

Bolognaise

- 1 onion
- 300g mince
- 1 rounded tbs. tomato puree
- 400g tin tomatoes
- 1 beef stock cube
- ½ level tsp. mixed herbs



- saucepan
- chopping board
- wooden spatula
- vegetable knife
- tablespoon

Container with lid

1. Peel and chop onion. Place onion and mince in saucepan, cook until brown.
- 2 Add tomato puree, tomatoes, stock cube and herbs.
3. Bring to boil, then lower heat and simmer for 5-10 minutes.

Vegetable Stir Fry

- 1 tbs. oil
- 1 onion
- 1 red pepper
- 1 yellow pepper
- 1 carrot
- 1 small head broccoli
- 6 large mushrooms
- 3 tbs. soy sauce



- Chopping board
- Vegetable peeler
- Vegetable knife
- Saucepan
- Wooden spatula
- Tablespoon

Container with lid

1. Prepare vegetables, peel and chop onion, peppers, carrot and mushrooms.
2. Break broccoli into small florets.
3. Heat the oil, fry vegetables for 5 minutes.
4. Remove from the heat and stir in soy sauce,

Pasta in cheese sauce

- 75g pasta
- 75g grated cheese
- 25g margarine
- 25g plain flour (1 rounded tablespoon)
- 250ml milk



- saucepan
- wooden spoon
- tablespoon
- measuring jug
- colander (1 between 2)

Container with lid

1. Half fill saucepan with water. Put on to boil. Add pasta. Boil for 12minutes. Drain well and place in serving dish.
2. Make sauce: Place milk, margarine and flour into saucepan. Put onto a medium heat, stir constantly until sauce boils, remove from the heat.
4. Add cheese, salt and pepper and pasta. Mix well and return to serving

Bread Rolls

- 250g strong plain flour
- ½ tsp. salt
- 1 sachet easy blend dried yeast
- 1 tbs. oil
- 150ml warm water



Container with lid

- Mixing bowl
- Measuring jug
- Tablespoon
- Teaspoon
- Wooden spoon
- Sieve
- Table knife
- Baking tray

1. Preheat the oven to Gas 7, Electric 210°C.
 2. Sieve flour and salt into mixing bowl. Stir in the yeast.
 3. Make a well in the centre. Pour in the warm water and oil. Mix to make a very soft dough.
 4. Knead on the work surface for 10 minutes until smooth and shiny and elastic.
 5. Cut into 8 equal pieces and shape.
 6. Place on a baking tray, and leave to prove on the top of the cooker for 20 minutes.
 7. Bake near the top of the oven for 10 minutes.
- To test :Tap the base with your knuckles, if they sound hollow they are cooked.

Cheese Scones

- 200g Self Raising flour
- 25g margarine
- 125ml milk
- 50g grated cheese



- Baking tray
- Mixing bowl
- Table knife
- Measuring jug
- Sieve
- Tablespoon
- Flour dredger

Container to take home in with lid

1. Heat oven gas 7, 210C
2. Sieve flour into mixing bowl, dice margarine, add to flour rub in.
3. Add cheese or sultanas + sugar.
4. Make a well add enough milk to get a dough
5. Lightly knead on a floured surface. Pat out to 2cm thick round. Cut into 8 wedges.
6. Place on baking tray, bake for 15 minutes.

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Name.....

Tech group.....

Chilli Con Carne Wraps

100g minced beef
50g Cheddar cheese grated
1 medium onion
Small tin red kidney beans
1 green or red pepper
1 beef stock cube
200g tin chopped tomatoes
½ teaspoon (approx) chilli powder
5 flour tortillas
2 tablespoon sunflower oil
Large deep oblong ovenproof dish



Saucepan
Chopping board
Vegetable knife
Teaspoon
Tablespoon
Wooden spatula
Colander

Container with lid to take home in

1. Peel and chop onion on a chopping board with sharp knife.
2. Wash green/red pepper. Cut in half, remove seeds, then cut into
3. Put sunflower oil into saucepan, add onions, peppers and minced beef and fry until brown
4. Add kidney beans, tomatoes, stock cube, chilli to the mince. Cook for 10 mins.
5. Place a flour tortilla onto a clean chopping board. Put 2 heaped tablespoons of chilli con carne onto one side of the tortilla (not too close to the edge). Roll tortilla up (into oblong tube shape).
6. Carefully place tortilla into ovenproof dish. Repeat process with other tortillas. Tortillas should be lined up side by side in dish.
7. Sprinkle top of tortillas with grated cheese.
8. Pre-heat grill and place dish of tortillas under grill. Heat for approx 2 minutes until the cheese has melted.

Curry

450g diced chicken breast (or quorn)
1tbs. oil
1 onion
½ jar (140g) curry paste or
2 level tbs. medium curry powder
1 x 400g can chopped tomatoes
100ml water



Chopping board
Vegetable knife
Wooden spatula
Tablespoon
Measuring jug
saucepan

Container with lid to take home in

1. Chop onion and fry in oil in saucepan until softened.
2. Fry until chicken is sealed and turns white. Add curry paste or powder.
3. Add tomatoes and water. Mix well, cover and simmer for 20 minutes.

Pin Wheels

250g strong plain flour
½ tsp. salt
1 sachet easy blend dried yeast
1 tbs. oil
150ml warm water
Either 75g grated cheese, 2 Tbs. tomato puree
Or 75g sultanas and 25g caster sugar



Mixing bowl
Measuring jug
Tablespoon
Teaspoon
Wooden spoon
Sieve
Rolling pin
Table knife

Container with lid

1. Preheat the oven to Gas 7, Electric 210°C.
 2. Sieve flour and salt into mixing bowl. Stir in the yeast.
 3. Make a well in the centre. Pour in the warm water and oil. Mix to make a very soft dough.
 4. Knead on the work surface for 10 minutes until smooth and shiny and elastic.
 5. Roll out dough, spread chosen fillings
 6. Roll tightly, cut into 8-10 slices.
- Bake for 10 minutes

Crumbly Banana Squares

90g sugar
90g margarine
110g self-raising flour
50g oats
1 medium banana
20g sultanas or chocolate chips
25g margarine for greasing



Mixing bowl
Wooden spoon
Fork
Chopping board

18cm sandwich tin

Container with lid to take home in

1. Preheat the oven to gas mark 6, 200°C
2. Spread the **25g** margarine over base of tin
3. Cream the sugar and margarine together
4. Add the flour and oats to the creamed sugar and margarine mixture
5. Sprinkle **half** of the crumble mixture into the bottom of the tin
6. Mash the banana, spread over the crumble mixture in the tin
7. Sprinkle chocolate chips **or** sultanas over the bananas
8. Sprinkle the rest of the crumble mixture over and press lightly
9. Bake for 25 – 30 minutes
10. Take out of tin and cut when cold