**

1. Preheat the oven to 200 C / 180 C fan / Gas 6.Cut a piece of greaseproof paper to fit the base of a Swiss roll tin approx 30x25cm.
2. Beat the eggs and caster sugar in a large bowl with an electric whisk for about ten minutes. The mixture will almost triple in volume and become paler in colour, it will be thick enough so that when you lift the whisk out of the mixture it will leave a visible trail on the surface (you will notice this more prominently if you leave the mixture to stand for a minute or so).
3. Sift in the flour in three parts, very gently folding it in until the flour is blended in completely, it is important to go slowly and not to be too vigorous or you will lose some of the air in the sponge. Fold in a tablespoon of warm water.
4. Pour the mixture into the prepared tin and smooth it out evenly to the edges. Bake in the middle of the oven for 10 to 12 minutes until lightly golden and just firm to the touch.
5. Put the jam in a bowl and stir it so it is spreadable; heat it up a little in the microwave if necessary.
6. Place a large piece of greaseproof paper that's at least 5cm bigger than the Swiss roll on top of the cloth. Dust it with caster sugar.
7. Loosen the sponge with a knife and then turn it out quickly onto the dusted paper (topside down). You may need to support the sponge with your hand as your turn it out. Peel the paper off the sponge. Trim the edges so you have a tidy rectangle.
8. Using a spoon spread the jam evenly onto the sponge, leaving about 2cm clear around the edges, as the jam will spread when rolling.
9. Make a little incision at the edge of the sponge (not all the way through) about 1cm in from the end of the sponge, and another cut opposite this on the other side. This just helps with the rolling - you will be rolling the shorter side inwards.
10. Now you're ready to roll!
11. Dust with a little caster sugar or icing sugar and serve.

**Ingredients**

* Vegetable oil or butter for greasing
* 3 large eggs (ideally at room temperature)
* 125g caster sugar
* 125g plain flour
* 1 tablespoon warm water
* Half a jar of raspberry or strawberry jam, about 200g
* Extra caster sugar or icing sugar for dusting
* Apron and container

**Equipment – write down the equipment you will need to use**



**Recipe Card – Swiss Roll**

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**Recipe Card – Chocolate and Raspberry Brownies**

**Ingredients**

200g dark chocolate

100g milk chocolate

250g salted butter

400g soft light brown sugar

4 large eggs

140g plain flour

50g cocoa powder

200g raspberries

Deep baking tray

Apron/container

**Equipment – write down the equipment you will need to use**

**Method**

1. Turn on the oven to 160 fan/gas 4. Line your deep baking tin with baking parchment
2. Break the chocolate into chunks and put into a pan with the sugar, and butter and stir occasionally until melted. Remove from the heat
3. Stir the eggs, one by one, into the melted chocolate mixture.
4. Sieve over the flour and cocoa and stir in carefully
5. Stir in half the raspberries and pour all the mixture into your baking tin. Use a spatula to scrape the bowl
6. Scatter the remaining raspberries over the brownie mix
7. Bake in the oven for 30 minutes. If you like it firmer bake for 35 minutes
8. Once removed from the oven leave to cool before slicing into squares.

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**Ingredients**

75g Plain flour

50g Margarine

125ml hot water

2 x large eggs

**Chocolate sauce**

1 x tbsp. veg oil

225g plain chocolate

**Cream filling**

225ml whipping cream

1 x tbsp icing sugar

Container to carry home

**Method**

1. Preheat the oven to 220c or Gas 7and grease a baking tray
2. Place 125ml water in to a pan to heat until hot. Cut up butter and place into the hot water in the pan, bring to the boil. 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. Leave the mix to cool for 5 minutes.
4. Crack the eggs into a bowl and whisk with a fork. Add the egg a little at a time beating thoroughly between each addition. It should look like a glossy paste. Place teaspoons of the mixture onto a well greased baking tray.
5. Cook in the oven for approx 20-30 minutes, until risen and golden brown in colour.
6. 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.
7. Melt the chocolate in a glass bowl over a saucepan of simmering water. Stir until smooth but don’t over heat as it will burn. Stir through the veg oil.
8. 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.
9. Cut a hole or cut in half each profiterole and place in the whipped cream. Pour over the chocolate sauce.



**Recipe Card – Chocolate Profiteroles**

**Equipment – write down the equipment you will need to use**

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**Ingredients**

265g plain flour

55g strong white bread flour

55g unsalted butter, cubed

65g lard

1 tsp salt

135ml boiling water

1 egg, lightly beaten for glazing

For the filling

1 medium onion, peeled and finely chopped

380g pork loin, finely chopped

100g unsmoked back bacon, finely chopped

Small bunch of parsley, leaves only, chopped

salt and pepper

1 large or 2 small sheets of leaf gelatine

½ chicken stock cube

300ml boiling water

Apron and container

**Method**

1. Heat your oven to 190°C. Have a ready a 12-hole muffin tin.
2. First make the pork filling. Put the onion, pork, bacon and parsley into a bowl with some salt and pepper and mix well. To check the seasoning of the mix, fry a tiny nugget of the mixture in a frying pan until cooked through. Leave to cool, then taste and adjust your mixture accordingly. Cover and set aside while you make the pastry.
3. For the hot water crust, put your flours into a bowl. Add the butter and rub in with your fingertips. Heat the lard in a pan until melted. Dissolve the salt in the boiling water, then add to the melted lard. Pour this liquid into the flour. Mix with a spoon then, as soon as it is cool enough, tip the dough onto a lightly floured surface and work together into a ball. Be careful that the dough is not too hot when you start to work it. Once the dough ball is formed, leave it to cool slightly. If it’s still lumpy, work it a minute or two longer. Divide the dough in two, making one piece slightly bigger than the other.
4. Working as quickly as you can, roll out the larger piece of dough to about 3mm thickness; it should be glossy and still warm enough to touch. Using an 11-12cm cutter, cut out 12 rounds to line the muffin moulds. Put them into the moulds, shaping to fit the sides. The pastry should come slightly above the rim of each mould. Roll out the other piece of dough and use a 6-7cm cutter to cut out 12 lids. Lift away the trimmings and re-roll the pastry if you need to cut more, but only once. As it cools, it stiffens and becomes more brittle.
5. Put a heaped tablespoonful of the filling into each pastry case. Use a chopstick or something similar to make a good-sized hole, about 5mm in diameter, in the middle of each pie lid. Brush the pastry case rims with beaten egg and place the lids on top. Crimp the edges together well to seal. Brush the pastry lids with beaten eggs. Bake the pies for 50 minutes until golden brown.
6. While the pies are in the oven, soften the gelatine in cold water to cover for 5 minutes or so. In a jug, dissolve the chicken stock cube in the boiling water. Drain the gelatine and squeeze to remove the excess liquid, then add to the stock and stir in completely dissolved.
7. When the pies come out of the oven, enlarge the holes in the top if necessary, then carefully pour in a little of the gelatine mixture. Leave the pies to cool and settle overnight before serving. Or once cold, chill for a couple hours.



**Equipment – write down the equipment you will need to use**

**Recipe Card – Mini Pork Pies**

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**Recipe Card – Bakewell tart (Pate Sucre)**

**Ingredients**

210g plain [flour](http://www.joyofbaking.com/flour.html)

50 g granulated white [sugar](http://joyofbaking.com/sugar.html)

1/8 teaspoon salt

113g unsalted [butter](file:///C:\Documents%20and%20Settings\dwhitehall\Documents%20and%20Settings\dwhitehall\Documents%20and%20Settings\Compaq_Owner\My%20Documents\joyofbaking\Butter.html), room temperature

1 large egg, lightly beaten.

Flan/quiche dish to bake it in

**Filling**

100g self-raising flour

2 eggs

100g caster sugar

100g margarine

2 x capful almond essence & flaked almonds for the topping (optional)

2 x tbsp. jam

Apron/Flan dish or cake tin

**Equipment – write down the equipment you will need to use**

**Method**

1. Turn on oven to 200C Gas 6 and weigh out all ingredients.
2. Put the butter and sugar together and mix using an electric whisk until light and fluffy. In a separate bowl beat the egg using a fork. Add the egg and beat a little till just incorporated.
3. Add flour all at once and mix using a round bladed knife until forms a ball. Flatten the dough and cover in cling film. Put into fridge for 20 minutes.
4. Wash up all pot and wash work surfaces.
5. Sprinkle some flour onto the work surface and get out the pastry.
6. Roll the pastry out until slightly larger than the container. Place the pastry into your container. Prick the bottom of your dough using a fork. Place a piece of baking paper over the pastry. Fill in the pastry case with beans or rice and ‘bake blind’ for 10 minutes.
7. Sieve flour into glass bowl. Crack eggs into a small plastic bowl and whisk with a fork. Add butter, sugar and eggs to the flour. Using a wooden spoon begin to mix the ingredients together gently gradually increasing until beating. The mixture should look smooth and creamy. Add the essence to mixture and stir in.
8. Using oven gloves remove the pastry from the oven and place onto a heatproof triangle. Remove greaseproof paper and rice.
9. Place the jam into a small plastic bowl and mix until a runny consistency. Spread the jam into the pastry case using a palette knife.
10. Begin to dot the sponge mixture over the jam carefully. Spread out evenly until all the jam is covered and sprinkle the flaked almonds.
11. Using oven gloves place back into the oven for 30minutes, check after 20 minutes.

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**Recipe Card – Mini Roast Chicken Dinner**

**Ingredients**

1 Chicken breast and thigh with the skin on

100 g petit pois

2 carrots

2 Medium Floury Potatoes

200 g Breadcrumbs

A bunch of sage

2 shallots

1 tbsp. corn flour

1 chicken stock cube

1 egg

Olive oil

100ml of boiling water

**Equipment – write down the equipment you will need to use**

**Method**

Pre heat oven to 200°C fan/ gas 6

1. Prepare chicken by cutting off any excess fat and skin. Put in a roasting tin and drizzle with oil and season with salt and pepper. Put in the oven for 40 mins.
2. Meanwhile **peel and chop** the potatoes, quarter them and put them in a saucepan and **boil** for 15 mins. When done add them to the **roasting** tin.
3. Finely chop the shallots and sage and add to a small frying pan with a knob of butter to **brown** them. Add the breadcrumbs and take off the heat. Put into a small bowl and add one egg. The mixture should resemble stuffing. Add this mix to an ovenproof dish and put in the oven.
4. **Peel** the carrots and either slice them into rounds or **julienne** them. Put them in a saucepan with the petit polis and put the pan on the hob on a medium heat with the lid on.
5. When the veg and chicken is done, plate up the chicken by slicing it. Put the potatoes on the plate also. Put foil over the plate and place in the oven to keep warm with the oven off.
6. In the roasting dish you will have the meat juices. Put the tin on the hob and add 100ml of boiling water from the kettle. Crumble in the chicken stock cube and add the corn flour to the pan. **Whisk** this to make the gravy. Put into a jug or gravy boat when done.
7. Take the plate out of the oven and serve the stuffing, vegetable and pour over the gravy.

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**Ingredients**

750g beef shin or good quality stewing steak

40g beef dripping or vegetable oil

1 tbsp. plain flour

1 tsp. of mustard powder

4 small onions, peeled and diced

900ml beef stock (2 OXOS)

4 carrots, peeled and cut into 4 chunks

2 swedes, peeled and cubed

2 sticks of celery, diced finely

3 bay leaves

Sea salt and freshly ground black pepper

### For the herby dumplings:

125g self-raising flour

60g shredded suet

1 tsp. of baking powder

1 tbsp. of dried mixed herbs

A good pinch of sea salt and freshly ground black pepper

Casserole dish to take home



**Recipe Card – Beef Stew & Dumplings**

**Equipment – write down the equipment you will need to use**

**Method**

Preheat the oven to 180°C/gas mark 4.

1.Peel and chop all vegetable.

2. Carefully remove any gristle and fat from the meat and trim into neat 4cm cubes. Spoon the flour and mustard powder into a bowl and drop in the meat, **coating** it with the seasoning.

3. Heat the dripping or oil in a pan. **Brown** the beef, and then add the onions until both take on a good colour. **Season** with salt and pepper and stir in a tbsp. of plain flour.

4. Stir in the stock cube and bring to the **boil** with the 900ml of water. Season again to taste, cover and gently **simmer.**

5. Add the carrots, celery, swedes and bay leaves and **stew**.

6. Meanwhile, **sieve** the flour and baking powder for the dumplings into a bowl and add the suet, salt, pepper and mixed herbs. Slowly add 3 tbsp. water to the **mix** to create a soft, but not sticky dough and **fold** together. If you overdo it, add a bit more flour to even things out.

7. Lightly flour your hands and **roll** the dough into eight small balls. Drop them carefully into the **stew**, cover the pot, and stew for a further 15–20 minutes (this can be finished at home). Your dumplings should be plump and moist, but definitely cooked all the way through. (If you prefer your dumplings crusty just keep the pot lid off).

Serve in a lovely bowl with a side of crusty bread and maybe even a light green salad.



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| **Practical Skill** | **Definition** | **Recipes** |
| **Sauté** | Cook without colouring |  |
| **Boil** | Cooking at boiling point |  |
| **Grill** | Gratinate – browning under a grill |  |
| **Simmer** | Cooking just below boiling point |  |
| **Julienne** | A culinary knife cut where ingredient is cut into long thin strips |  |
| **Shallow Frying** | Frying in a little oil and caramelising ingredients, which is the browning of sugar found in the ingredients |  |
| **Reduction** | The process of thickening and intensifying the flavour of a liquid |  |
| **Poach** | Cook or simmer in a small amount of liquid |  |
| **Melting** | make or become liquefied by heating |  |
| **Coating** | a thin layer or covering of something |  |
| **Browning** | Browning is the process of becoming brown, especially referring to food. Know as caramalisation |  |
| **Seasoning** | Use of salt, spices and herbs to enhance flavour |  |
| **Sieve** | Separating wanted elements from unwanted material. Add air to ingredient |  |
| **Greasing** | Smear or lubricate with oil to stop sticking |  |
| **Blitzing** | To purée or chop (food products) using a food processor or blender. |  |
| **Folding** | Is a technique to gently incorporate one ingredient into another |  |
| **Zesting** | Zest is a food ingredient that is prepared by scraping or cutting from the outer, colorful skin of unwaxed [citrus fruits](https://en.wikipedia.org/wiki/Citrus) such as [lemon](https://en.wikipedia.org/wiki/Lemon), [orange](https://en.wikipedia.org/wiki/Orange_(fruit)), [citron](https://en.wikipedia.org/wiki/Citron), and [lime](https://en.wikipedia.org/wiki/Lime_(fruit)). Zest is used to add flavor ("zest") to foods. |  |
| **Beating** | To combine ingredients with a spoon or whisk using a circular motion. To mix lightly with a lifting motion, using two forks or spoons. To beat rapidly with a wire whisk or electric mixer to incorporate air into a mixture in order to lighten and increase the volume of the mixture. |  |
| **Steaming** | Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food, thus cooking the food. The food is kept separate from the boiling water but has direct contact with the steam, resulting in a moist texture to the food. |  |
| **Roasting** | Roasting is a cooking method that uses dry heat where hot air envelops the food, cooking it evenly on all sides with temperatures of at least 150 °C |  |
| **Whisking** | To incorporate air into a mixture, in a process known as whisking or whipping |  |
| **Thickening** | Otherwise known as gelatinization, meaning starch and water are subjected to heat causing the starch granules to swell and burst which in turn thickens the sauce/recipe |  |