

# Fulford School

## Year 9 Recipe Book

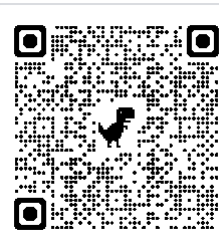
Name \_\_\_\_\_ Teacher \_\_\_\_\_

Form \_\_\_\_\_ Group \_\_\_\_\_

### Recipes

- |                                      |  |
|--------------------------------------|--|
| 1. Banana & oat muffins              | - Diet related health issues             |
| 2. Pork Schnitzel                    | - Protein : mechanical denaturing.       |
| 3. Chilled lemon Flan                | - Protein : coagulation                  |
| 4. Cottage Pie                       | - food choice allergies/intolerances.    |
| 5. Chocolate crinkle biscuits        | - Fair trade product.                    |
| 6. Lasagne (ragu)                    | - Food labelling : Traffic light labels. |
| 7. Lasagne (béchamel sauce/assembly) | - Carbohydrates : gelatinization.        |
| 8. Pizza                             | - Food provenance.                       |
| 9. Chicken fried rice                | - Food Staples : Rice and oats.          |
| 10. Fresh pasta                      | - food staples : Wheat.                  |

# Recipe: Banana & oat muffins



## Ingredients

150g Self Raising Flour  
75g Plain Flour  
½ tsp Bicarbonate of Soda  
1 Egg  
100ml Vegetable Oil  
2 small / 1 Large Banana  
30g oats  
100g Brown Sugar  
100mls Milk

## Equipment

Sieve  
Large mixing bowl  
Small bowl  
Measuring jug  
Fork  
Wooden spoon  
Fork  
Teaspoon  
Muffin tray  
Muffin cases

## Method

1. Preheat oven to 200°/Gas 6.
2. Sift flours, bicarbonate of soda into mixing bowl.
3. Add brown sugar and oats and stir to combine.
4. Combine milk, egg and oil in measuring jug.
5. Mash up your banana and add to other liquids in jug, stir well to combine.
6. Add wet ingredients to the flour, sugar and oats.
7. Stir with wooden spoon until just combined – **do not over mix, a few lumps is ok!**
8. Divide evenly between muffin cases – should be enough for 10-12 muffins.
9. Bake for 20 minutes until well risen and springy to the touch.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. limited consistency within batch.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients used to make a consistently sized batch of muffins.</li><li>• Independent and safe working.</li><li>• Adapted the recipe.</li></ul>

# Recipe: Pork Schnitzel



## Ingredients

2 Pork loin steaks  
3 slices of bread  
1 egg  
2 Tblsp plain flour  
2Tblsp oil

## Optional flavourings

2 Sprigs Rosemary  
1 Tsp paprika  
1 handful of parmesan  
Lemon Zest

## Equipment

Frying pan  
Small, medium, large glass bowls  
Rolling pin  
Grease proof paper  
A fish slice

## Method

1. Remove the fat from the loin chops.
2. Place each chop between 2 sheets of cling film
3. Use a rolling pin to flatten the loin chops to 0.5 to 0.75mm thick, put aside.
4. Combine the salt and pepper with the flour (if using paprika add here too).
5. In a bowl crack the eggs and whisk to break up.
6. Whizz the bread in a food processor to make breadcrumbs, place the bread crumbs on a plate (add parmesan if using)
7. Place your bowls/plates flour, egg and bread crumbs in a line.
8. Remove a loin steak from the cling film and place in the flour, pat to cover and shake off excess.
9. Place in egg to coat, allow excess to drip off.
10. Place in the breadcrumbs and ensure an even coating.
11. If possible, cover and chill for a minimum of 30 mins to allow the coating to set.
12. Heat 1-2 tblsp oil in a frying pan and cook for 5-7 minutes on each side until golden brown and the meat is cooked through and no pink remains.

### Grade 3

- Some accurately when denaturing the protein, but inconsistent thickness.
- Some Independent and safe working but reminders needed. Too much/not enough colour.
- Most aspect completed on time.

### Grade 4

- Fairly accurate denaturing of the protein. fairly consistent thickness.
- Evenly coated breadcrumb.
- Generally Independent and safe working.
- Followed the timings closely.

### Grade 5

- Accurately flattened the protein to make a consistent thickness
- Independent and safe working. Golden brown crumb.
- Adapted the recipe. Own breadcrumbs created.
- Completed with time to spare.

# Recipe: Chilled lemon Flan



## Ingredients

300ml double cream  
400g of condensed milk  
2 medium lemons  
250g plain digestive biscuits  
110g unsalted butter

## Equipment

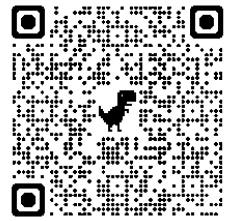
25cm flan dish (glass, ceramic or metal)

## Method

1. Melt the butter in a sauce pan over a low heat. Do not let it burn.
2. Crush the digestive biscuits and mix them into the melted butter.
3. Press the digestive mixture into the flan dish with a metal spoon. Make sure to cover the base and up the sides.
4. In a large glass bowl and using an electric hand mixer, whip the cream carefully, until it forms soft peaks.
5. Add the condensed milk and mix thoroughly.
6. Finely grate the zest (rind) of one of the lemons and squeeze out the juice of both.
7. Add the juice and the zest to the condensed milk mixture.
8. Mix together thoroughly. The mixture will thicken as you do this.
9. Put the mixture into the flan base and spread it out evenly.
10. Place the flan in the fridge to chill.
11. Decorate to serve with fruit.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing ingredients. Base crumbly, filling not set.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients to make a firm biscuit base and firmly set filling.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients to make a firm biscuit base and firmly set filling.</li><li>• Independent and safe working.</li><li>• Adapted the recipe. Fruit, decoration, base.</li></ul>

# Recipe: Cottage Pie – Serves 2



## Ingredients

- 400g potatoes
- 1-2 tbsp. milk
- Small knob of butter
- 1 carrot
- ½ medium onion
- 200g beef mince
- 10g plain flour
- 1 beef stock cube
- 2 dashes Worcestershire sauce
- Optional – bay leaf, thyme
- 15g cheese

## Equipment

An Oven Proof Dish

## Method

1. Preheat the oven to 200C/Fan 180C/Gas mark 6.
2. Boil the potatoes for 15-20 minutes until tender, then drain them and mash with 2 tbsp of the milk.
3. Add your stock cube to a jug and add 200ml of boiling water.
4. Whilst the potatoes are boiling brown off the mince in a frying pan.
5. Add the diced carrot and onion to the mince and continue to saute /fry until they have softened.
6. Now add a tablespoon of flour and stir in well. cook for a further minute.
7. Now pour the stock over the mince, stir well and simmer until the potatoes are ready.
8. Drain the potatoes in a colander and mash with butter, milk, salt & pepper
9. Transfer the mince to an ovenproof dish then top with mashed potato. Sprinkle the cheese evenly over the surface.
10. Bake in the centre of the oven for 25-30 minutes, until the top is golden brown. Serve with steamed or boiled broccoli.

### Grade 3

- Some accurately when preparing ingredients. Mince has too much liquid. Potato too wet.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

### Grade 4

- Accurately prepared ingredients to make a thickened mince with firm mashed potato.
- Generally Independent and safe working.
- Followed the timings closely.

### Grade 5

- Accurately prepared ingredients to make a thickened mince with firm potato and caramelised veg.
- Independent and safe working.
- Adapted the recipe. veg, decoration/finishing on the mashed potato.

# Recipe: Chocolate Crinkle Biscuits



## Ingredients:

- 60g cocoa powder, sieved
- 200g caster sugar
- 60ml vegetable oil
- 2 large eggs
- 180g plain flour
- 1 tsp baking powder
- 70g icing sugar

## Equipment:

Baking sheet  
Grease proof paper  
Glass bowl  
Sieve  
spoon

## Method

1. Heat the oven to 190C/170C fan/gas 5.
2. Line a baking tray with grease proof baking paper
3. In a large bowl mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.
4. Put the flour, baking powder and a pinch of salt together in a large bowl.
5. Add the flour to the large bowl containing your cocoa mixture and mix until a soft dough forms.
6. Tip the icing sugar into a small bowl. Form a heaped teaspoon of the dough into a ball, then roll in the sugar to coat. Repeat with the remaining dough, then put, evenly spaced, on a baking tray lined with baking parchment.
7. Bake in the centre of the oven for 10 mins – they will firm up as they cool. Transfer to a wire rack and leave to cool.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. limited consistency within batch.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairy accurately prepared and assembled ingredients to make a fairly consistent sized batch of biscuits.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients used to make a consistently sized batch of biscuits.</li><li>• Independent and safe working.</li><li>• Adapted the recipe with flavourings, fruit or decoration.</li></ul>



## **Recipe: Meat Lasagne**

### **Ingredients:**

#### **Meat Sauce**

400g minced beef  
1 can (400g) tomatoes  
50g tomato puree  
50g mushrooms  
1 onion  
Herbs

#### **Optional ingredients:**

Pepper, carrot, courgette

#### **Cheese sauce**

500ml milk  
50g soft fat/ butter  
50g plain flour  
100g cheese (grated)

#### **Lasagne**

150g lasagne sheets  
Large ovenproof dish

### **Method**

1. Prepare and chop the vegetables.
2. Fry mince until sealed. Add chopped onion in a pan.
2. Add tinned tomatoes, puree, chopped mushrooms, vegetables & seasoning.
3. Cook meat sauce and simmer for 10 minutes.
4. Make cheese sauce by the all-in –one method. Put milk, flour & fat in a pan. Bring to the boil stirring all the time.
5. Add  $\frac{1}{2}$  the cheese.
6. Put layer of meat sauce, then lasagne sheets, then cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C / Gas Mark 6 for 40 minutes.

#### **Grade 3**

- Some accurately when preparing and assembled ingredients. Sauce is the wrong consistency.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

#### **Grade 4**

- Fairly accurately prepared and assembled ingredients. Correct consistency to sauces.
- Generally Independent and safe working.
- Followed the timings closely.

#### **Grade 5**

- Accurately prepared ingredients. Consistent sauces and assembly. Lamination evident.
- Independent and safe working.
- Managed time and organised work area with precision.

## **Recipe: Vegetable Lasagne**

### **Ingredients:**

#### **Vegetable Sauce**

750g selection of vegetables (onion, celery, carrot, mushroom, pepper)  
15ml oil  
1 medium can tomatoes (400g)  
50g tomato puree  
Salt & pepper

#### **Cheese sauce**

500ml milk  
50g soft fat/ butter  
50g plain flour  
100g cheese (grated)

#### **Lasagne**

150g lasagne sheets  
Large ovenproof dish

### **Method**

1. Prepare & chop vegetables.
2. Lightly fry onion, carrot & celery in oil for 5 minutes.
- 3 Add tinned tomatoes with juice & remaining vegetables. Season. Simmer 10 minutes.
4. Make cheese sauce by the all-in-one method. Put milk, flour & fat into pan. Bring to the boil stirring all the time.
5. Add  $\frac{1}{2}$  the cheese.
6. Put layer of veg. sauce, lasagne sheets, cheese sauce, into an ovenproof dish. Repeat. Finish with a layer of cheese sauce.
7. Sprinkle with remaining cheese.
8. At home bake at 200°C/ Gas Mark 6 for 40 minutes until golden brown.

#### **Grade 3**

- Some accurately when preparing and assembled ingredients. Sauce is the wrong consistency.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

#### **Grade 4**

- Fairly accurately prepared and assembled ingredients. Correct consistency to sauces.
- Generally Independent and safe working.
- Followed the timings closely.

#### **Grade 5**

- Accurately prepared ingredients. Consistent sauces and assembly. Lamination evident.
- Independent and safe working.
- Managed time and organised work area with precision.



# Recipe: Lasagne (advanced) – Ragu Sauce

## Ingredients:

2 Slices of streaky  
bacon/pancetta (optional)  
1 large celery stick, finely  
chopped  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
400g British free-range beef  
mince  
1 tbsp tomato purée  
230g tin chopped tomatoes  
½ beef stock cube  
75ml water  
1 tsp dried oregano/mixed  
herbs (school to provide)  
Small bunch fresh basil,  
leaves picked (optional)

## Equipment

20cm round or square oven dish.  
This can be glass, porcelain, metal  
or a disposable foil tray.

## Method

1. Heat the oil in a large deep frying pan over a medium-high heat, then fry the bacon/prosciutto until crisp. Transfer to a plate using a slotted spoon.
2. For the meat sauce, add the celery and onion to the pan with a pinch of salt and pepper; cook until soft (about 5 minutes).
3. Add the garlic and cook for another minute.
4. Add the mince and fry for 4-5 minutes, breaking up with a wooden spoon, until browned.
5. Stir in the tomato purée, chopped tomatoes and dried oregano/mixed herbs; cook for another minute.
6. Add the water and stock cube and simmer for 30 minutes over a low-medium heat until the sauce has thickened.
7. Remove from the heat, season with salt and pepper, then stir in the fried bacon/prosciutto and most of the basil leaves.

### Grade 3

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

### Grade 4

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

### Grade 5

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.

# Recipe: Lasagne (advanced) – Bechamel Sauce

## Ingredients:

- 50g unsalted butter
- 50g plain flour
- 500ml whole milk
- 100g cheese, grated
- Pinch nutmeg (school to provide)
- 150g dried lasagne sheets
- Baking dish (for 4-6 people)

## Equipment

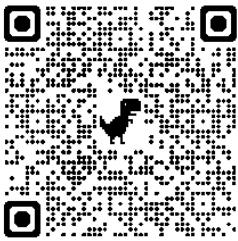
20cm round or square oven dish.  
This can be glass, porcelain, metal or a disposable foil tray.

## Method

1. Heat the oven to 200°C/180°C fan/gas 6.
2. For the béchamel sauce, heat the butter in a medium heavy-based saucepan over a medium-high heat.
3. Add the flour and stir constantly for 3-4 minutes until the mixture starts to smell biscuity.
4. Slowly pour in <sup>[T]</sup><sub>SEP</sub> the milk, whisking all the time, for 6-8 minutes until the sauce has thickened.
5. Remove from the heat, stir in half of cheese and all the nutmeg, then season well with salt and pepper.
6. To assemble, spread a little of the ragu sauce over the base of the baking dish, then cover with lasagne sheets in a single layer.
7. Pour over a third of the white sauce, sprinkle over a little of the grated cheese and top with half the meat sauce.
8. Cover with another layer of lasagne sheets, top with half the remaining white sauce, then all the remaining ragu sauce.
9. Add the final layer of lasagne sheets, then spread with the rest of the white sauce. Scatter with the remaining grated cheese.
10. Bake the lasagne for 35-40 minutes until golden and bubbling. Serve garnished with the remaining basil.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. limited consistency within batch.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairy accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients used to make a consistently sized batch of muffins.</li><li>• Independent and safe working.</li><li>• Adapted the recipe.</li></ul>

# Recipe: Chicken & Leek Pie



## Ingredients

2 tbsp. olive oil  
2 chicken breasts  
1 large leek (chopped)  
1 small onion (chopped)  
1 clove of garlic  
2 tbsp. of plain flour  
100g crème fraise  
1 stock chicken cube  
500g ready made pastry  
1 egg (beaten)

## Equipment

20cm round or square oven dish.  
This can be glass, porcelain, metal  
or a disposable foil tray.

## Method

1. Heat the oil in a frying pan, add the chicken and fry until the chicken has all turned white.
2. Add your leeks, onions and garlic to the pan. Cook until they begin to soften.
3. Make up your stock in a jug while this is happening with 200 ml of boiling water.
4. Add the flour to your chicken and leek mixture in your pan and cook for 2 minutes.
5. Now add the stock and stir with a wooden spoon until it begins to thicken.
6. Add the crème fraise and stir.
7. Transfer your mixture to your oven proof dish.
8. Roll out your pastry and lay this over the top of your dish, tucking in any excess pastry.
9. Wash the top of the pastry with egg.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. Sauce too thin/thick.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairly accurately prepared and assembled ingredients. Sauces correct consistency. Assembled neatly</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients. Excellent finishing techniques evident.</li><li>• Independent and safe working.</li><li>• Adapted the recipe.</li></ul>

# Recipe: Pizza



## Ingredients:

200g flour (any type is fine but strong flour is best)  
1 packet dried yeast (fast acting is best)  
1 tsp salt  
150ml warm water (might not need it all)  
100g pasta sauce or tomato puree  
1 tsp mixed herbs  
60g cheese of your choice  
Toppings of your choice  
Container for pizza and small container for any left over pizza sauce

## Equipment:

Large glass bowl  
Measuring jug  
Butter knife  
Baking tray  
Flour shaker

## Method:

1. Preheat the oven 200oC or gas mark 6
2. Add flour, salt and yeast to large bowl.
3. Using a butter or table knife, mix the ingredients together and make a well in the centre.
4. Measure 150ml warm water and add this, little by little until a soft dough is formed. You probably will not use all the water.
5. Mix with a large spoon until the dough comes away from the sides of the bowl. Turn your dough out onto the worktop.
6. Using the palm of your hand, stretch the dough and fold it back on itself. Repeat this step. This is called kneading and develops the gluten in the dough.
7. Continue this for 5-10 minutes until you have a soft, smooth, springy dough. It should spring back when pressed with a finger tip. Leave to proof for 10mins on the door of the top oven.
8. Meanwhile, wash up all equipment and clear work surface down. de.
9. Lightly dust table with flour and roll your dough out to desired shape and size. Roll dough over your rolling pin to transfer to a floured baking tray.
10. Spoon over 3 tbsp pizza sauce and spread with back of spoon. Leave approx. 1cm gap around the edge so a crust can form.
11. Sprinkle over 60g cheese and then your toppings of choice. Bake in pre-heated over (180oC/gas 4) for 10-15 mins.
12. Remove the tray from oven using oven gloves and place your pizza on a cooling rack ready for a photo.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. Dough is solid hard to roll.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairy accurately prepared and assembled ingredients to make a well proved dough. Assembly is neat</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients used to make a well proved dough. Own sauce made.</li><li>• Independent and safe working.</li><li>• Adapted the recipe.</li></ul>

# Recipe: Fresh pasta and sauce



## Ingredients:

### For the sauce

400g tin of tomatoes.  
100g tomato puree.  
An onion.  
A carrot.  
100g cheese.

### For the pasta

100g of plain flour.  
1 egg.  
1 tsp of oil.

## Equipment:

Sauce pan x 2  
Stick blender  
Wooden spoon  
Green chopping board  
Chefs knife  
Gnocci board  
Glass bowl

## Method:

1. Peel and dice the carrot and onion. Soften in a sauce pan over a medium heat.
2. Once softened add the tomato puree and cook for 1 minute.
3. Next add the tinned tomatoes. Fill the empty tin with cold water and add to the sauce.
4. Simmer for 20 minutes until the volume has reduced by half.
5. Half fill a second saucepan with water, put the lid on and bring to the boil.
6. Place the flour into a large glass bowl. Add the egg and oil before mixing together with a butter knife.
7. Knead the dough until the texture become smooth and stretchy. Leave to rest in the fridge if you have time.
8. Use a stick blender to puree your sauce. Once smooth add the grated cheese. Continue to simmer over a low heat.
9. Roll out the pasta into thin ropes around ½ cm thick. Chop into nuggets and form into conchiglie (pasta shells) using the gnocchi boards.
10. Once formed add the pasta to the boiling water. They should take around 4 minutes but as a guide they are cooked once they float to the top.
11. Combine the pasta and sauce together. Add a sprinkle of cheese if you like.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. Too little or too much liquid lead to the wrong dough consistency.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairy accurately prepared and assembled ingredients. Pasta dough is well kneaded and the correct consistency. Well formed pasta shapes and pasta sauce.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared and assembled ingredients. Pasta dough is well kneaded and the correct consistency. Well formed pasta shapes and pasta sauce.</li><li>• Independent and safe working with no prompting.</li><li>• Followed the timings closely and finished with plenty of time.</li></ul>



# Recipe: Chicken fried rice



## Ingredients:

- 1 chicken breast
- 2 eggs (beaten in a water tight container)
- A packet of plain microwave rice
- 2 spring onions
- Fresh coriander
- Soy sauce

## Equipment:

- Frying pan
- Wooden spoon
- Red chopping board
- Green chopping board

## Method:

1. Using a French cooks knife and a red chopping board slice your chicken breast into chunks of about 2cm square.
2. Slice your spring onions into thin slices, chop your coriander.
3. Add a tsp of oil to your frying pan, once hot cook your chicken until it is white all over.
4. Add your egg to the pan and stir with a wooden spoon until it resembles runny scrambled egg.
5. Add the rice to your pan and cook for 2 or 3 minutes breaking apart any lumps in the rice.
6. Add the chopped coriander and a glug of soy sauce.
7. Fry for a further 5 minutes.
8. Transfer to your container and take it to your teacher for a photograph.

Grade 3	Grade 4	Grade 5
<ul style="list-style-type: none"><li>• Some accurately when preparing and assembled ingredients. Knife skills are evident but inaccurate.</li><li>• Some Independent and safe working but reminders needed.</li><li>• Most aspect completed on time.</li></ul>	<ul style="list-style-type: none"><li>• Fairy accurately prepared and assembled ingredients. Most items are chopped into consistent sized pieces.</li><li>• Generally Independent and safe working.</li><li>• Followed the timings closely.</li></ul>	<ul style="list-style-type: none"><li>• Accurately prepared ingredients. Excellent knife skills are evident.</li><li>• Independent and safe working. Work area was cleaned as you went.</li><li>• Adapted the recipe.</li></ul>