

Recipe: Cajun spiced bread rolls**Ingredients:**

300ml warm water
 30ml vegetable oil
 15ml tomato paste
 500g strong plain white bread flour
 1½ tsp paprika pepper
 1 tsp cayenne pepper
 1 tsp dried oregano
 ½ tsp freshly ground black pepper
 2 cloves garlic, crushed
 ½ tsp salt
 ½ tsp sugar
 1½ tsp fast acting dried yeast
 1 egg

You will need

a baking tray
 baking parchment

Storage instructions:

Freezer: Allow to cool then place in a suitable container or cover carefully with suitably strong foil or plastic and freeze for up to 3 months.

- ▶ **See film:** Bread-making – bread rolls
- ▶ **See animations:** Convection and Gluten formation

Method:

1. Preheat oven Gas 7/220°C (200°C if you are using a fan oven).



2. Mix the yeast in with the flour, salt, spices, oregano, crushed garlic and sugar together in a mixing bowl.

3. Add the tomato paste to the warm water, pour it into the mixing bowl and use a wooden spoon to mix the ingredients to a dough.

4. Turn the dough out onto the work surface and knead it until it is very smooth and elastic.



5. Divide the dough into 8 pieces.
6. Shape each piece of dough into a roll and place it on a greased and lined baking tray and glaze with beaten egg or oil.
7. Leave the rolls to rise in a warm place for at least 20 minutes.
8. Bake for 15–18 minutes, until well risen, crusty and sounding hollow when tapped.

Recipe: Chicken fajitas (marinade)**Ingredients:****Marinade**

1 red pepper
 1 medium red onion
 2 skinless, boneless chicken breasts
 1 small pinch of ground cumin
 1 lime
 olive oil
 black pepper, freshly ground
 4 small flour tortillas
 150ml fat-free natural yogurt
 50g Cheddar cheese

For the salsa

½–1 fresh red chilli
 2–3 tomatoes
 1 small bunch fresh coriander
 sea salt
 black pepper, freshly ground

- ▶ **See film:** Knife skills: preparing fruit and vegetables
- ▶ **See animations:** Conduction and Tenderising meat

Method:

1. Slice the chicken into strips. Put the chicken into a bowl with the cumin. Squeeze over the juice of half a lime, drizzle over olive oil, season with a good pinch of pepper and mix well.
2. Put to one side to marinate for about 5 minutes while you make the salsa.
3. **Salsa:** Finely chop the chilli. Roughly chop the tomatoes and the coriander.
4. Put the chilli and tomatoes into a second bowl, add the juice of half a lime, then stir in the chopped coriander.
5. **Tortillas:** Halve and de-seed the pepper and cut it into thin strips. Peel, halve, and finely slice the onion.



Using a wok or griddle pan, cook the pepper, onion and chicken for 6–8 minutes until the chicken is golden and cooked through.

6. Warm the tortillas in a microwave oven or a warm, dry frying pan.
7. Add the cooked meat to the tortillas, with some salsa, yogurt, and top with cheese.

Recipe: Crème caramel



Ingredients:
(makes 4)

Caramel

2 tbsp water
80g caster sugar

Crème

300ml whole milk
2 large eggs
25g caster sugar
½ tsp vanilla essence

You will need

4 ovenproof ramekin dishes
that hold at least 130 ml of
liquid
aluminium foil
bain marie

Storage instructions:

Refrigerator: Allow to cool
then cover and store in the
refrigerator (0°C to below
5°C) for up to 2 days.

A *bain marie* is a roasting
tin containing some water,
in which the ramekins are
placed before they go into
the oven – the water should
come about halfway up the
side of the ramekins.

▶ **See film:** Knife skills: preparing fruit
and vegetables

▶ **See animations:** Conduction and
Convection and Coagulation of protein

Method:

1. Heat the oven to Gas 3/170°C (150°C if
you are using a fan oven).

2. **Caramel:** Dissolve the sugar in the
water in a thick-based saucepan and bring
it to the boil. Boil gently until the sugar has
caramelised. **Do not stir the mixture.**

3. Immediately and **very carefully**
(caramelised sugar is extremely hot) divide
the caramel between the ramekin dishes.

4. **Crème:** Use a stick blender to whisk or
blend the eggs and sugar together, then
add the milk and vanilla essence.

5. Divide the egg mixture between the
ramekins. Cover them with aluminium foil
and bake in the oven in a *bain marie* for
about 30–35 minutes. The water acts as
a buffer or barrier between the heat of the
oven and the egg mixture, to prevent the
egg protein from coagulating too quickly
and squeezing out the water it contains.

6. When the crème caramels are cooked,
they should be slightly wobbly when gently
shaken.

7. Cool and chill the crème caramels before
turning them out onto a plate – it takes a
few hours for the caramel to dissolve to
form a sauce.

8. **For crème brûlée:** Do not put the
caramel in the dishes – just the egg
mixture. Once the egg mixture has cooked
and is cold, sprinkle the tops with brown
sugar and put them under a hot grill until
melted and bubbling – about 2–3 minutes.
Alternatively, use a cook's blow torch to
melt the sugar and caramelize it.



9. Serve with seasonal fruit salad.

Recipe: Egg, cheese and tomato flan



Ingredients:
(serves 8)

Pastry

200g plain flour
100g butter
10 tsp cold water

or

20cm baked shortcrust
pastry flan case

Filling

125ml milk (any type)
2 large eggs
Pepper to season
50g grated Cheddar cheese
or similar
1 onion
50g mushrooms
1 large tomato

You will need

20–23cm flan tin or dish
baking parchment
baking beans

▶ **See films:** Knife skills: preparing fruit and vegetables *and* Making shortcrust pastry *and* Lining a flan tin with pastry *and* Cheese and tomato flan

▶ **See animation:** Convection *and* Coagulation of protein

Method:

1. Heat the oven to Gas 6/200°C (190°C if you are using a fan oven).

2. Prepare the pastry.

Either: Using your fingertips, rub the fat into the flour until it looks like breadcrumbs. Add the water and mix until a dough forms.

Or: Using a processor, put the flour, butter and water into the processor and process for a few seconds until a dough forms.

3. Knead the pastry lightly until it is smooth.

4. Roll out the dough on a lightly floured surface.

5. Line the flan tin or dish with the pastry – try not to stretch it.

6. Fill the pastry case with baking paper and put some baking beans on top.

7. Blind bake the pastry case for 15 minutes, then remove the baking beans and bake for a few more minutes if necessary.



8. Leave the pastry case to cool slightly.

9. Turn the oven temperature down to Gas 5/190°C (180°C if you are using a fan oven).

10. Make the filling: Dice the onion, wash and slice the mushrooms thinly and grate the cheese.



11. Whisk the eggs and milk together with some pepper.

12. Slice the tomato.

13. Place the onions, mushrooms and then the cheese in the baked pastry flan case.



14. Carefully pour the milk and egg mixture over the top; do not overfill it.



15. Arrange the slices of tomato neatly on top.

16. Place in the oven for 20–25 minutes until coagulated and firm and golden brown on top.

17. Serve warm or cold with salad or vegetables.

Recipe: Grilled salmon and tomato pasta**Ingredients:**
(serves 2)

2 pieces of fresh salmon fillet, with or without skin
 1 tbsp oil
 seasoning (salt and pepper)
 100g dried pasta, any type, such as penne
 1 can chopped tomatoes (approximately 420 grams)
 1 medium onion, finely diced
 2 tbsp oil
 2 cloves garlic, peeled and finely diced
 a small handful of fresh basil leaves – torn into small pieces
or 2 tsp dried basil
 2 tbsp Parmesan or Cheddar cheese, finely grated

Storage instructions:

Refrigerator: Best eaten on the day it is made, or allow to cool then cover and store in the refrigerator (0°C to below 5°C) for up to 2 days. Reheat thoroughly. To save ingredients costs, this recipe can be halved.

▶ **See film:** Knife skills: preparing fruit and vegetables

▶ **See animations:** Radiation and Conduction

Method:

1. Place the salmon fillets on a piece of foil on a grill pan – if they have skin, leave it on.
2. Brush the salmon with the oil and season with salt and pepper.
3. Place the salmon fillets under a hot grill and cook them until the protein has coagulated and the fish flakes separate easily – approximately 10 minutes, depending on the thickness of the salmon fillet.
4. Meanwhile, boil the pasta in a saucepan, until swollen and tender (about 10 minutes).
5. Sauté the onion and garlic in the oil in a saucepan, until the onion is tender.
6. Add the tomatoes and gently simmer until the tomato sauce has reduced and has thickened slightly.
7. Add some seasoning and the basil.
8. Drain the pasta and divide it between two serving plates.
9. Pour half of the tomato sauce neatly onto the pasta on each plate, then place a fillet of grilled salmon on top.
10. Scatter with the grated cheese.
11. Garnish with basil and serve hot, with crusty bread and a green salad.

Recipe: Lemon meringue pie



Ingredients:
(serves 8)

Pastry

200g plain flour
100g butter
10 tsp cold water
Or 20cm baked shortcrust
pastry flan case

Filling

3 large eggs (yolks)
175ml water
2 level tablespoons cornflour
50g caster sugar
25g butter or vegetable fat
spread (optional)
2 lemons

Meringue

3 egg whites (from the filling)
150g caster sugar

You will need

20–23cm flan tin or dish
baking parchment
baking beans

▶ **See films:** Lemon meringue pie *and* Making shortcrust pastry *and* Lining a flan tin with pastry *and* How to separate an egg *and* Meringues

▶ **See animations:** Convection *and* Fat shortening gluten strands *and* Gas in liquid foams *and* Gelatinisation

Method:

1. Heat the oven to Gas 6/200°C (190°C if you are using a fan oven).

2. Prepare the pastry

Either: Using your fingertips, rub the fat into the flour until it looks like breadcrumbs. Add the water and mix until a dough forms.

Or: Using a processor, put the flour, butter and water in the processor and process for a few seconds until a dough forms.



3. Knead the pastry lightly until it is smooth.

4. Roll out the dough on a lightly floured surface.

5. Line the flan tin or dish with the pastry – try not to stretch it.

6. Line the pastry case with baking parchment and put some baking beans on top.

7. Blind bake the pastry case for 15 minutes, then remove the baking parchment and baking beans and bake for a few more minutes if necessary.

8. Leave the pastry case to cool slightly.

9. Turn the oven temperature down to Gas ½/120°C (100°C if you are using a fan oven).

10. Make the filling:

Grate the lemon zest finely.



11. In a small pan, carefully blend the cornflour, water, sugar, egg yolks, lemon zest and juice together so that there are no lumps. Add the butter or vegetable fat spread.

12. Heat the filling, stirring all the time until the mixture boils and thickens.

13. Pour the filling slowly into the baked pastry case and leave to cool while you make the meringue.

**14. Make the meringue:**

Place the egg whites in a clean, dry, grease-free bowl mixing bowl. Make sure there is no egg yolk in the egg whites or grease in the mixing bowl, otherwise they will not produce a foam when you whisk.

15. Whisk the egg whites until they are very stiff.

16. Gradually whisk the sugar, on a medium speed, into the whisked eggs whites. Continue to whisk for a few more seconds until the meringue is white and glossy.

17. Pile the meringue on top of the lemon filling.

18. Place in the oven for 30–50 minutes until the meringue is crisp and lightly browned on top.

19. Serve warm or chilled.

Recipe: Chilled lemon flan



Ingredients:

(serves 12 people)

300ml double cream
 1 large can (~397g) of **condensed** milk – **NOT evaporated** milk
 3 medium-sized or 2 large lemons – washed
 250g plain digestive biscuits (1 small packet)
 110g butter (preferably unsalted) or vegetable fat spread
 fresh fruit to decorate
a flan dish – approx. 25cm diameter (glass, china or metal)

the recipe can be halved and put into a smaller flan dish, approx. 16cm diameter.

Storage instructions:

Refrigerator: Cover and store in the refrigerator (0°C to below 5°C) for up to 3 days.

Freezer: Can be frozen – best if it is not decorated with fruit. Cover the flan carefully with suitably strong foil or plastic and freeze for up to 3 months. Defrost thoroughly and then decorate.

N.B. This recipe demonstrates very well how proteins are denatured and coagulated by acids, which is why it has been included here. However, it is an energy dense and filling recipe because of its high fat and sugar content. Therefore, only small portions should be served. This flan will serve at least 12 people.

▶ **See films:** Whipped cream and Finishing techniques: coulis and Knife skills: cutting fruit and vegetables and Weighing and measuring

▶ **See animation:** Coagulation

Method:

1. Melt the butter or vegetable fat spread in a small pan on a low heat or in the microwave oven. Do not let it boil or burn.
2. Crush the digestive biscuits (**this can be done in a food processor**) and mix them in a bowl with the melted butter.
3. Press the biscuit mixture into the flan dish base and up the sides of the dish using the back of a metal spoon.
4. In a large bowl, whip the cream carefully, until it forms soft peaks.



5. Add the condensed milk and mix thoroughly.
6. Finely grate the zest (rind) of one of the lemons and squeeze out the juice of both.



7. Add the lemon juice and some of the zest to the cream and condensed milk mixture.
8. Mix together thoroughly – the mixture will thicken as you do this.
9. Put the mixture into the flan base and spread it out evenly.
10. Put the flan into the refrigerator to chill.
11. Decorate and serve.

NB This recipe does not work well with oranges as they are not acidic enough. You can use cream cheese instead of the double cream to make a cheesecake.

Recipe: Bread rolls



Ingredients:

(serves 8 people)

450g strong plain white bread flour
 ½ level teaspoon salt
 275ml warm water
 10g fresh yeast **or** 5g (1 level teaspoon) dried yeast (if you are using fast action dried yeast, you will need 5g or one sachet from a box of fast acting dried yeast, and should add the yeast directly to the flour – no need to activate it first)
 1 tsp sugar

Storage instructions:

Home-made bread rolls are best eaten on the day they are made.

Cover and store them in a cool, dry place.

When they cool down after baking, the water they contain is absorbed back into the starch in the flour. If they have dried out the next day, put them in a warm oven for a few minutes, and the water will be released as steam and will soften the rolls.

Freezer: Allow to cool.

Place the rolls in a suitable container or cover carefully with suitably strong foil or plastic and freeze for up to 3 months.

Variations:

You can use 450g strong plain wholemeal flour instead of white, but you will need an extra 10ml of warm water because the dietary fibre in the flour absorbs more of it.

OR

You can use a mixture of 225g strong plain white flour and 225g strong plain wholemeal flour but you will need an extra 5ml of warm water because the dietary fibre in the wholemeal flour absorbs more of it.

▶ **See films:** Bread making: bread rolls and Weighing and measuring

▶ **See animations:** Yeast and Gluten and Convection and Conduction

Method:

1. Set the oven: Gas 7/220°C (200°C if you are using a fan oven).

2. **If you are using ordinary dried or fresh yeast:** Dissolve yeast in the warm water.



3. Add the sugar and stir well.

4. Leave the yeast liquid to **activate** (start producing bubbles of gas) in a warm place for approx. 5 minutes.

5. **If you are using fast action dried yeast:** stir the yeast directly into the flour.

6. Add salt to the flour in a large bowl and mix it in well.

7. Add the yeast liquid/warm water to the flour and stir well **with a wooden spoon** until it is mixed to a dough.

8. Put a little flour onto the work surface and knead the dough for at least 5 minutes. It should be stretchy and smooth.



9. Cut the dough into eight pieces and shape them into bread rolls. The rolls can be covered in greased cling film to prevent a skin forming, which might prevent them from rising.

10. Put the rolls on a greased/lined baking tray and leave them to rise in a warm place for at least 15 minutes.

11. Glaze with beaten egg and sprinkle with poppy or sesame seeds.



12. Bake the rolls for 15 minutes until they are well risen and golden brown. The cooked rolls should sound hollow when you tap them underneath with your finger.



Recipe: Caramelised onion bread rolls**Ingredients:**

(makes 8–10)

500g strong white bread flour
 ½ tsp salt
 1½ tsp easy-blend dry yeast
 (add directly to the flour)
 275ml warm water
 2 onions, finely diced
 30g butter or 2 tbsp oil
 ground black or white pepper
 vegetable or olive oil for glazing

You will need

a baking tray

▶ **See films:** Bread making – bread rolls and Knife skills: preparing fruit and vegetables

▶ **See animations:** Convection and Gluten formation

Method:

1. In a shallow frying pan, on a medium heat, sauté the onions in the butter or oil until they are golden and caramelised. Stir them frequently so that they do not burn.
2. Season the onions well and tip them, with the juices from the pan they were cooked in, into a bowl to cool for about 10 minutes.
3. Sieve the flour, yeast and salt into a mixing bowl.



4. Add the caramelised onions.
5. Pour the warm water into the flour.
6. Mix with a wooden spoon to an elastic dough and knead for 5 minutes. Depending on how juicy the onions are, you may find that you need to add a little more flour to the dough so that you can handle it easily.
7. Divide and shape the dough into 8–10 rolls and place them on a greased baking tray. Rub a little oil onto the outside of the rolls.
8. Leave the rolls in a warm place until risen well (around 15–20 minutes).
9. Bake at Gas 7/220°C (200°C if you are using a fan oven) for 15 minutes.
10. The rolls should sound hollow when they are cooked and be well risen and crusty.

When bread cools down after baking, the water they contain is absorbed back into the starch in the flour. If the rolls have dried out the next day, put them in a warm oven for a few minutes – the water will be released as steam and will soften them.

Recipe: Meat lasagne



Ingredients:

Meat sauce

400g minced beef
1 tin (400g) tomatoes
50g tomato purée
50g mushrooms
1 onion
herbs

Optional

pepper, carrot, courgette

Cheese sauce

500ml milk
50g soft fat or butter
50g plain flour
100g cheese (grated)

Lasagne

150g lasagne sheets

You will need

a large ovenproof dish

▶ **See films:** Knife skills: preparing fruit and vegetables *and* Making pasta *and* Béchamel sauce

▶ **See animations:** Convection *and* Conduction *and* Gelatinisation of starch

Method:

- 1. Meat sauce:** Fry the mince and chopped onion in a pan.
- Add the tinned tomatoes, tomato purée, chopped mushrooms, vegetables and seasoning.
- Simmer the meat sauce for 10 minutes.
- 4. Cheese sauce:** Make the cheese sauce by the all-in-one method. Put the milk, flour and fat in a pan. Bring to the boil, stirring all the time.



- Add half the cheese.
- Put a layer of meat sauce, then lasagne sheets, then cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.



- Sprinkle the top with the remaining cheese.
- Bake at Gas 6/200°C (190°C if you are using a fan oven) for 40 minutes until the top is golden brown.

Recipe: Spinach and ricotta ravioli and tomato sauce



Ingredients:

For the pasta

200g 00 pasta flour
1 egg
1 egg yolk

For the filling

100g spinach leaves –
cooked in a little boiling
water, drained thoroughly
and chopped
100g ricotta or feta cheese
– grated
100g fresh breadcrumbs
1 egg yolk
1 whole egg
¼ tsp grated nutmeg
Seasoning

Tomato sauce

1 tablespoon rapeseed or
olive oil
1 garlic clove
¼ tsp dried red pepper
flakes
1 can chopped tomatoes –
approximately 400g
salt & pepper
a small handful of fresh basil
leaves – torn into small
pieces

▶ **See films:** Knife skills: preparing fruit and vegetables and Making pasta and Tomato sauce

▶ **See animation:** Convection

Method:

- To make the pasta:** Weigh the flour and add it to the food processor.
- Add the egg and the egg yolk.
- Pulse the machine until the mixture begins to look like breadcrumbs.
- Process it until the mixture forms a soft ball of dough.
- Place the dough onto a floured work top, knead it until it is smooth and form it into a ball.
- Wrap the ball of dough in cling film and leave it to rest in a cool place for 20 minutes before using it. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave it, the more manageable it will become.
- Cut the dough into two pieces. Flatten each piece with a rolling pin, or your hands, until it is about 5mm thick.
- Fold the dough and pass it through the pasta machine at its widest setting, refolding and re-rolling several times without changing the setting. Do this until you have a rectangular shape approximately 7.5cm x 18cm. If you do not have a pasta machine, use a rolling pin to roll it thinly.
- Repeat with the second piece of dough.
- To thin the pasta, start with the pasta machine at its widest setting and pass the dough through the rollers.
- Do not fold the pasta dough but repeat this process, decreasing the width setting of the roller each time, until you reach the narrowest setting.
- For most uses, take the pasta down to the thinnest setting – especially for ravioli, as you will be sandwiching two layers together when it is folded.
- Wrap the fresh pasta in a damp cloth if you are not using it straight away, so that it does not dry out and become difficult to use.
- For the spinach and ricotta filling:** Bring 100ml of water to the boil in a medium pan and add the spinach. Cook for 2 minutes, or until the spinach has wilted.
- Remove the spinach from the pan and drain the water away through a sieve. Squeeze the spinach with the back of a wooden spoon in the sieve, then finely chop it on a board or plate.
- Mix all of the filling ingredients with the spinach, except the whole beaten egg, until well combined. Leave it in the refrigerator to firm up slightly.
- To make the ravioli:** Put a pasta sheet onto the worktop and place a heaped teaspoon of the ricotta mixture at equal intervals in rows and columns along the pasta. Brush a little of the beaten egg around each heap of filling then lay another pasta sheet on top and carefully press down around each filling ball to remove any air.
- Cut into squares or rounds with a pastry cutter or knife, then dust with semolina flour and set aside while you finish making the rest of the ravioli.
- To cook the spinach and ricotta ravioli:** Half-fill a large pan with water and bring it to the boil. Drop the ravioli into the water in small batches and cook until they float to the surface.
- To prepare the sauce:** Heat the oil in a medium pan and gently cook the garlic for just a minute – do not let it burn otherwise it will taste bitter.
- Add the tomatoes, salt, pepper and pepper flakes and cook over a medium to low heat for 10 minutes.
- Turn off the heat, stir in the chopped basil and mix well.
- Keep the sauce warm while you cook the pasta.
- Drain the ravioli and return to the pan. Pour half of the sauce mixture into the pan and carefully stir until the ravioli is lightly coated.
- Serve the ravioli hot with some more sauce and grated cheese.

Recipe: Sun-dried tomato pinwheels



Ingredients:

250g self-raising flour
 50g vegetable fat spread or butter
 150ml milk
 1 tsp dried mixed herbs
 50g sundried tomatoes, finely chopped
 100g Cheddar cheese, finely grated

You will need

a round cake tin
 baking parchment

Storage instructions:

Refrigerator: Best eaten on the day they are made, or, allow to cool then cover and store in an airtight box for 2–3 days.
 Can be frozen for up to 6 months.

- ▶ See film: Shortcrust pastry
- ▶ See animations: Convection and Fat shortening gluten strands

Method:

1. Heat the oven to Gas 5/190°C (180°C if you are using a fan oven).
2. Put the flour and vegetable fat spread or butter into a mixing bowl. With your fingertips, rub the fat into the flour until it looks like breadcrumbs.



3. Add the milk and mix to a soft dough with a palette knife.
4. Put the dough onto a floured worktop and knead gently until it is smooth.
5. Roll the dough to a rectangle about 30cm by 20cm (A4 size).
6. Spread the finely chopped sun-dried tomatoes over the dough and sprinkle with the herbs and grated cheese.
7. Roll the dough up, like a Swiss roll, and cut it into 8 equal-sized pieces, using a sawing action with a serrated knife to achieve a neat result.
8. Lay the pieces, cut-side up, together in a lined cake tin.
9. Bake for 20 minutes until the pinwheels are well risen and the starch in the crust has been dextrinised to a golden brown colour.

Recipe: Ricotta and spinach lasagne



Ingredients:

(serves 4–6 people)

Tomato mixture

- 1 tbs oil
- 1 medium onion – chopped finely
- 1 clove garlic – crushed
- 1 aubergine (egg plant) – diced
- 1 pepper – diced
- 1 courgette – diced
- 1 400g can of chopped tomatoes
- 1 tsp dried mixed herbs

Spinach mixture

- 150g spinach – washed well
- 1 egg
- 200g ricotta cheese
- black pepper and nutmeg

Béchamel sauce:

- 25g butter or vegetable fat spread
- 25g plain flour
- 300ml milk
- 70g Cheddar cheese – grated
- 8–10 sheets of dried lasagne pasta (depending on the size of your dish) (fresh pasta could be made)

You need a medium shallow ovenproof dish or baking tin.

Storage instructions:

Refrigerator: Allow to cool then cover and store in the refrigerator (0°C to below 5°C) for up to 3 days.

Freezer: Can be frozen.

Allow to cool completely then cover the dish with suitably strong foil or plastic and freeze for up to 3 months.

▶ **See films:** Knife skills: cutting fruit and vegetables *and* Making sauces: tomato and Béchamel *and* Making pasta: spinach and ricotta ravioli *and* Weighing and measuring

▶ **See animations:** Gelatinisation of starch *and* Convection *and* Conduction

Method:

1. Preheat the oven to Gas 4/180°C (170°C if you are using a fan oven).
2. Heat the oil in a pan; add the chopped onion and garlic and sauté until softened.
3. Add the diced aubergine, pepper, courgette, tomatoes and dried herbs.
4. Season with salt and pepper and simmer for 20 minutes.
5. In a large saucepan, simmer the spinach in 100ml water for a few minutes until it has softened and wilted, then drain it and squeeze out any water.
6. Place the spinach in a food processor with the ricotta and egg and blend until smooth (or put these into a bowl and beat well with a wooden spoon). Season with black pepper and some grated nutmeg.
7. Make the Béchamel sauce by melting the butter in a small pan – do not let it burn.
8. Add the flour and cook for 1 minute. Remove the pan from the heat and gradually add the milk to make a smooth liquid.
9. Reheat the sauce, stirring all the time until it has thickened. Simmer it for 3–4 minutes.



10. Remove the sauce from the heat and add half of the grated Cheddar cheese and stir well.

11. Lightly grease the ovenproof dish. Place half of the tomato mixture in the dish and add a layer of lasagne sheets. Add the spinach mixture, then some lasagne pasta sheets, then the rest of the tomato mixture. Finish with more lasagne pasta sheets.

12. Pour the cheese sauce over the top and sprinkle with the remaining cheese.



13. Cook in the oven for 45–50 minutes until golden and the lasagne sheets are tender.

14. Serve with a green salad or vegetables.



Recipe: Caramelised onion and cheese tart



Ingredients:

(serves 6 people)

- 1 tbsp oil
- 2 onions, peeled and finely sliced
- 225g filo pastry sheets
- 50g butter, melted gently
- 75g goat's cheese or feta cheese
- 1 tsp dried thyme or mixed herbs

Storage instructions:

Refrigerator: Allow to cool then cover and refrigerate for up to 3 days.

Freezer: Allow to cool. Place in a suitable container or cover carefully with suitably strong foil or plastic and freeze for up to 3 months. Defrost thoroughly then warm the tart in the oven to crisp up the filo pastry.

▶ **See films:** Knife skills: cutting fruit and vegetables *and* Weighing and measuring

▶ **See animations:** Convection *and* Conduction

Method:

1. Heat the oil and add the onions. Sauté on a gentle heat, stirring regularly until the onions are soft and starting to caramelise.



2. In another small pan, melt the butter gently – do not boil or it may burn easily.
3. Heat the oven to Gas 5/190°C (180°C if you are using a fan oven).
4. Unwrap the filo pastry and, to prevent it from drying out, cover it with cling film or a tea towel.
5. On a baking tray, add one piece of filo pastry at a time, brushing the surface of each with some of the melted butter, until all the pastry is used.
6. Spread the pastry with the onions, leaving a small border around the edge so that each slice can be picked up without getting messy.
7. Break up the cheese into small pieces or slice it and scatter on top of the onions.
8. Sprinkle the thyme on top.
9. Bake in the oven for 10–15 minutes, until the filo pastry is golden and crisp.
10. Serve warm, cut into pieces.

Recipe: Hollandaise sauce

**Ingredients:**

1 egg
50g unsalted butter
½ tbsp lemon juice
pepper
½ tsp mustard powder

Service suggestions

Eggs Benedict: Pour the sauce over poached eggs, toasted muffins and smoked salmon.

As a sauce: Pour it over steamed vegetables (such as green beans, asparagus), roasted root vegetables (such as carrots, parsnips), boiled potatoes – or poached or baked fish such as salmon

As this sauce uses raw egg, it is very important to use it within 2 hours to avoid salmonella food poisoning. You could use pasteurised egg instead, which would reduce the risk.

▶ **See films:** Hollandaise sauce and How to separate an egg

▶ **See animations:** Emulsification and Conduction

Method:

1. Separate the egg yolk from the egg white. The egg white can be frozen for later use.



2. Melt the butter in a small pan. When it is melted, transfer it to a measuring jug. Do not let the butter heat up too much, otherwise it will burn.

3. Beat the egg yolk in a bowl and place it over a pan of gently simmering water.



4. Add the lemon juice and mustard powder.

5. Whisk the ingredients vigorously, using a balloon whisk or an electric hand whisk. This process thoroughly mixes the acid in the lemon juice with the egg yolk, and helps the development of an oil-in-water emulsion. The mustard powder acts as a stabiliser, helping to prevent the emulsion from splitting.

6. Gradually add small amounts (approximately 1 tsp at a time) of melted butter to the egg yolk, whisking very well after each addition.

7. Continue adding the butter in stages, whisking well each time, until all the butter has been incorporated into the egg mixture. It is very important that this process is done slowly to allow the emulsion to form and to prevent the sauce from splitting. Whisking the egg and butter mixture over simmering water allows the gentle coagulation of the egg yolk and this helps to stabilise the emulsion as the butter is added.

8. When all the butter is added, the sauce should be smooth and thickened. If it is too thick, add a little white wine vinegar and whisk until the sauce is the right consistency.

9. The finished sauce should be thick and **not** separated, split or curdled. If this happens then the emulsion has not worked. The emulsifying agent **lecithin** in the egg yolk and the stabilising action of the mustard powder help to maintain the emulsion.

10. If you notice that the mixture is starting to split:

Either: Remove it from the heat, drop in an ice cube and whisk it in. The ice cube cools the sauce down and allows the mixture to stabilise.

Or: Add a tablespoon of boiling water and whisk vigorously. The boiling water will coagulate the egg yolk and stabilise the emulsion.



Recipe: Easy chocolate mousse



Ingredients:

20g soft butter
 125g good dark chocolate
 (minimum 70% cocoa solids)
 – chopped into small pieces
 30ml hot water (from a
 recently boiled kettle)
 150ml double or whipping
 cream
 ½ teaspoon vanilla extract
 2 very fresh egg whites* **or**
 1½ tbsp dried egg white +
 3 tbsp water
 1 tbsp caster sugar

Storage instructions:

Refrigerator: Cover and store
 in the refrigerator (0° to below
 5°C) for up to 3 days.

Freezer: Can be frozen. Cover
 with suitably strong foil or
 plastic

- ▶ **See films:** Whipped cream and Finishing techniques: chocolate leaves and Finishing techniques: melting chocolate and Weighing and measuring
- ▶ **See animation:** Gas in liquid foams

Method:

1. Put the butter, chocolate and hot water into a small saucepan.
2. Put the saucepan on the hob, over a low heat, to melt the butter and chocolate, stirring every now and again. When it has melted, remove the pan from the heat.



3. Meanwhile, whip the cream until thick and add the vanilla extract.
4. Fold the whipped cream into the cooling chocolate mixture until a smooth mixture forms.
5. Whisk the dried egg white and 3 tbsp water in a mixing bowl until thick and foamy, **or** whisk the egg whites* in a clean, dry mixing bowl until thick and foamy.
6. Whisk the caster sugar into the egg white meringue. Fold the meringue into the mixture until well combined.
7. Place the mixture into glasses or ramekins and chill.
8. Decorate with chocolate decorations, nuts, fruit or grated chocolate.

* It is very important to use fresh, good quality eggs for this recipe to avoid a food safety risk. When you buy eggs, look out for the British Lion Quality stamped eggs, which is an assurance that the eggs have been produced to the highest standards of food safety.

Recipe: Watercress and salmon roulade

**Ingredients:**

4 level tbsp Parmesan cheese, grated
 25g butter or vegetable fat spread
 50g fresh white breadcrumbs
 100g Gruyère or Cheddar cheese, grated
 75g watercress or spinach
 3 large eggs, separated into yolks and whites
 150ml single cream or whole milk
 2 tbsp hot water

Filling

200g salmon fillet, pan fried, baked or steamed, and cooled
 100g cream cheese
 juice of 1 lemon
 black pepper, freshly ground

You will need

a Swiss roll tin
 baking parchment
 a clean, damp tea towel
 greaseproof paper

Storage instructions:

Refrigerator: Cover and store (0°C to below 5°C) for up to 2 days.

To save costs, this recipe can be halved and baked in a smaller baking tray.

▶ **See films:** How to separate an egg and Filleting a fish

▶ **See animation:** Gas in liquid foams

Method:

1. Heat the oven to Gas 6/200°C (190°C if you are using a fan oven).

2. Line a Swiss roll tin with baking parchment.



3. Spread the softened butter or vegetable fat spread over the paper and sprinkle with the Parmesan cheese.

4. In a bowl, mix the breadcrumbs with the grated Gruyère or Cheddar cheese.

5. Wash and dry the watercress or spinach and remove the tough stalks.

6. Chop the watercress or spinach finely and add to the cheese and breadcrumbs.

7. Stir in the egg **yolks**, cream or milk, the hot water and some ground black pepper.



8. In a clean, dry bowl, whisk the egg **whites** until they are stiff, then carefully fold them into the cheese and breadcrumb mixture.



9. Pour the mixture into the Swiss roll tin and level it carefully with a knife.

10. Bake for 10–15 minutes, until it is well risen and springy to the touch.

11. Remove the roulade from the oven and leave it to cool in the tin, covered with a clean sheet of baking parchment and a clean, damp tea towel.

12. Soften the cream cheese by stirring it with a wooden spoon.

13. Chop the cooked and cooled salmon into small pieces and mix it with the cheese.

14. Add the lemon juice and season to taste with black pepper.

15. Carefully tip out the roulade from the tin onto a piece of baking parchment.

16. Spread the salmon mixture over the roulade and roll it up from the long side. Wrap it in greaseproof paper and store in the fridge until required.

17. Cut into neat slices and garnish with lemon slices.

Recipe: All-in-one chocolate and orange cake



Ingredients:

Basic cake mix

225g self-raising flour
50g cocoa powder (not drinking chocolate)
1 tsp baking powder
225g softened butter or vegetable fat spread
175g caster sugar
3 large eggs
2 tbsp milk
grated zest of an orange (optional)

Frosting

175g icing sugar
25g cocoa
70g butter or vegetable fat spread (softened)
juice of the orange

Decorations, e.g. grated chocolate, chocolate leaves, orange glacé slices, finely chopped pistachio nuts or almonds

Storage instructions:

Store the cake in an airtight tin or box at room temperature for up to 5 days.

Freezer: Can be frozen for up to 6 months, but must be well wrapped and protected from drying out and being damaged in the freezer.

Variations:

Instead of using cocoa powder and orange zest in the cake and frosting, the following flavourings could be used:

For the cake:

Vanilla – add 1 tsp vanilla extract

Lemon drizzle – add the finely grated zest of 2 lemons to the mixture. To make the drizzle, squeeze the juice of the lemons and stir it into 2 tbsp icing or caster sugar, and pour over the top of the cakes as soon as they come out of the oven (make a few holes in the top of the cakes with a skewer first).

▶ **See films:** Finishing techniques: chocolate leaves *and* Weighing and measuring *and* Chocolate ganache *and* Making chocolate leaves

▶ **See animations:** Coagulation of protein *and* Expansion of gases inside baked mixtures *and* Convection *and* Conduction

Method:

1. Basic cake mix: place all the ingredients for the basic cake mix into a mixing bowl and whisk at medium speed with an electric whisk, or beat well with a wooden spoon until well mixed and light in texture and colour.

2. Divide the mixture evenly between two 20cm sandwich cake tins, which have been greased or lined with non-stick paper.



3. Spread the mixture out evenly using a palette knife or the back of a spoon.

4. Bake at Gas 4/190°C (180°C if you are using a fan oven) for 20–25 minutes until the cakes are well risen and spongy to the touch.

5. Turn the cakes out onto a cooling rack and allow them to cool.

6. Frosting: whisk or beat together the sieved icing sugar, cocoa and softened butter or vegetable fat spread until well mixed – it may be a bit dry at this stage but that is quite normal. Add the orange juice, a teaspoonful at a time, until the mixture is smooth, creamy and easy to spread.

7. Spread some of the frosting onto one of the cooled cakes and sandwich both of the cakes together.

8. Spread more frosting on the top of the cake and, if you have enough left, you can then pipe it onto the top of the cake with a star nozzle and piping bag to decorate.

9. Add your other decorations to finish the cake.

This cake can also be coated and decorated with chocolate ganache.

Chocolate ganache:

For a cake filling or for a thick glaze to go on the top of a cake, equal quantities of chocolate and double cream are needed, e.g. 300g of double cream and 300g of dark chocolate (70–75% cocoa solids is best).

1. Chop the chocolate into small pieces.

2. Pour the cream into a pan and heat it gently on a low heat on the hob for a few minutes.

It is important not to overheat the cream – it only needs to be warm enough to melt the chocolate. Carefully test – it should feel comfortably warm.

3. Remove the cream from the hob. Add the chocolate to the cream. Stir it gently then leave it for several minutes to give the chocolate time to melt.



4. Stir the ganache with a balloon whisk or wooden spoon until it all looks the same colour and consistency.

5. The longer it is allowed to cool, the thicker the ganache will get.



6. For piping decorations onto a cake, the ganache needs to be completely cold. Give it a thorough stir before you use it for piping.

Recipe: Cheese and vegetable pasties



Ingredients:

(serves 6 people)

Pastry

200g soft plain flour (white or wholemeal)
100g block vegetable fat or butter
1 tsp mixed dried herbs
10 tsp (50 ml) cold water
1 egg, beaten (for glazing the pastry)

Filling

1 small onion – finely chopped
1 stalk celery – finely diced
1 small potato – peeled or unpeeled and finely diced
1 small carrot – peeled and finely diced
25g butter or 1½ tbsp vegetable oil
50g strong Cheddar cheese – grated
black pepper

Storage instructions:

Refrigerator: Cover and store in the refrigerator (0°C to below 5°C) for up to 3 days.

Freezer: Can be frozen.

Cover with suitably strong foil or plastic and freeze for up to 3 months, then defrost and warm before serving.

▶ **See films:** Shortcrust pastry and Knife skills: cutting fruit and vegetables and Weighing and measuring

▶ **See animations:** Shortening and Convection and Conduction

Method:

1. Heat oven to Gas 6/200°C (190°C if you are using a fan oven).
2. Filling: sauté the onion and celery in the butter or oil until softened in a saucepan.
3. In another pan, boil the potato and carrot in water until just tender (about 10 minutes) – drain and mix with the onion/celery. Remove the pan from the heat.
4. Add the cheese and mix well – season with the pepper. Allow the filling to cool while you make the pastry.
5. Pastry – rub the vegetable fat spread or butter into the flour until it looks like breadcrumbs. Add the dried herbs, then the cold water and mix to a smooth dough. (The pastry can be made in a food processor to save time.)



6. Roll the pastry out carefully and cut it into 5–6 circles, each about the size of a saucer.



7. Place some of the filling mixture in the centre of each of the circles of pastry – dampen the edges with water and fold and seal the edges together. Neaten the edges by pressing them with a fork or using your fingers to 'flute' them into a wavy line.



8. Glaze the pastry with beaten egg.
9. Bake in the oven for 12–15 minutes until crisp and golden.
10. Serve warm or cold with salad and a tomato salsa.

Variations:

Meat version: instead of cheese, use 75g lean minced beef – dry fry in a pan until browned all the way through and add to the cooked vegetables.

Empanadas: these are a different version of pasties, traditional in countries such as Spain, Portugal and Argentina. The fillings are usually meat-based and made using spices. The pastry ingredients can vary slightly but you can use the recipe below.

Spiced chicken empanadas

Ingredients:

2 chicken thighs
½ tbsp olive oil
1 small onion – finely diced
1 garlic clove – crushed
50g chorizo sausage – finely diced
¼ tsp cumin seeds
¼ tsp paprika
25g raisins, sultanas or finely diced dried apricots
salt and pepper

Method:

1. Roast the chicken in a preheated oven Gas 6/200°C (190°C if you are using a fan oven) for 20–25 minutes until cooked right through (minimum core temperature 70°C).
2. In a medium pan, sauté the onion in the oil until softened (about 8–10 minutes).
3. Add the other filling ingredients and heat through for 5 minutes.
4. Remove any bone and skin from the chicken and chop it into small pieces. Mix with the rest of the filling ingredients and turn into empanadas.
5. Bake for the same time as the pasties.

Recipe: Swiss roll



Ingredients:
(serves 8 people)

3 eggs
75g caster sugar
75g plain flour

Filling
3 tbsp jam

Storage instructions:
Allow to cool then store in an airtight tin or box for up to 2 days.
Can be frozen for up to 3 months.

- ▶ **See films:** Whisked sponge: Swiss roll and Weighing and measuring
- ▶ **See animations:** Gas in liquid foams and Conduction and Convection

Method:

1. Heat the oven – Gas 6/200°C (190°C if you are using a fan oven).
2. Grease and line a Swiss roll tin.
3. Place the eggs and sugar in a bowl and whisk at medium speed until the mixture is light, thick and creamy, and leaves a visible trail for at least 5 seconds when the whisk is removed.



4. Sieve the flour twice and fold it very gently into the mixture with a metal spoon in a figure-of-8 movement until there is no visible flour – do not beat it in or use a whisk, as the air will come out.
5. Pour the mixture into the tin and tip it until the mixture goes evenly into the corners.



6. Bake for 10–12 minutes until the Swiss roll is well risen, spongy to the touch and starting to shrink away from the edges of the tin.
7. Remove from the oven and STRAIGHT AWAY tip the sponge away from you onto a sheet of non-stick paper.

8. Carefully remove the paper that lined the tin.

9. Trim a little off the edges of the sponge with a sharp knife (they are crisp and may stop the sponge rolling up properly) and spread the softened jam (stir it with a spoon) over the sponge.



10. Roll up the sponge tightly and leave to cool.



Recipe: Puff pastry cheese twists

**Ingredients:**

(makes approximately 12–15 cheese twists)

250g puff pastry – ready-made or home made
 150g finely grated Parmesan cheese **or** 150g finely grated Cheddar cheese **or** 75g finely grated Parmesan cheese **and** 75g finely grated strong Cheddar cheese

1 tsp paprika
 ½ tsp cayenne pepper
 1 egg, beaten

Storage instructions:

Best eaten on the day they are made.

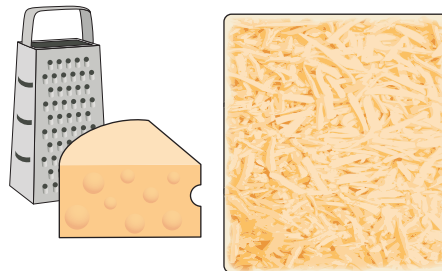
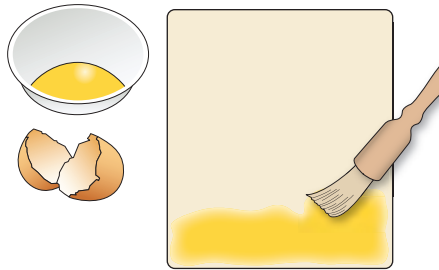
OR allow to cool then cover and store in an airtight tin or box for up to 2 days.

Freezer: Can be frozen raw for up to 3 months, then bake from frozen in a hot oven, allowing an extra 5 minutes on the baking time.

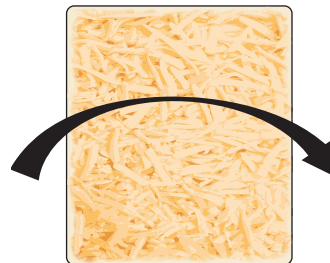
- ▶ **See film:** Weighing and measuring
- ▶ **See animations:** Rolling and folding to create layers *and* Steam as raising agent *and* Convection *and* Conduction

Method:

1. Set the oven to Gas 6/200°C (190°C if you are using a fan oven).
2. Stir the paprika, cayenne pepper and grated Parmesan/Cheddar cheese together in a mixing bowl with a fork, or your fingers, until well mixed.
3. Roll out the puff pastry dough to about ½cm thickness, in a rectangle approximately the size of an A4 piece of paper.
4. Brush the top with egg wash and then sprinkle the cheese mixture on top. Press it down to make it stick to the pastry.

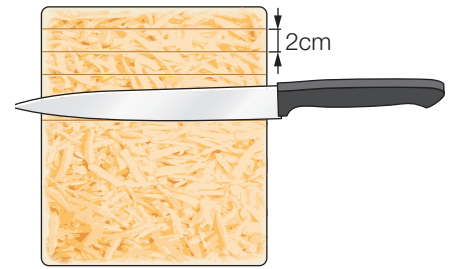


5. Turn the rectangle of puff pastry over and repeat the processes in point number 4 above, on the other side of the pastry.

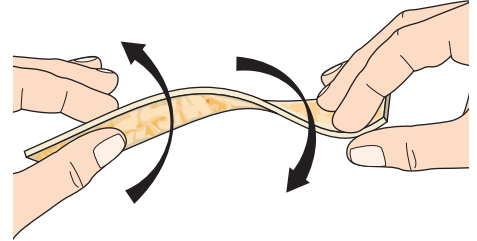


Press the cheese mixture onto the pastry again, so that it sticks to it on both sides. Some of the cheese will fall off when you turn the pastry over, but that is quite normal.

6. Cut the pastry into strips about 2cm wide across the width of the rectangle.



7. Twist each of the strips all the way down their length.



8. Place the cheese twists on a baking tray covered with baking paper and bake for about 15–20 minutes until they have puffed up and become crisp on the outside.



9. Place the baked twists on a cooling tray. They will become firmer and crisper when they cool down as the melted cheese hardens.

Recipe: Gingerbread cake



Ingredients:

(serves 10–12 people)

225g plain flour
 ½ tbsp ground ginger
 ½ tbsp baking powder
 ½ tsp bicarbonate of soda
 100g Demerara sugar
 85g butter or vegetable fat spread
 85g black treacle
 85g golden syrup
 125ml milk
 1 small egg, beaten

Storage instructions:

Allow to cool then cover and store in an airtight tin or box for up to 7 days.

Can be frozen for up to 3 months.

- ▶ **See film:** Weighing and measuring
- ▶ **See animations:** Production of CO₂ gas from bicarbonate of soda *and* Convection *and* Conduction

Method:

1. Grease and line a shallow baking tray, approximately 22 × 26cm.
2. Sieve the flour, ginger, baking powder and bicarbonate of soda together into a mixing bowl.
3. Melt the butter or vegetable fat spread, sugar, syrup and treacle in a saucepan over a low heat – do not let the mixture boil.
4. Remove the melted mixture from the heat, and leave it to cool for a few minutes.
5. Whisk the egg and milk together and add it to the melted mixture. Pour the liquid into the flour and mix well with a wooden spoon until it is smooth.
6. Pour the mixture into the tin and bake at Gas 3/170°C (160°C if you are using a fan oven) for 25–35 minutes, until well risen and spongy to the touch.
7. You can put crystallised ginger on the top halfway through baking the gingerbread if you wish.



Recipe: Cheese and herb scone round



Ingredients:

(serves 8 people)

225g self-raising flour – white or wholemeal or 50% of each
 ½ tsp baking powder
 ¼ tsp cayenne pepper
 50g strong flavoured Cheddar cheese – finely grated **or** 50g grated Parmesan cheese
 1 tsp mixed dried herbs
 25g pumpkin seeds or sunflower seeds (optional)
 50g butter or vegetable fat spread
 150ml milk any type, e.g. goat's, cow's, soya, oat, almond

Storage instructions:

Best eaten on the day it is made.
 OR allow to cool then cover and store in an airtight tin or box for up to 2 days.
 Can be frozen for up to 3 months.

- ▶ **See film:** Weighing and measuring
- ▶ **See animations:** Production of CO₂ gas from bicarbonate of soda *and* Convection *and* Conduction

Method:

1. Set the oven to Gas 6/200°C (190°C if you are using a fan oven).
2. Sieve the flour, baking powder and cayenne pepper together into a mixing bowl.
3. Stir in the dried herbs.
4. Rub in the butter or vegetable fat spread with your fingertips until the mixture looks like breadcrumbs.
5. Stir in ¾ of the grated cheese and seeds.
6. Make a well in the centre and add the milk.
7. Stir the mixture together with a wooden spoon until it forms a soft dough.
8. Knead the dough lightly on a floured worktop and shape into a round either with your hands or a rolling pin, about 16–18cm diameter and 2cm thick.
9. Grease or line a baking sheet and place the scone round on it.
10. With a knife, mark the scone round into eight pieces – cut down so that the marks are clearly visible and will hold their shape when it is baked. Brush the top with some milk.
11. Sprinkle the remaining ¼ of the grated cheese on top.
12. Bake the scone round for 15–20 minutes until golden, well-risen, spongy to the touch but **not doughy in the middle – check with a skewer.**
13. Cool on a wire rack and cut into eight pieces where you marked it before baking.
14. Serve warm with soup or cheese/ham and pickles.

Recipe: Chelsea buns



Ingredients:

(serves 8 people)

450g strong plain white or wholemeal bread flour
 2 tsp (10g) dried yeast
 50g caster sugar
 50g butter or vegetable fat spread
 2 eggs
 approx. 250ml warm milk (you need 300ml liquid altogether including the eggs)

Filling

1 level tsp mixed spice
 100g mixed dried fruit
 25g melted butter
 2 tsp Demerara sugar

Glaze

2 tbsp water, 2 tbsp milk,
 2 tbsp caster sugar – mixed together and boiled for 3 minutes.

Storage instructions:

Best eaten on the day they are made
 OR allow to cool then cover and store in an airtight tin or box for up to 2 days.
 Can be frozen for up to 3 months.

▶ **See films:** Bread making: bread rolls and Weighing and measuring

▶ **See animations:** Yeast and Gluten formation and Conduction and Convection

Method:

1. Warm the milk and mix it with the yeast and 1 tsp sugar – leave it to activate (go frothy) for a few minutes.
2. Rub the butter into the flour with your fingertips and add the sugar.
3. Whisk the eggs and yeast liquid together – remember you need a total of 300ml of liquid.
4. Mix to a soft dough using a wooden spoon.
5. Knead the dough for 5 minutes, until it becomes stretchy and smooth.
6. Roll out the dough into a rectangle approximately 30 × 25cm.
7. Brush the dough with the melted butter and scatter the fruit, spice and sugar over it.
8. Roll up the dough lengthways and cut it into eight even-sized pieces.
9. Place the pieces in a greased and lined round sandwich tin and leave to rise in a warm place for at least 30 minutes.
10. Bake the buns at Gas 6/200°C (190°C if you are using a fan oven) for 15–20 minutes, until well risen and golden brown.
11. Take them out of the oven and brush them with the glaze while they are still hot, and then separate them by tearing apart gently.

Recipe: Choux pastry



Ingredients:

(Éclairs – serves 10 people
Profiteroles – serves 6 people)

Choux pastry – basic mixture

150ml water
50g butter or block vegetable fat spread
60g flour (strong plain bread flour is best)
2 medium eggs

For chocolate éclairs, in addition to the basic choux mixture, you need:

Filling

200ml double or whipping cream – whipped until thick
To make Chantilly cream, add ½ tsp vanilla essence and 2 tbsp caster sugar after the cream is whipped.

Topping

150g plain cooking chocolate – melted in a bowl over a pan of simmering water

For profiteroles, in addition to the basic choux mixture, you need:

Filling

200ml double or whipping cream – whipped until thick

Chocolate sauce

150ml milk
1½ tbsp cocoa powder
1 tbsp sugar
1 tbsp golden syrup
10g butter or margarine

For savoury éclairs, in addition to the basic choux mixture, you need:

75g strong flavoured Cheddar cheese or Parmesan cheese – grated
120g cream cheese mixed together with 1 tbsp chopped mixed fresh herbs

Storage instructions:

Best eaten on the day they are made
OR cover and store in a refrigerator in an airtight tin or box for up to 2 days.
The éclairs can be frozen for up to 3 months, either as just the pastry shells or filled.

▶ **See films:** Whipped cream and Finishing techniques: melting chocolate and Choux pastry and Weighing and measuring

▶ **See animations:** Gelatinisation and Gluten formation and Steam as raising agent and Convection and Conduction

Method:

Making the choux pastry:

1. Heat the oven to Gas 6/200°C (190°C if you are using a fan oven) – you will need to use the top shelf in a gas oven.
2. Bring the water and butter (or vegetable fat spread) to the boil in a saucepan – make sure all the fat has melted.
3. **Turn off the heat** and, straightaway, add the sieved flour and carefully mix it in with a wooden spoon and then beat it until a ball of **choux paste** is formed in the pan (you are developing the gluten strands when you beat it, which will help the choux pastry stretch when it rises).
4. Allow the choux paste to cool for a few minutes.
5. **Gradually** add the beaten eggs, a little at a time – **you may not need them all** – beating the mixture well. The paste should be a ‘dropping’ consistency – it must not be runny.

Filling and finishing:

Finishing the chocolate éclairs:

6. Fill each with whipped cream, either with a teaspoon or by piping the cream.
7. Melt the chocolate in a bowl over a pan of simmering water and dip the éclairs into it and leave them to set on a cooling tray.

Piping the mixture:



For the éclairs:

8. Pipe the mixture into éclair shapes onto a greased or lined baking tray. Allow some room for them to expand.

For the profiteroles:

9. Pipe the mixture into small, regular shaped mounds onto a greased or lined baking tray. Allow some room for them to expand.

For the savoury éclairs:

10. Add the grated cheese to the mixture and beat well. Pipe the mixture into éclair shapes onto a greased or lined baking tray. Allow some room for them to expand.

Baking the choux pastry:

Baking the éclairs (chocolate or savoury):

11. Bake for 15 minutes, then turn the temperature down to Gas 5/190°C (180°C if you are using a fan oven) for another 10 minutes – **DO NOT OPEN THE OVEN DOOR WHILE THE ECLAIRS ARE BAKING, OTHERWISE THEY WILL COLLAPSE, BECAUSE THEY ONLY SET IN THE LAST FEW MINUTES OF BAKING.**

12. The éclairs should be crisp and well risen – make a slit along the length of each éclair at the side and let it cool. Carefully scrape out any doughy bits that are inside.

Baking the profiteroles:

13. Bake for 15 minutes until well risen and crisp and make a slit in the side of each one and allow to cool.

Finishing the profiteroles:

14. Make the chocolate sauce. Put all the ingredients into a medium saucepan and heat gently until the butter has melted. Bring to the boil, then simmer gently for approx. 15–20 minutes to reduce the sauce until it is thick and glossy.

15. Carefully arrange 4–5 profiteroles into a serving bowl, then pour over a quantity of chocolate sauce and serve.

Finishing the savoury éclairs:

16. Fill each éclair with a mixture of cream cheese and fresh chopped herbs or another filling of your choice.



Recipe: Puff pastry



Ingredients:

225g strong plain white flour
150g butter or block vegetable fat spread – either must be refrigerated and hard. **DO NOT USE** soft vegetable fat spread or soft butter spread.
9 tbsp (135ml) cold water

Uses of puff pastry

Savoury plait
Vol au vents
Fruit mille feuilles
Cream horns
Pasties
Sausage rolls
Eccles cakes
Cream slices
Fruit turnovers
Etc.

▶ See animation: Rolling and folding

Method:

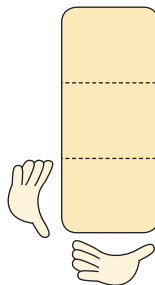
1. Rub $\frac{1}{4}$ of the butter or block vegetable fat spread into the flour.
2. Chop the rest of the butter or block vegetable fat spread into small pieces about 1 cm^3 (cubed) and stir them into the flour.
3. Add the water and stir in to form a soft, stretchy, elastic dough that will be lumpy in texture because of the cubes of fat.
4. Carefully roll and fold the pastry (see diagrams) at least 4 times, allowing the pastry to rest in the refrigerator (covered) for at least 5 minutes each time after rolling and folding it.
5. Rest the pastry in the refrigerator before you use it.
6. The pastry must be cooked in a hot oven – Gas 6/200°C (190°C for fan ovens) – to allow the fat to be absorbed by the starch in the flour and the air and steam to expand and raise the pastry.

7. Instructions for rolling and folding the pastry:

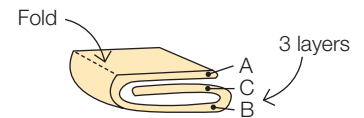
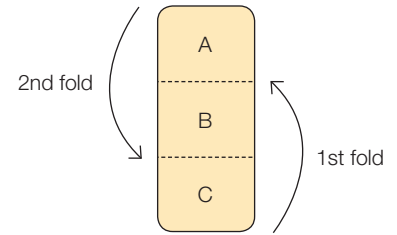
Rolling and folding a dough to create layers

1. The baked texture of some doughs, e.g. flaky or puff pastry, Danish partries, get their texture from the dough being rolled out and folded several times. This process traps air, and along with the steam and layers of fat form light, crisp and thin layers of pastry to develop in the oven. This is what happens.
2. The dough is formed by rubbing some of the fat into the flour until it looks like breadcrumbs, then adding the rest of the fat cut up into small dice and the water. A lumpy, stretchy dough is formed as the gluten in the flour develops into long, stretchy molecules. The lumps are the pieces of diced fat.

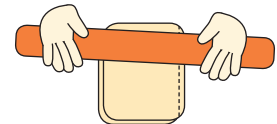
The rough is rolled into a rectangle, 3 times as long as it is wide (use your hands as a measure). The rolling starts to squash the diced fat.



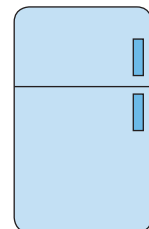
3. The dough is then folded into 3 and sealed at the edges and allowed to rest in the refrigerator for a few minutes to allow the gluten molecules to relax.



Side view of folded pastry showing layers.



Seal the edges with the rolling pin.



Rest pastry in the fridge.

Recipe: Tear-and-share tray bread**Ingredients:****Base**

225g strong plain white or wholemeal bread flour
 ¼ level teaspoon salt
 150ml warm water
 5g (1 level tsp) easy-blend dried yeast

Prepared toppings (diced or sliced into small pieces)

sautéed red onion
 sautéed mushrooms
 roasted peppers
 sun-dried tomatoes
 olives
 grated mozzarella cheese
 fresh basil to garnish

You will need

a shallow baking tin,
 approximately 16cm by
 16cm
 baking parchment

Storage instructions:

Best eaten on the day it is made.
 OR Allow to cool then cover and store in an airtight tin or box for up to 2 days.
 Can be frozen for up to 3 months.

▶ **See films:** Knife skills: preparing fruit and vegetables *and* Bread making: bread rolls

▶ **See animations:** Gluten formation *and* Convection *and* Conduction

Method:

1. Heat the oven to Gas 6/200°C (190°C if you are using a fan oven).
2. Stir the yeast into the flour with the salt.
3. Add the warm water and stir well with a wooden spoon to form a dough.
4. Knead the dough on the worktop for at least 5 minutes. It should be stretchy and smooth.
5. Shape it into a square to fit into the base of a lined shallow baking tin, approximately 16cm by 16cm.
6. Leave the dough to rise in a warm place for 20 minutes.
7. Arrange the chosen toppings (except for the basil) on top of the dough (grated cheese last) and then bake for 20–25 minutes until well risen and crusty.
8. Garnish with the basil.
9. Serve warm or cold.