

WJEC Hospitality & Catering

L1/2 Award

Name:

Op C Class

Teacher: Mrs Whitehall



Recipe Booklet

Recipe Card – Minestrone Soup

Ingredients

4 tbsp. Olive oil
2 Carrots (small) or 1 x large carrot
1 potato
2 sticks celery (small) or 1 x large
1 medium onion
150g streaky bacon
1 litre beef stock (2 Oxo's)
2 cloves garlic
1 large tin of chopped tomatoes (400g)
1 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 (quite big)
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 griddle 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 – Breadsticks & Hummus

Ingredients

250g strong bread flour
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 out with your finger's 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.

Recipe Card – Chelsea Buns

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 cm
Apron and container



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.

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
Apron & Container



Method

1. Use a small knob of butter to **grease** a 1-litre pudding basin.
2. Put on a $\frac{1}{2}$ 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 $\frac{1}{2}$ way up the side of the pudding basin.
11. **Steam** for approx. 1-1 $\frac{1}{2}$ 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.

Recipe Card – lemon Meringue Pie

Ingredients

For the Pate Sucre

200g plain flour

100g butter

25g caster sugar

1 large egg, beaten

For the lemon filling

2 lemons, zest and juice (or lemon/ lime/ orange mix)

1 small orange, juice

30g cornflour

100ml water

100g Caster Sugar

3 egg yolks

For the meringue topping

3 free-range egg whites

150g caster sugar

1 tsp cornflour (optional- gives the meringues a chewier texture)

Apron & Container, small flan dish



1. Pre-heat the oven to 180C/350F/Gas 4.
2. First make the pastry. Rub the flour and butter together until the mixture resembles fine breadcrumbs.
3. Add the sugar and egg and combine, gently kneading into a ball. If the mixture is dry, add water a teaspoon at a time. Wrap in cling film and rest in the fridge for 10-15 minutes.
4. Weigh/ measure out for your sauce, including zesting and juicing the lemon, and separate your eggs.
5. For the filling, (in a small pan) mix the lemon zest and juice with the cornflour and stir to form a smooth paste. Add the water and sugar and stir over a medium heat until the mixture has thickened, then remove from the heat. Allow to cool for a few minutes.
6. Stir in the egg yolks, and set aside.
7. Roll out the pastry to £1 coin thickness. Use a large pastry cutter, and cut rounds to line a muffin tin. Bake for 10 minutes, or until the pastry starts to brown.
8. Spoon the lemon curd into the part baked pastry cases.
9. For the meringue, first rinse out a glass bowl with a little boiling water- this removes any traces of fat, which could stop your meringue from working.
10. Whisk the egg whites until soft peaks form when the whisk is removed. Add the caster sugar a quarter at a time, whisking until the meringue is stiff and glossy. Add the cornflour and whisk again.
11. Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
12. Bake in the oven for about 15 minutes until the filling is completely set and the meringue is lightly golden and crisp.

Recipe Card – Cheesecake

Ingredients

Apron & Container

Method

Recipe Card – Chocolate Profiteroles

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
Apron & Container



Method

1. Preheat the oven to 220c or Gas 7 and grease a baking tray
2. Place 125ml water into 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 overheat 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 – 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 tbsps) 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)
Apron & Container



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

Recipe Card – Pork Pies

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.

Portioning A Chicken

TOP TIP: Place a damp tea towel under the chopping board! Why?



Take the chicken out of the packaging and place onto a RED chopping board. (Why are you doing this?)



Place the packaging immediately into the bin. (What are you trying to prevent? What do chickens contain that can contaminate food?)



Turn the chicken over, breast side down.



Using a SHARP knife – cut all the way down the back bone. (Why is it important we use a SHARP knife? What will cutting down the back bone make easier?)



Turn the chicken over. The top of the chicken is the Keel bone – this is the bone between the 2 chicken breasts.



Loosen the with the tip of the knife. (Why have you done this? What part of the chicken will it make easier to remove?)



Where the thighs meet the bone, make a CROSS cut. (What part of the chicken is here? What sensory word can be used to describe them?)



The knife will go through the skin and hit the bone.



Pull up the skin on the Keel bone. (What sensory words can you use to describe what the texture and appearance is like?) You will need to use some force when doing this.



Where the legs meet the body of the chicken use the knife to cut through the skin.



Pushing down on the Keel bone, push the legs out of the sockets, until you feel they are loose. (What are you doing to this joint? We can do this to our shoulders playing sport.)



Carefully, cut round both leg joints but do not cut them off fully yet.

Which is more economical? Cost per 100g is easier to compare different products.

2 chicken breasts (300g/0.3kg)=£3

Thighs(1.1kg) = £3.50

Box of wings = £2.18 per kg

Drumsticks (1.1kg) = £3.50

1 whole chicken (1.5kg) = £3.00



13

Turn the chicken over, breast side down.



14

Following the cross cut you made earlier, cut around the Oyster and and join the two cuts together, to release the thigh cut. You might have to cut through the leg joint and tendons.



15

To separate the leg into 2 portions. Feel the chicken leg, to find the middle joint. (What can you feel?)



16

Cut through the joint carefully, to separate the leg into 2 parts. (What 2 cuts of chicken are these?)



20

Cut through the skin between the breast and the thigh and finish removing the breast from the bird. The wings will be left loose when you cut the breast off.



19

Follow the angle of the breast bone, cutting away from the carcass. Pull the top of the breast away from the Keel bone. (What bone is below the knife?) Carefully, cut away the breast bone from this bone.



18

Using a sharp knife, cut down one side of the Keel bone.



17

Turn the chicken back over so the breast is on top. (If we roast the chicken why is it better to leave the bone in the chicken breast?)

STOP



CROSS CONTAMINATION

HYGIENE AND SAFETY!

- Do not prepare any other ingredients on the red board!
- Wash your hands and all equipment with **HOT, SOAPY WATER** after preparing and touching raw chicken.
- **WIP Falger & get down** where chicken may have contaminated.

Learning Outcomes

Identify the different cuts of chicken and cut chicken (D-C)
 Prepare and portion a chicken safely, considering cross contamination rules (C-1)
 Define the key terms and apply these to a practical setting, demonstrating knowledge through working independently and supporting another pupil practically (B-A)



Recipe Card – 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
Apron and container or plate and foil



Method

1. Pre heat oven to 200° C fan/ gas 6
2. 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.
3. 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.
4. 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.
5. **Peel** the carrots and either slice them into rounds or **julienne** them. Put them in a saucepan with the petit pois and put the pan on the hob on a medium heat with the lid on.
6. 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.
7. 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.
8. Take the plate out of the oven and serve the stuffing, vegetable and pour over the gravy.

Recipe Card – Beef Stew & Dumplings

Ingredients

500g beef shin or good quality stewing steak
40g beef dripping or vegetable oil
1 tbsp. plain flour
1 tsp. of mustard powder
2 small onions, (1 large) peeled and diced
900ml beef stock (2 OXOS)
2 small or 1 large carrot, peeled and cut into 4 chunks
1 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
LARGE CONTAINER WITH LID



Method

1. Preheat the oven to 180° C/gas mark 4.
2. Peel and chop all vegetable.
3. 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.
4. 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.
5. Stir in the stock cube and bring to the **boil** with the 900ml of water. Season again to taste, cover and gently **simmer**.
6. Add the carrots, celery, swedes and bay leaves and **stew**.
7. 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.
8. 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).

Recipe Card – Stuffed Chicken Breasts

Ingredients (serves 4)

Stuffing - 200g Low fat soft cheese (favoured or plain) OR 200g sausage meat

Own choice of herb/s for stuffing

4 x chicken breasts

4 rashers smoked streaky bacon

Salt and pepper

Ingredients for own choice sauce or basic tomato sauce recipe below

1 x small passata

1 clove garlic

1 tbsp. balsamic vinegar

Handful basil

Chef whites and container

Method

1. Preheat the oven to 200c/fan 180c/gas 6 and line a roasting tin with baking paper.
2. Put the sausage meat or soft cheese into a bowl, add the herbs, season with salt and pepper and mix well to combine.
3. Shape the sausage meat into 4 short sausages.
4. Place the chicken skinned side down, on a board and open them out. Season with salt and pepper, then place the sausage/cheese in the centre of each breast (and fold the chicken around it).
5. Using the flat side of the large knife, stretch the bacon rashers out on a board and wrap around the chicken thighs - one rasher per breast with the seam under the chicken.
6. Arrange the bacon wrapped chicken thighs in the lined roasting tin, seam down, and cover with foil.
7. Roast in the oven for about 20 minutes, take foil off for final 10 minutes or until cooked through, golden, crispy. Set aside to rest for 10 minutes.
8. Whilst the chicken is in the oven make the sauce you have chosen.

Recipe Card – Fish Pie

Ingredients

400g skinless white fish fillet
400g skinless smoked haddock fillet
170g frozen prawns (bag of)
600ml full-fat milk
1 small onion, quartered
4 cloves
2 bay leaves
small bunch parsley, leaves only,
chopped
100g butter
50g plain flour
1tsp mustard
1kg floury potato, peeled and cut
into even-sized chunks
50g cheddar, grated
Oven proof dish & foil



Method

1. Preheat the oven to 200c/fan 180c/gas 6
2. Put on a half pan of water and peel and chop the potatoes. Place in the pan to boil
3. Quarter an onion and stud each quarter with a clove. Place milk into the large frying pan and place in the white and smoked fish.
4. Bring the milk to the boil, reduce the heat and simmer for 8 minutes.
5. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in the baking dish. Sprinkle over the frozen prawns and chopped parsley.
6. Make the sauce. Melt 50g butter in a pan, stir in 50g plain flour and cook for 1 min over moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended. Continue to add the milk gradually, mixing well until you have a smooth sauce. Stir through mustard and pour over fish.
7. Drain, season and mash with the remaining 50g butter and 100ml full-fat milk. Use to top the pie, starting at the edge of the dish and working your way in - push the mash right to the edges to seal. Fluff the top with a fork, sprinkle over 50g grated cheddar, then bake for 30 mins. Make up to a day ahead, chill, then bake for 40 mins.

Recipe Card – Paella

Ingredients

1 tbsp olive oil
1 onion
1 tsp hot smoked paprika
1 tsp thyme
300g paella or risotto rice
3tbsp white wine (school provide)
400g chopped tomatoes
2 garlic cloves
900ml chicken stock (2 x Oxo's)
400g bag frozen or fresh seafood mix
Chorizo sausage
Juice ½ lemon
Handful flat leaf parsley
Whites and container



Method

1. Chopped onion into dices and finely chop garlic. Slice chorizo.
2. Make up 900ml chicken stock using hot/boiling water and open all tins/containers.
3. Heat 1 tbsp olive oil in a large frying pan. Add 1 chopped onion and soften for 5 mins.
4. Stir in 1 tsp hot smoked paprika, 1 tsp dried thyme and 300g paella or risotto rice, stir for 1 min, then splash in 3 tbsp sherry or white wine, if using.
5. Once it has evaporated, stir in a 400g can of chopped tomatoes with garlic and 900ml chicken stock.
6. Season and cook, uncovered, for about 15 mins, stirring now and again until rice is almost tender and still surrounded with some liquid.
7. Stir 400g frozen seafood mix and chorizo into the pan and cover with a lid. Simmer for 5 mins, or until the seafood is cooked through and the rice is tender.
8. Squeeze over the juice of ½ lemon, scatter with a handful of flat-leaf parsley and serve with wedges from the remaining ½ lemon.