



National Hospitality Recipes

2019/20

Please note that recipes in this book are for pupils who are sitting National 3,4 or 5 Hospitality. Pupils will make two of these dishes in a double period if sitting National 4 or 5.

This will be updated in 2020

Apple Turnovers – National 5

Pastry

100g plain flour

50g margarine

15ml water

Filling

2 cooking apples

50ml water

30ml caster sugar

Method

1. Preheat oven to 200 degrees/ gas mark 6.
2. Wash, **peel, rewash, quarter, core and slice** the apple.
3. Place the apple slices, water, sugar, cinnamon and dried fruit in a pot and gently **stew** until the apples are soft.
4. **Beat** until smooth and set aside to cool.
5. **Rub** the margarine into the flour until it resembles fine breadcrumbs. Gradually add the water to form a stiff dough.
6. Divide the pastry into two and **knead** each piece lightly.
7. **Roll out** each piece of pastry into a circle and cut out with a scone cutter to form a perfect circle.
8. Place half the filling on half of each of the circles. Damp the edges of the circle using a pastry brush and milk. **Fold** over and **seal** with a fork.
9. Place on a baking tray and brush the tops with milk to make a **glaze**. Make two small slits in the top of each of the turnovers and bake until golden brown.

Bakewell Tart – National 4/5

Ingredients

Pastry 100g plain flour
50g hard block margarine
cold water

Filling 2 x 15ml strawberry jam

Sponge 1 egg
50g soft marg
50g caster sugar
50g self raising flour
few drops almond essence

Optional decoration flaked almonds

prep time 25 mins

oven temp 190 °C/gas no 6

baking time 25 mins

Method

1. Prepare pastry - Measure and sieve flour into bowl, weigh out hard marg then cut up into bow.
2. Rub marg into flour until mixture resembles fine breadcrumbs.
3. Add in only enough cold water to bind to a stiff dough.
4. Roll out pastry, line flan tin, trim then set aside to chill. **Reserve trimmings.**
5. Meanwhile, weigh and measure all sponge ingredients into bowl and mix thoroughly with a wooden spoon.
6. Spread the jam into the base of the pastry case.
7. spoon the sponge mixture on top and level with the back of a metal spoon.
8. Cut trimmings of pastry to decorate surface. Optional addition of flaked almonds
9. Place tin foil on a baking tray and bake until well risen and springy to touch.



Beef lasagne- National 5

Ingredients

Meat sauce

- 25 g pepper
- 50 g carrot
- 25 g onion
- 100 ml tinned chopped tomatoes
- 7.5 ml tomato puree
- 1.25 ml mixed herbs
- 2.5 ml garlic powder
- 75 g beef mince
- 1 stock cube - beef preferable
- 3 Lasagne sheets for the middle of the lasagne

Cheese sauce

- 15 g margarine (1 tablespoon)
- 15 g plain flour (1 tablespoon)
- 150 ml semi-skimmed milk
- 75g mature cheddar cheese, grated
- salt and pepper

Method

- 1 **Meat sauce.** Prepare the following:
 - ◆ Finely dice the onion.
 - ◆ Cut the pepper into matchsticks.
 - ◆ Cut the carrot into circles.
 - ◆ Place stock cube into measuring jug with chopped tomatoes.
- 2 Brown the mince in the pan, then add the vegetables and lightly fry for 3 minutes.
3. Simmer for 15 minutes until the mince is cooked and the vegetables are tender.
Taste and season as required.
- 5 Put on the oven — gas mark 6, 200°C.
- 6 **Cheese sauce**
 - ◆ Melt the margarine, add the flour and stir to make a roux. Cook for one minute. Remove from the heat.
 - ◆ Add the milk gradually to the roux, stirring continuously.
 - ◆ Bring to the boil and simmer gently for five minutes.
 - ◆ Add 2/3 of the grated cheese and mix. Taste and season as required.

- 7 Place half of the meat sauce in a dish, cover with two sheets of lasagne and half of the cheese sauce. Repeat these layers.
- 8 Sprinkle the remaining $\frac{1}{3}$ of the grated cheese evenly over the top of the lasagne.
- 9 Bake for 20 minutes until it is ready and the lasagne is golden brown in colour.
- 10 Garnish and serve.

Swiss Roll- National 4

Ingredients

2 large eggs

50g caster sugar

50g self raising flour (sieved onto a plate)

25g jam

100ml cream

Method

1. Set oven. Line the tin with baking parchment and oil.
2. Whisk the eggs and sugar with an electric hand mixer until they are very thick and creamy. Approx. 7 minutes.
3. As gently as possible, fold in the flour with a metal spoon. Watch the teachers demonstration.
4. Pour into the prepared tin and move mixture about until it reaches all four corners of the tray. DO NOT PAT DOWN WITH A SPOON and bake until golden brown and springy to the touch.
5. Warm the jam.
6. Prepare sugared paper on the table.
7. Turn the Swiss Roll out of tin onto the sugared paper.
8. Trim off crispy edges and make a small cut close to the bottom edges of the sponge.
9. Roll up quickly to prevent cracks.
10. Cool on a wire tray, with the end underneath. Unroll once cooled and spread jam and cream then re roll.

White chocolate and lime cheesecake – National 5

Ingredients

Base 100 g ginger nut biscuits

40 g butter

Filling 1 lime

75 g white chocolate

100 g low fat cream cheese

20 g caster sugar

150 ml double cream

Method

1 **Base**

- ◆ Crush the biscuits.
- ◆ Melt the butter and mix in the biscuits.
- ◆ Press the mixture into a 15 cm flan ring. Chill.

2 **Filling**

- ◆ Wash then grate the rind of the lime onto a plate. Squeeze out the juice. Melt the chocolate.
- ◆ Beat the cream cheese and the sugar together lightly with a wooden spoon. Do not over beat or it will be too soft.
- ◆ Whisk the double cream until it peaks.
- ◆ Add the melted chocolate to the cream cheese. Stir until just mixed.
- ◆ Add the lime rind and 15 ml of the juice to the cream cheese mixture and beat to mix.
- ◆ Fold in half of the whipped cream to the cream cheese mixture. Keep the rest of the cream for piping.
- ◆ Spoon the cream cheese mixture over the biscuit base, smooth and chill until firm.

CHILLI CON CARNE - National 4/5

INGREDIENTS

$\frac{1}{2}$ small onion

$\frac{1}{4}$ green or red pepper

75g minced beef

1 x 1.25ml spoon chilli powder

1 stock cube (beef or vegetable)

100ml water

150g tinned tomatoes and juice

2 x 15ml spoons red kidney beans

15ml oil

Choose from one of the following:

75g long grain rice

Baked potato

Tortilla chips

seasoning



Pick one of
these to go with
your chilli 😊

METHOD

1. Peel, wash and finely chop the onion.
2. Wash pepper, remove seeds and cut into small dice.
3. Brown the mince in a pot over a medium heat and stir in the onion, pepper and chilli powder.
4. Stir in the water, tinned tomatoes and juice and bring to the boil.
5. Reduce heat, cover with lid and simmer gently for 25 minutes, stirring occasionally.
6. Half fill a pot with cold water and bring to the boil. (ONLY FOR RICE).
7. Drain kidney beans and add to chilli pot then simmer for a further 5 minutes. Check seasoning and adjust if necessary.
8. Place in foil container.

Lamb Samosas – National 3/4

Ingredients

- Puff or shortcrust pastry
- 75g lamb mince
- 25g peas
- 1 onion
- 1 x 5ml tomato puree
- 1 x 5ml of spices (different ones available, please choose at least TWO)
- Egg to glaze

Method

1. Cut pastry into even sized squares.
2. Cook lamb until brown in colour with some oil and set aside. Add tomato puree.
3. Finely dice the onion and add to mince mixture with your chosen spices.
4. Stir the mince mixture with all of the spices and season to taste.
5. Place on tablespoon of mixture per square.
6. Wash the sides of the pastry with egg and fold over. Crimp with a fork.
7. Poke some holes in the pastry top and then place egg wash on top to ensure it is golden brown when cooked.
8. Place in oven until golden brown and crispy. Serve.

Leek and Potato Soup – National 3

Ingredients

1 leek

1 medium potato

500ml vegetable stock

1 x 5ml oil

salt and pepper

parsley to garnish

Method

1. Wash leek and slice finely.
2. Wash, peel and cut potatoes into small dice.
3. Heat oil in a pot, add leeks and cook gently for a few minutes, until softened.
4. Add potatoes, seasoning and stock. Stir well and bring to the boil.
5. Turn heat down, put lid on pot and simmer gently until vegetables are cooked – about 20 minutes.
6. Chop parsley finely.
7. Taste soup, adjust seasoning.
8. Serve, with parsley sprinkled over.

Quiche Lorraine - National 4/5

Ingredients

- 150g plain flour
- 75g block margarine
- 50ml water
- 2 eggs
- 100ml milk
- 40g cheddar cheese, grated
- 1/2 onion
- 1 rasher of bacon

Method

1. Set the oven to Gas Mark 5/190°C.
 2. Put the flour and margarine into the mixing bowl and rub together to form small crumbs.
 3. Add the water and mix together using the pallet knife.
 4. Flour a worktop surface and roll out the pastry to a thin layer. Place it over your rolling pin and place it over your foil dish. Push down with your knuckles to ensure the pastry goes into all of the edges. Cut off excess pastry. **Bake blind for 10 minutes.**
 5. Measure out 100ml of milk in the jug, crack the eggs and beat gently. Add the cheese and mix using a fork or whisk.
 6. Finely dice onion and cut bacon into bite sized pieces. Saute in a frying pan until soft and place the bacon and onion into your foil dish at the bottom of the pastry.
 7. Pour the egg, milk and cheese evenly into the pastry. **DO NOT OVER FILL!**
 8. Bake for 20 minutes or until golden brown.
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Sweet Potato & Red Pepper Soup with Bacon Melts – National 5

Ingredients

Soup:

Carrot	50g
Onion	60g
Sweet Potato	50g
Butter	10g
Pepper	40g
Vegetable Stock	250ml

Smoked Bacon melts:

Half baguette

1 rasher of bacon

15ml tomato puree

30g cheese

Method

- 1 Wash, peel and rewash the carrot and the sweet potato.
- 2 Chop the carrot and sweet potato into even sized pieces.
- 3 Peel and finely dice the onion.
- 4 Melt the butter in a large pan and sweat the vegetables, without colour for 3 minutes.
- 5 Remove from the heat and add the stock.
- 6 Return to the heat, bring to the boil and then simmer for 20 minutes until the vegetables are soft.
- 7 Pre-heat the oven and Slice the baguette in half. Toast the baguette on both sides until cooked.
- 8 Roughly chop the bacon and fry it gently.
- 9 Spread the tomato puree onto the baguette and add bacon on top.
- 10 Grate cheese and add this to the top of the baguette. Place in the oven to melt the cheese.
- 11 Remove soup from the heat. Cool the soup slightly then purée.
- 12 Take smoked bacon melts out of the oven and cut into quarter pieces.