



Saint Joseph's

CATHOLIC SCHOOL

Dear parent/carer,

RE: Time plan support and details of final cook 8th or 10th March 2022

Time Plans

I am writing to let you know that the students final cook is on either the morning of Tuesday 8th or Thursday 10th of March. They have already been informed of their cooking groups and times.

THIS WILL BE THEIR FINAL COOK AND IS WORTH 30% OF THEIR FINAL GRADE – IT IS CRUCIAL THEY PRACTICE AT HOME IN ADVANCE.

I am writing to ask for your support with the creation of a time plan for the 3-hour cook.

- The time plan will involve breaking down the methods of the 2 cooks they have chosen, so that they are making best use of their time over the 3-hour period.
- Tasks can overlap to make best use of their time.
- They will have 30 mins to prep before and 30 mins at the end to tidy away. This does not need to be included in the time plan.

My advice is to use the stages outlined in the recipe to place them in the most logical order. This is to achieve the task within the time set. Once completed, students should then add health and safety, using the assistance from the example to do this.

It is a challenging task, and I would ask for your support in completing the construction of the time plan.

I would highly recommend that students practice both dishes and use this information to put the appropriate timings in their time plan.

I have attached an example copy to demonstrate what is expected. Please be aware this example is to cook 3 dishes, not 2 as expected.



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The Exam Day

Students must come to their practical on their given day, either the 8th or 10th March, with the completed time plan printed out or there will be a serious deduction from the marks they can receive. Students should arrive at 08:30 for a 09:00 start. PP students will need to get their ingredients list to Mrs Peters by Monday 28th Feb to ensure the ingredients can be purchased in time. All other students need to bring ingredients to the exam weighed out in advance.

As part of their final evaluation, students are required to cost out the 2 recipes. Keeping a separate receipt for the ingredients they purchase for each recipe would make this job after the cooks much easier.

Any questions, please phone the school before Friday 4th March and I will try to assist in any way I can.

Regards,

Mr S. Sibley
Teacher of Food Technology

Time	Recipe 1	Recipe 2	Recipe 3	Health and safety, extra information
Recipe	Italian Lemon Almond Tart	Soup	Pasta Ravioli	
Skills demonstrated				
				Food safety principles when storing, preparing, cooking and presenting the final dishes.
0		1. Preheat the oven to 180 degrees		Food safety: Clean surfaces with Anti bac spray, check all equipment is clean, check use by and best before dates when necessary. Refrigerate high risk foods (between 1-4deg c)
5	Place the flour, sugar, ground almonds, and butter in the food processor and pulse briefly just until it becomes crumbly.			Check workings of the food processor and safety checks for use
10	Beat the egg yolks and 1 tablespoon water with a fork and add this to the flour mixture. 3. Pulse just until the dough comes together.			
15	With your hands, form the dough into a ball and wrap it in plastic, and let rest for 1 hour.			
20	Clean work areas and wash up used equipment			Food safety: Clean surfaces with Anti bac spray, check all equipment is clean, check use by and best before dates when necessary.
25			Place the flour in a bowl, make a well in the centre and crack the eggs into it.	
30	Time left to chill and rest		Beat the eggs gently with a fork until smooth. Try not to disturb the flour at this	

35			stage. Using the tips of your fingers, or a fork, mix the eggs with the flour, incorporating a little at a time, until everything is combined. Knead the pieces of dough together until they all bind together into one big, smooth lump of dough.	
40			Once you've made your dough you need to knead and work it with your hands to develop the gluten in the flour. Stop when your pasta starts to feel smooth and silky instead of rough and floury.	
45				
50			Wrap it in Clingfilm and put it in the fridge to rest for at least half an hour before you use it. Clean work areas and wash up used equipment	
55		Clean and wash all vegetables. Chop using the appropriate chef's knife using the bridge and claw method.		Food safety: Clean surfaces with Anti bac spray, check all equipment is clean, check use by and best before dates when necessary.
1 hour				Cut on brown board to ensure no cross contamination
01:05		Arrange the vegetables in a shallow roasting tin. Scatter over the garlic and rosemary, drizzle the lemon juice and season well.		
01:10		Roast in the oven for 30 minutes.		
01:15		Clean work areas and wash up used equipment		

01:20	Grease the inside of the flan tin. Turn oven up to 190deg.			Food safety: Clean surfaces with Anti bac spray, check all equipment is clean, check use by and best before dates when necessary.
01:25	On a lightly floured surface, roll the pastry out and fit it into the bottom and sides of a fluted 9-inch tart pan.			
01:30	Prick the bottom with a fork in several places and then bake the crust for 12 to 15 minutes at 190deg. Use a timer to do this			
01:35	Place the eggs, lemon juice, zest, sugar in the food processor and blend.			
01:40	Melt the butter in a pan			
01:45	Take out of oven. Pour in the melted butter and blend and pour this mixture into the pastry crust and sprinkle the sliced almond on top.	Take out of oven. Discard the rosemary sprigs. Allow to cool.		Use suitable PPE to ensure safety such as oven gloves and place onto cooling rack to cool
01:50	Bake for 25 to 30 minutes until the top is lightly browned and a skewer comes out cleanly.			
01:55	Clean work areas and wash up used equipment		Dust your work surface with some 00 flour, roll pasta a few times to stretch	
2 hours				
02:05			Roll to required size. Clean work areas Put pan on for pasta water. Salt.	
02:10				
02:15			Melt the butter in a frying pan and then add in the diced mushrooms and	

02:20	Cool, and refrigerate until ready to serve.		crushed garlic clove. Stir for 3–5 minutes. 7. Add into a bowl with the diced feta cheese and stir. Season with salt and pepper to taste.	
02:25			Cut the pasta into a 15 x 30cm or 6 x 12inch strips. On one half of the pasta strip place 4 teaspoons of filling for ravioli in a grid. Lightly brush the pasta with water. Fold the other half of the pasta over and mould it carefully around the filling on the bottom sheet, pushing out any air bubbles. Cut into squares with a knife or crinkle cutter.	
02:30		Put kettle on for stock		
02:35				
02:40		Scoop the flesh from the squash, discarding the skin. Put half of veg in food processor along with 450ml of the stock and blend. (I add the veg in batches.) Put the rest of the roasted veg in along with the stock. 5. Once all blended, add the soup to a large pan, and gently heat. Serve.		
02:45			10. Cook the ravioli for approx. 1–2 minutes until al dente.	

02:50			11 Melt the butter in a frying pan, add the diced tomato, fresh basil and 1 tbsp of hot water from the pasta pan. Stir for 2 minutes.	
02:55			12. Place the cooked ravioli onto a plate, pour over the butter sauce and sprinkle with Parmesan cheese.	
3 hours	To serve, garnish each slice with a dollop of whipped cream, sliced almonds and a raspberry.			