

Recipe Log

Units:

Prepare and cook meat, poultry and offal

Prepare and cook fish and shellfish

Prepare and cook vegetables, pulses and vegetable proteins

Prepare and cook stocks, soups and sauces

Prepare and cook pasta, rice and eggs

Prepare and cook pastry and dough products

Prepare and cook hot and cold desserts

Prepare and cook biscuits, cakes and sponges

Student Name	Mwebia Hilda Gatwiri	CTH Number	CIH/DCS/3388M/2023
Centre Name	Cascade institute of hospitality	Centre Number	
Centre Marker Name	Chef Viola		

By signing this form, we confirm that the minimum unit content for each unit has been met.

Student Signature		Date	
Centre Marker Signature		Date	

Units:

Recipe log Evidence Recording Form:

Unit – Prepare and cook meat, poultry and offal

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare meat, poultry and offal				
Assessment Criteria		Evidence (Unit content)		Recipe log reference
A minimum of (...) should be covered				
2.1 Select meat, poultry and offal	Meat, poultry and Offal (6 to include 1 offal)	Beef		R2,R3
		Lamb		R1
		Pork		R4
		Chicken		R5,R6,R7
		Duck		
		Turkey		
		Liver		R9,R10
		Kidney		R6
		Sweetbread		
		Dish specification (all)	Cut	
	Size			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Number and consistency or portions			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Amount of fat			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Amount of trimming required			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Ageing			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Quality of meat			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Appearance			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Freshness			R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Smell			R1,R3,R4,R6,R7,R10
	Cost considerations		R1,R2,R3,R4,R5,R6,R7,R8,R9,10	
2.2 Apply suitable preparation Method of works (6)	Cutting: Slicing		R2,R3	
	Dicing		R1,R4	
	Seasoning		R1,R2,R3,R4,R5,R6,R7,R8,R9,10	
	Marinating		R4	



	Trimming	
	Tying	
	Tenderizing	
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Trussing	
	Batting out	
2.3 Select and use tools and equipment appropriately (7)	Correct knives	R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Mallet	
	Trays	R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Bowls	R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Moulds	
	String for tying	R1
	Chopping board	R1,R2,R3,R4,R5,R6,R7,R8,R9,10
	Protective gloves	R1,R2,R3,R4,R5,R6,R7,R8,R9,10

Learning outcome 3: Be able to cook meat, poultry and offal

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Select suitable equipment (8)	Oven	
	Stove top	R2,R3,R4,R6,R7,R9,R10
	Griddle	R6
	Grill	R1,R5
	Deep fat fryer	R7,R4
	Frying pan	R6
	Saucepan	R2,R3,R4
	Roasting tray	
	Spider/Skimmer	R7,R4
	Ladle	
	Spoon	
	Baking tray	
3.2 Select suitable cooking Method of works (7)	Sealing	
	Saut��ing	R6
	Grilling	R1,R5
	Griddling	R8



	Frying (shallow, deep and stir)	R2,R3,R7,R8
	Stewing	R2,R3
	Roasting	R9
	Steaming	
	Boiling	
	Braising	
	Combining cooking Method of works	R4
3.3 Finish selected dishes (all)	Taste and adjust seasoning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Balance of flavour	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Use of suitable garnish	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Carving/slicing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Portion control	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Consistency of size and shape	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Current food safety regulations	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable for dish requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Plating suitability/design	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

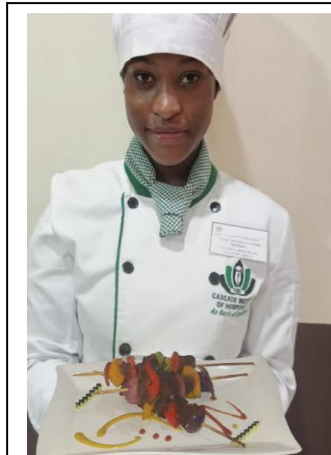
Recipe template: to use for all recipes and all units (copy and paste as required if not enough in each section/unit; 2 pages per recipe)

Recipe name	Lamb Kebab	Recipe reference No	01
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Ingredients:

- Lamb mince – 500 g
- Onion (grated) – 1 small
- Garlic (minced) – 2 cloves
- Fresh parsley (chopped) – 2 tbsp
- Ground cumin – 1 tsp
- Ground coriander – 1 tsp
- Paprika – 1 tsp
- Cayenne pepper (optional) – ½ tsp
- Salt – to taste
- Black pepper – to taste
- Olive oil – 2 tbsp (for brushing)
- Lemon wedges (for serving)
- Flatbreads or pita (optional, for serving)

Picture of the student holding the dish



Method of Work:

1. Cut the meat into cubes and place on skewers with squares of green pepper, tomato, onion and bay leaves in between. The pieces of lamb and vegetables must be cut evenly so that they will cook evenly
2. Sprinkle with chopped thyme and cook over a hot grill.

Serve with pilaff rice, or with chickpeas and finely sliced raw onion

Student's comments: (may be hand-written if legible)

- *Learnt how to season and grill lamb to achieve perfect tenderness.*
- *The final dish was flavorful, with a juicy interior and a well-charred exterior.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Beef Stroganoff

Recipe reference No

02

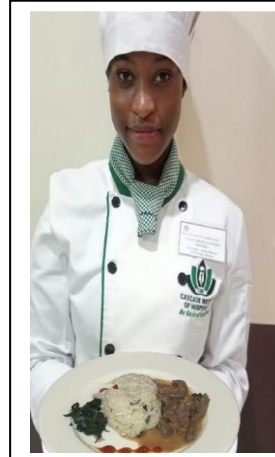
Ingredients:

- Fillet of beef (tail end) 400 g
- Butter or oil 50 g
- Salt, pepper Shallots, finely chopped 25g
- Dry white wine 125ml
- Cream 125ml
- Lemon, juice of ¼
- Parsley, chopped

Method of Work:

1. Cut the meat into strips approximately 1 x 5cm.
2. Place the butter or oil in a sauteuse over a fierce heat.
3. Add the beef strips, lightly season with salt and pepper, and allow to cook rapidly for a few seconds. The beef should be brown but underdone.
4. Drain the beef into a colander. Pour the butter back into the pan.
5. Add the shallots, cover with a lid and allow to cook gently until tender.
6. Drain off the fat, add the wine and reduce to onethird.
7. Add the cream and reduce by a quarter.
8. Add the lemon juice and the beef strips; do not reboil. Correct the seasoning.
9. Serve lightly sprinkled with chopped parsley. Accompany with rice pilaf.

Picture of the student holding the dish





Student's comments: (may be hand-written if legible)

- *Learnt how to cook the beef to tender perfection and create a rich, creamy Stroganoff sauce.*
- *The final dish was hearty, full of flavor, and beautifully complemented by the sauce.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Brown beef stew

Recipe reference No

03

Ingredients:

- Beef fillet or sirloin (thinly sliced) – 450 g
- Onion (finely chopped) – 1 medium, about 100 g
- Button mushrooms (sliced) – 150 g
- Butter – 30 g
- Olive oil – 1 tbsp
- Dijon mustard – 1 tbsp
- Paprika – 1 tsp
- Brandy (optional) – 50 ml
- Sour cream – 200 ml
- Beef stock – 100 ml
- Salt and pepper – to taste
- Fresh parsley (chopped, for garnish) – 1 tbsp
- Cooked rice or egg noodles – for serving

Picture of the student holding the dish


Method of Work:

1. Season the 450 g of thinly sliced beef fillet with salt and pepper. Set aside.
2. In a large pan, heat 30 g of butter and 1 tbsp of olive oil over medium heat. Add 100 g finely chopped onion and sauté until softened.
Add 150 g sliced button mushrooms and cook for another 5-6 minutes until the mushrooms are browned.
3. Push the onions and mushrooms to one side of the pan and increase the heat. Add the sliced beef to the pan and sear it quickly for 2-3 minutes. Cook in batches if needed, to avoid overcrowding.
4. Stir in 1 tbsp Dijon mustard and 1 tsp paprika. Add 50 ml brandy if using and cook for another minute, allowing the alcohol to evaporate.
5. Add 100 ml of beef stock to the pan and bring to a simmer. Stir in 200 ml sour cream, ensuring everything is well combined. Cook for another 2-3 minutes until the sauce thickens slightly.
6. Taste and adjust seasoning with salt and pepper. Garnish with freshly chopped parsley.
Serve the Stroganoff over cooked rice or egg noodles.



Student's comments: (may be hand-written if legible)

- *Learnt how to brown the beef and simmer it to achieve tender, flavorful meat.*
- *The final dish was hearty, rich, and packed with deep, comforting flavors.*

Assessor's feedback: (may be hand-written if legible)

Recipe name
Sweet and Sour Pork
**Recipe
reference No**

04

Ingredients:

1. Cliced chunk beef 400g
2. Carrots 80g
3. Celery 1 stick
4. Onion 80g
5. Bouquet garni 1 small
6. Garlic 40ml
7. Oil 40g
8. Flour 40g
9. Brown beef stock 800ml
10. Tomato puree 40g
11. Good quality salt and white pepper to taste

Picture of the student holding the dish


Method of work:

1. Cut the boned loin of pork into 2cm pieces.
2. Marinate the pork for 30 min in the sugar sherry and soy sauce
3. Pass the pork through corn flour pressing the cornflour well
4. Deep fry the pork pies in oil at 190C until golden brown then drain, Add the tablespoon of oil to a saute pan
5. Add the garlic and ginger and fry until fragrant
6. Add the onion pepper and chillies sauté for a few minutes
7. Stir in the sweet and sour sauce bring to the boil
8. Add the pineapple cut into small chunks thicken slightly with diluted cornflour.
Simmer for 2min
9. Deep fry the pork again until crisp. Drain mix into the vegetables and sauce or serve separately
10. Serve garnished with rings of spring onion or button onions.

Student's comments: (may be hand-written if legible)

- *Learnt how to balance the tangy and sweet flavors while keeping the pork crispy and tender.*
- *The final dish was vibrant, flavorful, and offered a delightful contrast of textures and tastes.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Grilled Chicken

Recipe reference No

05

Ingredients:

- Chicken breasts (boneless, skinless) – 4 (about 600 g)
- Olive oil – 4 tbsp
- Lemon juice – 2 tbsp
- Garlic (minced) – 2 cloves
- Dried oregano – 1 tsp
- Paprika – 1 tsp
- Salt – to taste
- Black pepper – to taste

Method Of Works:

1. Season the chicken with salt and mill pepper, and prepare for grilling
2. Brush with oil or melted butter or margarine, and place on preheated greased grill bars or on a barbecue or a flat baking tray under a salamander.
3. Brush frequently with melted fat during cooking; allow approximately 15–20 minutes each side.
4. Test if cooked by piercing the drumstick with a skewer or trussing needle; there should be no sign of blood issuing from the leg.
5. Serve garnished with picked watercress and offer a suitable sauce separately.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to marinate and grill the chicken to achieve a juicy interior with a crisp, charred exterior.*
- *The final dish was flavorful, tender, and perfectly grilled for a deliciously smoky taste.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Chicken sauté chasseur

Recipe reference No

06

Ingredients:

- Butter or oil 50 g
- Salt, pepper Chicken, 1.25
- cut for sauté 1
- Shallots, chopped 10 g
- Button mushrooms, washed and sliced 100 g
- Dry white wine 3 tbsp
- Jus-lié, demi-glace or reduced brown stock 250ml
- Tomato concassé 200 g
- Parsley and tarragon, chopped

Picture of the student holding the dish


Method:

1. Place the butter or oil in a sauté pan on a fairly hot stove.
2. Season the pieces of chicken and place in the pan in the following order: drumsticks, thighs, wings and breast.
3. Cook to a golden brown on both sides.
4. Cover with a lid and cook on the stove or in the oven until tender. Dress neatly in a suitable dish.
5. Add the shallots to the sauté pan, rubbing them into the pan sediment to extract the flavor. Cover with a lid and cook on a gentle heat for 1–2 minutes.
6. Add the washed, sliced mushrooms and cover with a lid. Cook gently for 3–4 minutes, without color. Drain off the fat.
7. Add the white wine and reduce by half. Add the jus-lié, demi-glace or reduced stock.
8. Add the tomatoes. Simmer for 5 minutes.
9. Correct the seasoning and pour over the chicken.
10. Sprinkle with chopped parsley and tarragon and serve.

Student's comments: (may be hand-written if legible)

- *Learnt how to sauté the chicken to golden perfection and develop a rich Chasseur sauce with mushrooms and herbs.*
- *The final dish was well-balanced, flavorful, and beautifully complemented by the sauce.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Deep fried chicken

Recipe reference No

07

Ingredients:

- Chicken pieces (drumsticks, thighs, or breasts) – 1 kg
- Buttermilk – 500 ml
- All-purpose flour – 250 g
- Cornstarch – 100 g
- Baking powder – 1 tsp
- Paprika – 1 tsp
- Garlic powder – 1 tsp
- Onion powder – 1 tsp
- Salt – 1 tsp
- Black pepper – 1 tsp
- Cayenne pepper (optional) – ½ tsp
- Vegetable oil (for frying) – enough for deep frying

Picture of the student holding the dish


Method of work:

1. Cut the chicken as for sauté. Alternatively, the chicken may be boned.
2. Coat with flour, egg and crumbs (pané), or pass them through a light batter (see page 408) to which herbs can be added.
3. Deep-fry in hot oil (approx. 170–180°C) until golden brown and cooked through – about 5 minutes. When the chicken is cooked, a probe in the thickest part will read 75°C+, and the juices will run clear when the chicken is pierced.



Student's comments: (may be hand-written if legible)

- Learnt how to achieve a crispy, golden coating while keeping the chicken juicy and tender inside.
- The final dish was deliciously seasoned and wonderfully crunchy, making it a true crowd-pleaser.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Grilled lambs' kidneys

Recipe reference No

08

Ingredients:

- Lamb kidneys – 400 g
- Olive oil – 2 tbsp
- Garlic (minced) – 2 cloves
- Fresh rosemary (chopped) – 1 tsp (or ½ tsp dried)
- Salt – to taste
- Black pepper – to taste
- Lemon juice – from 1 lemon
- Optional: Balsamic vinegar – 1 tbsp

Method of work:

1. Season the prepared skewered kidneys.
2. Brush with melted butter or oil.
3. Place on preheated, greased grill bars or on a greased baking tray.
4. Grill fairly quickly on both sides (approximately 5–10 minutes depending on size).
5. Serve with parsley butter, picked watercress and straw potatoes.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to prepare and grill lamb kidneys to achieve a tender texture and rich flavor.*
- *The final dish was well-seasoned, beautifully charred, and offered a unique, delicious taste.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Liver with balsamic glazed onions and salt roasted walnuts

Recipe reference No

09

Ingredients:

- 500g liver (calf or lamb, thinly sliced)
- 2 large onions, thinly sliced
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp brown sugar
- 100g walnuts
- 1 tsp sea salt
- 50g butter
- Fresh parsley, chopped (for garnish)
- Salt and pepper, to taste

Picture of the student holding the dish


Method of work:

1. Preheat the oven to 180°C (350°F). Toss the walnuts with a drizzle of olive oil and 1 tsp of sea salt. Spread them on a baking tray and roast for about 8–10 minutes, stirring halfway through. They should be golden and fragrant. Set aside to cool.
2. Heat 1 tbsp of olive oil in a pan over medium heat. Add the sliced onions and cook slowly for 15–20 minutes, stirring occasionally until softened and golden. Add the brown sugar and balsamic vinegar to the onions, stirring to coat them. Cook for another 5 minutes until they are sticky and well-glazed. Set aside.
3. Heat the remaining 1 tbsp of olive oil and butter in a frying pan over medium-high heat. Season the liver slices with salt and pepper. Cook the liver for 2–3 minutes on each side, ensuring it's still pink in the center (overcooking can make the liver tough). Remove from the heat and allow the liver to rest briefly.
4. Plate the liver and top with the balsamic-glazed onions. Sprinkle the roasted walnuts over the dish and garnish with chopped parsley.

Student's comments: (may be hand-written if legible)

- *Learnt how to prepare and cook lamb sweetbreads to achieve a crispy, golden exterior with a tender interior.*
- *The final dish was rich in flavor, with a perfect balance of texture, making it a delicious and satisfying experience.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Chicken Liver Stir Fry

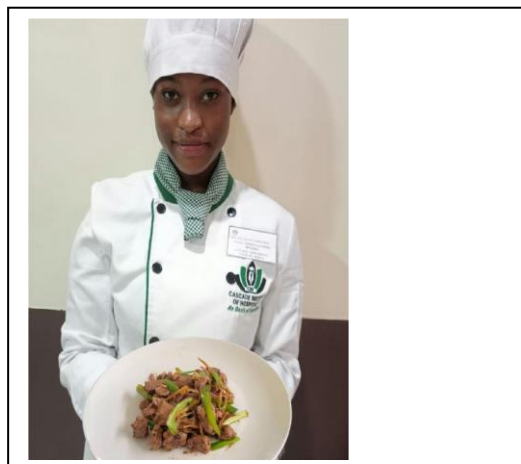
Recipe reference No

10

Picture of the student holding the dish

Ingredients:

- 500g chicken livers, cleaned and trimmed
- 2 tablespoons vegetable oil
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 bell pepper (red or green), sliced
- 2 cups mixed vegetables (e.g., carrots, broccoli, snap peas)
- 4 spring onions, sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (optional)
- 1 teaspoon sesame oil
- Salt and pepper, to taste
- Cooked rice or noodles, for serving


Method:

1. Clean and trim the chicken livers to remove any connective tissue or fat. Rinse under cold water and pat dry with paper towels.
2. In a large frying pan or wok, heat the vegetable oil over medium-high heat until shimmering.
3. Add the chicken livers to the pan in a single layer. Allow them to sear for about 2-3 minutes until browned on one side. Stir and cook for another 2 minutes until they are browned on all sides but still slightly pink in the center. Remove the livers from the pan and set aside.
4. In the same pan, add the sliced onion and garlic, and stir-fry for 1-2 minutes until fragrant and the onion starts to soften.
5. Add the bell pepper and mixed vegetables. Stir-fry for about 3-4 minutes until the vegetables are tender-crisp.
6. Return the chicken livers to the pan with the vegetables. Add the soy sauce, oyster sauce (if using), sesame oil, salt, and pepper. Stir well to combine all the ingredients and cook for an additional 1-2 minutes until everything is heated through.
7. Stir in the sliced spring onions and remove from heat. Adjust seasoning if needed.
8. Serve hot over cooked rice or noodles.

Student's comments: (may be hand-written if legible)

- *Learnt how to stir-fry chicken livers quickly to maintain their tenderness while infusing them with rich flavors.*
- *The final dish was hearty, flavorful, and perfectly balanced with the accompanying vegetables, making it a tasty and satisfying meal.*

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Prepare and cook fish and shellfish

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare fish & shellfish		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Use tools and equipment to prepare fish and shellfish (7)	Appropriate to task	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Knives	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Colour coded chopping board	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Scissors and tweezers	R5,R7,R8,R10
	Trays	R2,R3,R4,R5
	Bowls	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Spoons	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Conical strainer	
	Moulds	
	Food processor	
	Protective gloves	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
2.3 Use skills and techniques when preparing fish and shellfish (7)	Trimming	R1,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Skinning	R2,R3,R4
	Filleting	R1
	Cleaning	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Removing shell	R8,R10
	Coating	R1,R4
	Marinating	R2,R6
2.3 Manage waste when preparing fish and shellfish (all)	Portion control	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Dish specifications	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Use of correct tools and equipment	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10
	Use of bones and skin	R5,R6
	Suitable cooking Method of work and time	R1,R2,R3,R4,R5,R6,R6,R7,R8,R9,R10



Learning Outcome 3: Be able to cook fish and shellfish		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Use tools and equipment to cook (8)	Oven	R3,R4,R5
	Stove top	R2
	Griddle	
	Deep fat fryer	R1
	Saucepan	R6,R7,R8
	Frying pan	R9,R10
	Spider	R1
	Ladle	R6,R7,R8
	Spoon	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Tray	R2,R3,R4,R5
3.2 Use cooking Method of works for fish and shellfish (4)	Roast	
	Griddle	
	Grill	R2
	Fry (shallow and deep)	R1
	Poach	
	Steam	R6,R7,R8,R10
	Bake	R3,R4,R5
3.3 Finish selected fish and shellfish dishes (all)	Taste and adjust seasoning	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Balance of flavour	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Use of suitable garnish	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Portion control	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Consistency of size and shape	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Current food safety regulations	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Suitable for dish requirements	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10
	Plating suitability/design	R1,R2,R3,RR4,R5,R6,R7,R8,R9,R10

Recipe name

Fish Fingers (Goujons of plaice)

Recipe reference No

01

Ingredients:

- Fish Fillets (white fish like cod or haddock)400g
- Flour100g
- Eggs2, beaten
- Breadcrumbs150g
- Salt and Pepperto taste
- Lemon Juicefrom 1 lemon (optional)
- Oilfor frying

Picture of the student holding the dish

Method of work:

1. Cut fillets of plaice into strips approximately 8 × 0.5cm. Wash and dry well.
2. Pass through flour, beaten egg and fresh white breadcrumbs. Pat the surfaces well so that there are no loose crumbs which could fall into the oil and burn.
3. Deep-fry at 175–180°C, then drain well. Serve with lemon quarters and a suitable sauce (e.g. tartare).

Student's comments: (may be hand-written if legible)

- Mastered the technique for a crunchy, golden crust.
- Enjoyed learning how to season the fish perfectly.
- Improved my skills in coating and frying evenly.
- The end result was tasty, crisp, and satisfying.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Grilled dove sole with parsley butter

Recipe reference No

02

Ingredients:
For the Fish:

- 4 dove sole fillets (about 150-200g each)
- 100g plain flour (for dusting)
- Salt and pepper, to taste
- 50g unsalted butter
- 2 tbsp vegetable oil
- 100ml white wine
- 150ml fish stock
- 1 shallot, finely chopped
- 50g unsalted butter (cold, cut into cubes)
- 1 tbsp fresh lemon juice
- Fresh parsley, chopped (for garnish)

Picture of the student holding the dish


Method of work

1. Rinse the dove sole fillets under cold water and pat dry with paper towels.
Season both sides of the fillets with salt and pepper.
Dust lightly with plain flour, shaking off any excess.
2. Heat the vegetable oil and 50g of butter in a large frying pan over medium heat.
Once the butter has melted and is bubbling, add the dove sole fillets skin-side down.
Cook for about 2-3 minutes, then gently flip and cook for another 2-3 minutes until golden and cooked through. Remove from the pan and keep warm.
3. In the same pan, add the chopped shallot and sauté until soft and translucent.
Pour in the white wine and bring to a simmer, scraping up any bits from the pan.
Add the fish stock and reduce the mixture by half.
Remove from heat and whisk in the cold butter cubes until the sauce is emulsified.
Stir in the lemon juice and season to taste with salt and pepper.
4. Place the cooked dove sole fillets on warm plates.
Spoon the sauce over the fish and garnish with chopped parsley.
Serve immediately with your choice of sides, such as sautéed vegetables or new potatoes.
Enjoy your dove sole dish!

Student's comments: (may be hand-written if legible)

- Learned how to handle and fillet delicate fish properly.
- Mastered the technique of cooking Dover Sole to perfection.
- Gained confidence in balancing flavors with simple, fresh ingredients.
- The final dish was light, flavorful, and beautifully presented.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Fish Pie

Recipe reference No

03

Ingredients:

- Béchamel (thin) 250ml
- Cooked fish (free from skin and bone) 200 g
- Mushrooms, cooked and diced 50 g
- Egg, hard-boiled and chopped 1
- Parsley, chopped
- Salt, pepper
- Potatoes, mashed or duchess 200 g
- Egg wash or milk, to finish

Picture of the student holding the dish


Method of work:

1. Bring the béchamel to the boil.
2. Add the fish, mushrooms, egg and parsley. Correct the seasoning.
3. Place in a buttered pie dish.
4. Carefully spread or pipe the potato on top. Brush with egg wash or milk.
5. Brown in a hot oven and use a food probe to check that the temperature is 75°C.

Student's comments: (may be hand-written if legible)

- Learned how to create a creamy, flavorful filling with various types of fish.
- Enjoyed mastering the technique for a perfectly smooth mashed potato topping.
- Improved my skills in balancing rich flavors with a comforting texture.
- The final dish was hearty, comforting, and delicious.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Salmon FishCake

**Recipe
reference No**

04

Ingredients:

- Salmon fillet, skinned and boneless 400 g
- Butter 50 g
- Lemon, juice of 1
- Spring onions 3
- Flat leaf parsley 10 g
- Dill sprig sprig Cooked mashed potato (make sure this is fairly dry) 225 g
- Eggs, beaten 1
- Crème fraiche 1 tbsp
- Thai fish sauce (nam pla) – optional Few drops 1 tsp
- Plain flour,
- seasoned Eggs,
- beaten Breadcrumbs

Picture of the student holding the dish


Method of work:

1. Place the salmon in an oiled roasting tin, season with salt and pepper, dot with butter and squeeze the lemon juice over.
2. Bake at 200°C for approximately 7 minutes.
3. Allow the salmon to cool a little, then flake into bite-sized pieces.
4. Chop the spring onions and herbs.
5. Add the salmon to the mashed potato, and mix in the herbs, spring onion, beaten egg and crème fraiche. Add a little nam pla if using and season.
6. Form into neat, even-sized cake shapes (a ring mould could be used), place on a tray lined with cling film and chill thoroughly for several hours.
7. Coat with seasoned flour, egg and breadcrumbs (pané), chill well again or the formed cakes can be frozen.
8. Cook in a deep fryer as required and drain on kitchen paper.
9. Serve with a suitable sauce or salsa and/or mixed salad leaves.

Student's comments: (may be hand-written if legible)

- Gained confidence in using fresh salmon and seasoning effectively.
- The final dish was flavorful, crispy on the outside, and tender inside.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Lobster Thermidor

Recipe reference No

05

Picture of the student holding the dish

Ingredients:

- 4 live lobsters (about 1.5 2 pounds each)
- Salt (for boiling water)
- Water (enough to fill the pot)
- 1 cup unsalted butter (2 sticks)
- 4 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon lemon juice
- Salt and pepper, to taste


Method of work:

1. **Bring Water to a Boil:** Fill a large pot with enough water to cover the lobsters and add a generous amount of salt (about 2 tablespoons of salt per quart of water). Bring the water to a vigorous boil.
2. **Place Lobsters in Pot:** Once the water is boiling, hold each lobster by the body and place it headfirst into the pot. This technique minimizes the lobster's discomfort. You should place all four lobsters in the pot at the same time.
3. **Cook Lobsters:** Cover the pot with a lid and bring the water back to a boil. Once boiling, cook the lobsters for approximately 8-10 minutes per pound. For 1.5 2-pound lobsters, aim for 12-18 minutes total. The lobsters are done when their shells turn bright red.
4. **Remove and Drain:** Once cooked, carefully remove the lobsters using tongs and place them on a cutting board or platter to drain. Let them cool for a few minutes before handling.
5. **Melt Butter:** In a saucepan over medium heat, melt the unsalted butter.
6. **Add Garlic:** Once melted, add the minced garlic to the butter and sauté for about 1-2 minutes until fragrant, being careful not to let it brown.
7. **Season:** Remove from heat. Stir in the chopped parsley, lemon juice, salt, and pepper to taste.
8. **Cut Lobsters:** Using kitchen shears or a sharp knife, cut the lobsters in half lengthwise. Remove the stomach and any inedible parts.
9. **Plate the Lobster:** Arrange the lobster halves on a serving platter.
10. **Drizzle with Garlic Butter:** Pour the warm garlic butter generously over the lobster halves or serve it in small bowls on the side for dipping.
11. **Garnish and Serve:** Garnish with additional parsley and lemon wedges if desired.
Serve immediately while hot.

Student's comments: (may be hand-written if legible)

- *Learnt how to cook lobster to achieve a tender, succulent texture while enhancing its natural sweetness.*
- *The final dish was luxurious, beautifully presented, and rich in flavor.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Mussels in white wine sauce

Recipe reference No

06

Ingredients:

- Shallots, chopped 50 g
- Parsley, chopped 1 tbsp
- White wine 60ml
- Strong fish stock 200ml
- Mussels 2 kg
- Butter 25 g
- Flour 25 g
- Seasoning

Method of work:

1. Take a thick-bottomed pan and add the shallots, parsley, wine, fish stock and the cleaned mussels.
2. Cover with a tight-fitting lid and cook over a high heat until the shells open.
3. Drain off all the cooking liquor in a colander set over a clean bowl to retain the cooking juices.
4. Carefully check the mussels and discard any that have not opened.
5. Place in a dish and cover to keep warm.
6. Make a roux from the flour and butter; pour over the cooking liquor, ensuring it is free from sand and stirring continuously to avoid lumps.
7. Correct the seasoning and garnish with more chopped parsley.
8. Pour over the mussels and serve.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Mastered cooking techniques to ensure mussels are tender and flavorful.
- Enjoyed experimenting with different seasonings and sauces.
- The final dish was delicious, fresh, and well-seasoned.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Stuffed Squid

**Recipe
reference No**

07

Picture of the student holding the dish

Ingredients:

- Squid (cleaned, whole bodies and tentacles) – 8 medium-sized
- Olive oil – 3 tbsp
- Garlic (minced) – 2 cloves
- White wine – 100 ml
- Lemon juice – from 1 lemon
- Salt – to taste
- Black pepper – to taste
- Fresh parsley (chopped, for garnish) – 1 tbsp
- Breadcrumbs – 100 g
- Parmesan cheese (grated) – 50 g
- Garlic (minced) – 2 cloves
- Parsley (chopped) – 2 tbsp
- Capers (chopped) – 1 tbsp (optional)
- Squid tentacles (finely chopped) – from the 8 squid
- Lemon zest – from 1 lemon
- Olive oil – 2 tbsp
- Salt – to taste
- Black pepper – to taste


Method of Work:

1. Heat 2 tbsp olive oil in a small pan and sauté the chopped squid tentacles with 2 cloves of minced garlic for about 3-4 minutes until tender. Remove from the heat and let cool.
2. In a bowl, combine the sautéed tentacles, 100 g breadcrumbs, 50 g grated Parmesan, 2 tbsp chopped parsley, 1 tbsp chopped capers (optional), lemon zest, salt, and black pepper. Mix in a little more olive oil if the stuffing seems too dry.
3. Gently stuff each squid body with the breadcrumb mixture, filling them about three-quarters full to allow for expansion. Secure the opening with toothpicks to keep the stuffing in place.
4. Heat 3 tbsp olive oil in a large pan over medium heat. Add the stuffed squid and cook for about 4-5 minutes, turning occasionally to brown on all sides.
5. Pour in 100 ml white wine and lemon juice from one lemon. Season with salt and black pepper. Cover and let simmer for 10-15 minutes, until the squid is tender.
6. Once cooked, remove the toothpicks and serve the squid with the sauce from the pan. Garnish with freshly chopped parsley.

Student's comments: (may be hand-written if legible)

- Learnt how to prepare and stuff the squid, ensuring it remained tender while cooking.
- The final dish was beautifully presented, with a delicious filling that complemented the squid's delicate flavor perfectly.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Thai Green Curry tiger Prawn

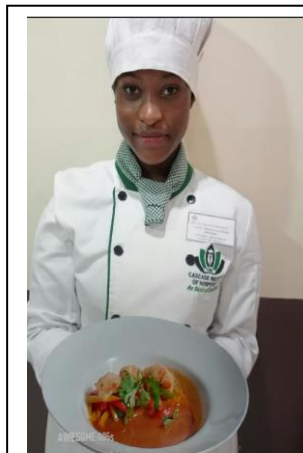
Recipe reference No

08

Picture of the student holding the dish

Ingredients:

- Tiger prawns, Shelled and de veined 20
- Thai green paste 4tblspn
- Green Chilli Julienne
- Picked Coriander leaves
- Cococnut Milk
- Olive Milk as Required
- Olive Oil 1tblspn
- Good Quality salt and pepper


Method of work:

1. In a saute pan heat the oil then add the tiger prawns and fry for 30 seconds.
2. Add the paste and mix well, add enough coconut milk to produce a sauce consistency.
3. Adjust the seasoning and serve with the chilli and coriander.

Student's comments: (may be hand-written if legible)

- *Learnt how to cook chicken thighs to achieve tender, juicy meat that absorbed the rich curry spices.*
- *The final dish was hearty, flavorful, and perfectly balanced with aromatic herbs and spices.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Scallops and bacon

**Recipe
reference No**

09

Ingredients:

- Large scallops, shelled, roe and skirt removed, washed 12
- Pancetta bacon rashers (rind off) 12
- Olive oil 50ml
- Lemon 1
- Asparagus sticks, peeled, blanched for 1 minute and refreshed 16
- Seasoning

Picture of the student holding the dish

Method of work:

1. Wrap the scallops in the pancetta, pin with a cocktail stick and season (be mindful that the pancetta is salty).
2. Heat the oil in a non-stick pan, place the scallops in and cook until golden-brown. Squeeze the lemon over the scallops and allow the juice to evaporate slightly.
3. Remove from the pan and retain with all the pan juices.
4. Return the pan to the heat and add the asparagus, cooking for a further 2 minutes.
5. To serve, divide the asparagus on to plates. Top with the scallops, pour over the pan juices and serve.

Student's comments: (may be hand-written if legible)

- *Learnt how to cook tender, flavorful chicken thighs by blending spices perfectly.*
- *The final dish was rich and hearty, with a great balance of heat and aromatic flavors.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Prawns with Chilli and garlic

Recipe reference No

10

Ingredients:

- Clove of garlic, crushed 1
- Lime, juice of 1
- Lemon, juice of ½
- Mild red chillies, deseeded and finely chopped 2
- Olive oil 1 tbsp
- Honey 1 tbsp
- Extra-large prawns, raw, shells on, heads removed 32
- Black pepper

To serve

- Salsa verde 100ml
- Garlic bread 4 slices
- Green salad

Picture of the student holding the dish


Method of work:

1. In a shallow dish, mix together the garlic, lime juice, lemon juice, chillies, olive oil and honey.
2. Make an incision (don't cut all the way through – leave the prawn intact) in the back of each prawn and remove the entrails. Wash and dry well.
3. Add the prawns to the oil/chilli mix, season with black pepper and marinate in the fridge for 30 minutes.
4. Meanwhile, prepare the green salad, salsa verde and garlic bread.
5. Remove the prawns from the marinade and heat a small amount of oil in a non-stick frying pan.
6. Place the prawns in the pan and cook until pink and cooked through, basting with any leftover marinade while cooking.
7. To serve, place warm garlic bread on plates and pile the prawns up on top, allowing the cooking juices to run into the bread. Drizzle with salsa verde and serve with the salad.

Student's comments: (may be hand-written if legible)

- *Learnt how to sauté prawns quickly to achieve a tender texture while infusing them with garlic and chilli flavors.*
- *The final dish was spicy, aromatic, and bursting with flavor, making it a delightful, savory meal*

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Vegetables, pulses and vegetable Proteins

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare vegetables, pulses and vegetable proteins		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Use tools and equipment to prepare vegetables, pulses and vegetable proteins (6)	Knives	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Colour coded chopping boards	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Trays	
	Bowls	
	Moulds	R7
	Grater	R1,R2
	Mandolin	
	Protective gloves	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.2 Select Vegetables, pulses and vegetable proteins (all)	To meet dish specifications Cut	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Number and size of portions	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Quality of items Appearance	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Freshness	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Smell	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Texture	
2.3 Use skills and techniques when preparing vegetables, pulses and vegetable proteins (9)	Wash and sort	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Soak	R2,R3
	Peel/scrape skin	R2
	Trim	R2,R3
	Shape for turning	
	Dice	R1,R4,R9,R10
	Slice	R1,R6,R8
	Cut	R1,R2
	Chop	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Grate	R1,R2
	Crush	R5

	Shred	
	De-seed	R1,R2
	Coat	R5
	Stuff	
	Layer and mix	R10
	Blanch	R1
	Concassé	
	Marinate	R1,R4
	Tie and portion	
	French cuts (3):	
	Julienne	
	Brunoise	
	Jardinière	
	Macedoine	

Learning Outcome 3: Be able to cook vegetables, pulses and vegetable proteins

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Use suitable cooking equipment and Method of works for vegetables, pulses and vegetable protein dishes (7)	Roasting tray	
	Deep fat fryer	R5,R7
	Saucepans	R1,R3,R6
	Frying pans	R2,R8,R9
	Grill	
	Griddle pan	
	Sieve	
	Moulds	
	Pie dish	
	Food processor	
	Blender	R5
3.1 Use suitable cooking Method of works for vegetables, pulses and vegetable protein dishes (7)	Roast	
	Griddle	
	Grill	
	Shallow frying	R8
	Deep frying	R5,R7
	Stir frying	R1,R2
	Boil	R1,R3
	Blanch	R1,R3



	Steam	
	Stew	R3
	Bake	R1,R4

Recipe name

Stir Fried tofu with egg noodles

Recipe reference No

01

Ingredients:
For the Tofu:

- Firm tofu – 400 g (pressed to remove excess water and cut into cubes)
- Soy sauce – 2 tbsp
- Cornstarch – 1 tbsp
- Vegetable oil – 2 tbsp (for frying)

For the Noodles and Stir-Fry:

- Egg noodles – 200 g (cooked according to packet instructions)
- Garlic (minced) – 3 cloves
- Ginger (minced) – 1 tbsp
- Spring onions (sliced) – 2
- Bell peppers (sliced) – 2 (any color)
- Carrot (thinly sliced) – 1 large
- Soy sauce – 3 tbsp
- Oyster sauce – 2 tbsp
- Sesame oil – 1 tsp
- Vegetable oil – 2 tbsp
- Sesame seeds (toasted) – 1 tbsp (for garnish)
- Fresh coriander (chopped, for garnish)

Picture of the student holding the dish


Method:

1. Wash the tofu in clean cold water.
2. Dice the tofu into 1cm cubes and marinate in the soy sauce and sherry for 2-3 hours
3. Place the noodles in a dish of seasoned boiling water and allow to stand for 5-6min until regenerated and cooked.
4. Stir-fry the onions and peppers for 1min. Add the chilli and garlic and continue to cook for further 1 minute. Add the stock and bring to the boil.
5. Drain the tofu and stir fry until golden brown.
6. Mix the black bean sauce and cornflour with the marinade and add to the stock to thicken.
7. Add the tofu to the sauce and serve with the egg noodles.

Student's comments: (may be hand-written if legible)

- Learnt how to stir-fry tofu to achieve a crispy exterior while keeping it tender inside, paired with perfectly cooked egg noodles.
- The final dish was flavorful, balanced, and packed with textures, making it a wholesome and satisfying meal.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Stir Fried Vegetables

Recipe reference No

02

Ingredients:

- Sun flower oil 2 tblspn
- Pak choi shredded 400g
- Mushrooms cut in 1/4
- Onion cut into paysans 1medium
- Ginger (grated fresh root) 15g
- Green pepper deseeded & cut into paysanne 1
- Yellow pepper deseeded & cut into paysanne 1
- Carrot cut into paysanne 100g
- Celery cut into paysanne 100g
- Soy sauce 30ml
- Good quality salt & white pepper T.T

Picture of the student holding the dish


Method of work:

1. Heat the oil in wok or high sided
2. Add the carrots, celery & ginger & stir on the heat for 2min
3. Add the pak choi and stir for a further min
4. Add the rem vegetables and cook while stirring for another 2mins
5. Add the soy sauce and check the seasoning before serving



Student's comments: (may be hand-written if legible)

- Learned how to balance flavors with a simple stir-fry sauce.
- Enjoyed experimenting with different vegetable combinations and seasonings.
- The final dish was fresh, flavorful, and visually appealing.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Black Eyed Peas and Red Lentil Curry

Recipe reference No

03

Ingredients:

- Black eyed peas 200g
- Red lentils 200g
- Finely chopped onions 150g
- Garam masala 2tblspn
- Turmeric 2tblspn
- Ground coriander 2tblspn
- Ground cumin 2tblspn
- Chilli powder T.T
- Vegetable stock 400ml
- Chopped fresh coriander 1/8bunch
- Good quality salt & pepper T.T
- Leaf spinach picked & washed 100g
- Red green & yellow peppers macedoine

Picture of the student holding the dish


Method of work:

1. Soak the black eyed peas and lentils separately for a minimum of 8hrs
2. Place the peas and lentils into separate pans of cold water and bring to the boil cook until just tender then drain
3. Heat a little oil in a sauce pan and sweat the finely chopped onions, peppers and spices in a hot oil for 4min with colour then add the pulses and continue to cook for further 2min
4. Add the stock, bring to boil and simmer for 40min
5. Add the leaf spinach and season the curry well check the consistency and finish with the chopped coriander.

Student's comments: (may be hand-written if legible)

- *Learnt how to balance spices and flavors for a rich, aromatic curry.*
- *Mastered cooking techniques for combining black-eyed peas and red lentils.*
- *Enjoyed experimenting with textures and achieving a well-seasoned dish.*
- *The final curry was hearty, flavorful, and satisfying.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Cajun Tofu with Couscous

Recipe reference No

04

Ingredients:

- Tofu blocks 4 100g
- Blackened Cajun spices 10g
- Diced onions 80g
- Chopped red chillies 1
- Crushed garlic 1coves
- Pum tomato concassed 200g
- Chopped soft green herbs 1tblspn
- Couscous 200g
- Oil 100ml
- Good quality salt & pepper T.T
- Vinegar 20ml
- Sugar 20g

Picture of the student holding the dish


Method of work:

1. Drain and wash the tofu, brush with oil and season blanked Cajun seasoning.
2. Allow the tofu to marinate in the spice for 1hr
3. Heat half the oil in a sauce pan, add the onions garlic and chillies and sweat until tender
4. Add the vinegar and sugar and allow to reduce to form an antique
5. Add the tomato concassed and remove from the heat
6. Mix the couscous with a little oil, seasoning and p[our over boiling water to just cover ; Place a sheet of cling film on top and leave for 8hrs
7. Use a fork to break up the couscous and mix in the tomato with fresh herbs
8. Dice the tofu and bake the tofu in a hot oven until a core temp at 75c is achieved
9. Spoon the couscous into a bowl and mix with the tofu before presenting in a bowl



Student's comments: (may be hand-written if legible)

- Learnt how to achieve a perfectly spiced, crispy texture on the tofu.
- Enjoyed mastering the technique for cooking couscous to a light, fluffy consistency.
- Gained confidence in balancing bold Cajun flavors with a complementary side.
- The final dish was flavorful, well-textured, and visually appealing.

Assessor's feedback: (may be hand-written if legible)

Recipe name	Sweet Potato and Chick Pea Falafel with a Mint and Lime Dip	Recipe reference No	05
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Ingredients:

- Tinned chick peas 300g
- Sweet potato puree 100g
- Fresh white bread crumbs 180g
- Curry paste 2tblspn
- Chopped coriander
- Whole egg 2
- Garlic 1 clove
- Lime juice and zest 2lime
- Chopped fresh mint 3tblspn
- Good quality salt T.T
- White pepper T.T

Picture of the student holding the dish



Method of work:

1. Place the drained and washed chick peas into a food blender with the bread crumbs, curry paste, garlic, egg, fresh coriander and sweet potato. Blend until a course paste is formed
2. Season to taste with salt and pepper and blend for a few second further
3. Roll the balls into shape and place them into a tray. Cover with plastic film and chill for 30min in a refrigerator
4. Deep fry at 170c until golden in colour and then drain well on kitchen paper
5. Serve with a dip made from yoghurt lime juice and grated zest and chopped mint mixed together

Student's comments: (may be hand-written if legible)

- Learnt how to achieve a perfectly spiced, crispy texture on the tofu.
- Enjoyed mastering the technique for cooking couscous to a light, fluffy consistency.
- Gained confidence in balancing bold Cajun flavors with a complementary side.
- The final dish was flavorful, well-textured, and visually appealing.

Assessor's feedback: (may be hand-written if legible)

Recipe name
Kedgerree
**Recipe
reference No**
06
Ingredients:

- Smoked haddock 500g
- Butter 50g
- Red onion 2
- Garlic 3 cloves
- Boiled basmati rice 250g
- Eggs 2
- Crème fraiche 100ml
- Finely sliced red chillies ½
- Dill Sprigs
- Milk 125ml
- Saffron Pinch
- Good quality salt T.T
- White pepper

Picture of the student holding the dish

Method of work:

1. Poach the haddock in milk until flakes into little pieces
2. Sauce the onions, garlic & saffron in butter
3. Add a little cooking liquor and cook gently until hot.
4. Add the seasoning, crème fraiche & chillies
5. Peel & quarter the eggs
6. Arrange the rice with wedges of egg

Student's comments: (may be hand-written if legible)

- Learnt how to balance the flavors of smoked fish, rice, and spices effectively.
- Enjoyed perfecting the texture of both the rice and fish.
- The final dish was aromatic, well-seasoned, and satisfying.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Croquette potatoes

Recipe reference No

07

Ingredients:

- Duchesse potato mix 60g
- Flour 100g
- Whole egg 6
- White bread crumbs 200g
- Good quality salt T.T
- White pepper T.T

Method of work:

1. Make the duchesse potatoes as instructed
2. Mould the duchesse mixture into 2cm by 5cm cylinders allowing three per portion
3. Place in a refrigerator to chill for 30min
4. Pass the potatoes cylinder through the seasoned flour, beaten egg and then the bread crumbs
5. Use a palette knife to remould the cylinders and pack the bread crumbs in tightly
6. Place into frying baskets and deep fry at 185% until golden brown drain and serve

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Enjoyed mastering the shaping and frying techniques for a consistent result.*
- *The final dish was golden, flavorful, and deliciously satisfying.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Sauté Potatoes With Onions

Recipe reference No

08

Ingredients:

- Sauté potatoes 600g
- Sliced onions 200g
- Butter 50g
- Good quality salt & pepper T.T
- Chopped parsley 3tblspn

Method of work:

1. Fry the onions separately in the butter until they begin to caramelize and turn golden brown
2. Mix with the sauté potatoes correct the seasoning and serve with some freshly chopped parsley

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to achieve a crispy texture on the potatoes while keeping them tender inside.
- Enjoyed mastering the technique for caramelizing onions to add depth of flavor.
- The final dish was well-seasoned, flavorful, and complemented by the sweet, tender onions.

Assessor's feedback: (may be hand-written if legible)

Recipe name

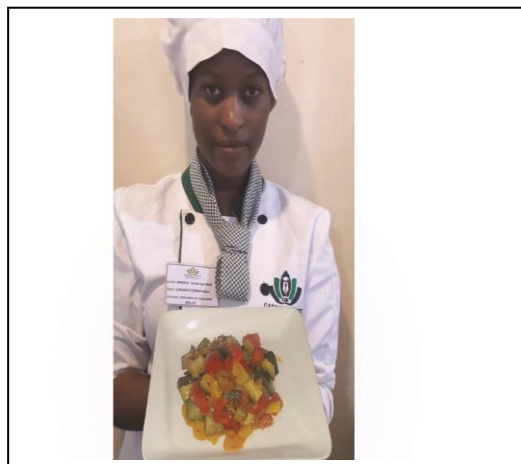
Ratatouille

Recipe reference No

09

Ingredients:

- Aubergine (eggplant) – 1 large, cut into cubes
- Courgette (zucchini) – 2 medium, sliced
- Red bell pepper – 1, chopped
- Yellow bell pepper – 1, chopped
- Onion – 1 large, diced
- Garlic – 4 cloves, minced
- Tomatoes – 4 large, chopped (or 1 can of chopped tomatoes)
- Olive oil – 4 tbsp
- Fresh thyme – 2 sprigs
- Fresh basil – a handful (chopped)
- Bay leaf – 1
- Salt – to taste
- Black pepper – to taste
- Balsamic vinegar – 1 tbsp (optional)

Picture of the student holding the dish

Method:

1. Chop the aubergine, courgette, bell peppers, onion, and tomatoes. Keep them separate.
2. Heat 2 tbsp of olive oil in a large pan over medium heat. Add the aubergine and cook for about 5 minutes until lightly browned and softened. Remove and set aside.
3. In the same pan, add another 1 tbsp of olive oil and cook the courgettes and bell peppers for 5-6 minutes until they soften. Remove and set aside with the aubergine.
4. Add the remaining 1 tbsp olive oil to the pan and sauté the onion until translucent, about 5 minutes. Add the garlic and cook for another minute.
5. Stir in the chopped tomatoes, fresh thyme, and bay leaf. Let the mixture simmer for 10 minutes, allowing the tomatoes to break down and form a sauce. Season with salt and black pepper to taste.
6. Return the cooked aubergine, courgette, and bell peppers to the pan with the tomato mixture. Stir everything together, cover, and let simmer on low heat for 20-30 minutes, stirring occasionally.
7. Just before serving, stir in the chopped basil and 1 tbsp of balsamic vinegar (if using) for a hint of acidity. Adjust seasoning as needed.
8. Serve the ratatouille hot as a side dish or over rice, pasta, or with crusty bread.

Student's comments: (may be hand-written if legible)

- Learnt how to perfectly sauté and layer vegetables to bring out their individual flavors while keeping them tender.
- The final dish was vibrant, aromatic, and beautifully balanced, making it a healthy and delicious option.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Vegetable Moussaka

Recipe reference No

10

Picture of the student holding the dish

Ingredients:
For the Vegetables:

- Aubergines (eggplants) – 2 large, sliced into 1 cm rounds
- Potatoes – 2 large, peeled and sliced into 1 cm rounds
- Courgettes (zucchini) – 2, sliced
- Olive oil – for brushing
- Salt – to taste
- Black pepper – to taste

For the Tomato Sauce:

- Onion – 1 large, finely chopped
- Garlic – 3 cloves, minced
- Carrots – 2, finely chopped
- Chopped tomatoes – 400 g (1 can)
- Tomato purée – 2 tbsp
- Ground cinnamon – ½ tsp
- Ground cumin – ½ tsp
- Dried oregano – 1 tsp
- Red wine – 100 ml (optional)
- Olive oil – 2 tbsp
- Salt – to taste
- Black pepper – to taste
- Fresh parsley (chopped) – a handful (optional)

For the Béchamel Sauce:

- Butter – 50 g
- Plain flour – 50 g
- Milk – 500 ml
- Nutmeg – a pinch (optional)
- Egg yolks – 2 (for richness, optional)
- Grated cheese – 100 g (e.g., Parmesan or a mild cheddar)
- Salt – to taste
- Black pepper – to taste

Method:

1. Preheat your oven to 200°C (180°C fan).
2. Place the aubergine, potato, and courgette slices on baking trays. Brush both sides of the vegetables with olive oil and season with salt and pepper. Roast in the oven for 20-25 minutes, turning halfway through, until they are golden and tender. Set aside.
3. Heat 2 tbsp olive oil in a pan over medium heat. Add the onion, garlic, and carrots. Cook for about 5-7 minutes until softened.
4. Stir in the chopped tomatoes, tomato purée, cinnamon, cumin, and oregano.
5. Add the red wine (if using) and let it simmer for 10-15 minutes, allowing the sauce to thicken. Season with salt, pepper, and optionally, stir in fresh parsley. Set aside.





6. In a saucepan, melt 50 g butter over medium heat. Stir in 50 g flour to form a roux and cook for 1-2 minutes, stirring continuously.
7. Gradually whisk in 500 ml milk until smooth and thickened. Season with salt, pepper, and a pinch of nutmeg. Remove from heat and stir in the grated cheese.
8. If you want a richer sauce, whisk in 2 egg yolks (make sure the sauce has cooled slightly before adding them).
9. In a large baking dish, spread a layer of the tomato sauce on the bottom. Layer half of the roasted aubergine, courgette, and potato slices over the sauce. Repeat with the remaining vegetables and sauce.
10. Pour the béchamel sauce over the top, spreading it evenly with a spatula.
11. Bake in the preheated oven at 180°C (160°C fan) for about 35-40 minutes, until the top is golden and bubbling.
12. Let the moussaka rest for 10 minutes before serving. Enjoy with a simple green salad or crusty bread.

Student's comments: (may be hand-written if legible)

- Learnt how to layer roasted vegetables and a rich béchamel sauce to create a hearty, satisfying dish.
- The final moussaka was flavorful, well-balanced, and offered a delicious vegetarian twist on a classic

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Stocks, Soups and Sauces

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare stocks, soups and sauces		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Check the ingredients meet requirements (all)	Freshness	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	quantity	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Quality	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Dish/recipe requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Menu type	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.2 Choose and use the correct tools and equipment (all)	Colour coded chopping board	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable knives	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Sieve	R5,R6,R7,R9
	Colander	R1,R2,R3,R9,R10
	Trays	
	Bowls	
2.2 Requirements when preparing stocks, soups and sauces (all)	Health and safety	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cost of ingredients	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Seasonality	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Quantities/yield	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Dish/recipe requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Waste management	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
Learning outcome 3: Be able to cook stocks, soups and sauces		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		

3.1 Cook stocks, soups and sauces to meet requirements (all)	Quantities	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable cooking Method of work	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable equipment	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Dish/recipe requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.2 Check that the flavour, colour, quantity and consistency are correct (all)	Suitable cooking Method of work	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Taste and adjust flavour	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable appearance	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Adjust consistency	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.3 Check that soups and sauces are at the correct temperature for holding (all)	Food safety	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature checks	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.4 Safely store any cooked stock, soup and sauce not for immediate use (all)	Quantities	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Equipment	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Blast chiller or alternative	
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable storage conditions	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning outcome 4: Be able to finish stocks, soups and sauces

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
4.1 ensure that the soups and sauces have the correct flavour, colour, texture, consistency and finish before serving (all)	Seasoning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Colour/appearance	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Texture and adjustment	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
4.2 finish soups and sauces to meet requirements (all)	Monter au beurre	
	Liaison	
	Garnish	R1,R2,R3,R4,R8,R9,R10
	Dish requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10



4.3 present soups and sauces to meet requirements (all)	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Garnish	R1,R2,R3,R5,R8,R9,R10
	Suitable dish/plate/crockery	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Accompaniment	
4.4 Check that the soups and sauces are at the correct temperature for holding and serving	Food safety	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Holding temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Recording	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Recipe name

Butternut Soup

Recipe reference No

01

Ingredients:

- Butternut squash (peeled, seeded, and cubed) – 1 medium (about 900 g)
- Onion (chopped) – 1 medium, about 100 g
- Carrot (peeled and chopped) – 1 large, about 80 g
- Garlic (minced) – 2 cloves
- Olive oil – 30 g (2 tbsp)
- Vegetable or chicken broth – 1 liter
- Coconut milk (or heavy cream) – 200 ml
- Ground cinnamon – 1/2 tsp
- Ground nutmeg – 1/4 tsp
- Salt – to taste
- Freshly ground black pepper – to taste
- Fresh thyme (optional) – for garnish
- Pumpkin seeds (optional) – for garnish

Picture of the student holding the dish

Method of work:

1. Heat 30g olive oil in a large pot over medium heat. Add 100 g chopped onion and sauté for 4-5 minutes until softened.
Add 80 g chopped carrot and cook for another 3-4 minutes. Stir in 2 cloves minced garlic and cook for 1 minute until fragrant.
2. Add 900 g cubed butternut squash to the pot. Stir to coat the squash with the onion and garlic mixture.
3. Pour in 1 liter of vegetable or chicken broth, ensuring the vegetables are covered. Bring the mixture to a boil, then reduce the heat to low and simmer for 20-25 minutes, or until the butternut squash and carrots are tender.
4. Remove the pot from heat. Using an immersion blender, carefully blend the soup until smooth. Alternatively, you can transfer the soup in batches to a blender and blend until creamy.
5. Return the soup to the pot if using a blender. Stir in 200 ml coconut milk (or heavy cream) to add richness. Season with 1/2 tsp ground cinnamon, 1/4 tsp ground nutmeg, and adjust salt and pepper to taste.
6. Ladle the soup into bowls. Garnish with fresh thyme leaves and toasted pumpkin seeds if desired. Serve warm with crusty bread.



Student's comments: (may be hand-written if legible)

- *Learnt how to create a smooth, creamy texture while enhancing the natural sweetness of the butternut.*
- *Enjoyed mastering the seasoning to balance sweet and savory flavors perfectly.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Cream of Chicken Soup

Recipe reference No

02

Ingredients:

- Butter 50g
- Flour 50g
- Onion 50g
- Celery 50g
- White of leek 40g
- Good quality salt T.T
- White pepper T.T
- Cooked white chicken meat 45g
- White chicken stock 800ml
- Single cream 200ml
- Bouquet garni 1small

Picture of the student holding the dish


Method of work.

- Wash and chop the veg into mirepoix sweat the chopped veg in melted butter in a large sauce pan without colour.
- Add the flour stirring and cooking over a moderate heat to make a foux without colour and then allow to cool slightly.
- Gradually add the hot chicken stock stir and bring to the boil.
- Season well with the salt and pepper and add the bouquet garni.
- Simmer for 45 min skimming the surface of the soup when necessary.
- Remove the bouquet garni and liquidize the soup with a blender. Pass through a fine strainer into a clean pan and re boil.
- Add the single cream and correct the seasoning and the consistency.
- Dice the cooked meat and add to the soup serve immediately.

Student's comments: (may be hand-written if legible)

- *Learnt how to achieve a rich, creamy texture while keeping the chicken tender.*
- *Enjoyed mastering the technique for building layers of flavor with herbs and spices.*
- *The final dish was comforting, flavorful, and perfect for any occasion.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Pea Veloutte

**Recipe
reference No**

03

Ingredients:

- Frozen peas 400 g
- Vegetable oil 10ml
- Shallots, chopped 1
- Milk 200ml
- Double cream 40ml
- Butter or margarine 40 g

Method of work:

1. Blanch the peas in a small pan of boiling water for 3 minutes, then drain.
2. Heat the oil in a large saucepan and cook the shallots without letting them color.
3. Add the peas to this pan, and cook for a further 2–3 minutes, again without coloring.
4. Add the milk, bring to a simmer and cook until the peas are tender.
5. Cool the mixture slightly, then transfer to a food processor and liquidise until very smooth – this may take a while. At this point, the soup can be cooled completely and stored in an airtight container in the refrigerator until ready to serve.
6. Add the cream and butter just before serving.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to create a smooth, velvety texture while highlighting the fresh flavor of peas.*
- *Enjoyed mastering the balance of seasonings to enhance the soup's natural sweetness.*
- *The final dish was vibrant, elegant, and deliciously comforting.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Scotch Broth

**Recipe
reference No**

04

Ingredients:

- Lean beef (skirt) 200 g
- Beef stock 1 litre
- Barley 25 g
- Vegetables (carrot, turnip, leek, celery, onion), cut into paysanne 200g
- Bouquet garni 1
- Salt, pepper
- Chopped parsley

Picture of the student holding the dish


Method of work:

1. Place the beef, free from fat, in a saucepan and cover with cold water.
2. Bring to the boil, then immediately wash off under running water.
3. Clean the pan, replace the meat, cover with cold stock, bring to the boil and skim.
4. Add the washed barley, simmer for 1 hour.
5. Add the vegetables, bouquet garni and seasoning.
6. Skim when necessary; simmer for approximately 30 minutes, until tender.
7. Remove the meat, allow to cool and cut from the bone, remove all fat and cut the meat into neat dice the same size as the vegetables; return to the broth.
8. Correct the seasoning, skim off all the fat, add the chopped parsley and serve.

Student's comments: (may be hand-written if legible)

- *Learnt how to develop rich flavors through slow cooking and careful seasoning.*
- *Enjoyed mastering the technique of combining lamb, barley, and vegetables for a hearty texture.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

White Chicken Stock

**Recipe
reference No**

05

Ingredients:

- Chicken carcass/wings 5 kg
- Onions, peeled 1½
- Carrots, peeled 2
- Cloves of garlic, crushed 2
- Leeks, washed and blemishes removed 1
- Celery sticks 2
- Bay leaf 1
- Sprigs of thyme, small 1
- Whole white peppercorns 5 g
- Water,
- cold 7 litre

Picture of the student holding the dish

Method of work:

1. Remove any excess fat from the chicken carcasses and wash off under cold water.
2. Place all the bones into a pot that will hold all the ingredients, leaving 5cm at the top to skim.
3. Add all the other ingredients and cold water, and bring to a simmer; immediately skim all the fat that rises to the surface.
4. Turn the heat off and allow the bones and vegetables to sink. Once this has happened, turn the heat back on, skim and bring to just under a simmer, making as little movement as possible to create more of an infusion than a stock. Skim continuously.
5. Leave to simmer (infuse) for 12 hours then pass through a fine sieve into a clean pan; reduce down rapidly until you have about 3 litres remaining.

Student's comments: (may be hand-written if legible)

- *Learnt how to extract deep flavors from chicken bones and aromatics through slow simmering.*
- *Enjoyed mastering the technique for clarifying the stock to achieve a clear, rich result.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Brown Beef Stock

**Recipe
reference No**

06

Ingredients:

- Beef bones (ideally with marrow) – 1 kg
- Onion (roughly chopped) – 1 medium, about 100 g
- Carrots (roughly chopped) – 2 medium, about 160 g
- Celery stalks (roughly chopped) – 2, about 120 g
- Garlic (whole cloves, smashed) – 4
- Tomato paste – 2 tbsp
- Bay leaves – 2
- Thyme (fresh or dried) – 1 tsp
- Black peppercorns – 1 tsp
- Water – 2.5 liters (about 10 cups)
- Olive oil – 30 g (2 tbsp)

Picture of the student holding the dish


Method of work

1. Roast the Bones: Preheat your oven to 200°C (400°F). Spread the beef bones on a roasting tray and roast for about 30-40 minutes until browned. This step adds depth of flavor to the stock.
2. In a large stockpot, heat 30 g of olive oil over medium heat. Add the chopped onions, carrots, celery, and smashed garlic. Sauté for about 5-7 minutes until the vegetables are softened and beginning to brown.
3. Stir in 2 tbsp of tomato paste and cook for another 2-3 minutes to caramelize it slightly.
4. Add the roasted bones to the stockpot along with 2.5 liters of water, 2 bay leaves, 1 tsp thyme, and 1 tsp black peppercorns. Bring to a boil.
5. Once boiling, reduce the heat to low and simmer gently for 4-6 hours. Skim off any impurities or foam that rise to the surface.
6. After simmering, remove the pot from heat. Strain the stock through a fine sieve or cheesecloth into a clean container, discarding the solids.
7. Allow the stock to cool completely before refrigerating. You can also freeze the stock in portions for future use.

Student's comments: (may be hand-written if legible)

- *Learnt how to build deep, rich flavors through roasting bones and simmering with vegetables.*
- *Enjoyed mastering the technique for achieving a robust color and clarity in the stock.*
- *The final product was flavorful, aromatic, and perfect for enhancing soups, sauces, and stews.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Asian Chicken Stock

Recipe reference No

07

Picture of the student holding the dish

Ingredients:

- Chicken bones (or carcasses) – 1 kg
- Onion (quartered) – 1 medium
- Carrots (roughly chopped) – 2 medium
- Celery (roughly chopped) – 2 sticks
- Garlic (whole cloves) – 4-5
- Ginger (sliced) – 50 g (about a 2-inch piece)
- Spring onions – 2, roughly chopped
- Star anise – 2-3
- Soy sauce – 2-3 tbsp
- Water – 2-3 liters
- Salt – to taste


Method of work

1. Start by roasting the chicken bones in the oven at a high temperature (around 200°C) until browned to enhance the flavor.
2. In a large stockpot, add a little oil and sauté the onion, carrots, celery, and garlic until softened.
3. Add the roasted chicken bones to the pot along with ginger, spring onions, star anise, and enough water to cover the ingredients.
4. Bring to a boil, then reduce the heat and simmer for 2-3 hours. Skim off any impurities that rise to the surface.
5. Add **soy sauce** and adjust the seasoning with salt as needed.
6. After simmering, strain the stock through a fine sieve or cheesecloth to remove solids.
7. Allow the stock to cool before refrigerating or freezing for future use.

Student's comments: (may be hand-written if legible)

- *Learnt how to incorporate aromatic ingredients like ginger, garlic, and scallions for a unique flavor profile.*
- *Enjoyed mastering the balance of spices and seasonings to enhance the stock's complexity.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Tartare Sauce

Recipe reference No

08

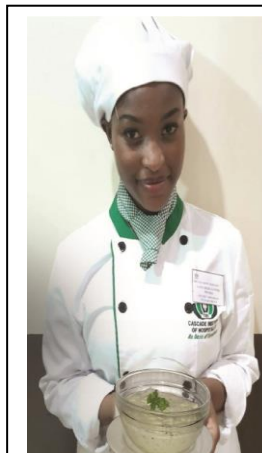
Ingredients:

- Mayonnaise 250ml
- Capers, chopped 25 g
- Gherkins, chopped 50 g
- Sprig of parsley, chopped

Method of work:

1. In a mixing bowl, combine 200 g mayonnaise, 50 g finely chopped pickles, 15 g finely chopped capers, and 15 g finely chopped fresh parsley.
2. Stir in 1-2 tbsp lemon juice and 1 tsp Dijon mustard (if using). Mix well to combine all the ingredients.
3. Taste the sauce and season with salt and freshly ground black pepper as needed.
4. Cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld.
5. Serve chilled as a dip for fried fish, seafood, or with dishes like crab cakes.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to balance flavors with the right mix of mayonnaise, pickles, and herbs.*
- *Enjoyed mastering the technique for achieving a creamy yet tangy consistency.*
- *The final product was fresh, flavorful, and a perfect complement to seafood dishes.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Bechamel Sauce

**Recipe
reference No**

09

Picture of the student holding the dish

Ingredients:

- Butter or oil 100 g
- Flour 100 g
- Milk, warmed 1 litre
- Onion, studded with cloves 1

Method of work:

1. Melt the butter or heat the oil in a thick-bottomed pan.
2. Mix in the flour with a heat-proof plastic or wooden spoon.
3. Cook for a few minutes, stirring frequently. As you are making a white roux, do not allow the mixture to color.
4. Remove the pan from the heat to allow the roux to cool.
5. Return the pan to the stove and, over a low heat, gradually mix the milk into the roux.
6. Add the studded onion.
7. Allow the mixture to simmer gently for 30 minutes, stirring frequently to make sure the sauce does not burn on the bottom.
8. Remove the onion and pass the sauce through a conical strainer.



Student's comments: (may be hand-written if legible)

- *Learnt how to create a smooth, creamy sauce with the perfect balance of milk and flour.*
- *Enjoyed mastering the technique of whisking to prevent lumps while cooking.*
- *The final product was versatile, flavorsome, and a great base for many dishes like lasagne and gratins.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Caper Sauce

Recipe reference No

10

Ingredients:

- Butter – 50 g
- Shallots – 2
- Garlic (minced) – 2 cloves
- Capers (drained and rinsed) – 30 g
- Lemon juice – 2 tbsp
- Fresh parsley (chopped) – 15 g
- Salt – to taste
- Freshly ground black pepper – to taste

Picture of the student holding the dish


Method of work

1. In a saucepan, melt 50 g butter over medium heat. Add the finely chopped shallots and sauté for about 2-3 minutes until softened.
2. Stir in 2 cloves minced garlic and 30 g drained capers. Sauté for another 1-2 minutes until fragrant.
3. Pour in 2 tbsp lemon juice and stir to combine. Allow the sauce to simmer for a minute to meld the flavors.
4. Remove the saucepan from heat. Stir in 15 g chopped fresh parsley and season with salt and freshly ground black pepper to taste.
5. Drizzle the sauce over your cooked fish, chicken, or vegetables.

Student's comments: (may be hand-written if legible)

- *Learnt how to balance the tangy flavor of capers with fresh herbs and lemon.*
- *Enjoyed mastering the technique for creating a smooth, vibrant sauce.*
- *The final product was zesty, flavorsome, and an excellent accompaniment to fish and poultry dishes*

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Prepare and Cook Pasta, Rice and Eggs

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare pasta, rice and eggs

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Use preparation skills and techniques (8, to include allergens)	Allergens	R6,R7,R8,R9,R10
	Cross contamination prevention	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Storage	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	temperatures	R5,
	Follow suitable processes	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Washing	R1,R2,R3,R4,R5,R6,R7
	Mixing	R1,R2,R3,R4,R5,R6,R7,R8,R9
	Blanching	R1,R2,R3,R10
	Filling	
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Adding flavourings	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Use appropriate moulds, basins	
	Quantity and quality checks	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Follow dish requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.2 Use tools and equipment appropriately (5)	Knives	R1,R2,R3,R4,R5,R6,R7,R9
	Colour coded chopping boards	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Trays	
	Bowls	R8,R9
	Moulds	
	Cutter	
	Food processor	
	Pasta machine	
	Protective gloves	

Learning Outcome 3: Be able to cook pasta, rice and eggs

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Demonstrate the correct use of tools and equipment (9)	Oven	R5,R10
	Stove top	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Griddle	
	Deep fat fryer	R9
	Pans—frying, sauté, saucepans	R1,R2,R3,R4,R5,R6,R7,R8.
	Spider	R9
	Tongs	R3
	Ladle	
	Spoons	R1,R3
	Conical trainer	R1,R2,R3
	Roasting tray	
3.2 Use suitable cooking Method of works (5)	Shallow frying	R6
	Deep frying	R9
	Boiling	R1,R2,R3,R9
	Poaching	R7,R10
	Steaming	R2
	Stewing	R3
	Braising	R
	Baking	
3.3 Demonstrate safe and hygienic working practices (all)	Comply with food safety and food hygiene standards	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.4 Finish and serve dishes to meet requirements	Business requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Menu	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Control of waste	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Adjust seasoning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Use of suitable crockery	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Recipe name

Farfalle with pancetta and oyster mushroom

Recipe reference No

01

Picture of the student holding the dish

Ingredients:

- 2 oz (340 g) farfalle pasta
- 4 oz (115 g) pancetta, diced
- 8 oz (225 g) oyster mushrooms, cleaned and roughly chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup heavy cream (or substitute with half-and-half for a lighter version)
- 1/2 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1 tbsp unsalted butter
- Salt and freshly ground black pepper to taste
- 1/4 cup fresh parsley, chopped (for garnish)
- Optional: A pinch of red pepper flakes for a bit of heat


Method of work:

1. Cook the Pasta: Bring a large pot of salted water to a boil. Add the farfalle pasta and cook according to the package instructions until al dente. Reserve about 1/2 cup of pasta water, then drain the rest and set the pasta aside.
2. Cook the Pancetta: In a large skillet or sauté pan, heat 1 tbsp of olive oil over medium heat. Add the diced pancetta and cook until it becomes crispy and golden, about 5-7 minutes. Remove the pancetta with a slotted spoon and set aside, leaving the rendered fat in the pan.
3. Sauté the Mushrooms: To the same pan, add the butter and 1 more tbsp of olive oil. Once the butter has melted, add the chopped oyster mushrooms. Sauté them for 5-6 minutes until they release their moisture and start to brown slightly. Season with a pinch of salt and pepper.
4. Cook the Onions and Garlic: Add the chopped onions to the pan with the mushrooms and cook until the onions become soft and translucent, about 3-4 minutes. Add the minced garlic and cook for another 1 minute, stirring frequently to prevent burning.
5. Create the Sauce: Pour the heavy cream into the mushroom mixture and stir to combine. Let it simmer for about 2-3 minutes to thicken slightly. Stir in the grated Parmesan cheese, allowing it to melt into the sauce. If the sauce is too thick, add a little reserved pasta water to loosen it up.
6. Combine the Pasta: Add the cooked farfalle pasta and the crispy pancetta to the pan with the sauce. Toss everything together until the pasta is well-coated with the sauce. Adjust the seasoning with salt and pepper to taste. If you'd like a bit of heat, add a pinch of red pepper flakes.
7. Serve: Garnish with fresh parsley and extra Parmesan cheese if desired. Serve hot.

Student's comments: (may be hand-written if legible)

- Learnt how to balance the rich flavors of pancetta with the earthy taste of oyster mushrooms.
- Enjoyed mastering the technique to cook the farfalle to a perfect al dente texture.
- The final dish was flavorful, with a delicious combination of savory ingredients and textures.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Fusili arrabiatta

Recipe reference No

02

Picture of the student holding the dish

Ingredients:

- Fusilli pasta – 340 g
- Diced tomatoes (canned) – 400 g
- Garlic (thinly sliced) – 3 cloves
- Olive oil – 30-45 g (2-3 tbsp)
- Red pepper flakes – 5-10 g (1-2 tsp)
- Onion (optional) – 70-80 g (small onion, finely chopped)
- Salt – to taste
- Freshly ground black pepper – to taste
- Fresh basil leaves – a handful (for garnish)
- Grated Parmesan cheese (optional) – 25 g


Method of work:

1. **Cook the Fusilli:** Bring a large pot of salted water to a boil. Add 340 g fusilli pasta and cook according to the package instructions until al dente. Reserve about 60 ml (1/4 cup) of pasta water, then drain the pasta and set aside.
2. **Prepare the Arrabbiata Sauce:** In a large skillet, heat 30-45 g olive oil over medium heat. Add 3 cloves garlic (thinly sliced) and 70-80 g onion (if using) and cook for 2 minutes until fragrant and just starting to turn golden. Be careful not to burn the garlic.
3. Add 5-10 g red pepper flakes (adjust to your preferred heat level) and sauté for another 30 seconds to let the heat infuse into the oil.
4. **Add the Tomatoes:** Pour 400 g diced tomatoes (including their juice) into the skillet. Stir to combine with the garlic and pepper flakes. Season the sauce with salt and freshly ground black pepper to taste.
Allow the sauce to simmer uncovered for 10-15 minutes, stirring occasionally, until it thickens slightly. If the sauce becomes too thick, add a little bit of the reserved pasta water to loosen it.
5. **Combine the Pasta and Sauce:** Add the cooked fusilli to the skillet with the sauce. Toss the pasta to coat evenly in the sauce. Add a splash of the reserved pasta water if the sauce needs to be thinned out.
6. **Serve:** Garnish with fresh basil leaves and sprinkle with 25 g grated Parmesan cheese (if using).
Serve immediately, with extra red pepper flakes on the side for additional heat.

Student's comments: (may be hand-written if legible)

- Learnt how to balance the spicy tomato sauce with the perfect amount of heat.
- Enjoyed mastering the cooking technique to ensure the pasta was al dente.
- The final dish was vibrant, flavorful, and had the perfect kick of spice.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Spaghetti bolognaiss

Recipe reference No

03

Picture of the student holding the dish

Ingredients:

- Spaghetti – 400 g
- Ground beef (or a mix of beef and pork) – 500 g
- Onion (finely chopped) – 1 medium, about 100 g
- Carrot (finely chopped) – 1 medium, about 80 g
- Celery stalk (finely chopped) – 1 stalk, about 60 g
- Garlic (minced) – 2 cloves
- Tomato paste – 2 tbsp
- Canned diced tomatoes (or crushed tomatoes) – 400 g
- Red wine – 125 ml (1/2 cup)
- Milk – 125 ml (1/2 cup)
- Olive oil – 30 g (2 tbsp)
- Unsalted butter – 15 g (1 tbsp)
- Dried oregano – 1 tsp
- Dried basil – 1 tsp
- Bay leaf – 1 leaf
- Salt and freshly ground black pepper – to taste
- Grated Parmesan cheese – for serving
- Fresh parsley or basil (chopped) – for garnish


Method of work

1. Cook the Spaghetti: Bring a large pot of salted water to a boil. Add 400 g spaghetti and cook according to the package instructions until al dente. Reserve some pasta water, then drain and set aside.
2. Prepare the Bolognese Sauce: In a large pan, heat 30 g olive oil and 15 g unsalted butter over medium heat. Add 100 g finely chopped onion, 80 g finely chopped carrot, and 60 g finely chopped celery. Cook for 5-7 minutes until softened. Add 2 cloves minced garlic and cook for another minute.
3. Cook the Meat: Add 500 g ground beef to the pan, breaking it up with a spoon. Cook until browned, about 8-10 minutes. Season with salt and freshly ground black pepper.
4. Add Wine and Tomatoes: Pour in 125 ml red wine, stirring to deglaze the pan, and cook until it reduces by half. Then, stir in 2 tbsp tomato paste and cook for 1-2 minutes. Add 400 g canned diced tomatoes, 1 tsp dried oregano, 1 tsp dried basil, and 1 bay leaf. Stir to combine.
5. Simmer the Sauce: Lower the heat to a simmer and cook uncovered for about 30-45 minutes, stirring occasionally. Add 125 ml milk halfway through to mellow the acidity of the tomatoes and make the sauce creamier. If the sauce gets too thick, add a splash of the reserved pasta water.
6. Combine Pasta and Sauce: Remove the bay leaf from the sauce. Add the cooked spaghetti to the sauce and toss until well coated. If needed, add a little pasta water to loosen the sauce.
7. Serve: Garnish with freshly chopped parsley or basil and sprinkle with grated Parmesan cheese. Serve hot.

Student's comments: (may be hand-written if legible)

- Learnt how to build a rich, savory sauce with well-balanced flavors.
- Enjoyed perfecting the technique for cooking the pasta to a perfect al dente texture.
- The final dish was hearty, flavorful, and incredibly satisfying.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Jambalaya

Recipe reference No

04

Ingredients:

- Corn oil 2 tblspn
- Pork 300g
- Chicken 200g
- Sliced onions 1
- Chopped garlic 3 cloves
- Diced green peppers 1
- Chillies diced 2 green
- Chopped plum tomatoes 400g
- Long grain rice -300g
- Chicken stock 600ml
- Raw tiger prawns 8
- Sliced celery 2 sticks
- Chopped flat leaf parsley ¼ bunch
- Salt & pepper T.T

Picture of the student holding the dish

Method of work

1. In a frying pan salute the chicken and pork and chicken until brown
2. Remove the chicken and pork from the pan then add the celery onion garlic peppers and chillies
3. Add the tomato rice and stock then simmer for 10min
4. Add the meat and prawns cook for a further 5minutes
5. Season serve and garnish with chopped parsley

Student's comments: (may be hand-written if legible)

- Learnt how to blend spices and ingredients to create a rich, flavorful dish.
- Enjoyed mastering the technique for cooking the rice perfectly with all the flavors absorbed.
- The final dish was hearty, vibrant, and full of bold flavors.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Braised Rice

**Recipe
reference No**

05

Ingredients:

- Butter or oil 50g.
- Onion, chopped 25g.
- Rice, long grain, white or brown 100g.
- White stock (preferably chicken) 200ml.
- Salt, mill pepper.

Method of work

1. Place 25g butter in a small sauteuse. Add the onion.
2. Cook gently without colour for 2–3 minutes.
3. Add the rice and button mushrooms.
4. Complete as for braised or pilaff rice.

Picture of the student holding the dish


Student's comments: (may be hand-written if legible)

- Learnt how to achieve a perfectly tender and flavorful rice through braising.
- Enjoyed mastering the technique for infusing the rice with rich stock and seasoning.
- The final dish was well-cooked, aromatic, and served as a great accompaniment.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Paella

Recipe reference No

06

Picture of the student holding the dish

Ingredients:

- Lobster, cooked 400g
- Squid 200g
- Gambas (Mediterranean prawns), cooked 400g
- Mussels 400g
- White stock 1 litre
- Pinch of saffron
- Onion, finely chopped 50g
- Clove of garlic, finely chopped 1
- Red pepper, diced 50g
- Green pepper, diced 50g
- Roasting chicken, cut for sauté 1.5 kg
- Olive oil 60ml 150ml Short-grain rice 200 g
- Thyme
- Bay leaf
- Seasoning
- Tomatoes, skinned, deseeded and diced 200 g
- Lemon wedges, to finish


Method of work

1. Prepare the lobster: cut it in half, remove the claws and legs, discard the sac and trail. Remove the meat from the claws and cut the tail into 3–4 pieces, leaving the meat in the shell.
2. Clean the squid: pull the body and head apart, and extract the transparent 'pen' from the body. Rinse well, pulling off the thin purple membrane on the outside. Remove the ink sac. Cut the body into rings and the tentacles into 1cm lengths.
3. Prepare the gambas by shelling the body.
4. Boil the mussels in water or white stock until the shells open. Shell the mussels and retain the cooking liquid.
5. Boil the white stock and mussel liquor together, infused with saffron. Simmer for 5–10 minutes.
6. Sweat the finely chopped onion in a little oil in a suitable pan, without colour. Add the garlic and the peppers.
7. Sauté the chicken in olive oil until cooked and golden brown, then drain.
8. Add the rice to the onions and garlic and sweat for 2 minutes.
9. Add about 200ml white stock and mussel liquor.
10. Add the thyme, bay leaf and seasoning. Bring to the boil then cover with lightly oiled greaseproof paper and a lid. Cook for 5–8 minutes in a moderate oven (180°C).
11. Add the squid and cook for another 5 minutes.
12. Add the tomatoes, chicken and lobster pieces, mussels and gambas. Stir gently, cover with a lid and reheat the rice in the oven.
13. Correct the consistency of the rice if necessary by adding more stock, so that it looks sufficiently moist without being too wet. Correct the seasoning.
14. When all is reheated and cooked, place in a suitable serving dish, decorate with four (ten) gambas and four (ten) mussels halved and shelled. Finish with wedges of lemon.

Student's comments: (may be hand-written if legible)

- Learnt how to layer flavors and achieve the perfect socarrat (crispy bottom) in the paella.
- Enjoyed mastering the technique of cooking seafood and rice to perfection.
- The final dish was vibrant, flavorful, and beautifully presented with a rich combination of ingredients.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Kedgerree

Recipe reference No

07

Ingredients:

- Smoked haddock 500g
- Butter 50g
- Red onion 2
- Garlic 3 cloves
- Boiled basmati rice 250g
- Eggs 2
- Crème fraiche 100m
- Finely sliced red chillies ½
- Dill Springs
- Milk 125ml
- Saffron Pinch
- Good quality salt T.T
- White pepper

Picture of the student holding the dish

Method of work

1. Poach the haddock in milk until flakes into little pieces.
2. Sauce the onions, garlic & saffron in butter.
3. Add a little cooking liquor and cook gently until hot.
4. Add the seasoning, crème fraiche & chillies.
5. Peel & quare the eggs.
6. Arrange the rice with wedges of egg.

Student's comments: (may be hand-written if legible)

- Learnt how to create a harmonious balance of smoky fish, spiced rice, and eggs.
- Enjoyed mastering the technique for cooking the rice to a light, fluffy texture.
- The final dish was flavorful, aromatic, and visually appealing.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Scrambled Eggs

Recipe reference No

08

Ingredients:

- Eggs 6–8
- Milk (optional) 2 tbsp
- Salt, pepper
- Butter or oil

Picture of the student holding the dish


Method of work

1. Break the eggs in a basin, add milk (if using), lightly season with salt and pepper and thoroughly mix with a whisk.
2. Melt half the butter in a thick-bottomed pan, add the eggs and cook over a gentle heat, stirring continuously until the eggs are lightly cooked.
3. Remove from the heat, correct the seasoning and mix in the remaining butter.

Student's comments: (may be hand-written if legible)

1. Learnt how to achieve a soft, creamy texture through gentle cooking.
2. Enjoyed mastering the timing to ensure the eggs were light and fluffy.
3. The final dish was simple, delicious, and perfectly seasoned.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Scotch Eggs

Recipe reference No

09

Ingredients:

- Egg4
- Pork sausage meat -275g
- Fresh thyme leaves1tblspn
- Freshly chopped parsley -1tblspn
- Finely chopped onion spring 1
- Plain flour seasoned -135g
- Egg beaten -1
- Bread crumbs250g

Picture of the student holding the dish


Method of work

1. Place the eggs still in their shell in a pan of water
2. Place over a high heat and bring to the boil, then reduce the heat to simmer for approximately 9min
3. Drain and refresh the eggs under cold running water then peel
4. Mix the sausages meat with the thyme parsley and spring onion in a bowl, season well with salt and fresh ground black pepper
5. Divide the sausage meat mixture into flour and flatten each out on a clean surface into ovals about 12cm long and 8cm at the widest point.
6. Roll the boiled egg in the seasoned flour
7. Place each egg on to a sausage meat oval, then wrap the sausages meat around the egg making sure the coating is smooth and completely cover with egg
8. Dip each meat coated egg in the beaten egg covering the entire surface area
9. Roll in the bread crumbs to coat completely
10. Heat the oil in a deep heavy bottomed pan to 180C

Student's comments: (may be hand-written if legible)

- Learnt how to perfectly cook the egg while achieving a crispy, golden exterior.
- Enjoyed mastering the technique of wrapping the egg in sausage and breading evenly.
- The final dish was flavorful, with a great balance of textures from the soft egg and crunchy coating.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Egg sur le plat

Recipe reference No

10

Ingredients:

- Eggs – 4 large
- Butter – 2 tbsp (or olive oil)
- Salt – to taste
- Black pepper – to taste
- Fresh herbs (such as parsley or chives, chopped) – for garnish (optional)

Method of work

- Place a non-stick frying pan over medium heat and add 2 tbsp butter or olive oil. Allow the butter to melt and begin to bubble slightly.
- Carefully crack each egg into the pan, ensuring that the yolks remain intact. For more control, you can crack them one by one into a small bowl and then gently slide them into the pan.
- Let the eggs cook without disturbing them. The whites should set completely while the yolks remain runny. This typically takes about 3-4 minutes for sunny-side-up eggs.
- Sprinkle salt and black pepper over the eggs to taste.
- Once cooked, gently slide the eggs onto a plate. Garnish with freshly chopped herbs like parsley or chives if desired.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to fry eggs to achieve a perfectly set white with a runny, golden yolk.
- The final dish was simple, well-executed, and delicious, perfect for a quick and satisfying meal

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Prepare and Cook Pastry and Dough Products

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning Outcome 2: Be able to prepare pastry and dough products		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Use preparation Method of works (6)	Measuring	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Weighing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Mixing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Kneading	R6,R7,R8,R9,R10
	Resting	R1,R2,R3,R4,R7,R8,R9,R10
	Proving	R6,R7,R8,R9,R10
	Rolling	
	Product requirements	
2.2 Choose and use suitable equipment (7)	Mixing bowls	R1,R2,R7,R8,R9,R10
	Measuring jugs	R1,R2,R7,R8,R9,R10
	Scales	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Sieve	
	Spoon	
	Moulds/rings	R5,R10
	Palette knife	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Rolling pin	
	Scraper	R1,R2,R7,R8,R9,R10
	Brush	
	Mixer	
	Baking tray	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.3 Select required ingredients (all)	Quality	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Quantity	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Preparation Method of works	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Waste	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning Outcome 2: Be able to prepare pastry and dough products

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
	Recipe	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning Outcome 3: Be able to cook pastry and dough products

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Use suitable cooking Method of works (all)	Blind baking	R1,R5
	Baking	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Deep frying	R3,R7
3.2 Choose and use suitable equipment (6)	Oven	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Proofer	R6,R7,R8,R9,R10
	Deep fryer	R3,R7
	Baking trays	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Tin	
	Cooling rack	
	Brush	
	Knives	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.3 meet products requirements (all)	Products/dish specifications	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Presentation	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Storage of unused products	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Identify potential problems	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.4 demonstrate safe and hygienic working practices (all)	Food safety regulations including allergens	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cross contamination prevention	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Recording	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.5 Finish and serve dishes to meet requirements (7)	Dipping	R2,R3,R7
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10



	Dusting/dredging/sprinkling	R1,R3,R4,R7
	Glaze	
	Egg wash	R1,R4,R9
	Seeds	
	Sugar	R1,R3,R4,R5,R7,R8,R9,
	Piping	R2,R3,R4,R7
	Filling	
	Spreading	R1,R4,R7,R8,RR9
3.6 Store ingredients, pastry and dough products (all)	Room temperature	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Dry store	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Fridge	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Freezer	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Humidity level	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Cooling down	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Covered	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Date and label	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10
	Legislation	R1,R2,R3,R4,R5,R6,R7,R8, R9,R10

Recipe name

PUFF PASTY

Recipe reference No

01

Ingredients:

- Flour (strong) 560 g
- Salt 12 g
- Pastry butter or pastry margarine 60 g
- Water, ice-cold 325ml
- Lemon juice 1ml
- Pastry butter or pastry margarine 500g

Method of work

1. Sieve the flour and salt together.
2. Rub in the 60 g of pastry butter/pastry margarine.
3. Make a well in the center.
4. Add the cold water and lemon juice or acid (to make the gluten more elastic), and knead well into a smooth dough in the shape of a ball.
5. Relax the dough in a cool place for 30 minutes.
6. Cut a cross halfway through the dough and pull out the corners to form a star shape.
7. Roll out the points of the star square, leaving the center thick.
8. Knead the remaining butter/margarine to the same texture as the dough. This is most important – if the fat is too soft it will melt and ooze out, if it is too hard it will break through the paste when being rolled.
9. Place the butter or margarine on the center square, which is four times thicker than the flaps.
10. Fold over the flaps.
11. Roll out to 30 cm x 15 cm, cover with a cloth or plastic and rest for 5–10 minutes in a cool place.
12. Roll out to 60 cm x 20 cm, fold both the ends to the center, and fold in half again to form a square.
13. This is one double turn.
14. Allow to rest in a cool place for 20 minutes.
15. Half-turn the paste to the right or the left.
16. Give one more double turn and allow to rest for 20 minutes.
17. Give two more double turns, allowing to rest between each. Allow to rest before using.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to create layers in puff pastry by mastering the technique of rolling and folding the dough.
- The final product was light, flaky, and perfectly golden, with a deliciously buttery flavor.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Choux Paste

**Recipe
reference No**

02

Ingredients:

- Water 250ml
- Sugar Pinch
- Salt Pinch
- Butter 100g
- Flour(soft) 150g
- Eggs 4-5

Method of work:

1. Bring water, sugar, salt and butter to a boil in a pan. Remove from heat
2. Add sieved flour and mix in with a wooden spoon
3. Return to moderate heat and stir until mix leaves the sides of the pan
4. Remove from the heat and allow to cool
5. Gradually add the beaten eggs not all at once -check consistency as you go

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to make light, airy choux pastry by mastering the technique of cooking and beating the dough.
- The final product was perfectly puffed, with a crisp exterior and a delicate, hollow center ready for filling.

Assessor's feedback: (may be hand-written if legible)

Recipe name

PROFITEROLES

Recipe reference No

03

Ingredients:

- Choux paste 200g
- Chocolate sauce 250ml
- Chantilly cream 250ml
- Icing sugar

Method of work:

1. Spoon the paste into a piping bag
2. Pipe walnut sized ball on a greased sheet
3. Bake for 20 minutes at 200°C until risen and golden. Remove and allow to cool
4. Make a hole in each and fill with Chantilly cream
5. Dredge icing sugar and serve with chocolate sauce or coated with sauce

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to create perfectly puffed profiteroles with a crisp exterior and a light, airy interior.
- The final dessert was beautifully presented, filled with rich cream and topped with a luscious chocolate sauce.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Chocolate Eclairs

Recipe reference No

04

Ingredients:

- Choux paste 200g
- Fondant 100g
- Whipped cream/Chantilly cream 250ml
- Chocolate couverture 25g

Method of work:

1. Place the paste into a piping bag with 1 cm tube
2. Pipe into 8cm length on a greased baking sheet
3. Bake at 220°C for 30 minutes
4. Allow to cool. Slit down one side, with a sharp knife
5. Fill with Chantilly cream using a piping bag
6. Warm the fondant, add finely cut chocolate allowing to melt slowly, adjusting the consistency with sugar and water syrup if necessary
7. Glaze the eclairs by dipping them in the fondant removing the extra with a finger. Allow to set

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to pipe and bake éclairs to achieve a light, crisp shell with a hollow center for filling.
- The final dessert was indulgent, filled with smooth cream and topped with a glossy chocolate glaze.

Assessor's feedback: (may be hand-written if legible)

Recipe name

FRUIT TART

**Recipe
reference No**

05

Ingredients:

- Sweet paste 250g
- Pastry cream
- Glaze 5 tbsp
- Fruit 500g

Method of work:

1. Line a flan ring with paste and cook blind at 190°C

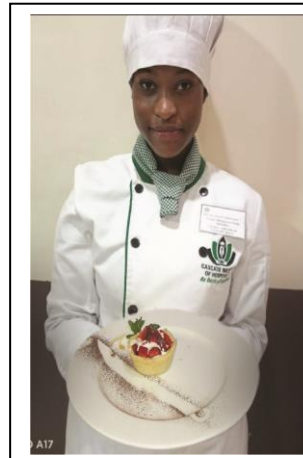
2. Pick and wash the fruit then drain well.

Wash and slice/segment any large fruit

3. Pipe the cream into the flan case, filling it to the rim. Dress the fruit neatly over the top

4. Coat with glaze. Use a glaze for chosen fruit

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to create a buttery, crisp tart shell and a smooth, rich pastry cream.
- The final dessert was beautifully arranged, with fresh, vibrant fruit and a perfectly balanced flavor.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Pizza

Recipe reference No

06

Picture of the student holding the dish

Ingredients:

- Flour, strong white -200g
- Pinch of salt
- Margarine -12g
- Yeast-5g
- Water/milk at 24°C-125ml
- Caster sugar -5g
- Onion, finely chopped-100g
- Cloves of garlic, crushed-2
- Sunflower oil-60ml
- Plum tomatoes, canned-200g
- Tomato puree-100g
- Oregano-3g
- Basil-3g
- Sugar-10g
- Cornflour-10g
- Mozzarella cheese-100g
 - Using 100%strong white flour


Method of work:

1. Sieve the flour and the salt, rub in the margarine
2. Disperse the yeast in the warm milk or water, add the caster sugar, Add this mixture to the flour.
3. Mix well, knead to a smooth dough, place in a basin covered with a damp cloth and allow to prove until doubled in size
4. Knock back, divide into two and roll out into two 18cm discs, place on a lightly greased baking sheet.
5. Sweat the finely chopped onions and garlic in the oil until cooked
6. Add the roughly chopped tomatoes, tomato puree, oregano, basil and sugar.
7. Bring to the boil and simmer for 5min
8. Dilute the cornflour in a little water, stir into the tomato mixture and bring back to the boil
9. Take the discs of pizza dough and spread 125g of filling on each one
10. Sprinkle with grated mozzarella cheese or lay the slices of cheese on top
11. Bake in a moderately hot oven at 180°C, for about 10min
12. The pizza dough may also be made into rectangles so that it can be sliced into fingers for buffet work

Student's comments: (may be hand-written if legible)

- Learnt how to make a delicious pizza dough that rises perfectly and has a great texture.
- The final pizza was topped with fresh ingredients, full of flavor, and enjoyed by everyone.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Cinnamon Rolls

Recipe reference No

07

Ingredients:

- Warm milk 240ml
- Active dry yeast 7g
- Granulated sugar 100g
- Unsalted butter 75g
- All-purpose flour 500g
- Salt 5g
- Eggs 2
- Ground cinnamon 14g

Picture of the student holding the dish


Method of work:

1. In a bowl, combine 240 ml warm milk and 7 grams active dry yeast. Let it sit for 5 minutes until foamy.
2. Add 100 grams sugar, 75 grams melted butter, 500 grams all-purpose flour, 5 grams salt, and 2 large eggs to the yeast mixture. Mix until a soft dough forms.
3. Knead the dough on a floured surface until smooth. Place it in a greased bowl, cover, and let it rise until doubled in size (about 1 hour).
4. Preheat the oven to 175°C. Roll out the dough into a large rectangle.
5. For the filling, spread 75 grams softened butter over the dough, then sprinkle 200 grams brown sugar and 14 grams ground cinnamon evenly.
6. Roll the dough tightly and cut into 12 slices. Place the rolls in a greased baking dish.
7. Bake for 25-30 minutes or until golden brown.
8. For the frosting, beat together 113 grams softened butter, 113 grams cream cheese, 250 grams powdered sugar, and 5 ml vanilla extract until smooth.
9. Spread the cream cheese frosting over the warm cinnamon rolls.

Student's comments: (may be hand-written if legible)

- Learnt how to make soft, fluffy dough and roll it perfectly with a delicious cinnamon filling.
- The final rolls were warm, sweet, and drizzled with icing, making them a delightful treat!

Assessor's feedback: (may be hand-written if legible)

Recipe name

NAAN BREAD

Recipe reference No

08

Ingredients:

- Flour(strong)-350g
- Caster sugar -1.5tsp
- Salt-1tsp
- Baking powder -0.5tsp
- Fresh yeast15g
- Warm milk (37°C)-150ml
- Unsweetened plain yoghurt -150ml
- Butter, clarified -100g
- Poppy seeds -2tbsp
- With clarified butter -using ghee

Picture of the student holding the dish


Method of work:

1. Sift the flour into a suitable bowl and add the sugar, salt and baking powder
2. Mix the yeast into the warm milk and stir in the yoghurt, mix thoroughly with the flour to form a dough
3. Knead the dough until it is smooth. Cover with a clean cloth and leave to rise in a warm place for about 4hrs.
4. Divide the risen dough into 12equal portions and on a lightly floured surface, roll into balls
5. Flatten the balls into oblong shapes, using both hands and slapping the naan from one hand to the other
6. Cook the naan bread on the side of a tandoor oven or on a lightly greased griddle or heavy bottomed frying pan
7. Cook the naan on one side only. Brush the raw side with clarified butter and sprinkle with poppy seeds; turn over, cook the other side or brown under a salamander.

Student's comments: (may be hand-written if legible)

- *Learnt how to knead and cook the dough to achieve a soft, fluffy texture with a deliciously charred exterior.*
- *The final product was warm, flavorful, and perfectly paired with various curries and dips.*

Assessor's feedback: (may be hand-written if legible)

Recipe name
BASIC BUN DOUGH
**Recipe
reference No**
09
Ingredients:

- Strong flour-500g
- Yeast-25g
- Milk (scalded and cooled to 40°C)-250ml
- Butter -60g
- Eggs-2pcs
- Sugar-60g
- Milk -250ml
- Caster-100g

Picture of the student holding the dish

Method of work:

1. Sieve the flour
2. Dissolve the yeast in half the milk and add enough of the flour to make a thick batter cover with cling film and place in the prover to ferment
3. Rub the butter into the rest of the flour
4. Beat the eggs and add the salt and sugar
5. When the batter has fermented, add to the flour, together with the liquid
6. Mix slowly for 5min to form a soft dough
7. Place in a lightly oiled bowl, cover with cling film and prove for 1 hour at 26°C
8. Knock back the dough and knead on the table, rest for 10min before processing Bun wash
9. Bring both ingredients to the boil and brush over liberally as soon the buns are removed from the oven
10. The heat from the buns will set the glaze and prevent it from soaking in, giving a characteristic sticky coat



Student's comments: (may be hand-written if legible)

- Learnt how to create a soft, elastic dough through proper kneading and proofing techniques.
- The final product was light, fluffy, and perfect for a variety of delicious buns and rolls.

Assessor's feedback: (may be hand-written if legible)

Recipe name

German rye bread

Recipe reference No

10

Picture of the student holding the dish

Ingredients:

- Fresh yeast (or dried yeast may be used) 15 g
- Water, warm 60ml
- Black treacle 1 tbsp
- Vegetable oil 1 tbsp
- Caraway seeds (optional) 15 g
- Salt 15 g
- Lager 250ml
- Rye flour 250 g
- Unbleached bread flour 175 g
- Polenta Egg wash


Method of work:

1. Disperse the yeast in the warm water (at approximately 37°C).
2. In a basin mix the black treacle, oil, two-thirds of the caraway seeds (if required) and the salt. Add the lager. Add the yeast and mix in the sieved rye flour. Mix well.
3. Gradually add the bread flour. Continue to add the flour until the dough is formed and it is soft and slightly sticky.
4. Turn the dough on to a lightly floured surface and knead well.
5. Knead the dough until it is smooth and elastic.
6. Place the kneaded dough into a suitable bowl that has been brushed with oil.
7. Cover with a damp cloth and allow the dough to prove in a warm place until it is double in size. This will take about 1½–2 hours.
8. Turn the dough on to a lightly floured work surface, knock back the dough to original size. Cover and allow to rest for approximately 5–10 minutes.
9. Shape the dough into an oval approximately 25cm long.
10. Place on to a baking sheet lightly sprinkled with polenta.
11. Allow the dough to prove in a warm place, preferably in a prover, until double in size (approximately 45 minutes to 1 hour).
12. Lightly brush the loaf with egg wash, sprinkle with the remaining caraway seeds (if required).
13. Using a small, sharp knife, make three diagonal slashes, approximately 5mm deep into the top of the loaf.
14. Place in a preheated oven at 190°C and bake for approximately 50–55 minutes.
15. When cooked, turn out. The bread should sound hollow when tapped and the sides should feel crisp.
16. Allow to cool.

Student's comments: (may be hand-written if legible)

- Learnt how to mix and knead the dough to achieve a dense, hearty texture with a rich flavor.
- The final bread had a beautiful crust and was perfect for sandwiches or enjoyed with butter!

Assessor's feedback: (may be hand-written if legible)



Recipe Log Evidence Recording Form: Unit – Prepare and Cook Cold and Hot Desserts

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning outcome 2: Be able to prepare cold and hot desserts		
Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 Select suitable ingredients (12)	Flour	R1,R3,R5,R8
	Corn flour	
	Semolina	
	Fat (butter, margarine, oil)	R1,R2,R3,R5,R6,R7
	Sugar (caster, icing, granulated, treacle, syrup, honey)	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Fruit (fresh, dried, candied, glace)	R1,R2,R3,R4,R8
	Cocoa	
	Dairy products (egg, milk, yogurt, cream, soft cheese, curd)	R1,R2,R3,R4,R5,R7,R8,R9,
	Spices	
	Herbs	R3,R7
	Seeds	
	Nuts	R6,7,R8
	Baking powder/raising agent	
	Salt	R1
	Fillings	
	Chocolate (dark, milk, white)	
	Flavourings (rose water, coffee, orange flower water...)	R4,R6,8,R9,R10
	Essences/extracts	R3,R7,R9
	Jam	
2.2 Select appropriate tools and equipment (14)	Bowls	R1,R2,R3,R5,R7
	Scales	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Whisks	R1,R3,R5,R7,R9
	Rolling pin	R6
	Spoons (metal, wooden, plastic spatula)	R1,R3,R6,R9
	Baking tray including silicon sheets	R2,R5,R6,R7
	Knives including palette knife	R2,R3,R5,R6,R8
	Dough scraper	
	Peeler	R4
	Chopping board	R6,
	Mixing machine	
	Food processor	
	Liquidiser/blender	
	Tins/moulds	R2,R3,R5



	Grater	
	Measuring jug	R1,R9
	Sieves	R1,R3,R5,R8
	Cutters	R2
	Ice cream machine	
	Refrigerator	R1
	Freezer	
2.3 Follow required preparation Method of works (16)	Quality	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Quantity	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Weighing/measuring	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Mixing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Sifting	R1,R3,R5,R8
	Rubbing in	R2
	Straining	R9,R10
	Stirring	
	Whisking	R1,R3,R5,R7,R9
	Whipping	
	Folding	R2,R5
	Spreading	R1,R7
	Greasing	R2,R5,R6,R7
	Lining (rings, tins, baking sheets)	R2,R5,R6,R7
	Cooling	R3,R4,R9
	Piping	
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Aeration	R5
	Moulding	R2,R3,R5
	Setting	
	Freezing (churning)	
2.4 Comply with hygiene and safety standards (all)	Practices and procedures	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Records	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Avoiding bad habits and poor hygiene practices	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cross contamination prevention	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Allergens	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cleaning products and Method of works	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning outcome 3: Be able to cook and finish cold and hot desserts		
Assessment Criteria	Evidence (Unity content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Use appropriate cooking Method of works (5)	Boiling/poaching	R4,R9,R10
	Stewing	
	Baking	R2,R3,R5,R7
	Steaming	
	Combination cooking	R1
	Frying	R8
	Au bain-Marie	
3.2 Produce types of cold and hot desserts: Cold (4) Hot (4)	Cold: Meringues (oeuf a la neige, Pavlova, Eton mess)	R6
	Souffles	
	Egg based (crème caramel, crème brûlée, crème diplomat, custard/lemon tart)	R9
	Fruit based	R4
	Mousses	
	Cheesecakes	
	Sorbets and ice creams	
	Sponge based	R3
	Hot: Batter based (beignets, clafoutis, fritters)	R1,R8
	Egg based (bread and butter pudding, cabinet pudding)	R3
	Milk pudding (rice, semolina)	
	Pastry based	R7
	Crumbles	
3.3 Produce 'free from' cold and hot desserts (3)	Low fat	
	Alternative to sugar	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Gluten free	
	Dairy free	
	Nut free	R1,R2,R3,R4,R5,R7,R9,R10
	Suitable for vegan diet	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.4 Use appropriate finishing Method of works (11)	Colour	
	Balance of flavours	
	Appearance	
	Piping	
	Filling	
	Saucing	
	Glazing	
	Dusting	R3,R7
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Additions (eg chocolate, fruit, tuile, sugar...)	R1,R4



	Taste	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Texture	R1,R2,R3,R4,R5,R6,R7,R8
	Consistency between items/products	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Portion control	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature control	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.5 store cold and hot desserts not for immediate use	Temperature	
	Date	
	Labelling	
	Covered	
	Stock rotation	

Recipe name	Crepe Parisienne With Strawberry Compote	Recipe reference No	01
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Picture of the student holding the dish

Ingredients:

- Fresh strawberries 450g
- Caster sugar-150g
- Lemon juice ¼ lemon
- Water 75ml
- Crepes – 4 large/ 8small
- Brandy 25ml
- Vanilla macaroons-10small



Method of work:

1. Stir crepe batter mixture adding brandy at the same time pass through a fine chinois.
2. Add little vegetable oil to crepe pan and heat. Chop vanilla macaroons into small pieces.
3. Ladle a little of the batter into the crepe pan, sprinkle over the small pieces of macaroons. Cook for approximately 1 and half minutes on each side
4. Place each cooked crepe in between small sheets of silicone paper to retain the soft texture and keep warm until needed.
5. To prepare strawberry compote, wash and hull the strawberries, cutting any large ones to maintain a uniform size. Add the strawberries to a sauce pan with all other ingredients. Begin to cook slowly until the strawberries are cooked but still hold their shape. Reserve to one side to keep warm.
6. Spoon some strawberry compote into the middle of each and gently roll into a cigar or cornet shape.
7. Serve by dusting with icing sugar.

Student's comments: (may be hand-written if legible)

- Learnt how to prepare delicate crêpes and balance their texture with a sweet, fruity strawberry compote.
- The final dish was beautifully presented, flavorful, and made for a delightful dessert or breakfast treat.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Apple Charlotte

Recipe reference No

02

Ingredients:

- Dessert apples (Cox's) 1kg
- Butter 30g
- Caster sugar 100g
- Lemon, zest of 1
- Breadcrumbs Large,
- thin-sliced loaf of bread 1
- Clarified butter 250 g

Method of work:

1. Pre heat the oven to 220C.
2. Wash peel and cover the apples. Cut into fairly thick slices and place onto a saucepan with the sugar one quarter of the butter the finely grated zest.
3. Do not add any water gently stew the apples until they are just cooked and still maintain their shape.
4. Take the slices of bread and remove the crust cut out disc (one to fit the top and bottom of the pudding mould) Cut the remaining slices to strips up to 25mm wide.
5. Melt the remaining butter one side of a disc and place onto the bottom of a pudding mould. Brush the strips in the same way and place them vertically around the sides of the mould overlapping without leaving any gap press gently to the sides.
6. Remove the clove from the apple preparation and fill the centre of the mould with the cooked apple.
7. Cover the disc of bread on top and press down firm place into the preheated oven to bake for approximately 30 min until the bread icing is golden coloured and crisp.
8. Allow to cool slightly before turning out onto a plate and serving with a warm crème anglaise.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to layer bread and spiced apples effectively to create a beautifully structured dessert.
- The final dish was warm, comforting, and bursting with flavor, making it a perfect finish to any meal

Assessor's feedback: (may be hand-written if legible)

Recipe name

Cabinet Pudding

**Recipe
reference No**

03

Ingredients:

1. Plain sponge cake 100 g
2. Zest of unwaxed lemons
3. Grated Currants and sultanas 25
4. Milk, whole or skimmed 0.5 litres
5. Eggs 3–4
6. Caster or unrefined sugar 50g
7. Vanilla essence or a vanilla pod 2–3 drops (1 pod)

Picture of the student holding the dish

Method of work:

1. 1 Cut the cake into 0.5cm dice.
2. Mix with the lemon zest and fruits (which can be soaked in rum).
3. Place in a greased, sugared charlotte mould or 4 dariole moulds. Do not fill more than halfway.
4. Warm the milk and whisk on to the eggs, sugar and essence (or vanilla pod).
5. Strain on to the mould.
6. Place in a roasting tin, half full of water; allow to stand for 5–10 minutes.
7. Cook in a moderate oven at 150–160°C for 30–45 minutes.
8. Leave to set for a few minutes before turning out. Serve a fresh egg custard or hot apricot sauce separately.

Student's comments: (may be hand-written if legible)

- Learnt how to layer bread and custard effectively to create a rich and comforting dessert.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Porched Fruits

**Recipe
reference No**

04

Ingredients:

- Stock syrup- 200ml
- Fruit of choice: apples, strawberries, peeled pineapple, pears,
- Oranges, lemons, or mangoes
- Lemon juice- ½ lemon

Method of work:

1. Preheat the oven to below 100°C
2. Carefully select the chosen fruit and ensure there are no blemishes or bruising to the flesh. With the exception of mango and pineapple, there is no need to peel the fruit
3. Slice the fruit very thinly on a mandolin and sprinkle lemon juice over it as quickly as possible
4. Place the fruit slices to soak in a shallow tray of the stock syrup for approximately a ½ minute before shaking off the stock syrup and carefully placing the slices onto a baking sheet lined with a silicone baking mat
5. Place into the oven with the door left slightly open
6. Always check the fruit slices and turn each one over after approximately 1 hour. Leave in the oven for a further hour. The slices are ready when they begin to feel firm, they will become completely crisp once the fruit has cooled.
7. Place in an airtight container for storage. These fruit slices can last for up to one week if they have been properly dried out

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to poach fruits gently to maintain their shape and enhance their natural sweetness with subtle flavors.*
- *The final dish was light, beautifully presented, and a deliciously refreshing dessert or topping for other sweets.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Baked Alaska

**Recipe
reference No**

05

Ingredients:

- Vanilla ice cream or parfait 10 x 5 cm diameter rings (500 g approx.)
- Roulade sponge 1 sheet
- Stock syrup flavored with rum or kirsch 50ml
- Italian meringue 500 g

Picture of the student holding the dish

Method of work:

1. Sit the ice cream or parfait on a base of sponge.
2. Cut more sponge to fit and completely cover.
3. Brush all over with the syrup.
4. Set on squares of silicone paper, coat with the meringue and decorate by piping on a design with a small plain tube.
5. Dust with icing sugar and place in a very hot oven at 230°C for 2–3 minutes until the meringue is colored.



Student's comments: (may be hand-written if legible)

- *Learnt how to balance the layers of cake, ice cream, and meringue, and bake without melting the ice cream.*
- *The final dessert was beautifully golden on the outside, with a perfect contrast of warm meringue and cold ice cream inside.*

Assessor's feedback: (may be hand-written if legible)

Recipe name
Caramel and almond swirls
**Recipe
reference No**

06

the dish

Ingredients:

- Granulated sugar 250g
- Water 100g
- Liquid glucose 50g
- Flaked almonds 100g
- Vegetable oil 50ml

Method of work:

1. Lay a silicone baking mat onto a marble slab or stainless-steel work surface.
2. Alternatively, if a silicone baking mat is not available wipe the vegetable oil onto a clean marble surface
3. Place the sugar and the water into a heavy based clean saucepan and leave to soak for five min
4. Place the pan onto a medium and bring the sugar to the boil add the liquid glucose after the sugar has been boiling for 1min
5. Meanwhile place the flaked almond onto a baking sheet and toast under a hot salamander until golden in colour reserve to one side to cool down
6. Continue to boil the sugar until a light caramel colour has been achieved keep cleaning the inside of the saucepan walls with clean, cold water using a clean pastry brush. This will help to prevent sugar crystals from forming.
7. Remove the saucepan from the heat and rest the cooking by placing the pan into cold water for 10 settle the caramel stand for 2min before using.
8. Sprinkle the flaked almond over the prepared marble.
9. Dip a dessert spoon into the caramel and let a steady thin stream of hot. caramel fall from the spoon using this technique draw individuals spiral of the streaming caramel onto the flaked almond leave to rest.
10. Place in alright container for storage in a cold dry area and use as required.

Picture of the student holding



Student's comments: (may be hand-written if legible)

- *Learnt how to roll dough evenly and create a rich caramel filling, topped with crunchy almonds.*
- *The final swirls were sweet, buttery, and had a delightful mix of textures with the smooth caramel and toasted almonds.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Bread and butter pudding

Recipe reference No

07

Ingredients:

- Washed sultanas 100 g
- Thin slices of white bread Approximately 5
- Butter, melted 200 g

Custard

- Vanilla pod 1
- Milk 300ml
- Cream 300ml
- Eggs 5
- Caster sugar 100 g
- Nutmeg
- Apricot jam 100 g

Picture of the student holding the dish


Method of work:

1. Butter earthenware or other suitable dish and sprinkle with some of the sultanas.
2. Cut the crusts off the bread, dip in melted butter on both sides and cut in half diagonally.
3. Arrange overlapping bread slices neatly in the dish.
4. Sprinkle with more sultanas and cover with another layer of bread.
5. To make the custard, split the vanilla pod, add to the milk and cream and slowly bring to the boil.
6. Whisk the eggs and sugar together and add the boiling liquid, leave to infuse for 5 minutes before passing through a conical strainer.
7. Pour the custard over the bread and grate on some fresh nutmeg.
8. Place in a bain-marie and place in a moderate oven at 160°C, pour hot water into the bain-marie until it comes half way up the dish.
9. Bake for around 45 minutes until the custard is just set.
10. Once removed from the oven sprinkle with sugar and place under the salamander to crisp up and colour the top.
11. Finally, brush with boiled apricot glaze and serve with pouring cream or crème fraiche

Student's comments: (may be hand-written if legible)

- *Learnt how to layer buttered bread with custard to create a rich, creamy pudding with a perfect balance of sweetness.*
- *The final dessert was warm, comforting, and beautifully golden with a deliciously soft interior.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Banana Fritters With Almond Icecream

Recipe reference No

08

Ingredients:

- Sweet cider 300g
- Soft white flour (sieved) 100g
- Caster sugar 25g
- Bananas. Peeled and cut in half 2
- Almond ice-cream 4 balls
- Toasted almond flakes - 40g
- Fresh mint garnish 4 pluches
- Strawberry coulis 50ml

Picture of the student holding the dish


Method of work:

1. Preheat the deep fat fryer to 180 degrees.
2. Mix the cider, flour and sugar together and leave to rest for approximately half an hour at room temperature. Ensure that there are no lumps of raw flour in the mixture.
3. Prepare the bananas by cutting them in half and lightly flour each piece.
4. Dip each piece into the batter and transfer into the deep fat fryer. Fry for about 4 minutes until a pale golden color has been obtained. The fritters will rise to the surface once cooked.
5. Carefully remove and drain the fritters, placing them onto absorbent kitchen paper and keeping them warm for service.
6. Cook the remaining fruit in batches following the same procedures.
7. To serve, place one banana fritter onto a plate and decorate with the strawberry coulis. Place a ball of almond ice-cream for each portion. Decorate with the mint and toasted almond flakes.

Student's comments: (may be hand-written if legible)

- Learnt how to create crispy, golden banana fritters that perfectly complemented the sweetness of the bananas.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Caramel Sauce

Recipe reference No

9

Ingredients:

- Granulated sugar 50ml
- Water. 25ml
- Liquid glucose. 20g
- Double cream. 250ml
- Vanilla extract.

Method of work:

- Dissolve the sugar in a saucepan with the water over a low heat before then turning up the heat and bringing to the boil.
- Add the glucose at boiling point and wash down the sides of the saucepan with a clean pastry brush dipped in cold water to help prevent sugar crystals from forming.
- Cook until the sugar turns a deep Amber color. Immediately remove from the heat and carefully add the cream.
- Set the saucepan back on to the stove and bring back to the boil while constantly stirring. Simmer for 2 minutes.
- Pass through a fine strainer and use or store as required.

Picture of the student holding the dish





Student's comments: (may be hand-written if legible)

- Learnt how to carefully melt sugar to create a rich, smooth caramel sauce with a perfect balance of sweetness.

Assessor's feedback: (may be hand-written if legible)

Recipe name	Custard sauce	Recipe reference No	10
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Ingredients:

Serves 4

- Custard powder – 10g
- Milk – 250ml
- Caster sugar – 25g

Method of work:

- Dilute the custard powder with little milk.
- Boil the remainder of the milk.
- Pour a little of the boiled milk on to the diluted custard powder.
- Return to the saucepan.
- Stir to the boil and mix in the sugar,

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to carefully whisk and cook the custard to achieve a smooth, creamy consistency without curdling.*
- *The final sauce was rich, silky, and a perfect accompaniment to a variety of desserts like pies and puddings.*

Assessor's feedback: (may be hand-written if legible)

Recipe Log Evidence Recording Form: Unit – Biscuits, Cakes and Sponges

This form must be completed throughout the course, to indicate coverage of the unit minimum requirements.

Learning outcome 2: Be able to prepare biscuits, cakes and sponges

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
2.1 use tools and equipment (8)	Bowls	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Spoons	
	Whisks	R1,R2,R4,R6,R8,R9
	Mixers	
	Sieves	R2,R3,R9
	Rolling pin	R7,R10
	Piping bag and nozzles	R3,R5,R8
	Pans (frying, sauce)	
	Scales/measuring jug	
	Cutters	
	Knives/palette knife	R1,R2,R3,R4,R5
2.2 use required ingredients (all)	Recipe specifications	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Awareness of allergens	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cost related	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Portion control	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Waste management	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.3 Follow appropriate preparation Method of works (11)	Weighing/measuring	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Sifting	R2,R3,R7,R9
	Mixing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Rolling	R7,R10
	Rubbing in	R5,R6,R7,R8,R9,R10
	Creaming	R2,R4,R5,R6,R7,R8,R9,R10
	Beating	R1,R2,R4,R6,R8,R9,R10
	Whipping	R1,R5
	Melting	R4,R6,R8
	Piping	R3,R5,R8
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Greasing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning outcome 2: Be able to prepare biscuits, cakes and sponges

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
	Lining	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
2.4 Demonstrate safe and hygienic practices (all)	Wash hands before starting and between tasks	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Use clean tools and equipment	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Follow instructions	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Clean as you go	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Store safely	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Avoid cross contamination	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Learning outcome 3: Be able to cook biscuits, cakes and sponges

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
3.1 Use cooking Method of work appropriately (all)	Baking	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Recipe requirements	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Lining	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Greasing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Timing	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
3.2 produce types of biscuits (3) , cakes (3) and sponges (3)	Biscuits: (plain, decorated or dipped) Viennese	
	Cookies	
	Macarons	R9
	Tuiles	R10
	Florentines	
	Scones	R7
	Biscuit a la cuillère	
	Cakes: Cupcakes	
	Fudge cake	
	Carrot cake	
	Madeira	
	Brownies	
	Madeleines	R5



	Sponges:	Genoese	R2
		Swiss roll	R1
		Chocolate based	R5
		Victoria	
		Plain sponge	
		Joconde	

Learning outcome 4: Be able to finish biscuits, cakes and sponges

Assessment Criteria	Evidence (Unit content)	Recipe log reference
A minimum of (...) should be covered		
4.1 Use appropriate icings, fillings and glazes (7)	Buttercream	
	Pastry cream/ crème pâtissière	
	Whipped cream	R1,R5
	Chantilly cream	
	Jam	R1
	Chocolate	R5
	Ganache	
	Icing	R3,R7,R9
	Marzipan	
	Meringue	
	Preserved/fresh fruit	
	Fruit curd	
	Mousse	
	Cream cheese	
	Glazes	R4,R6
4.2 Use suitable presentation Method of works (5)	Portioning	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Cutting	
	Glazing	
	Piping	R9
	Motifs	
	Feathering	
	Smoothing	
	Dusting	R2,R7,R9
4.3 Store biscuits, cakes and sponges not for immediate use (all)	Temperature	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Suitable humidity	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Date and labelling	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Covered	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10
	Stock rotation	R1,R2,R3,R4,R5,R6,R7,R8,R9,R10

Recipe name

Swiss roll

**Recipe
reference No**

01

Ingredients:

- Fresh whole eggs - 4
- Caster sugar - 110g
- Sieved soft flour - 80g
- Potato flour - 40g

Method of work:

1. Whisk the eggs and sugar with a balloon whisk in a bowl over a pan of hot water.
2. Continue until the mixture is light, creamy and double in bulk.
3. Remove from the heat and whisk until cold and thick (ribbon stage).
4. Fold in the flour very gently.
5. Grease a Swiss roll tin and line with greased greaseproof or silicone paper.
6. Pour in the mixture and bake at 220°C for about 6 minutes.
7. Turn out on to a sheet of paper sprinkled with additional caster sugar.
8. Remove the paper from the Swiss roll, spread with warm jam.
9. Immediately roll up as tight as possible and leave to cool completely.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to create a light sponge cake that rolls perfectly without cracking.
- The final Swiss roll was filled with smooth cream and fruit, making it a delightful and visually appealing dessert.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Chocolate Sponge Cake

Recipe reference No

02

Ingredients:

- Medium whole eggs 4
- Caster sugar 120g
- Chocolate.
- Sift flour 120g
- Butter - 25g

Method of work:

1. Preheat the oven to 180 C
2. Whisk the sugar and eggs together, first to dissolve the sugar and then to form a still light sabayon
3. After whisking the foam should be at the classic ribbon stage. Rain the flour into the egg and sugar foam and incorporate the flour by hand
4. When the flour is almost completely folded in pour in the butter (this must not be hot) Scoop the Genoese mixture into the prepared tins (grease with butter and flour or line with silicon paper) to about three quarter full
5. Place in an oven and bake for 30min
The time may vary by a few minutes either way according to the quantity the tins thickness and the oven
6. There are two ways to check if the sponge is baked. First press the surface in the centre and it should spring back. Second the sponge should start to shrink from the edges
7. Turn out onto either a cooling material or silicon paper sprinkled with a little semolina.
8. Sprinkle the chocolate shavings to garnish.

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- Learnt how to whip egg whites to achieve a light and airy texture in the sponge.
- The final cake was fluffy, moist, and perfect for layering with cream and fresh fruit.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Sponge fingers

Recipe reference No

03

Picture of the student holding the dish

Ingredients:

- Egg yolks 180g
- Caster sugar 125g
- Vanilla essence Few drops
- Soft flour 125g
- Cornflour 125g
- Egg whites 270g
- Caster sugar 125 g

Method of work:

1. Prepare a baking sheet by lining with silicone paper cut to fit and set the oven at 160°C. Have ready a piping bag fitted with a medium plain tube. Scald two mixing bowls to ensure they are clean and free of grease.
2. Whisk the yolks, sugar and vanilla over a bain-marie until warm, then continue whisking off the heat until a thick, sabayon-like consistency is reached.
3. Sieve the flours on to paper.
4. In a second mixing bowl, whisk the whites with the sugar to a soft meringue.
5. Add the whisked yolks to the meringue and start folding in. Add the flour in 2 or 3 portions, working quickly but taking care not to overwork the mixture.
6. Using a plain piping tube, immediately pipe on to the prepared baking sheet in neat rows.
7. Dust evenly with icing sugar and immediately place in the oven for approximately 25 minutes.
8. When cooked, slide the paper (and biscuits) on to a cooling rack.
9. When cool, remove from the paper and store in an airtight container at room temperature, or leave on the paper and store in a dry cabinet



Student's comments: (may be hand-written if legible)

- Learnt how to pipe the batter to create perfectly shaped, light, and airy sponge fingers.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Lemon Loaf Cake

**Recipe
reference No**

04

Ingredients:

- Butter – 250g
- Caster sugar – 100g
- Lemon (grated zest) – 3
- Soft flour – 380g
- Baking powder – 10g
- Eggs – 200g
- Vanilla – 5ml
- Milk – 25ml

SYRUP

- Lemon juice – 3
- Caster sugar – 100g

Picture of the student holding the dish


Method of work:

1. Cream butter sugar and zest until soft and light
2. Sieve flour and baking powder twice
3. Mix together eggs and vanilla
4. Beat the eggs into the butter and sugar mixture
5. Fold in the flour
6. Add milk to achieve a dropping constituency
7. Deposit into greased loaf tins
8. Bake at 165°C for 45 minutes
9. Boil lemon juice and sugar
10. When the cake is cooked, brushed with the syrup
11. Leave to cool in the tin



Student's comments: (may be hand-written if legible)

- Learnt how to balance the tangy lemon flavor with a moist and tender crumb.
- The final cake was refreshing, fragrant, and perfect for enjoying with a cup of tea.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Coffee Gateau

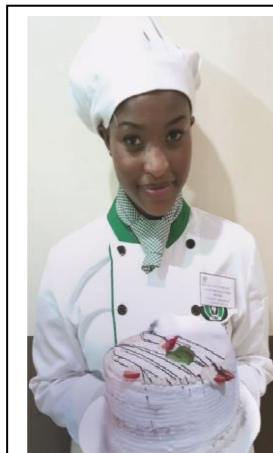
Recipe reference No

05

Ingredients:

- Stock syrup flavoured with rum 50ml
- Coffee buttercream 750g
- Coffee marzipan 100g
- Fondant 500g
- Crystallised violet
- Chocolate squares – 100g

Picture of the student holding the dish


Method of work:

1. Carefully split the sponge into three and line up the 3 pieces.
2. Place the sponge base on a cake card and moisten with rum syrup.
3. Pipe on an even layer of butter cream not thicker than that of the sponge
4. Place on the next layer of sponge, moisten with the syrup and repeat to give 3 layers of sponge and two of buttercream. Moisten the top with the syrup.
5. Put in the fridge for 1-2 hours to firm up.
6. Work some coffee essence into the marzipan roll out to 2mm thick and lay over the gateau working the sides to prevent any creases.
7. Warm the fondant blood heat, flavour with coffee essence and adjust the consistency with syrup.
8. Place the gateau on a wire rack with a tray underneath to catch the fondant.
9. Starting in the centre and moving outwards, pour over the fondant to completely cover. Draw a palette knife across the top to remove the excess.
10. Add some melted chocolate to some of the fondant. Adjust the consistency and squeeze through muslin.
11. Decorate the gateau by piping on a fine line design.
12. Finish the sides with squares of chocolate and the top with crystallised violets.

Student's comments: (may be hand-written if legible)

- Learnt the importance of precision in measuring ingredients, which helped achieve a perfect sponge texture that absorbed the coffee flavor beautifully.
- The experience taught me about layering techniques and the significance of allowing cakes to cool properly before frosting, resulting in a stunning and delicious final product.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Banana Bread

Recipe reference No

06

Ingredients:

- Ripe bananas 460g
- Icing sugar 220g
- Melted butter 140g
- Walnuts 50g
- Eggs 4
- Soft flour 460g
- Baking powder 20g
- Salt ½ teaspoon
- Raisins 100g
- Nutmeg 2g

Picture of the student holding the dish


Method of work:

1. Preheat the oven to 170c.
2. Beat butter together, icing sugar and the salt. Ensure that all the three ingredients have been thoroughly beaten so that they are light and fluffy.
3. Add the eggs one at a time, and mix into the creamed butter.
4. Add the sieved baking powder and flour, then the banana puree with the nuts, raisins and nutmeg. Beat all the ingredients together until a smooth paste has been achieved.
5. Line a loaf tin with a double thickness silicone paper and distribute the mixture into the loaf tins.
6. Place in the oven to bake for approximately 60 minutes, checking every often to ensure even cooking and that the crust is not colouring too quickly.
7. When baked remove the cakes from their moulds while still hot and place them onto a wire rack.
8. Brush immediately with hot apricot glaze.

Student's comments: (may be hand-written if legible)

- Learnt how to use overripe bananas to create a moist and flavorful loaf that's easy to make.
- The final bread was sweet, aromatic, and perfect for breakfast or as a tasty snack.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Tea Scones

Recipe reference No

07

Ingredients:

- Plain flour – 450g
- Baking powder – 25g
- Salt – 5g
- Butter – 225g
- Caster sugar – 170g
- Sour cream – 300ml

Method of work:

1. Sieve flour baking powder and salt
2. Cut butter into small pieces and rub into flour to achieve a sandy texture
3. Dissolve sugar in the cream
4. Add the liquids to the dry ingredients and cut in with a scraper. Mix lightly and do not overwork. Wrap in cling film and chill for one hour
5. Set oven at 180⁰ and line a baking tray with silicone paper
6. Roll out 2cm thick on a floured surface, cut out with a plain or fluted cutter
7. Brush with milk or egg wash and bake for 15-20 minutes
8. Test if cooked
9. Allow to cool and dust with icing sugar before serving

Picture of the student holding the dish





Student's comments: (may be hand-written if legible)

- Learnt how to handle the dough gently to achieve light and fluffy scones that rise beautifully.
- The final scones were warm, buttery, and perfect for enjoying with clotted cream and jam during afternoon tea.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Cats Tongues Biscuits

**Recipe
reference No**

08

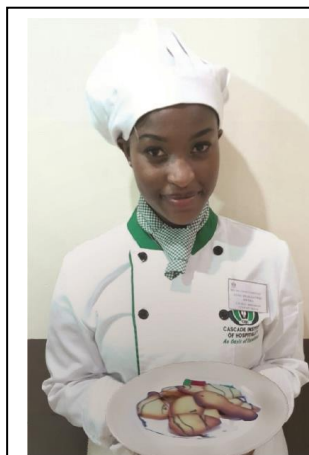
Ingredients:

- Icing sugar 60g
- Butter 60g
- Vanilla essence 2drops
- Egg whites 45g
- Flour (soft) 65g
- Pipping bag 6mm

Method of work:

1. Lightly cream the sugar and butter add the vanilla essence
2. Add the egg whites one by one continually mixing and being careful not to allow the mixture to curdle
3. Gently fold in the sifted flour and mix lightly
4. Pipe on to a lightly greased baking sheet using a 3mm plain tube 2.5cm apart
5. Bake at 230C – 250 C for a few minutes
6. The outside edge should be light brown and the centre yellow
7. When cooked remove on to a cooling rack using a pallet knife

Picture of the student holding the dish



Student's comments: (may be hand-written if legible)

- *Learnt how to pipe the batter to create the distinctive shape of these delicate, crisp biscuits.*

Assessor's feedback: (may be hand-written if legible)

Recipe name

Macaroons

Recipe reference No

09

Ingredients:
For the Macaron Shells:

- Almond flour – 120 g
- Icing sugar – 200 g
- Egg whites – 100 g (from about 3 large eggs)
- Granulated sugar – 50 g
- Food coloring (optional) – a few drops
- Pinch of salt

For the Filling (buttercream option):

- Unsalted butter – 100 g, softened
- Icing sugar – 150 g
- Vanilla extract – 1 tsp
- Milk – 1-2 tbsp (if needed to loosen the buttercream)

Picture of the student holding the dish


Method of Work:

1. Sift together the almond flour and icing sugar into a large bowl. Make sure there are no lumps. Set aside.
2. In a separate clean bowl, begin whipping the egg whites with a pinch of salt using an electric mixer on medium speed. Once they become foamy, gradually add the granulated sugar in three parts, continuing to beat until stiff, glossy peaks form. This should take about 5-7 minutes.
3. If you're using food coloring, add it to the stiff egg whites now and gently mix it in until evenly colored.
4. Gently fold the sifted almond flour and icing sugar mixture into the egg whites in three batches, using a spatula. Be careful not to over-mix, but mix until you achieve a thick, ribbon-like consistency. The batter should flow smoothly but not be too runny. Test it by lifting the spatula — the batter should fall back into the bowl and settle into itself after about 10 seconds.

5. Transfer the batter to a piping bag fitted with a round tip. Pipe small circles (about 3 cm in diameter) onto a baking tray lined with parchment paper or a silicone mat. Tap the baking tray firmly on the counter a few times to release air bubbles.
6. Let the piped macarons rest at room temperature for 30-60 minutes, until a skin forms on the surface and they are no longer sticky to the touch. This helps form the characteristic "feet" during baking.
7. Preheat the oven to 150°C (130°C fan). Bake the macarons for 15-18 minutes. The tops should be firm and shiny, with the "feet" visible around the edges. Let them cool completely on the tray before removing them.
8. Beat the softened butter until smooth and fluffy. Gradually add the icing sugar and beat until light. Add the vanilla extract and milk (if needed) to loosen the mixture to a spreadable consistency.
9. Transfer the buttercream to a piping bag. Pipe a small amount onto the flat side of one macaron shell, then sandwich it with another shell. Repeat with the remaining macarons.
- 10.** For best results, refrigerate the assembled macarons for 24 hours to allow the flavors and textures to develop. Bring to room temperature before serving.

Student's comments: (may be hand-written if legible)

- Learnt how to whip and fold the meringue batter to achieve the perfect smooth texture and crisp shell.
- The final macaroons were delicate, colourful, and had a lovely balance of crunch and a soft, chewy centre.

Assessor's feedback: (may be hand-written if legible)

Recipe name

Tulies

Recipe reference No

10

Picture of the student holding the dish

Ingredients:

- Egg whites2
- Butter100g
- Icing sugar100g
- Soft flour100g
- Vanilla extract

Method of work:

1. Beat together the butter and icing sugar until soft and creamy.
2. Add the egg whites and flour with the vanilla extract.
3. Beat thoroughly and then rest in a refrigerator for 45min.
4. Pre heat an oven to 200C.
5. Place a teaspoon full of the mixture onto a greased baking sheet and spread with a palette knife allowing room for the mixture to spread further during baking.
6. Bake until the edges of the tulies have started to turn golden.
7. Quickly remove each tulie from the oven and while they are still hot drape over a rolling pin to create the classic tulie shape.
8. Leave to cool and store in an alright container.



Student's comments: (may be hand-written if legible)

- Learnt how to create a thin batter that spreads beautifully to form delicate, crisp tuile cookies.
- The final cookies were light, crunchy, and perfect for garnishing desserts or enjoyed on their own.

Assessor's feedback: (may be hand-written if legible)