

# Year 9 Catering - Cookery Log



Recipes (Ingredients required from home)
Equipment (required from home)
Cookery methods
Teacher Assessment
Student Self-Evaluation

**Check all recipes for any food:  
Allergies and Intolerances,  
medical, ethical and cultural requirements!**



**Food Allergy?**  
**Ask before you eat...**

Management advises that food prepared here may contain or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, shellfish or fish



Please ask a member of staff about the ingredients in your meal before placing your order. Thank you

**Practical 1 - Pizza**

**Equipment required from home – food Container**



**SMSC**

Participation/Independent Learner.  
 Creating a positive learning environment.  
 Team work/Communication skills.  
 Health and safety and Self-evaluation.

**Ingredients**

**Method of making**

**HOMEWORK TASK**

**For the dough**

300g plain flour  
 2 tsp baking powder  
 2 tsp vegetable oil  
 150–175ml lukewarm water

**For the topping**

120g passata  
 1 tbsp tomato purée  
 1 tsp dried mixed herbs  
 1 mozzarella ball  
 10 pepperoni slices/vegetarian alternatives

**Student Choice**

**Students can add in or swap their own preferred toppings**

Preheat the oven to 180C Fan

**To make the dough**

1. Put 300g flour and 2 teaspoons of baking powder into a large bowl then stir in 2 teaspoons of vegetable oil.
2. Make a well in the centre, then stir in the warm water and mix to a soft dough - you want it to be slightly sticky and soft.
3. Tip the dough onto a lightly floured work surface and knead for 2 minutes, until smooth and springy.
4. Place a greased baking tray on the work surface, and place the dough on top of it. Carefully roll the dough out into a 30cm circle, roughly the thickness of a pound coin.

**To make the pizza sauce**

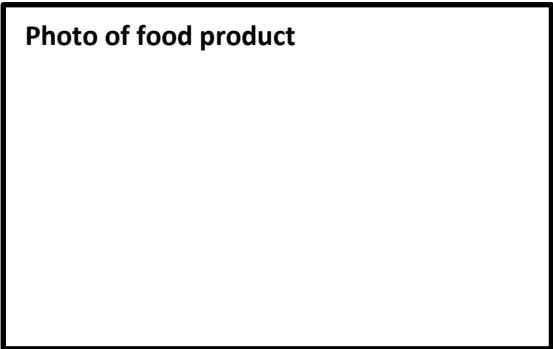
1. Pour 120g passata into a jug, then add 1 tablespoon of tomato purée and 1 teaspoon of mixed herbs and mix.

**To assemble the pizza**

2. Cover the pizza base with the tomato sauce, using the back of a spoon, leaving a small gap around the edges of the dough.
3. Tear and scatter the mozzarella over the tomato sauce, then top with the pepperoni.
4. Bake for 15 minutes.
5. Clean work area

STAR ASSESSMENT LEVEL ACHIEVED		Level Descriptor	Teacher Assessment
	<b>Emerging</b>	Pupils can safely apply limited skills to some equipment and ingredients to plan, prepare and present simple dishes.	
	<b>Developing</b>	Pupils safely apply technical skills to a limited range of equipment and ingredients to plan, prepare and present dishes with a consistent good standard of finishing.	
	<b>Secure</b>	Pupils safely and effectively apply competent technical skills to a range of equipment and ingredients to plan, prepare and present dishes with some degree of complexity.	
	<b>Mastery</b>	Pupils safely and effectively apply accurate and complex technical skills when using a wide range of equipment and ingredients to plan, prepare and present challenging dishes.	
	<b>Exceptional Performance</b>	Pupils safely and effectively apply precise and sophisticated technical skills when using a wide range of equipment and ingredients to plan, prepare and present complex dishes.	

**Student response – self-evaluation - What will I do to improve my practical skills:**



**Practical 2 - Brownie**

**Equipment required from home – food Container**



Participation/Independent Learner.  
 Creating a positive learning environment.  
 Team work/Communication skills.  
 Health and safety and Self-evaluation.

**Ingredients**

**Method of making**

**HOMEWORK TASK**

**For the Brownie**

- 200g dark chocolate
- 150g butter
- 175g sugar
- 3 eggs
- 75g flour
- 100g white chocolate
- 100g milk chocolate

Preheat the oven to 180C Fan

1. Melt 200g chocolate (dark) with 150g butter in saucepan
2. Pour mixture in a bowl
3. Mix in 175g sugar
4. Whisk in 3 eggs
5. Whisk in 75g flour
6. Chop 200g mixed chocolate (white and milk) into chunks and add to bowl
7. Pour into greased and lined baking tin
8. Place on baking tray – bake for 20 – 30 mins
9. Clean work area

**STAR ASSESSMENT  
LEVEL ACHIEVED**

**Level Descriptor**

**Teacher  
Assessment**



**Emerging**

Pupils can safely apply limited skills to some equipment and ingredients to plan, prepare and present simple dishes.



**Developing**

Pupils safely apply technical skills to a limited range of equipment and ingredients to plan, prepare and present dishes with a consistent good standard of finishing.



**Secure**

Pupils safely and effectively apply competent technical skills to a range of equipment and ingredients to plan, prepare and present dishes with some degree of complexity.



**Mastery**

Pupils safely and effectively apply accurate and complex technical skills when using a wide range of equipment and ingredients to plan, prepare and present challenging dishes.

**Exceptional  
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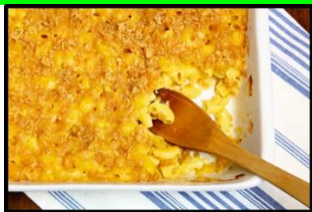
**Student response – self-evaluation - What will I do to improve my practical skills:**



**Photo of food product**

**Practical 3 – Mac & Cheese**

**Equipment required from home – Ovenproof dish**



Participation/Independent Learner.  
 Creating a positive learning environment.  
 Team work/Communication skills.  
 Health and safety and Self-evaluation.

**Ingredients**

**HOMEWORK TASK**

**For the Mac & Cheese**

- 500ml milk
- 4 tbsp plain flour
- 50g butter
- 150g grated strong cheddar (100g for sauce and 50g for topping)
- 200g dried macaroni
- 4 rashers cooked bacon/ 4 slices ham / vegetarian alternative
- 60g white breadcrumbs/ bag cheese and onion crisps
- salt and black pepper

**Method of making**

**COOK THE MACARONI**

1.) Cook the macaroni according to the package instructions in a saucepan and drain when cooked in a colander – set aside

**MAKE THE CHEESE SAUCE**

- 2.) Use the same saucepan to make the sauce over a low heat - 2
- 3.) Add 50g butter to the saucepan – melt gently
- 4.) Stir in 4 tablespoons of plain flour to create a paste
- 5.) Gradually add 500ml milk, turn on the heat to medium – 4 and start to whisk the mixture.
- 6.) Keep whisking the mixture until it comes to the boil and thickens
- 7.) Stir in 100g grated strong cheddar cheese until melted and remove from cooker.

**ASSEMBLE THE MACARONI AND CHEESE SAUCE AND OVEN BAKE**

- 8.) Add the cooked macaroni to the saucepan with the cheese sauce.
- 9.) Chop and add - 4 rashers cooked bacon/ 4 slices ham / vegetarian alternative.
- 10.) Season with salt and pepper and stir the all the ingredients together.
- 11.) Tip the combined ingredients into an ovenproof dish.
- 12.) Top with 50g of grated cheddar cheese.
- 13.) Add breadcrumbs/crushed cheese and onion crisps.
- 14.) Place on a baking tray and bake in oven@ 200c for 10 minutes
- 15.) Clean work area

**STAR ASSESSMENT LEVEL ACHIEVED**

**Level Descriptor**

**Teacher Assessment**



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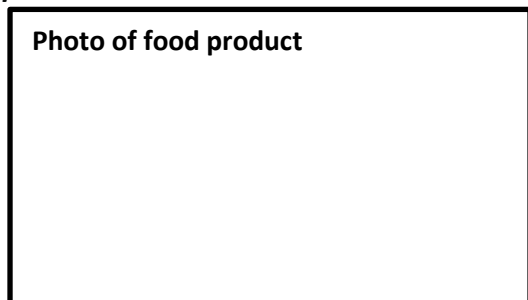
**Exceptional Performance**

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**Student response – self-evaluation - What will I do to improve my practical skills:**



**Photo of food product**



**Practical 4 – Lemon Drizzle Cake**

**Equipment required from home – food Container**



Participation/Independent Learner.  
 Creating a positive learning environment.  
 Team work/Communication skills.  
 Health and safety and Self-evaluation.

**Ingredients**

**Method of making**

**HOMEWORK TASK**

**For the Lemon Drizzle cake**

70g softened butter  
 120g caster sugar  
 2 medium eggs  
 140g self-raising flour  
 1 tsp baking powder  
 finely grated zest 1 lemon  
 2 tbsp full-fat milk  
 For the drizzle topping  
 30g granulated sugar  
 juice 1 lemon

Heat oven to 160C fan.

1. Line a 20 x 20cm square baking tin with baking parchment.
2. Using a whisk, beat the butter and sugar together until pale, light and fluffy.
3. Add the eggs and mix again.
4. Add the flour, baking powder, lemon zest and milk - mix with a wooden spoon until all the ingredients are thoroughly combined.
5. Pour the mixture into the prepared tin and place on a baking tray - bake for 15-20 mins or until a skewer comes out clean.
6. Mix the sugar and lemon juice together and pour over the hot cake.
7. Leave to cool in the tin.
8. When cooled remove from tin and cut into even squares.
9. Clean work area.

**STAR ASSESSMENT LEVEL ACHIEVED**

**Level Descriptor**

**Teacher Assessment**



**Emerging**

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**Developing**

Pupils safely apply technical skills to a limited range of equipment and ingredients to plan, prepare and present dishes with a consistent good standard of finishing.

**Secure**

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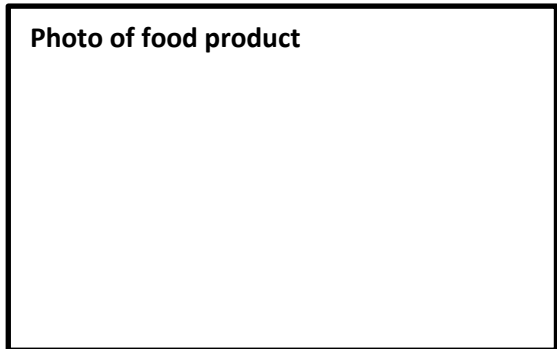
**Exceptional Performance**

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**Student response – self-evaluation - What will I do to improve my practical skills:**



**Photo of food product**



## Practical 5 – Chicken and Noodle Stir-fry

## Equipment required from home – food Container



Participation/Independent Learner.  
Creating a positive learning environment.  
Team work/Communication skills.  
Health and safety and Self-evaluation.

### Ingredients

#### HOMEWORK TASK

Equivalent of 500g of vegetables – student choice: any suitable vegetable option:

carrots, baby corn, broccoli, courgettes, red peppers, spring onions, mushrooms, cabbage

1 tbsp vegetable oil

1 garlic clove

1 teaspoon of ginger spice

1½ tbsp soy sauce

2 tbsp sweet chilli

sauce (optional) or student choice of sauce.

Protein choice – pick one

option: 200g cooked

prawns, 200g cooked salmon

(flaked), 200g cooked chicken

breast (shredded) or 200g

vegetarian alternative.

200g soft noodles – (straight to wok)

### Method of making

1. Prepare vegetables – Cut and wash vegetables to desired shape.
2. Cook Vegetables – Add vegetables according to cooking times - to frying pan/ saucepan with a tablespoon of vegetable oil – cook vegetables until al dente.
3. Add flavourings – Add sauce/spices/flavourings/seasonings to vegetable mix and continue to cook.
4. Add protein ingredient – add cooked protein ingredient to vegetable mix and continue to cook.
5. Add noodles – add straight to wok noodles to vegetable mix stir through until warmed – dish will be now ready to serve.
6. If you have dried noodles – soften one nest of noodles with hot water in a bowl/jug – drain water and add to vegetable mix.
7. Transfer stir-fry into a container.
8. Clean work area

### STAR ASSESSMENT LEVEL ACHIEVED

### Level Descriptor

### Teacher Assessment



#### Emerging

Pupils can safely apply limited skills to some equipment and ingredients to plan, prepare and present simple dishes.



#### Developing

Pupils safely apply technical skills to a limited range of equipment and ingredients to plan, prepare and present dishes with a consistent good standard of finishing.



#### Secure

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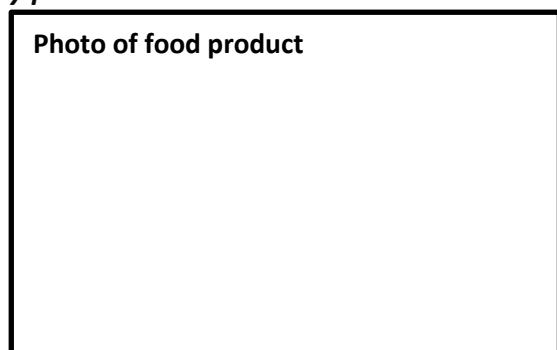
#### Exceptional Performance

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### Student response – self-evaluation - What will I do to improve my practical skills:



Photo of food product



**Practical 6 – Cheese and leek filo pastry tart**

**Equipment required from home – Ovenproof dish**



**SMSC**

Participation/Independent Learner.  
 Creating a positive learning environment.  
 Team work/Communication skills.  
 Health and safety and Self-evaluation.

**Ingredients** **Method of making**

**HOMEWORK TASK**

100ml olive oil  
 1 pack filo pastry,  
 150g mature cheddar  
 150ml single cream  
 1 large leek/or onion  
 salt and black pepper

- Preheat the oven to 180C Fan
1. One at a time, lightly brush a filo pastry sheet with a little of the oil and place in the tin, pressing gently into the base and up the sides of the tin. Arrange the next lightly oiled pastry sheet at right angles to the first. Repeat with two more layers, leaving a flat base and frilly edges.
  2. Mix the cheese with the cream to make a soft paste.
  3. Drop teaspoonfuls of the paste over the pastry case and spread lightly with the back of a spoon, taking care not to tear the pastry.
  4. Top the cheese mixture with the sliced leek/onion and season with black pepper.
  5. If the pastry edges hang over the tin too much (this will depend on the size of the sheets), roll loosely back towards the filling.
  6. Bake the tart for about 25 minutes, or until the pastry is crisp and golden brown and the leeks are softened.
  7. Remove from the oven to cool.
  8. Clean work area.

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**Student response – self-evaluation - What will I do to improve my practical skills:**



**Photo of food product**

