

Jointing a Whole Chicken

Ingredients

1 whole fresh chicken

In this lesson you will be cutting the chicken up into its various **joints which will then be frozen in school and used in subsequent lessons.**

The date of this practical will be

Cheesy stuffed chicken

(Alternative choice of stuffing provided below)

2 chicken leg joints (Frozen at school)

1 tbl fresh basil leaves, shredded

50g soft cream cheese

4 - 6 slices pancetta / bacon

- 1 Pre-heat the oven to 220 °C, gas mark 7
- 2 Bone the chicken thigh and remove skin
- 3 Mix together the cream cheese and shredded basil.
- 4 Place the chicken on a chopping board skin side down. Spread half of the cream cheese over each chicken thigh.
- 5 Roll up the chicken thighs and wrap with pancetta or bacon. Secure with a cocktail stick or string.
- 6 Transfer the wrapped thighs to non-stick baking dish, seam side down and roast in the oven for 25-30 minutes or until the pancetta/bacon is golden and the chicken cooked through.
- 7 Serve simply with fresh seasonal vegetables.

The date of this practical will be

Chicken Chasseur

2 chicken breast pieces and wings (Frozen at school)

4 rashers streaky bacon (chopped)

1 onion (chopped)

25g flour

25g marg or butter

50g mushrooms (sliced)

250ml chicken stock

1 bay leaf

1 clove garlic (if wanted)

1 tablespoon soy sauce

200g tin chopped tomatoes

1 – 2 tablespoons tomato puree

seasoning, salt, pepper, mixed herbs

- 1 Gently fry chicken pieces in marg/butter to seal the outsides. Lift from pan and place on metal plate.
- 2 Add bacon and onion to the pan and fry gently until onion is soft but not browned.
- 3 Stir in flour and cook for 1 – 2 minutes.
- 4 Remove from heat and gradually stir in the stock.
- 5 Return to heat, bring to boil and add the tinned tomatoes, sliced mushrooms and seasoning. Add soy sauce but only add tomato puree if colour is too pale. Re-add chicken.
- 6 Allow to simmer very gently (either on the hob or in a casserole dish in the oven) for approx 25-30 mins or until chicken is cooked. Taste and adjust seasoning if necessary.

The date of this practical will be

Salmon en Croute

75g baby spinach

15g butter

½ small onion

55g ricotta cheese

15g parmesan cheese

Pinch of nutmeg

Salt and pepper

} Complete steps 2-4 to make the stuffing at home.

225g ready rolled puff pastry

150g salmon fillet divided into 2 equal portions

1 egg beaten

1. Preheat the oven to 200° C / gas 6.
2. Cook the spinach in 1 tablespoon water for 2 minutes, stir and cook for another 2 minutes until wilted. Drain in a colander and leave to cool
3. Melt the butter and sauté the onion for 8-10 minutes until softened. Transfer to a bowl to cool
4. Use your hands to squeeze the moisture from the spinach, then chop it and add it to the onion along with the ricotta, parmesan and nutmeg. Season with salt and pepper.
5. Divide the pastry into 2 and roll each piece to a rectangle of about 16 x 40 cm.
6. Place a portion of salmon on one piece of the rolled pastry and season and top with a quarter of the spinach and ricotta mixture. Brush some beaten egg around the edge of the salmon
7. Carefully fold the pastry over the top of the salmon and press down to seal the edges. Trim and decorate with pastry.
8. Brush with beaten egg and cook for 25 minutes

The date of this practical will be

Plaice Goujons

£2.50 to purchase 1 whole plaice from school

2 tablespoons plain flour
Salt and pepper
2 eggs, beaten
85g fresh or dried breadcrumbs
85g grated parmesan cheese
1 tsp paprika
2-3 tablespoons sunflower oil

- 1 Preheat the oven to gas 6, 200°C, fan 180°C.
- 2 Meanwhile, for the goujons, cut the 4 fillets into 2cm wide strips and season, for the bites cut the fish into bite sized pieces.
- 3 Put the other ingredients in separate bowls – flour, salt and pepper in one, eggs in another and breadcrumbs, cheese and paprika in another.
- 4 Then dip each piece of fish in flour, then egg, then breadcrumbs. For an extra crispy coating dip the fish twice in the egg and breadcrumbs.
- 5 Put on a hot baking sheet, drizzle with olive oil and bake for 15 minutes, turning a few times, until the outside is golden and firm to the touch.
- 6 Serve the fish with the sauce, potato wedges and lemon.

The date of this practical will be

Assessed Practical

Towards the end of the module you will be required to complete an assessed practical. You will be completing 2 dishes within one hour using a written timeplan.

The date of this practical will be

Food Preparation & Nutrition Recipes Year 10



Spring Term Meat, Fish, Poultry and Eggs

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Chicken Chasseur
Cheesy stuffed Chicken
Salmon en Crouete
Plaice Goujons
Assessed practical