

# Year 11

## Hospitality & Catering



## Recipes

Dish	Video Link
<b>Rough Puff Pastry</b>	<a href="https://www.youtube.com/watch?v=6XQY4KDlo24">https://www.youtube.com/watch?v=6XQY4KDlo24</a>  <a href="https://www.jusrol.co.uk/pastry-tips/twisted-corner-pastry-cases">https://www.jusrol.co.uk/pastry-tips/twisted-corner-pastry-cases</a>  or an easier / quicker "Flaky Pastry" <a href="https://www.youtube.com/watch?v=euHC-lgG74A">https://www.youtube.com/watch?v=euHC-lgG74A</a>
<b>Choux Pastry</b>	<a href="https://www.bbcgoodfood.com/videos/techniques/how-make-choux-pastry-and-eclairs">https://www.bbcgoodfood.com/videos/techniques/how-make-choux-pastry-and-eclairs</a>  <a href="https://www.greatbritishchefs.com/how-to-cook/how-to-make-a-creme-patisserie">https://www.greatbritishchefs.com/how-to-cook/how-to-make-a-creme-patisserie</a>
<b>Lemon Meringue Pie</b> Pate Sucree Lemon filling Meringue (Piping – optional)	<a href="https://www.youtube.com/watch?v=SpQ-bqCPx18">https://www.youtube.com/watch?v=SpQ-bqCPx18</a>
<b>Sauces:</b> 1. Cheese Sauce 2. Hollandaise 3. Custard 4. BBQ or Stir-fry	<a href="https://www.bbcgoodfood.com/videos/techniques/how-make-bechamel-white-sauce">https://www.bbcgoodfood.com/videos/techniques/how-make-bechamel-white-sauce</a>  <a href="https://www.jamieoliver.com/recipes/eggs-recipes/hollandaise-sauce/">https://www.jamieoliver.com/recipes/eggs-recipes/hollandaise-sauce/</a>  <a href="https://www.bbcgoodfood.com/videos/techniques/how-make-custard">https://www.bbcgoodfood.com/videos/techniques/how-make-custard</a>
<b>Fish Filleting</b> Choice of dishes: Fish Pie Fish Cakes Mackerel Pate Pan fried fillets /sides	<a href="https://www.bbcgoodfood.com/videos/techniques/how-fillet-round-fish">https://www.bbcgoodfood.com/videos/techniques/how-fillet-round-fish</a>  <a href="https://www.youtube.com/watch?v=WZDMn5BC3bE">https://www.youtube.com/watch?v=WZDMn5BC3bE</a>  <a href="https://www.youtube.com/watch?v=54DdHZM9ha0">https://www.youtube.com/watch?v=54DdHZM9ha0</a>
<b>Pasta</b>	<a href="https://www.youtube.com/watch?v=ESz55eORW44">https://www.youtube.com/watch?v=ESz55eORW44</a>  <a href="https://www.youtube.com/watch?v=laUvt5x5f_8">https://www.youtube.com/watch?v=laUvt5x5f_8</a>  <a href="https://www.youtube.com/watch?v=2QPcSCsWpXw">https://www.youtube.com/watch?v=2QPcSCsWpXw</a>
<b>Yeast Dough:</b> Chelsea Buns Cinnamon Buns Shaped Bread rolls	<a href="https://www.youtube.com/watch?v=2yrKaAqZ_kc">https://www.youtube.com/watch?v=2yrKaAqZ_kc</a>  <a href="https://www.youtube.com/watch?v=SsmLK4K9ZU0">https://www.youtube.com/watch?v=SsmLK4K9ZU0</a>  <a href="https://www.youtube.com/watch?v=39Xuxj208N4">https://www.youtube.com/watch?v=39Xuxj208N4</a>
<b>Using Gelatine:</b> Cheesecake Fruit Mousse Panna Cotta	<a href="https://www.bbcgoodfood.com/videos/techniques/how-use-gelatine">https://www.bbcgoodfood.com/videos/techniques/how-use-gelatine</a>

<b>Potato Sides:</b> Dauphinoise Rosti Hasslebacks Duchess	<a href="https://www.bbcgoodfood.com/videos/techniques/how-make-potato-dauphinoise">https://www.bbcgoodfood.com/videos/techniques/how-make-potato-dauphinoise</a>  <a href="https://www.youtube.com/watch?v=sXKhvvPXB5I">https://www.youtube.com/watch?v=sXKhvvPXB5I</a>
<b>Vegetable or Salad Side</b> e.g: Coleslaw Ratatouille Roasted veg Prepared Salads/ dressings	<a href="https://www.bbcgoodfood.com/videos/techniques/how-make-mayonnaise">https://www.bbcgoodfood.com/videos/techniques/how-make-mayonnaise</a>  <a href="https://www.youtube.com/watch?v=ypQuZX5MVsl">https://www.youtube.com/watch?v=ypQuZX5MVsl</a>  <a href="https://www.youtube.com/watch?v=-9p31reoSD8">https://www.youtube.com/watch?v=-9p31reoSD8</a>
<b>Whisked Sponge</b>  Gateau	<a href="https://www.goodhousekeeping.com/uk/food/cookery-videos/a657236/how-to-make-a-whisked-sponge/">https://www.goodhousekeeping.com/uk/food/cookery-videos/a657236/how-to-make-a-whisked-sponge/</a>  <a href="https://www.youtube.com/watch?v=AZoxRreYKuQ">https://www.youtube.com/watch?v=AZoxRreYKuQ</a>  This can be used to make a swiss roll, or use in a different product: e.g a fruit and cream gateau base for trifle – add homemade jelly, custard and pipe with cream (lots of skills)
<b>Jointing a chicken :</b> Breast – ballotine Kiev Goujons  Thigh – Curry, Pie, Tagine ...  Wings – marinated / starter	<a href="https://www.bbcgoodfood.com/videos/techniques/how-joint-raw-chicken">https://www.bbcgoodfood.com/videos/techniques/how-joint-raw-chicken</a>  <a href="https://www.youtube.com/watch?v=aClRzPaYvEU">https://www.youtube.com/watch?v=aClRzPaYvEU</a>  <a href="https://www.jamieoliver.com/recipes/chicken-recipes/chicken-kiev/">https://www.jamieoliver.com/recipes/chicken-recipes/chicken-kiev/</a>  <a href="https://www.theguardian.com/lifeandstyle/wordofmouth/2013/mar/13/how-make-perfect-chicken">https://www.theguardian.com/lifeandstyle/wordofmouth/2013/mar/13/how-make-perfect-chicken</a>
Presentation methods – Brandy snap Coulis piping	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=TShL9JYtiJk">https://www.youtube.com/watch?v=TShL9JYtiJk</a> - part 1</li> <li>• <a href="https://www.youtube.com/watch?v=yJ_2FhC-tX0">https://www.youtube.com/watch?v=yJ_2FhC-tX0</a> - part 2 shaping</li> <li>• <a href="https://www.youtube.com/watch?v=Yf2ladmOPb8">https://www.youtube.com/watch?v=Yf2ladmOPb8</a> -part 3 filling</li> </ul>

# Rough Puff Pastry

Ingredients	Equipment
125g strong plain flour 1 tsp. Salt 125g butter Approx. 150ml ice cold water  (You can double this quantity easily, depending on what you are making)	Weighing scales Mixing bowl Palette knife Measuring spoon Tablespoon Rolling pin Flour dredger Clingfilm or greaseproof paper.

## Method

Activity	Special points
Mise en place – Hair up, Apron on, Hands washed Equipment collected	
Sift the strong plain flour and 1 tsp fine sea salt into a large bowl. Roughly break the butter into small chunks, add them to the bowl and rub them in loosely.	You need to see bits of butter
Make a well in the bowl and pour in about two-thirds of 75ml cold water, mixing until you have a firm rough dough.	Add extra water if needed
Cover with cling film and leave to rest for 20 mins in the fridge.	
Turn out onto a lightly floured board, knead gently and form into a smooth rectangle.	
Roll the dough in one direction only, until 3 times the width, about 18 x 30cm. Keep edges straight and even.	Don't overwork the butter streaks; you should have a marbled effect.
Fold the top third down to the centre, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to three times the length.	
Fold as before, cover with cling film and chill for at least 20 mins before rolling to use.	Freeze until next lesson.

## Puff Pastry product – Planning

Ingredients	Equipment

### Method

Activity	Special Points
Mise en place – Hair up, Apron on, Hands washed Equipment collected	

# Choux Pastry

Ingredients	Equipment
75 g strong plain flour 1 teaspoon golden caster sugar 50 g butter, cut into small pieces 2 large eggs, beaten <b>For the filling:</b> 275 ml double cream, whipped until thick OR (For higher level) make Crème Patisserie <b>For the hot chocolate sauce:</b> 150g dark chocolate (70-75% cocoa solids) or ½ dark, ½ milk (+100ml water) OR Topping of your choice	Weighing scales Sieve Greaseproof paper or bowl Small saucepan Measuring jug Wooden spoon Fork Teaspoons Baking tray Cooling rack Whisk

## Method

Mise en place – Hair up, Apron on, Hands washed Equipment collected	Pre heat Oven 200 C/ Gas Mark 7 Grease a baking tray and run under cold water knocking off excess.
Fold a piece of greaseproof in half to make a crease and sieve flour onto it.	
Put water and butter in a saucepan to melt the butter and bring to the boil	
Remove from heat and quickly “shoot” in the flour and beat well as added	
Beat well until well mixed and mixture comes away from side of the pan.	
Beat eggs in a jug with a fork and add gradually, a little at a time - beat well	
Continue adding egg until you have a thick, glossy mixture.	You may not need all the egg - stop if it gets too runny!
Use 2 teaspoons to place heaped spoonfuls, well spaced out on baking tray.	
Bake for 20 mins until golden and well risen. Remove from oven - pierce a hole or carefully cut in half and return for a few minutes to dry out the middles. Cool on wire rack.	
Put in chosen filling and topping	Do just before serving to prevent them from going soggy!

# Lemon Meringue Pie

Ingredients	Equipment
<p><b>Pastry</b>            225g plain flour            100g butter            1 egg yolk            1 table spoon Caster sugar            2 tbsp. cold water</p> <p><b>Filling</b>            30g cornflour            3 unwaxed lemons, zest and juice (approx. 100- 150ml – make up to 250ml with water)            175g caster sugar            25g butter            3 egg yolks (keep whites for meringue)</p> <p><b>Meringue</b>            3 egg whites            150g caster sugar            1 ½ tsp cornflour</p>	Weighing scales Large mixing bowl Tablespoon Table knife Measuring jug Rolling pin Greaseproof paper or tin foil Baking beans Saucepan Balloon whisk Electric whisk Piping bag (higher skills)

## Method

Activity	Special Points
Mise en place – Hair up, Apron on, Hands washed Equipment collected	Preheat oven 200 C / Gas 6
<b>Make the Pastry</b> - Sieve flour into a large clean bowl then add butter	
Rub the butter into the flour	
Add the sugar and the egg yolk then add the water gradually to the mixture to form a dough	
Roll out the pastry to create a circle to fit your tin /dish.	
Using your rolling pin lift up your pastry and place it over your dish to line dish with pastry. Trim of excess pastry at edges.	Chill (if possible)
Lay a circle of greaseproof paper on the pastry and weigh down with rice / dried beans or baking beans	

Bake for 10 minutes, remove the foil and return to the oven for 5 minutes	Reduce the oven to 180C/160C/Gas 4.
<b>Make the filling</b> - Put the cornflour in a saucepan, gradually stir in lemon juice/water (250ml in total) and the zest in a pan. Stir in the sugar once thickened.	Heat until boiling, stirring all the time until it's clear and thick.
Separate the eggs whites and yolks into two separate bowls.	Make sure the whites go into a super clean bowl, with no egg yolk!
Beat the egg yolks into the cornflour mixture, whisking on a gentle heat, all the time.	
Cut the butter cut into small pieces and stir into to mixture.	Chill if you have time.
Pour the lemon curd into the flan case.	
<b>Make the Meringue</b> - Whisk the egg whites until stiff.	
Whisk in the remaining sugar, 1 tbsp at a time, whisking until stiff again after each addition. Whisk in the cornflour.	
Put spoonfuls of meringue around the edge of the filling (if you start in the middle the meringue may sink), then spread so it just touches the pastry. Or Pipe the meringue on top.	
Bake for 20-25 minutes.	
Leave until completely cold before cutting.	

This is an excellent choice to show a range of high level skills. Individual portions are good for assessment, as require smaller quantities and need less time to cook / chill.

Think about different methods of presenting ... (sketch some ideas – See powerpoint for inspiration)



# Sauces

## 1. Bechamel

Ingredients	Equipment
250ml milk 25g butter/ marg 25g flour  Flavours: 75 g strong cheese, ½ tsp mustard, Chopped parsley, mushroom ...	Saucepan Wooden spoon Balloon whisk Grater

## Method

Activity	Special points
Mise en place	
Melt butter in a saucepan	
Add flour to make a roux, cook 2 mins.	
Remove from the heat, gradually add milk, stirring vigorously to keep smooth	
Return to the heat, stir constantly until sauce reaches boiling point and has thickened.	
Prepare chosen flavour and add to sauce	

Uses:-

## 2. Hollandaise

Ingredients	Equipment
125g butter 2 egg yolks ½ tsp white wine vinegar or tarragon vinegar lemon juice optional- cayenne pepper. Seasoning	Saucepan Small bowl Teaspoon Balloon whisk

### Method

Activity	Special Points
Mise en place	
Melt 125g butter in a saucepan and skim any white solids from the surface. Keep the butter warm.	
Put 2 egg yolks, ½ tsp white wine or tarragon vinegar, a pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a small pan.	
Whisk for a few mins, then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 mins.	
Remove from the heat and slowly whisk in the melted butter, bit by bit until it's all incorporated and you have a creamy hollandaise.	If it gets too thick, add a splash of water.
Season with a squeeze of lemon juice and a little cayenne pepper. Keep warm until needed.	
Wash up and tidy up	

N.B - For a lighter version - whisk egg whites and fold in, serve immediately.

### 3. "Real" Custard

Ingredients	Equipment
250ml whole milk Vanilla pod or essence 2 egg yolks 50g sugar 2 tablesp. Cornflour	Saucepan Small knife Small bowl Whisk Wooden spoon

#### Method

Activity	Special points
Mise en place	
Put the milk and a split vanilla pod into a pan and heat until it just comes to boiling – take off heat and scrape out the vanilla seeds and stir into the milk.	
Meanwhile – in a bowl or jug, beat together the egg yolks, sugar and cornflour	
Pour the warm milk over the egg mixture and beat well.	
Return the mixture to the pan and place on a low heat, stirring for 8-10 mins until the mixture begins to thicken.	
Serve with your chosen dessert	
Wash up and tidy up	

This is a good way of adding additional skills to your dishes, especially good if aiming for higher levels.

## Fish Dish – Fish Cakes

Ingredients	Equipment
2 large potatoes A little milk / butter for mashing 1 fish (trout to fillet) or 2 fillets of salmon 2 spring onions 1 lemon 150 ml milk 1 egg 4 tablesp. Flour Approx. 4 tablesp. Fresh breadcrumbs or panko	Chopping boards (brown & Blue) Peeler Knife – vegetable and filleting Saucepan Frying pan or Microwave Masher Bowl (1 large / 3 shallow) Optional – large scone cutter to shape Baking tray/ frying pan / Fish slice

## Method

Activity	Special Points
Mise en place	
Peel and dice the potatoes - Place the potatoes in a pan of water, bring to the boil, cover and cook for 12-15 mins until tender.	
Fillet (trout) or skin(salmon) fish.	
Drain Potatoes and leave to steam-dry, then mash.	
Place fish in a bowl with milk, spring onion, lemon zest and herbs Microwave for 3 minutes OR poach gently in a pan.	
Mix the potato, fish (lightly, do not break too much) and some seasoning. Cool	
Shape into 4 large fish cakes.	
Put the flour, egg and breadcrumbs in 3 shallow dishes.	
Dip the cakes into the flour, dust off any excess, then dip in the egg, and finally coat in breadcrumbs.	
Heat the oil in a large pan. Fry the cakes over a medium-low heat for 3-4 mins each side until deep golden and heated through OR bake in the oven until golden. Serve with salad and lemon wedges.	

## Fish Dish – Alternative

Ingredients	Equipment

## Method

Activity	Special Points
Mise en place	

# Pasta

Ingredients	Equipment
200g flour (ideally “00” pasta flour) 2eggs Semolina flour for dusting (optional)	Bowl or food processor Clingfilm Rolling pin or pasta machine

## Method

Activity	Special points
Mise en place	
Put the flour in a <b>food processor</b> with $\frac{3}{4}$ of your egg mixture and a pinch of salt. Blitz to large crumbs – they should come together to form a dough when squeezed	if it feels a little dry gradually add a bit more egg
Tip the dough onto a lightly floured surface, knead for 1 min or until nice and smooth – (don’t worry if it’s quite firm as it will soften when it rests). Cover with cling film and leave to rest for 30 mins.	
Cut away $\frac{1}{4}$ of the dough (keep the rest covered with cling film) and feed it through the widest setting on your pasta machine. (If you don’t have a machine, use a heavy <b>rolling pin</b> to roll the dough as thinly as possible.)	
Then fold into three, give the dough a quarter turn and feed through the pasta machine again. Repeat this process once more then continue to pass the dough through the machine, progressively narrowing the rollers, one notch at a time, until you have a smooth sheet of pasta. On the narrowest setting, feed the sheet through twice.	
Cut as required to use for filled pastas like tortellini, or cut into lengths to make spaghetti, linguine, tagliatelle, or pappardelle. Then, dust in semolina flour and set aside, or hang until dry (an hour will be enough time.)	

# Pasta Dish

Ingredients	Equipment

## Method

Activity	Special Points


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## Rich Yeast Dough – Chelsea Buns

Ingredients	Equipment
450g Strong White Flour 2 x sachets fast action dried yeast 50g sugar / 1 tsp salt 1 egg 250ml milk 50 g butter  Filling: 20g soft butter 150g dried fruit 2 tsp mixed spice 25g sugar  2 tablesp sugar (For glaze)	Large bowl (or food mixer with dough hook) Small saucepan Measuring jug Fork Wooden spoon Flour dredger Rolling pin  Baking tin Cooling rack

### Method

Activity	Special Points
Mise en place	
<b>Stage 1 - Make the dough</b> – mix together the flour, yeast, caster sugar and salt in a large bowl .	
Melt the butter in a pan and warm the milk gently.	Must only be luke warm
Beat in the egg in a jug and add the milk and melted butter.	
Make a well in the centre of the flour and add the liquid. Stir with a spoon until well mixed.	You could use a food mixer with a dough hook.
Knead the dough for 10 mins on a lightly floured surface	Until smooth and elastic
Put into a bowl with oiled clingfilm over the top.	You can wither leave to prove overnight in the fridge, or leave somewhere warm until approx..doubled in size.

<p><b>Stage 2 – Shaping</b>  “knock back” Knead the dough on a lightly floured surface</p>	Grease a square tin
Roll out to 20x 30 cm rectangle	
Gently spread the softened butter, dried fruit, spices and sugar over the surface.	
Roll up from the long end	
Cut into 9 equal pieces and arrange (3 x3) in a square tin	
Put in the oven and then turn it on.  Bake for approx. 30 mins until well risen and golden	Oven temp 180 C / Gas Mark 5- The buns will rise /prove as the oven warms up. A roasting tin of steaming water at the bottom of the oven will help with the rising.
Meanwhile make the glaze – by dissolving the sugar in a little warm water and brushing over the buns as soon as they come out of the oven.	

**Variations:**

You can be inventive with your fillings, there are lots of interesting dried fruits available, or use some lightly cooked apples or pears, or simply use cinnamon.

## Using gelatine – Salted Caramel Cheesecake

Ingredients	Equipment
120 g slightly salted English butter 200 g Biscuits (digestive or shortbread) or homemade ½ tsp salt 4 sheet leaf gelatine 200 g light brown soft sugar 50 ml British single cream 500 g full fat soft cheese  Choice of decoration: Fruit Fruit coulis Piped chocolate shapes Cream to pipe	Weighing scales 18 cm spring form tin or ½ quantity and make small individual ones (will set quicker) Small saucepan Wooden spoon Tablespoon Bowls Palette knife  Optional – piping bag

### Method

Activity	Special Points
Mise en place	Grease tins and line the base with baking paper.
In a small pan, melt 60g (half) of the butter, then mix in the crushed shortbread with a wooden spoon.	
Press the mixture into the base of the tin with the back of the spoon. Put in the fridge to chill while you make the filling.	
Put the gelatine in a shallow bowl and cover with cold water. Leave to soak for 5 minutes	
Put the sugar and 50ml water in a heavy-based pan and gently heat. Bring to the boil and let it bubble for 2-3 minutes, without stirring, Remove from the heat and add the remaining butter. Stir until the butter has melted, then stir in the cream	stirring until the sugar has dissolved until the syrup is a deep golden caramel.

Squeeze out the excess water from the gelatine and stir 1 sheet at a time into the caramel sauce. Transfer the sauce to a heatproof bowl and leave for 10 minutes, stirring occasionally.	
Put the soft cheese in a large mixing bowl and gradually beat in the warm caramel sauce, until completely combined.	
Spoon the mixture over the biscuit base, level the surface with the back of a spoon and chill in the fridge for 2-3 hours.	
Prepare chosen decoration	

You can look for other flavours if you like. But remember to choose one set with gelatine, to demonstrate that skill!

### Assessment tips!

For Distinction level – make your own biscuits, demonstrate some high level presentation skills (good opportunity to do some caramel / sugar work, melt and pipe chocolate, pipe cream, add fruit for colour)

Small individual cheesecakes will set quicker and can look nicer when plating up!



## Accompaniments 1 – Potatoes

When choosing accompaniments to your dishes. Think about:

What will go well with the dish?

How will it enhance appearance, flavour, textures, nutritional balance?

How much time do you have available?

Do you need to demonstrate more skill over your choice of dishes?

Ingredients	Equipment

Activity	Special Points

# Accompaniments 2 – Salads and Vegetables

Ingredients	Equipment

## Method

Activity	Special Points

# Mayonnaise

This is a good choice as an accompaniment to demonstrate more skill. You can be creative in adding other flavours to it to suit your dish!

Ingredients	Equipment
2 egg yolks 1 tablesp. Dijon Mustard 250ml sunflower oil 2 tsp white wine vinegar or lemon juice	Bowl Measuring jug Electric whisk / balloon whisk or hand blender

## Method

Activity	Special Points
Tip the egg yolks and mustard into a <a href="#">bowl</a> , season with salt and pepper and <a href="#">whisk</a> together until completely combined.	
Whisking constantly, add a small drop of oil and whisk until completely combined, then add another drop and continue a drop at a time until the yolks and oil combine and start to thicken.	
Once you're confident the oil and eggs are coming together you can add the oil a bit more at a time.	be patient, as adding the oil too quickly will cause the mayonnaise to split and curdle.
Once all the oil has been whisked into the eggs and you have a thick, spoonable mayonnaise, whisk in the vinegar or lemon juice and season to taste.	
You can add chopped gherkins and capers for a "tartare sauce" / crushed garlic, harissa or chilli paste ....	

You can store in a jar in the fridge for 2 days.

**Keep records of any other successful recipes you have tried.**

Consider the following:

- What local ingredients could they include?
- What seasonal ingredients can I use? Can you adapt to make suitable for the current season?
- Which customers might the dishes be suitable / not suitable for?
- How could they be adapted to make suitable for different diets / allergies?
- How will you control the portion size?
- How will you present the dishes?
- Does the dish demonstrate a good range of skills to meet my MEG?