

APPLE CRUMBLE

Recipe

120g Plain flour
60g sugar
60g butter
2 or 3 apples depending on the size

Method

1. Peel and slice your apples
2. Place your apples in a saucepan with 2 tablespoons of sugar on a low heat to soften the apples
3. In a large bowl place your flour, butter and sugar and use the rubbing in method to create your crumble topping
4. Once your apples are softened, spoon out into your tin
5. Sprinkle your crumble topping all over your apple until it is completely covered and place in the oven at 180c for around 20 minutes

Learning Question: What is the rubbing-in method, and how can we use it to make a successful apple crumble?



#proudtobeCampion
Ambition ■ Respect ■ Integrity ■ Resilience

Why are we not using cooking apples for apple crumble?

Can you think of any alternatives for apples?

Equipment:

Saucepan
Wooden Spoon
Mixing Bowl
Knife
Green Chopping Board

ALLERGENS: Wheat, milk

Bolognese

Ingredients

100g Minced Beef
¼ Onion
1 Garlic clove
¼ Red pepper
1 Beef Stock Cube
400g Can Chopped Tomatoes
¼ carrot

Method

1. Finely dice the onion and garlic
2. Chop the carrot and pepper into small pieces
3. Fry the mince in a large saucepan until brown
4. Add the onion, garlic, carrot and pepper and fry for 5mins
5. Add the chopped tomatoes and seasoning
6. Crumble in the stock cube
7. Simmer (on a low heat) for around 10 minutes, stir occasionally



Skills: sauté,
simmer, boil,
using the hob,
knife skills,
working with
meat,
seasoning

Equipment:
Frying pan
Wooden spoon
Brown
chopping
board
Knife

ALLERGENS: Soya, Wheat

CHICKEN FAJITAS

Recipe

2 wraps
1 raw chicken breast
½ onion
½ pepper
1 tbsp oil

Options: 25g cheese / tomato

Spices: e.g cajun mix / herbs

Sauce: e.g salsa / ketchup / mayonnaise

Method

1. Chop up your chicken on a red chopping board
2. Chop up your veg on a brown chopping board
3. Add oil to pan and fry chicken until cooked all the way through (check the biggest piece is white in the middle)
4. Add the veg and cook for another 2-3 minutes until veg is soft
5. Add the spices, stir through and take off the heat.
6. Assemble wraps



What type of food poisoning bacteria is present in raw chicken?

Equipment;
Frying pan
Wooden spoon
Knife
Red and brown chopping board

Learning Question; How can I handle raw chicken safely to prevent food poisoning?

ALLERGENS:
Gluten, Milk

Katsu Sweet Potato Curry

Ingredients

½ Onion
1 Garlic Clove
25g Ginger
1 ½ tbsp Katsu Curry paste
250g Sweet potato
200ml Coconut milk

Method

1. Heat a tablespoon of oil in a frying pan
2. Finely dice your onion and add to the pan
3. Finely dice your garlic and ginger and add to the pan
4. Chop Your sweet potato into roughly 2cm x 2cm cubes
5. Add the curry paste and sweet potato to the pan
6. Add coconut milk and 100ml water
7. Cook until the sweet potato is soft (around 15 minutes)

Learning Question; What ingredients can provide nutrients in a vegan diet?

Equipment:
Frying pan
Wooden Spoon
Knife
Brown Chopping board



Allergens: Wheat, soya

Paella

Ingredients

60g rice, ½ onion, 1 clove garlic, ½ stock cube, 1 tomato, ¼ tsp tumeric, ½ red pepper, 25g bacon, 25g frozen peas

Method

1. Chop bacon on red chopping board
2. Fry your bacon while you chop your other ingredients
3. Chop your; onion, pepper, garlic, on a brown chopping board
4. Add the onion, garlic and pepper and fry for 2-3mins
5. When your vegetables are soft, add boiling water until all the ingredients are covered
6. Add the rice and spices
7. Crumble the stock cube and mix in
8. Leave this to simmer for 10 minutes
9. Add your peas and tomato
10. Leave for another 5-10 minutes until rice is soft



Equipment:

Frying pan
Wooden Spoon
Knife
Red & Brown
Chopping board

Skills: saute,
simmer, boil,
knife skills,
using the hob,
cooking rice,
seasoning

ALLERGENS: wheat, soya