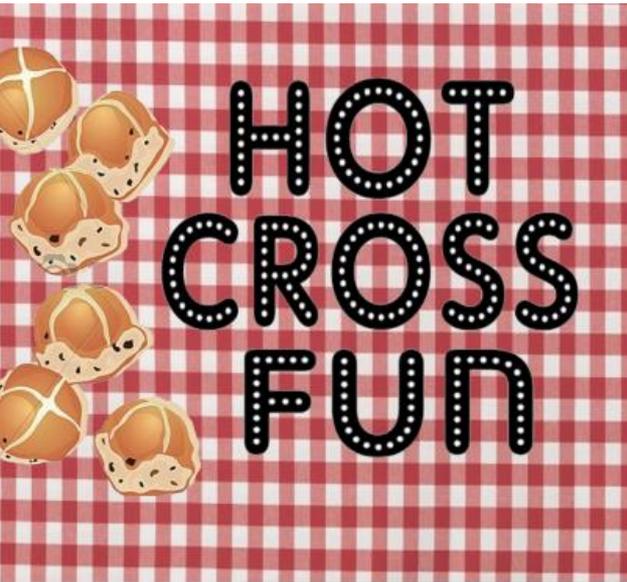


Lockdown home cooking competitions



Lockdown home cooking challenges

Do not do try this at home without the permission and supervision of an adult

5 cooking challenges, just for fun, they are **not compulsory**.

You must not rush out to the shops to buy ingredients or put any pressure on families at this difficult time.

If you have the ingredients at home why not give one or more of the challenges a try.

You can complete each challenge just for fun OR enter into the competition.

All information for the challenges is on the following pages.

If you want to enter the competitions you will need the entry form which you can download from the google drive link.

https://drive.google.com/drive/folders/1JljkVqLzo9Q0ZmIVLgpRF3D_kdYjZ-n6?usp=sharing



Do not do try this at home without the permission and supervision of an adult.

rules

The challenge is to **just cook a healthy meal from scratch**, using ingredients only. (no ready made sauces, no ready made products)

The dish must be savoury

competition

To enter the competition you need to submit;

3 photos of you making the buns at different stages

One **final photo showing 6 hot cross buns** with one cut open to show the texture and distribution of fruit.

judging

The winning dish will be decided by a team of judges looking at the

- Even size
- Well risen
- Even golden bake
- Soft and fluffy textures
- Even distribution of fruit
- Neat cross
- Overall presentation

closing date

1st May



HOT CROSS FUN

Ingredients

For the buns

300ml whole milk (or semi skimmed is fine too)

500g strong plain flour or plain flour

75g caster sugar

1 tsp salt (teaspoon)

7g sachet fast-action yeast

50g butter

1 egg, beaten

150g sultanas (mixed fruit or raisins will do)

2 tsp ground cinnamon (or 1 tsp cinnamon 1 tsp nutmeg)

Sunflower or vegetable oil, for greasing the bowl

(You could also add 80g mixed peel, 1 peeled chopped apple and orange zest but these are optional extras that probably not a shopping priority right now).

For the cross

75g plain flour, plus extra for dusting

For the glaze

3 tbsp apricot jam (marmalade or any jam would work)



1. Heat the 300ml **milk** up to **boiling point** and then **turn it off** and remove from the heat.
2. **Add** the 50 g **butter** to **melt** in the heat from the milk.
3. Put the 500g **flour**, 1 tsp **salt**, 75g **sugar**, 7g **yeast**, into a **bowl**.
4. Make a well in the middle and **pour** in the warm **milk+ butter** mixture. (the milk mixture must be warm NOT hot or you will kill the yeast.
5. Then add the 1 **egg**.
6. Use a wooden spoon to mix well.
7. Bring it all together with your hands until you have a sticky dough.
8. Tip onto a lightly floured surface and knead. Holding the dough with one hand and stretching it, then folding it back on itself.
9. **Knead** for **5 minutes** until smooth and elastic.
10. Lightly oil the inside of a bowl and a piece of cling film.
11. Put the dough in the oiled bowl and cover with the oiled cling film.
12. **Leave to rise** in a warm place for **1 hour**. It should double in size.



Don't forget to
take a photo

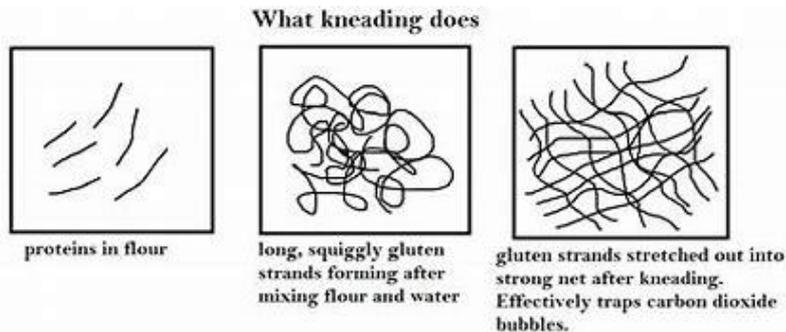


wait 1 hour

A little bit of science while you wait

Gluten is a type of protein molecule found in wheat flour (and other ingredients)

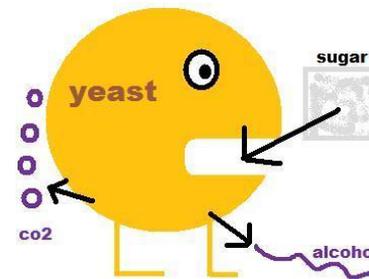
By kneading the dough you are stretching the protein molecules so that your dough become **stretchy** and **elastic**.



Science: What is Gluten?
Here's How to See and
Feel Gluten

<https://www.youtube.com/watch?v=zDEcvSc2UKA>

In a warm environment the **yeast** will feed on the sugar and produce carbon dioxide (**fermentation**). The bubbles of **carbon dioxide** will be trapped in the structure created by the gluten and so the bread the rise.



The Story of Yasmin Yeast

<https://www.youtube.com/watch?v=Apv3z2eAgz4>



13. With the dough still in the bowl, tip in the 150g **sultanas** / dried fruit / chopped, apple, orange zest and 2 tsp **cinnamon**.

14. Knead the dough, make sure everything is well distributed.

15. Recover with oiled clingfilm and leave to rise for 1 hour more



wait 1 hour



16. **Divide** the dough into **15 even pieces**.

17. Lightly flour the work surface and roll each piece into a smooth ball

18. Line a baking tray with greaseproof paper (if you haven't got any greaseproof paper just rub a small amount of butter onto the tray)

19. Place the balls of dough onto the tray about 2 cm apart.

20. Cover with cling film but don't wrap and set aside to prove (double in size) for about 40 minutes



Don't forget to
take a photo



wait 40 minutes – 1 hour



21. Turn the oven on to 200°-220° /gas mark 7.

For the cross

22. **Mix** 2 tablespoons of **plain flour** with 2 tablespoons of **water** to form a thick paste.

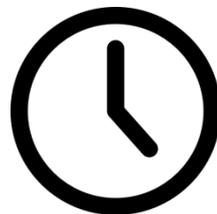
23. Place into a piping bag. (If you don't have a piping bag, you can use a small plastic sandwich bag, just cut a small hole in one corner)

24. **Pipe the lines** in one direction and then across the other direction to create the crosses.

25. **Bake for 20 minutes** on the middle shelf of the oven until golden brown. They should sound hollow when tapped.



Don't forget to
take a photo



20-25 minutes



For the glaze

26. Gently **heat the jam** and sieve to get rid of any lumps.

27. While the **jam is still warm, brush over the top** of the warm buns and leave to cool.

28. Now pick your best 6 buns and take your final photograph. Complete the entry sheet and upload to google drive.



*Plate like
a chef!*

Do not do try this at home without the permission and supervision of an adult.

rules

The challenge is to use a range of techniques to plate up a dish like a chef

The dish can be sweet or savoury.

Lots of videos online for plating techniques

competition

To enter the competition you need to submit;

1 photo of your plate, taken from above, (a birds eye view).

judging

The winning dish will be decided by a team of judges looking at the

- Presentation
- Creativity
- Technical skill and complexity

closing date

1st May

Your plate could be savoury or sweet.

Using a bought product like a teacake is a good starting point but you can use anything you have as the main feature.



You can use anything as long as it is edible

You are creating a work of art.

Don't go over the top.

Often simple is best.

Less is usually more.



Create a **swipe** of colour/sauce for movement/appeal or **dot/drizzle**



This is a very 'Cheffy' technique. Make a coulis/sauce. Use a squeezezy bottle for dots.

Add structure with tempered chocolate and chocolate work, or with spun sugar/caramelised sugar shards
** Be careful with hot sugar!! ** ASK an adult if you want to do this.

Add a **dusting** of cocoa or icing



Icing sugar can look really good on a dark plate. Alternatively, use cocoa or freeze dried raspberries

Try using paper cut templates/silhouettes for extra sophistication! Or even mask off half the plate with a straight piece of paper to divide the plate



Add crumbled biscuits for another/contrasting **texture** on the plate



The power of 3
Food just looks better in odd numbered groups!





Feather
the
sauces



Pipe and create
patterns/interest



Grate or scrape
chocolate

Add **colour** with fruit/leaves/zest



Make shapes
/patterns and art on
your plate!



Do not do try this at home without the permission and supervision of an adult.

rules

The challenge is to **just cook a healthy meal from scratch**, using ingredients only. (no ready made sauces, no ready made products)

The dish must be savoury

competition

To enter the competition you need to submit;

1 photo of your plate, taken from above, (a birds eye view).

judging

The winning dish will be decided by a team of judges looking at the

- Nutrition and health of the dish**
- Skill and complexity**

closing date

1st May



Do not do try this at home without the permission and supervision of an adult.

rules

The challenge is to make a pasta dish using **home made pasta** .
(and no ready made sauces)

competition

To enter the competition you need to submit;

1 photo of your plate, taken from above, (a birds eye view).

judging

The winning dish will be decided by a team of judges looking at the

- Presentation
- Ingredients
- Skill and complexity

closing date

1st May

All of these pasta dishes have been made from scratch by our very own **year 11 girls**.



Olaitan



Tara G



Georgina A



Jennifer UV

Can you rise to the pasta challenge? It is a great way to pas-ta time !

I have included lots of ideas but you can do any shape, any flavour, any sauce, basically anything as long as it includes pasta

To make pasta in one of two ways .
You only need 3 ingredients

All you really need is rolling pin but a round bottle would also work as a rolling pin !

Option 1

90-100g plain flour

(the amount of flour will depend on the size of the egg. Small egg use 90g, large egg use 100g)

1 egg

pinch of salt

Option 2 - easiest

100g plain flour

water

pinch of salt

Homemade Fresh Pasta | Keep Cooking & Carry On | Jamie Oliver

<https://www.youtube.com/watch?v=7z-WKvuYp6s>





You don't need a pasta machine.

You can use a rolling pin – it will take a little longer and you will have to work a little harder but it will work.

You can use any sort of pastry cutter



Once you have your pasta made you can roll it out and then make

Tagliatelle (like Jamie does in the video)

Roll it thin and cut and shape it into **bow ties**

Roll it very thin to make stuffed **tortellini**

Roll it very thin to make **ravioli**



 YouTube



How to Make Farfalle (Bow Tie) Pasta

<https://www.bing.com/videos/search?q=bow+tie+pasta+you+tube&docid=607999186375281810&mid=5E0F2A91F436A82D754C5E0F2A91F436A82B754C&view=detail&FORM=VIRE>

There are many videos online for tortellini and ravioli

Fresh pasta cooks very quickly – drop into boiling water, usually for 2 minutes only.

Italian Tagliatelle

Fresh egg pasta



1 Add 2 eggs, and 2tbsp of oil into the middle of 200g of '00' flour



2 Gently stir a little flour at a time into the egg with a fork*



3 Continue to mix together until all flour is combined and turn onto the surface



4 Work the dough together into a ball using your fingers



5 Knead for 5 mins until smooth, silky and stretchy with the heel of your hand



6 Optional step to wrap with film and chill and rest for 30 mins

Chill for 30 min's.



7 Roll dough to a rectangle then either; continue to roll to reduce the thickness or use a pasta machine at the widest setting to reduce the thickness



8 Roll up or if you're using a pasta machine roll again reducing the roller thickness each time



9 Cut pasta into narrow strips by either; slicing off the dough roll or rolling through the pasta machine again



10 Open pasta up and hang to dry for 30 mins before boiling for 2 mins in salt water

FUN
Kitchen

Find out about our cook workshops at
www.funkitchen.co.uk or

*Add 60ml of beetroot juice for pink,
and 60ml of spinach juice for green



Traditional Beef Ravioli

Fresh Italian meat pasta

Chill for 30 min's.

1



Put 200g of '00' flour into a bowl and beat 2 eggs into a well in the middle

2



Gently stir a little flour at a time into the egg with the fork

3



Continue to mix together until all flour is combined and turn out onto the surface

4



Work the dough together into a ball and knead for 5 mins with the heel of your hand

5



Knead until smooth, silky and stretchy (optional wrap with film and chill and rest)

6



Fry ½ peeled and chopped onion with 1 crushed, peeled, and chopped garlic clove before adding 200g minced beef to fry

7



Add 2 tbsp chopped parsley, 1 ½ tbsp grated parmesan, ½ tsp salt and 1 egg to cooked meat mix and chill

8



Roll out pasta dough thin and fine

9



Mark out squares and roll mix into balls and place in middle of each. Cut out enough square tops for each

10



Brush beaten egg around balls and squeeze tops on (without air pockets) and cut out

Chill for 10 min's.

FUN
Kitchen



Butternut Squash Ravioli

Fresh spicy veg & cheese pasta



Chill for 30 min's.

1



Put 200g of '00' flour into a bowl and beat 2 eggs into a well in the middle

2



Gently stir a little flour at a time into the egg with the fork

3



Continue to mix together until all flour is combined and turn out onto the surface

4



Work the dough together into a ball and knead for 5 mins with the heel of your hand

5



Knead until smooth, silky and stretchy (optional wrap with film and chill and rest)

6



Half, deseed, wrap in film and microwave butternut squash for 5 mins before scooping out the flesh

7



Crush, peel, and chop 1 garlic clove, chop 2 sage leaves, grate 20g of parmesan, and add 20g ricotta, 1/2 tsp nutmeg, and 1/2 tsp ginger to flesh and chill

8



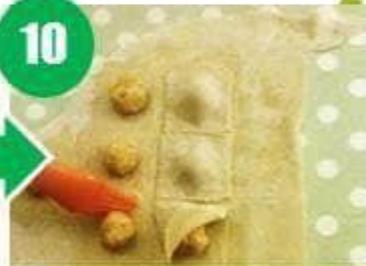
Roll out pasta dough thin and fine

9



Mark out squares and roll mix into balls and place in middle of each. Cut out enough square tops for each

10



Brush beaten egg around balls and squeeze tops on (without air pockets) and cut out

Chill for 10 min's.

FUN
Kitchen





Spinach & Ricotta Ravioli

Fresh pink beetroot pasta

Chill for 30 min's.

1



Put 300g of '00' flour into a bowl and beat 2 eggs into a well in the middle

2



Gently stir a little flour at a time into the egg with the fork and add 60ml of beetroot juice

3



Continue to mix together until all flour is combined and turn out onto the surface

4



Work the dough together into a ball and knead for 5 mins with the heel of your hand

5



Knead until smooth, silky and stretchy (optional wrap with film and chill and rest)

6



Steam (5 mins covered in microwave), wilt, drain and finely chop 210g spinach

7



Add 1/2 peeled, chopped, and fried onion with 30g grated parmesan, 30g ricotta, 1/2 tsp salt and 1 egg to cooked spinach mix and chill

8



Roll out pasta dough thin and fine

9



Mark out squares and roll mix into balls and place in middle of each. Cut out enough square tops for each

10



Brush beaten egg around balls and squeeze tops on (without air pockets) and cut out

Chill for 10 min's.

FUN
Kitchen



Sweet Choc Ravioli

Fresh Italian pudding pasta

Chill for 30 min's.



1 Put 200g of '00' flour into a bowl and beat 2 eggs into a well in the middle



2 Gently stir a little flour at a time into the egg with the fork & add 60g cocoa



3 Continue to mix together until all flour is combined and turn out onto the surface



4 Work the dough together into a ball and knead for 5 mins with the heel of your hand



5 Knead until smooth, silky and stretchy (optional wrap with film and chill and rest)



6 Mix 150g soft cheese with 1 egg & 10g grated dark chocolate



7 Roll out pasta dough thin and fine



8 Mark out squares and roll mix into balls and place in middle of each. Cut out enough square tops for each



9 Brush beaten egg around balls and squeeze tops on (without air pockets) and cut out



10 Sauce - berries mashed into coulis

Stew 1-2 hr's.

FUN
Kitchen





Do not do try this at home without the permission and supervision of an adult.

rules

The challenge is to bake a spring themed cake.

It could be a whole cake or 12 cupcakes.

Think GBBO and get baking !

competition

To enter the competition you need to submit;

1 photo of your bake

judging

The winning dish will be decided by a team of judges looking at the

- **Creativity**
- **The Spring theme**
- **Technical skill**
- **Complexity**

closing date

1st May