

Mark Rutherford School

Year 10 module 1  
Recipe booklet  
2019-2020

Food Preparation and Nutrition

Teachers Name  
Student Name

## Sizzling stir fry

### Ingredients

100g noodles or rice  
 1 x chicken breast (or 3-4 thighs); or beef; quorn  
 ½ red chilli  
 1 clove garlic  
 1cm fresh ginger  
 ½ red onion  
 1 pok choi  
 ½ red/yellow pepper  
 3 mushrooms; or other vegetables of your choice  
 1x10ml spoon oil  
 1x10ml spoon soy sauce (reduced salt)

**Complexity:** medium - high



### Equipment

Chopping boards, knives, garlic press, grater, wok or frying-pan, wooden spoon, saucepan, colander, measuring spoon, serving dish, weighing scales.

### Method

1. Cook the noodles or rice in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips, ideally on a red board. Thoroughly wash and dry hands after touching raw chicken. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a fresh knife on a clean chopping board:
  - peel and crush the garlic;
  - de-seed and slice the chilli;
  - peel and slice the ginger;
  - slice the onion, pepper and mushrooms;
  - shred the pok choi.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.
10. Serve.

### Top tips

- Use noodles that have already been cooked.
- Vary the vegetables – leeks, courgettes and carrots all work well.
- Go for tofu instead of chicken for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.
- Mix in ready cooked noodles or rice for a quick main meal.

### Food skills

- **Weigh; Measure; Crush; Slice and shred; Stir fry; Stir; Simmer and boil; Drain**

# Homemade burgers choose this or Koftas

## Ingredients

400g lean beef mince

1 red onion

1 small egg

Black pepper

Flour, for dusting

## Equipment

Mixing bowl, chopping board, knife, plate, fish slice.

1 burger bun and salad ingredients if desired.(OPTIONAL)

## Method

1. Peel and finely dice the onion.
2. Mix the minced beef with the onion, egg and black pepper.
3. Divide mixture into 8 balls. Dust hands in flour and flatten each ball into a burger shape. Thoroughly wash and dry hands after touching the raw meat.
4. Cook on the barbeque or under the grill until cooked – about 5 minutes each side. Ensure no pink meat remains.
5. Serve.

## Top tips

- Add chopped mushrooms, chilli, garlic or herbs to the meat mixture.
- Use lamb, pork or turkey mince for a change.
- Serve the burger in a bun with lots of salad.
- Shape into balls and serve with a rich tomato sauce on pasta.
- Double the recipe and freeze half (uncooked) for another time.

## Food skills

- Weigh.
- Divide.
- Shape.
- Grill



# Koftas

## Ingredients

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander
- 2 Pitta breads

**Complexity:** medium



## Equipment

Chopping boards, knife, fork, food processor, flour dredger, skewers.

## Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz.
5. Add the mince, cumin and herbs and blitz together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers. Thoroughly wash and dry your hands after touching the raw meat.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.).
10. Serve in a pitta with salad.

## Top tips

- If you don't have a food processor, prepare the onion, chilli and garlic by hand. Mix everything together in a mixing bowl.
- If you are using wooden skewers soak them in water before using them so they don't burn under the grill.
- Try serving with low fat hummus or tzatziki.
- The grill pan gets hot so remember to use oven gloves.

## Food skills

- Weigh.
- Measure.
- Peel.
- Cut.
- Blitz.
- Divide.
- Form and shape.
- Grill.

## Roast Vegetable and Chickpea Tagine- Complementation of Proteins *choose this or the curry*

### Ingredients

1 tbsp oil  
1 tsp cumin  
1 tsp ground corriander  
½ tsp cinnamon  
6 small shallots, halved or 1 onion  
1 red pepper- de seeded  
225g sweet potato- peeled and cut into small chunks or wedges  
2 carrots  
1 tin of chopped tomatoes  
225ml stock (stock cube and water)  
115g chickpeas in water- drained and rinsed  
4-6 ready to eat apricots

### Extension Questions

What are proteins made up of?

What is protein needed for in the body?

Explain what complementation of proteins means

### Method

1. Preheat oven to 200°C/180°C fan/gas mark 6. Combine oil and ground spices in a small dish.
2. Place shallots, red pepper, sweet potato and carrots in a medium non-stick roasting tin. Add oil mixture to vegetables; toss together to mix well. Shake tin to level vegetables into a single layer.
3. Roast in oven for about 25 minutes or until vegetables are tinged brown and almost tender, stirring once or twice. Add tomatoes, stock (the amount you add depends on juiciness of tomatoes), chickpeas and apricots to roasting tin; stir to mix. Cover with foil; roast in oven for a further 15–20 minutes or until hot and bubbling, stirring once.
4. Sprinkle over chopped coriander (if using); serve on its own or with couscous, wholemeal bread or some baked potatoes.

# Spinach, potato and chickpea curry

## Ingredients

1 onion  
 1 clove garlic  
 1 x 5ml spoon oil  
 2 x 15ml spoons curry paste  
 300ml water  
 1 large potato  
 400g can chopped tomatoes  
 410g chickpeas, canned  
 3 handfuls of fresh spinach

**Complexity:** medium



## Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

## Method

1. Prepare the ingredients:
  - peel and slice the onion;
  - peel and crush the garlic;
  - peel and cube the potatoes.
  - drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
- 3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

## Top tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook – freeze portions for a rainy (busy) day.

## Food skills

- Measure.
- Peel.
- Slice.
- Crush.
- Dice.
- Drain.
- Fry.

## Fish Pie – Protein or *choose Fish cakes*

### Ingredients

350g potatoes peeled, boiled and mashed- LOVE FOOD HATE WASTE- bring left over mashed potatoes (will also save time in lesson)

250g fish e.g haddock, salmon, cod, hake, Pollock

50g peas or sweetcorn

Dill (or other herb)

From home:

Ovenproof dish

### For the Mornay sauce (Béchamel sauce flavoured with cheese)

25g unsalted butter

25g plain flour

250ml milk

50g mature Cheddar cheese

### Extension Questions

Describe how you would ensure a perfectly smooth sauce

Research the term “sustainable fishing”

### Method

1. Preheat the oven to gas 5 or 180°C
2. Peel, boil and mash potatoes (if you haven't done already). Mash with a little milk or butter to make creamy. Set aside.
3. Next, make the Mornay Sauce by:
  - a. Melting the margarine in a small pan
  - b. Add the flour and stir with a wooden spoon, cook for 1 minute, stirring all the time. This is called a roux.
  - c. Gently, add the milk, continually whisking at all times. Do this until all the milk is added. Then add in the grated cheese and dill.
4. Prepare the fish, using a blue board. Dice into chunks. Add the fish to the mornay sauce and allow to poach in the liquid. Turn the pan right down. Do not over stir or the fish will break up.
5. Pour the fish mixture into an ovenproof dish and top with the creamy mashed potato.
6. Bake in the oven for 20-25 minutes until the potato has turned golden.

## Or Fish Cakes – Protein

350g potatoes peeled, boiled and mashed- LOVE FOOD HATE WASTE- bring left over mashed potatoes (will also save time in lesson)

200g canned tuna/salmon or cooked fish e.g haddock

25g butter

Bunch of parsley

200g dried breadcrumbs or stale bread turned into breadcrumbs using the food processor

1 egg

50g flour

Flour for shaping the fish cakes

### Extension Questions

List 3 other foods which are “enrobed”

Why are we advised to eat 2 portions of fish per week?

### Method

1. Preheat the oven to gas 6 or 200°C
2. Peel, boil and mash potatoes (if you haven't done already). Mash with a little milk or butter to make creamy. Set aside.
3. Add the drained tuna or salmon to the potato. Season and add chopped parsley
4. Set up the following:
  - a. Place the flour in a mixing bowl
  - b. Beat the egg in a small bowl
  - c. Place the breadcrumbs on a plate
  - d. Keep the flour, egg, breadcrumbs in that order
5. Place the fish/potato mixture and shape into a fat sausage on a chopping board. Cut into 8 even sized pieces and shape into rounds.
6. Dip each round, firstly in the flour, then egg and finally breadcrumbs. This is called **Enrobing**
7. Bake for 15-20 minutes in a hot oven until golden and crisp.
8. You could shallow fry these fish cakes in a little hot oil, but this increases the fat content.

## Chilled Lemon Flan – Protein- Coagulation

300ml double cream

1 large can (397g) condensed milk- Not evaporated milk or carnation caramel

3 medium lemons or 2 large lemons

250g digestive biscuits

110g butter

Fruit to decorate

Method

**From home:**  
**Flan Dish approx. 25cm diameter**

1. In a large mixing bowl, crush the biscuits with the end of a rolling pin. Melt the butter in the microwave and then pour into the crushed biscuits. Stir well so they are all coated. Press firmly into the bottom of the lined flan dish.
2. Wash the bowl. Whip the cream in the clean bowl until soft peaks are formed.
3. Add the condensed milk and mix thoroughly
4. Finely grate the zest of the lemons. Be careful not to grate the white “pith” as well, as this is bitter.
5. Using a juicer, squeeze the lemons
6. Add the juice and zest to the cream and condensed milk mixture. Mix thoroughly; the mixture will thicken as you do this.
7. Pour the mixture on top of the biscuit base and refrigerate.
8. Decorate with fruits. Raspberries would be a good choice  
Please note: Oranges are not acidic enough and so the mixture would not thicken.

### **Extension Questions**

Why does the lemon thicken the mixture? Use page 109 of the blue text book to help you explain this.

How could you make this recipe less energy dense?

## Tiramisu Recipe or *choose Trifle*

### **Ingredients**

- 2 packets lady/sponge fingers
- 150 g mascarpone cheese
- 150 g whipping cream
- 150 g double cream
- 3 tbsp icing sugar
- 1 cup instant coffee
- 1 tsp vanilla extract
- 2 tbsp cocoa powder

### Method

1. Pour boiled water into a wide bowl and add 1 tsp of instant coffee. Stir and then leave the coffee to cool completely.
2. Use an electric mixer to beat the whipping cream until it holds stiff peaks.
3. Add the mascarpone cheese and the double cream and mix again for 1 minute.
4. Mix in the vanilla sugar and vanilla extract.
5. Dip each lady/sponge fingers one by one into the coffee for 1 second, making sure they are soaked, but not soggy. We want them to hold their shape.
6. Arrange the sponge fingers on a plate, then have a layer of the cream mixture, another layer of sponge fingers, and repeat until all the ingredients have been used, but make sure the top has the cream on.
7. Sprinkle cocoa powder on top. Chill in the fridge for a few good hours.

Or choose Classic Trifle

## Ingredients

500g frozen summer fruit (raspberries, blackberries, red and blackcurrants)

200g caster sugar

9 sheets leaf gelatine

2 tin/cartoon ready-made custard about 800ml

1½-2 madeira cakes or homemade cake

300-450ml double cream

1 tsp vanilla extract

2 tbsp icing sugar

2 crushed amaretti biscuits to serve



## Method

1. Put 500g frozen summer fruit in a pan with 200g caster sugar and 1 litre water and bring to a gentle simmer.
2. Cook for 2 mins, then scoop out 6 tbsp fruit and 150ml juice. Now carry on cooking the fruit in the pan for 5 mins.
3. Meanwhile, soak 9 sheets leaf gelatine in cold water to soften it. If you have a [hand blender](#), blitz the cooked fruit or mash with a potato masher, then strain through a sieve into a large bowl and push through the pulp so just the skins and seeds are left.
4. Squeeze excess water from the gelatine, add to the hot fruit syrup and stir to dissolve. Cool, and then chill until on the point of almost setting.
5. Prepare the ready-made custard
6. Pile 1½ - 2 cubed Madeira cakes into a trifle bowl, spoon over the reserved juice and berries.
7. Pour over a thick layer of custard, pushing it against the side of the dish to seal in the cake below. Leave to cool and set with a skin – this makes a barrier for the jelly.
8. When the custard is cold and set, and the jelly is on the point of setting, spoon the jelly over the custard and chill until ready to complete.
9. Whip 300 - 450ml double cream with 1 tsp vanilla extract and 2 tbsp icing sugar until just holding its shape, then spoon round the bowl over the set jelly. Scatter with 2 crushed amaretti biscuits and chill until ready to serve.

## Caramelised onion and cheese tart – Caramelisation and Natural sugars

### Ingredients

1 tbsp oil  
2 onions, peeled and finely chopped  
225g filo pastry  
50g butter, melted  
75g goats cheese (or other cheese like Cheshire/Lancashire)  
1 tsp dried herbs

**From home:**

**Ovenproof dish**

### Method

1. Heat the oven 190°C/Gas Mark 6
2. Finely chop the onions. Sauté them over a gentle heat, stirring regularly until the onions are soft and starting to caramelize
3. In another small pan, melt the butter gently- cautions do not boil or it may burn easily. (you could use the microwave to melt the butter)
4. Unwarp the filo pastry. Place one sheet on a large baking tray and brush it with melted butter. Repeat the process until all the pastry has been used up.
5. Spread the onions over the pastry but leave a 1 cm margin around the edge.
6. Crumble or break up the cheese and scatter it on top. Sprinkle with dried herbs.
7. Bake in the oven for 10-15 minutes until crisp

# Coleslaw

## Ingredients

¼ white cabbage

1 carrot

1 medium apple

2 x 15ml spoons of low fat mayonnaise



## Equipment

Chopping board, sharp knife, vegetable peeler, grater, mixing bowl, measuring spoon, mixing spoon.

## Method

1. Prepare the vegetables:
  - shred the cabbage;
  - top and tail, then peel and grate the carrot;
  - core and grate the apple.
2. Place the cabbage, grated carrot and apple in the mixing bowl and add the low fat mayonnaise.
3. Mix all the ingredients together.

## Top tips

- Instead of using only low fat mayonnaise experiment with different combinations of low fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraiche.
- Try adding other vegetables such as onion or celery. Why not try making a super salad?
- You can use lots of different ingredients such as fruit, meat, fish, potatoes or rice.

## Food skills

- Measure; Shred; Trim; Peel; Grate; Core; Mix.

Homemade mayonnaise:

Ingredients:

2 egg yolks

1 tbsp dijon mustard

250ml sunflower oil

2 tsp white wine vinegar or lemon juice.

METHOD:

- 1 Tip the egg yolks and mustard into a bowl, season with salt and pepper and whisk together until completely combined.
- 2 Whisking constantly or use a food processor, add a small drop of oil and whisk until completely combined, then add another drop and continue a drop at a time until the yolks and oil combine and start to thicken. Once you're confident the oil and eggs are coming together you can add the oil a bit more at a time, but be patient, as adding the oil too quickly will cause the mayonnaise to split and curdle.
- 3 Once all the oil has been whisked into the eggs and you have a thick, spoonable mayonnaise, whisk in the vinegar or lemon juice and season to taste.
- 4 *Will keep in the fridge for two days.*

## Egg benedict

### Ingredients

- 4 slices bacon
- 1 teaspoon white vinegar
- 4 eggs
- 1 cup butter
- 3 egg yolks
  
- 1 tablespoon heavy cream
- 1 dash ground cayenne pepper
- 1/2 teaspoon salt
- 1 tablespoon lemon juice
- 4 English muffins, split and toasted

### Method

1. In a frying pan over medium-high heat, fry bacon on each side until evenly browned.
2. Fill a large saucepan with about 3 inches water, and bring to a simmer. Pour in the vinegar. Carefully break the 4 eggs into the water, and cook 2 to 3 minutes, until whites are set but yolks are still soft. Remove eggs with a slotted spoon.
3. Meanwhile, melt the butter until bubbly in a small pan or in the microwave. Remove from heat before butter browns.
4. In a blender or large food processor, blend the egg yolks, heavy cream, cayenne pepper, and salt until smooth. Add half of the hot butter in a thin steady stream, slow enough so that it blends in at least as fast as you are pouring it in. Blend in the lemon juice using the same method, then the remaining butter.
5. Place open English muffins onto serving plates. Top with 1 slice bacon and 1 poached egg. Drizzle with the cream sauce, and serve at once.

## Choux Pastry-Raising Agents (steam)

60g butter- cut into cubes  
 125ml water- from school  
 75g plain flour  
 2 eggs

### Extension Questions

Explain how the choux becomes hollow when cooked

To fill

Savoury ideas

Smoked salmon, dill and cream cheese

Cheddar Cheese, cream cheese and chopped herbs

Goats Cheese and red onion chutney

Sweet Ideas

Cream (middle) and Chocolate (top)

Lemon curd and cream mixed to make a tangy creamy center

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the butter in the water in a saucepan.
3. Sift the flour onto a piece of paper.
4. Beat the eggs in a small bowl.
5. When the water starts to boil, remove from the heat and shoot in the flour.
6. Return to the heat and beat the mixture briskly until it is smooth and leaves the side of the pan.
7. Whisk in the egg, a little at a time, to form a smooth paste.
8. Place small spoons of choux pastry onto the baking sheet. Bake for 15 minutes, until golden and risen.
9. Slit with a knife and place on a cooling rack.
10. Fill and decorate.

## **Lemon Meringue Pie- Protein- Functions of Eggs**

**For the biscuit base- To be made at home and bought into school**

150g crushed biscuits, mixed with 75g melted butter and pressed into the base of a flan dish.

### **For the Pie Filling**

2 large lemons  
250ml cold water  
30g cornflour  
25g caster sugar  
40g butter/ block fat

2 egg yolks

### **For the meringue**

3 large egg whites  
100g sugar

### **Method**

1. Oven on 150°C/Gas Mark 2.
2. Zest and juice the lemons. Carefully crack the eggs and separate, putting the whites in a clean large glass bowl and two of the yolks in a small glass bowl.
3. In a small pan add lemon juice, zest and make up to 250ml with water. Add cornflour and sugar (25g) and blend. Put the saucepan on the hob and bring to the boil, stirring all the time. As soon as the mixture has boiled and thickened remove from the heat.
4. Add the butter to the saucepan and finally the egg yolks. Do not put back on the heat.
5. Place the lemon filling into the pastry case/ biscuit base and spread out evenly.
6. Whisk the egg whites until they form soft peaks.
7. Beat in 1 tablespoon of sugar at a time until all is added and it forms stiff peaks. Stop whisking when all the sugar is in to prevent over beating.
8. Spread or pipe the meringue mixture over the filling.
9. Cook for 45 minutes until the meringue has turned pale beige and is crisp on the top

**From home:**

**Flan dish**

### **Extension Questions**

Which nutrients are in eggs?

Explain how eggs are a very versatile ingredient when cooking

**CHICKEN KORMA & moulded rice****INGREDIENTS: CURRY**

- 1x onion
- 2 cloves garlic
- 1 inch cube fresh ginger
- 4 boneless chicken thighs (or vegetarian option replace with pulses, cauliflower or potato)
- 4 tbsp. sultanas optional
- Chicken or vegetable stock cube
- 150g pot Greek yoghurt
- 25g fresh coriander
- ½ red chilli (optional)
- 1 tbsp. tomato puree
- 3 tbsp. desiccated coconut (optional)

**INGREDIENTS: moulded rice**

- 100g rice
  - 1 carrot or colourful vegetables of your choice
- A suitable dish & Tupperware to transport the curry & rice.

**METHOD:**

Curry method:

1. First prepare chicken on a red board (if making vegetarian option, prepare vegetables on a green board. Remove fatty bits, de-skin if necessary. Dice into 4cm cubes. Transfer to a plate or bowl (not plastic)
2. Next sprinkle 2xtsp garam masala & 2xtsp cumin onto the chicken, add 1 tbsp. tomato puree and rub into the chicken until fully coated.
3. Next Chop your onion, fresh coriander, garlic, de-skin ginger & dice. De-seed and dice ½ chilli and put into a jug. Leave 1/3 of the coriander on chopping board. Use a hand held blender to blend into a paste.
4. Add a small amount of oil to your wok and heat on the highest setting. Add your onion paste and fry for 5 minutes. Add 3 tbsps. water so it doesn't dry out.
5. Now add your marinated chicken and gently fry until chicken turns from pink to white. You may want to adjust the heat and lower it so it doesn't burn.
6. Meanwhile, put stock cube in the jug and add 400ml boiling water. Stir to dissolve and add to pan. Add sultanas & coconut.

Moulded rice Recipe

1. Boil the rice for 12-15minutes and use a sieve to drain excess liquid.
2. Sauté the vegetables of your choice and season as desired, mix the rice and saute' vegetables and mix well.
3. Place the rice and vegetable mixture in your chosen mould and press down with the back of a tablespoon. Then tip the mould onto your serving dish.

## Free choice meal for a Special Diet

Pupils will also have to research and plan their own recipes to suit different tasks which will include:

- Special Diets e.g coeliac, allergy, lactose intolerant

You will need to find an original recipe of your choice

- You will need to justify the changes you will make and explain your reasoning in relation to your chosen diet.
- The recipe you have chosen should incorporate the twelve key skills you need to learn for your GCSE's.
- It should be completed in an hour.
- It should use at least 2-4 aspects of the Eat well guide.
- You will need to complete a time plan for this dish to be used in the practical lesson.

Name of dish

Ingredients

Method

Lemon garlic and thyme roasted chicken legs and wings.

### **Lemon, Garlic and Thyme roasted chicken wings and legs – Protein**

**The teachers will demo how to cut the whole chicken you will need to cut the whole chicken at home and bring the photos to school.** – portion into breast/thigh/drumstick/wing. This portioning of a chicken is a requirement of the exam board and actually works out cheaper than buying all the portions separately.

#### **Ingredients**

**2 chicken legs, wings and thighs**

**2 cloves garlic**

**1 lemon**

**½ onion- cut into wedges**

**Seasoning – pepper/salt/chilli flakes**

**1 tbsp oil**

#### **Extension Questions**

How could you adapt this product to have influences from?

India

Mexico

North Africa

Greece

**Bring ingredients for a side dish of your choice.**

#### **Method**

1. Preheat the oven to gas 6 or 200°C
2. Arrange the onion wedges crushed garlic on the tray and place chicken legs on top. Drizzle with oil. Sprinkle on the seasonings and slice the lemon and place on tray.
3. Bake for 25-30 minutes until cooked all the way through.
4. Prepare and plate up your side dish.

#### **Extension Questions**

Describe how to use a food probe correctly (4 marks)

Name 3 spring vegetables and 3 winter vegetables

Free choice modify one of the recipes you have cooked this term

## Modifying a recipe

### Introduction

Changes to recipes might look to reduce the fat, salt or sugar provided or increase fibre. The recipe should be cooked to ensure that it looks, smells and tastes good.

1. Modify the recipe to:
  - Reduce the amount of fat it provides;
  - Increase the amount of fibre it provides.
  - Suitable for a coeliac
  - Suitable for a lactose intolerant person

Which ingredients could you replace?

Which could you reduce?

What ingredients could you add?

Consider the cooking method?

**Name of dish**

**Modified Ingredients**

2. Describe the changes that you made and give your reasons.

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Prepare cook and serve a high skilled signature dish of your choice

Name of dish

Ingredients

Method

