

Year 10 Catering Summer Work – 2 hours
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We would like you to do some cooking over the summer holidays to really work on your practical skills.

There are a choice of recipes for you to choose from, we have chosen these recipes as they have key skills that will benefit you in Year 11.

#### Recipe choices

- Shortcrust pastry – Quiche
- Dough based – Bread Rolls
- Egg white based dish – Pavlova

If you would like to cook all of them, you can! 😊

Please take photos and email them to your Catering teacher or submit via SMHW.

Any questions, please email your teacher.

Have a nice summer holiday and we'll see you in September!

## Mini Quiche

### Ingredients

#### Pastry:

115g Plain flour  
50g Butter  
Fry light

#### Filling:

2 Medium free-range eggs  
50ml milk  
2-3 Mushrooms  
3 Cherry tomatoes  
50g Cheddar cheese



You can swap the mushrooms and cherry tomatoes for a filling of your choice.

### Method

1. Pre-heat the oven to 180°C/Gas mark 5.
2. Spray fry light into each of the muffin tin holes, making sure the area is evenly covered with enough oil, so the pastry won't stick.
3. Sift the flour into a large bowl, add the diced butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
4. Add 2-3tbs cold water and mix with your hands to a firm dough.
5. Knead the dough briefly so its about the thickness of a £1 coin. Cut out 10-12 circles large enough to line one of the holes in the tin. Place each cut out circle into a hole in your muffin tray.
6. In a jug, whisk together the eggs and milk until fully combined and then pour equally into the pastry cases. They should be filled about  $\frac{1}{2}$  -  $\frac{2}{3}$  full.
7. Chop your mushrooms and tomatoes into approx. 1cm pieces and add to the quiches in any combination you like until the egg level is close to the top. Be careful not to over fill your quiches!
8. Grate the cheese and place a pinch on top of each quiche.
9. Bake for 10-15 minutes until the filling is just firm and the outer edges of the pastry are golden.
10. Allow to cool a little before lifting from the tin and checking they are firm underneath – if not, return to the oven for a couple more minutes.
11. Transfer to a wire rack once they have cooled a little in the ti

## Tear and Share Bread

### Ingredients

250g Strong Flour  
1 level tsp. Salt  
½ level tsp. Sugar  
10g Margarine  
150ml Warm Water  
7g Fast Action Yeast



### Method:

1. Pre-heat the oven gas 7/210°C.
2. Grease the 20cm round cooking tin.
3. Place the flour, salt and sugar into the mixing bowl and rub-in the margarine.
4. Stir in the dried yeast.
5. Measure out the warm water in a measuring jug.
6. Make a 'well' in the flour mixture and pour in warm water.
7. Mix with one hand to form a soft dough.
8. Put some flour on the table and knead for at least 5 minutes.
9. Divide the dough into eight equal pieces and shape into 8 rolls, placing 7 pieces around the outside of the tin and place one piece in the centre.
10. Leave in a warm place until almost double in size.
11. Add glaze and/or topping – as required.
12. Bake for 15 to 20 minutes.
13. When the dough is cooked it will sound hollow when the base is tapped. Remove from the tin and allow to cool on a cooling tray.

### Storage

- Store in a bread tin, or in an airtight container. Eat within 3 days for the best taste.

## Strawberry Pavlova

### Ingredients

4 egg whites  
250g caster sugar  
1 tsp white wine vinegar  
1 tsp cornflour  
1 tsp vanilla extract

### For the topping

500g strawberries  
3 tbsp icing sugar  
350ml double cream



### Method

1. Heat oven to 150C/130C fan/gas 2.
2. Using a pencil, mark out the circumference of a dinner plate on baking parchment.
3. Whisk 4 egg whites with a hand mixer until they form stiff peaks, then whisk in 250g caster sugar, 1 tbsp at a time, until the meringue looks glossy.
4. Whisk in 1 tsp white wine vinegar, 1 tsp cornflour and 1 tsp vanilla extract.
5. Spread the meringue inside the circle, creating a crater by making the sides a little higher than the middle.
6. Bake for 1 hr, then turn off the heat and let the Pavlova cool completely inside the oven.
7. When the meringue is cool, chop 100g of the strawberries. Mix them with 2 tbsp icing sugar.
8. Place in a food processor, blitz until smooth, and then push the fruit mixture through a sieve.
9. Whip 350ml double cream with the remaining 1 tbsp icing sugar and spread it over the meringue. Put the remaining 400g halved strawberries and 100g on the cream and finally pour the sauce over the whole lot.

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Link to recipe from BBC Good Food:

<https://www.bbcgoodfood.com/recipes/strawberry-pavlova>

There is a video on how to make this Pavlova on the page.

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