



Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!

Wear a clean apron. If you need to go to the toilet, take off your apron first!



Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. Use a clean cloth or disposable wipes.

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need.

Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you know how to use equipment safely. If you've not been shown how to use something, don't use it until you have! Ask an adult if you're not sure.

Food Hygiene



Don't taste food unless an adult says it's OK. Some food is not safe to eat when it is raw; some food may be too hot to taste.

Don't taste food by licking your fingers! If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly. Not sure if something is cooked properly? Ask an adult.



Tidy Up!

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.



Peeling



Place the blade of the peeler on the vegetable. Use gentle pressure to begin scraping the blade of the peeler away from you and down the vegetable.

With long foods like carrots, hold one end and peel from the middle down and away from you.

Then hold the peeled end and repeat.



Grating



Hold the vegetable near the top and keep your fingers away from the grater. Use the larger holes to coarsely grate ingredients. Use the smaller holes to finely grate ingredients. It is best to leave a small chunk of food at the end to hold - this means that your fingers are not pressed against the grater.



Chopping



When you pick up a knife, ensure the blade is facing downwards. Make sure you keep your fingers away from the blade at all times. Chopping means cutting an ingredient into bite-sized pieces. If a recipe asks for an ingredient to be finely chopped, the pieces should be smaller than bite-sized.



Mashing



With some pressure, push the masher down onto the cooked potatoes, crushing the pieces together. Lift it back up and continue to push down on the potatoes until they are all mashed to the same consistency. A fork can also be used to mash smaller amounts of food.

Cottage Pie

Ingredients:

(serves 4-6)

For the filling:

1tbsp olive oil
500g minced beef
1 onion, chopped
1 carrot, peeled & grated
1 tbsp tomato purée
1 tsp Worcester sauce
1 tsp mixed herbs
350ml beef stock

For the topping:

900g potatoes, cut
into 2cm cubes
100ml milk
25g butter



Equipment:

2 large pans
Wooden spoon
Vegetable knife
Measuring jug
Colander
Potato peeler
Potato masher
Large ovenproof dish



TIP: you may want to read the Peeling, Grating, Chopping and Mashing Sheet before you begin.

1.



Heat the oil in a pan until hot, then fry the onion and carrot for two minutes.

2.



Add the minced beef to the pan and fry until lightly browned all over.

3.



Dissolve the stock cube in 350ml hot water. Add the tomato purée, Worcester sauce and mixed herbs.

4.



Add the stock to the mince. Bring to the boil, then reduce the heat. Cover and cook gently for 15 mins.

5.



While the mince is cooking, boil the potatoes in a pan of water for 15 minutes, or until soft.

6.



Drain the water from the potatoes and return them to the pan. Add the milk and butter, and mash until smooth.

7.



Spoon the mince mixture into a large ovenproof dish.

8.



Spread the mashed potato over the top, and cook in the oven at 200°C/ 180°C fan/Gas Mark 6 for 20-25 mins.

9.



Carefully remove from the oven and serve.



Cottage Pie

Ingredients:

(serves 4-6)

For the filling:

1tbsp olive oil
500g minced beef
1 onion, chopped
1 carrot, peeled & grated
1 tbsp tomato purée
1 tsp Worcestershire sauce
1 tsp mixed herbs
350ml beef stock

For the topping:

900g potatoes, cut
into 2cm cubes
100ml milk
25g butter



Equipment:

2 large pans
Wooden spoon
Vegetable knife
Measuring jug
Colander
Potato peeler
Potato masher
Large ovenproof dish



TIP: you may want to read the Peeling, Grating, Chopping and Mashing Sheet before you begin.

Method:

TIP: before beginning, prepare all of the vegetables by peeling/chopping/grating them according to the instructions in the ingredients list.

1. Heat the oil in a pan until hot, then fry the onion and carrot for two minutes.
2. Add the minced beef to the pan and fry until lightly browned all over.
3. To make the stock, pour 350ml hot water into a jug containing the stock cube. Stir until dissolved, then add the tomato purée, Worcestershire sauce and mixed herbs.
4. Add the stock to the mince. Bring to the boil, then reduce the heat. Cover and cook gently for 15 minutes.
5. While the mince is cooking, boil the potatoes in a pan of water for 15 minutes, or until tender.
6. Drain the potatoes in a colander, then return to the pan. Add the milk and butter, then mash the potatoes until smooth.
7. Spoon the mince mixture into a large, ovenproof dish. Spread the mashed potato over the top.
8. Cook in the oven at 200°C/180°C fan oven/Gas mark 6 for 20-25 minutes.



Ploughman's Lunch

A ploughman's lunch is a traditional English cold meal where the main components are bread, cheese and some form of pickle. Additional items can include ham, salad, hard-boiled eggs and apple slices.



Pickling is the process of preserving food (making it last longer) by immersing it in vinegar. Foods that can be pickled include meat, fruits, eggs and vegetables.



Origins of the Meal

Bread and cheese were the staple diet of English rural workers for centuries. A 'ploughman' was a worker who used a large piece of farming equipment called a plough. He often carried a packed lunch consisting of bread and cheese into the fields with him to eat at lunch. This would have been a cheap but filling meal.



This is an engraving of a ploughman using the plough, which was often pulled by horses or oxen, to turn the soil and create furrows (thin trenches) in which the seeds could be planted.

It is thought that the name 'ploughman's lunch' was first widely used in the 1950s. Nowadays, it is a popular lunch-time meal in pubs. Often served on a chopping board, a variety of other non-traditional foods are popular addition, such as crisps, grapes, carrot sticks, coleslaw, crackers, pork pie and salami.

Name: _____

Date: _____



Record your opinions of each type of cheese, bread and pickle that you try in the taste test.

Type of cheese:	Comments about taste, texture, appearance:	Overall taste score out of 5 (1 = horrible, 5 = delicious)

Type of bread:	Comments about taste, texture, appearance:	Overall taste score out of 5 (1 = horrible, 5 = delicious)

Type of pickle:	Comments about taste, texture, appearance:	Overall taste score out of 5 (1 = horrible, 5 = delicious)

Name: _____ Date: _____



Now that you have completed the taste test, use your preferences to design your own version of a ploughman's lunch! Don't forget to include any additional food items to make your lunch tastier/more appealing. Make sure you label all of the components of your meal.

A large, empty rectangular box with a light grey border and a wooden-texture frame, intended for drawing a ploughman's lunch design.

Explain your choices for your ploughman's lunch design:

A large, empty rectangular box with a light grey border, intended for writing an explanation of the lunch design choices.