

Student ingredient sheet yr 10 2020-21

1) Bakewell tart

150g plain flour
75g butter
4 tbsp jam
50g butter
50g self raising flour
50g sugar
1 egg
Almond essence (optional)
Glaze icing (optional)
100g icing sugar
6 glaze cherries
Few drops of cold water

OR

1) Granola fruit tart

Pastry Base
75g flour
25g wholemeal flour
50g margarine
1 tablespoon water
Filling
tin of pie filling (e.g. apple or cherry)
or suitable fresh fruit e.g. apple, pear,
raspberries, blueberries
Granola topping
150g oats
3 tablespoons syrup or honey
50g margarine or butter
+ 1 tablespoon of extra fruit/nuts of your
choice e.g. *raisins, nuts, apricots*
dried cherries, dried strawberries etc.

1a) Crème anglaise

275ml /1/2 pint milk
(full fat or single cream)
1 vanilla pod **or**
½ tsp vanilla extract (school)
3 eggs
25g caster sugar
1 level tsp corn flour (school



2) Fish pie

3 large potatoes
25g butter or soft spread
100ml semi-skimmed milk
White Sauce
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Parsley
250g fresh or frozen fish,
e.g. cod, haddock
2 tomatoes

3) Scotch eggs

5 eggs (1 for sausage meat)
1 packet sausage meat or 1
pack of
sausages
1 packet of fresh Parsley
1 teaspoon mixed herbs
4 slices of bread

4) Chutney

250g red onion
500g fresh tomatoes
2 cloves garlic
1 small chilli
2cm fresh ginger
125g brown sugar
75ml red wine vinegar
2 cardamom seeds
½ teasp paprika

2 jam jars

**PLEASE REMEMBER TO BRING IN A SUITABLE
CONTAINER WITH YOUR NAME ON IT TO TAKE YOUR
DISHERS HOME IN
SOME INGREDIENTS CAN BE BOUGHT FROM
SCHOOL *in different font*
FOIL CONTAINERS ARE 20 PENCE**

5) Lemon curd

50g butter or margarine
200g sugar
3 eggs
1 large or 2 small lemons

Small jam jar

6) Lemon meringue pie

100g plain flour
50g butter
1 teaspoon sugar
1 egg yolk
1-4 teaspoon water

Filling (lemon curd) or

2 lemons
3 tablespoon corn flour
50g sugar
1 egg yolk
20g butter
275ml water

Meringue

2 egg whites
100g sugar

6) Lemon curd cheese cake

125g digestive biscuit or ginger biscuit
75g butter
200g cream cheese
60g icing sugar
1 teaspoon vanilla extract
½ teaspoon lemon juice (school)
200ml double cream
Lemon curd (made in school)
Any decoration, fruit, chocolate

7) Chocolate roulade

6 eggs
150g caster sugar
50g cocoa
Icing sugar

Filling

jar of Chocolate spread or jam

Decoration

275 ml double cream
50 dark chocolate

8) Viennese whirls

200g slightly salted butter, softened
50g icing sugar
2 tsp vanilla extract
200g plain flour
2 tsp cornflour
½ tsp baking powder

For the filling

100g butter softened
170g icing sugar
1 tsp vanilla extract
50g raspberry jam or strawberry jam

9) Croquettes

300g potatoes (2 medium)
25g butter/margarine
2 eggs
30g hard cheese e.g. cheddar,
Emmental or gruyere
20g plain flour
3 slices bread

Adaptions

Ham Chorizo bacon
Spring Onion
Sweet corn
peas
Paprika herbs



10) Flaky pastry:

225g plain flour
Cold water
150g margarine or butter
Batch of flaky pastry

Eccles cakes

Filling:

50g butter or margarine
100g currants
25g sugar
25g mixed peel
School to provide milk and
caster sugar for glaze

OR

Apple turnovers

1 Cooking apple
20g butter
20g sugar
1 table spoon water
2 tablespoons milk
Sugar to sprinkle on top

11) Mayonnaise

1 egg yolk
1 teaspoon Dijon mustard
250ml oil (vegetable, rapeseed or groundnut)
1 tablespoon white wine vinegar
½ lemon

Potato salad

250g new potatoes
Fresh parsley or chives (optional)

OR

Coleslaw

¼ white cabbage
2 carrots
½ onion



12) Chicken and mushroom pie

Puff pastry:

225g plain flour	4 rashers streaky bacon
150g butter	1 onion
Pinch salt	100g mushrooms, chopped
1tsp lemon juice	Dried thyme or fresh
1 beaten egg – to glaze	1 tablespoon plain flour
4 chicken thighs or 1 breast	1 stock cube

13) Raised sausage meat pie

Hot water crust pastry

100g lard (trex)
25g butter
250g strong flour
125ml water
Pinch salt

FILLING

1 onion
1 pkt sausage meat
1 egg

Optional fillings to go with above

Baked beans
Apple
Fresh sage

14) Portuguese custard tarts

250ml double cream
150ml milk
Grated rind of one lemon
1 teaspoon vanilla extract
4 egg yolks
2 tablespoons cornflour
125g caster sugar
150g chilled ready-made puff pastry

15) French apple tart

Pastry

170g plain flour
1 pinch salt
75g butter/margarine

40g caster sugar
1 egg yolk

Filling

2 cooking apples
25g butter
50g sugar
Finely grated zest of 1 lemon

For the topping:

2-3 dessert apples
1tbsp caster sugar
2tbsp apricot jam

16) Gougère

Pastry

60g strong white flour
Pinch of mustard powder
Pinch of cayenne pepper
2 eggs (large)
50g butter
50 g cheese
150ml water

Make a béchamel sauce – roux

25g butter
40g plain flour
250ml milk
Salt and pepper

