

HEALTH & SAFETY

Hands and Surfaces Always wash your hands and any surfaces you are working on before starting work.

Knives Avoid walking around with knives whenever possible. If you do need to move with a knife it should be in a sheath, if available, and pointing down. Use the correct knife for the job.

Heat Hot objects, such as pans, utensils or grills, should be moved the shortest safe distance possible. They should not be left where they could be knocked.

Communicate Most kitchen accidents happen because people don't communicate. Tell people, calmly, what you are doing, for example moving with a knife or hot pan. Let people know you are moving behind them.

FIRST AID

Cuts Apply pressure, clean and apply plaster. Ideally not a food coloured one!

Burns Cool, but not cold, ideally running, water for as long as possible. Ideally 20 minutes plus.

Tell an adult if you need first aid.

STAGES OF COOKING

There are roughly five stages in cooking, following these in order and keeping a structured approach is one of the first skills you need to become a better cook.

1. Gather by reading the recipes carefully and collecting everything you need. This includes ingredients, utensils, appliances, pots, pans, and people.

2. Prepare by weighing, chopping and measuring everything you can. You want to avoid waiting for ingredients to be ready in the next step.

3. Cook your food using the instructions in the recipe. Try to keep to timings to ensure everything is still hot when you get to the next step. Prioritise cooking food that takes the longest first.

4. Plate your food. Add the cooked food and arrange neatly on the plate. Add decorative elements such as herbs to make it look special. Remember we often make an opinion of food when we first see it.

5. Eat the food. Preferably with other people, food is better with company!

Top Tip Try to wash up as you go, it will save time and energy later. But don't let your food get cold!

METHODS OF COOKING

How you cook food greatly affects flavour and texture, and different foods benefit in different ways.



Boiling food is immersed in boiling water until cooked.

Baking and Roasting when food is heated in an enclosed environment such as an oven.

Frying There are several variations of frying:

Pan/Shallow Frying when food is cooked in a pan with oil.

Deep Frying food is completely immersed in hot oil

Saut  ing when food is browned on one side then the other with a very small amount of oil.

Stir Frying food is fried very quickly in a very hot oiled pan.

Grilling A dry intense heat is applied to one side of the food.

Steaming Food is cooked over the steam from boiling water in the pan below.

Poaching food is partially or fully submerged in just below boiling liquid.

Simmering A slower version of boiling over a lower heat.

Blanching The food is plunged into boiling water until part-cooked and then into cold water.

Braising & Stewing The food is seared and then cooked in liquid for a long time.

ONION BHAJI RECIPE

A fresh and easy to make version to make a classic snack.

Makes 4 decent size Bhaji or 2 huge ones!

1 Large Onion
50g Gram (Chickpea) Flour
½ tbsp Rice Flour
pinch Salt
1 green chilli (deseeded, to taste)
1 tsp Coriander Seeds (Crushed)
½ tsp Cumin Seeds (Crushed)
2 tsp Lemon Juice
1 tbsp Fresh Coriander(Chopped)
60ml Warm Water
Vegetable Oil (For Frying)



TYPES OF KNIFE

Using the correct knife can save you time and is much safer. Here are some of the most common options.



Chef's Knife The knife you should be using most. It has a longer blade which (counter-intuitively perhaps) makes it safer when used correctly.



Pairing Knife A small knife for precise work when peeling or cutting vegetables in the hand.



Bread Knife Good for bread products, but also useful for soft fruit and vegetables.

RAITA

A fresh and easily adaptable dip to go with all sorts of dishes.

Base

Greek Style Yogurt
Salt (to taste)

Flavour Options

Mint
Cucumber (Chopped small and cored)
Mango
Cumin
Onion
Pineapple

or a combination of the above... or something else entirely!



FOOD HYGIENE AND SAFETY

Cleaning

Hands Wash thoroughly before and after cooking, going to the toilet, touching the bin, your face or raw foods.

Worktops Wash before and after preparation and when using the same utensils for a different type of food, e.g. raw meat to veg. Ideally use separate boards and knives for ready to eat and raw foods.

Dishcloths Wash them regularly and dry fully. Washing up and then using a dirty cloth defeats the point!

Cooking and Reheating

Chicken, Duck, Pork Should be cooked through until juices run clear. Chicken becomes opaque when cooked.

Beef and Lamb Joints and steaks can be served rare (uncooked) as long as the surface has been seared to kill any bacteria.

Fish & Shellfish should be cooked until the flesh turns opaque and, in the case of fish, will flake with a fork. Closed shellfish will open when cooked, never eat one that was open before cooking or doesn't open during cooking.

Veg is unlikely to cause any issues if it is washed.

When **Reheating Food** you should ensure it is hot throughout and you reheat no more than once.

STORAGE

Once prepared and cooked food should be cooled and stored in the fridge if it is not going to be eaten quickly.

Food can be stored longer when frozen and once defrosted should not be refrozen.

DIETARY REQUIREMENTS, ALLERGY AND INTOLERANCES

You should always check for requirements before serving food to other people as allergies and intolerances can be extremely dangerous.

Common allergens to watch out for are cows milk (lactose), eggs. Peanuts, soybeans, peas, chickpeas, tree nuts, shellfish and wheat (gluten).

Packaging will list common allergens so always check.

PLATING

A creative part of cooking, plating the food can range from simply laying food out neatly on a plate to elaborate designs! Use colours, shapes and textures to create some interesting dishes.



SIMPLE CHICKEN OR VEG CURRY

A gentle chicken (or veg) curry that is tasty and easy to make.

Enough for 2/3 portions.

For Chicken Version
2 Chicken Breasts

For veg version
a selection of **Fresh Veg**

1 **Onion** (thinly sliced)
½ tbsp **Ginger Paste**
½ tbsp **Garlic Paste**
pinch **Turmeric**
½ tsp **Red Chilli Powder** (more if you like spice)
½ tbsp **Malt Vinegar**
2 tbsp **Vegetable oil**
pinch **Salt**



BESAN ROTI

A tasty, gluten free, side or snack. Made a bit like pancakes.

Makes 4

250g **Gram (chickpea) flour**
handful **Baby Spinach** (roughly chopped)
1 tsp **Cumin Seeds**
½ tsp **Garlic Granules**
¼ tsp **Ground Ginger**
1 tsp **Chilli** (Fresh or Flakes)
pinch **Turmeric**
pinch **Salt**
Water



PLANNING A MENU

Check if there is anything the people you are cooking for can't or won't eat.

Start with your main course and plan the rest from there.

Balance your flavours (salty, sweet, sour, bitter, and umami) **and textures** (crunchy and raw, cooked, and creamy, etc.). A variety of these across each dish and the courses will make your whole meal more exciting.

Try to **avoid repeating** ingredients across courses to help with variety and balance.

Think about how you will **serve your meal**. Will it be plated individually, served buffet or mezze style or even a combination.

Plan so that as much of the menu as possible can be **made in advance** so there is not too much wait between courses.



SPICED AND POACHED PEARS

Poached pears are a surprisingly easy and tasty dessert and can look impressive when served.

Serves 4

200ml **apple juice**
3tbsp **lemon juice**
15g **sugar**
½tsp **ground cinnamon**
3 **cardamom pods**
1tsp **vanilla extract**
4 **pears**

Whipped Cream or Ice-cream to Serve

