


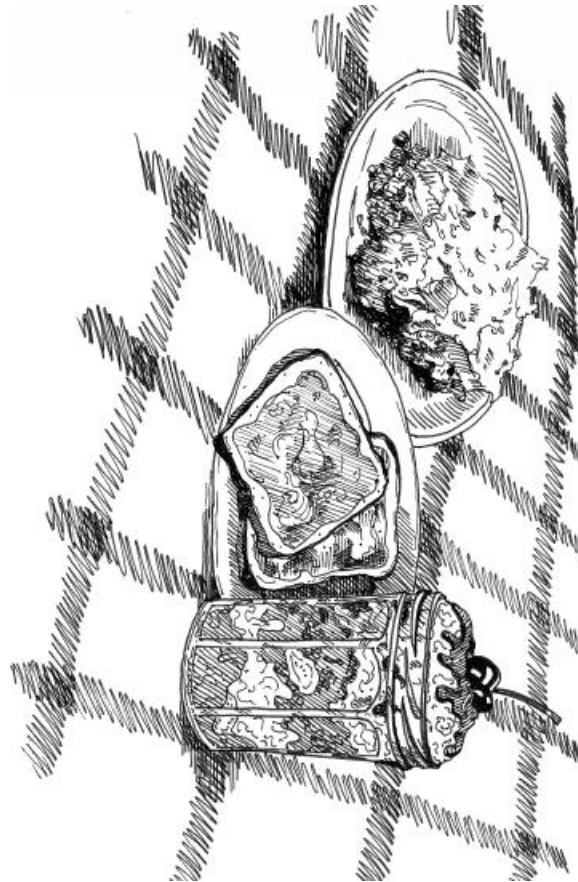


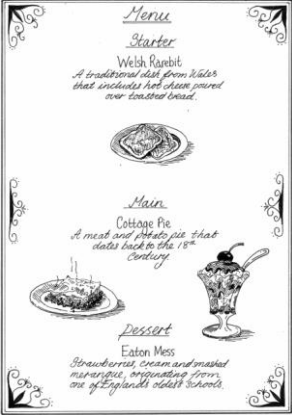
UKS2 Cookery- Great British Banquet

| Key Vocabulary | |
|---------------------------|---|
| Hygiene | Practices that maintain health, especially through cleanliness. |
| Cuisine | A style or method of cooking characteristic of a particular country, region, or establishment |
| Taste | Ingredients can compliment each other to give a pleasant or contrast together and create an unpleasant taste. |
| Health benefits | How food helps the body in growth and development. |
| Aesthetic | Concerned with how good something looks or the appreciation of it. |
| Audience | Who the project is intended for |
| Sensory evaluation | Evaluating food products in terms of the taste, smell, texture and appearance. |

| The Project | |
|---------------------------|---|
| Introduction | Using in depth research, as well as a high awareness of seasonal fruit and vegetables, you will work in groups to create a 3 course meal that celebrates British cuisine, as well as using GVP's own fruit, vegetables and herbs. |
| Purpose of Project | To design and make dishes as a group for a celebration of British cuisine party inviting parents to join and eat together as a family. |

| Research | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|--|----------------|-------------|--------------|----------|------|------|---------|-----------|--------|-------|----------|------|--------------|--------|-----------|-------------|-------------|----------|----------|--------|-------------|----------|-------|--------------|---------|--------------|---------------|-------------|-------|----------------|--------|--------|----------|----------|-----------|--|
| Previous Research | <p>Cottage Pie Recipes date back to the 18th Century when poorer people, who lived in the cottages in the country, would use potatoes vegetables and meat from their farms to create this pie.</p>  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>Welsh Rarebit A traditional dish from Wales, Rarebit does not involve meat at all but rather includes hot cheese poured over toasted bread.</p>  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>Eton Mess The first recipe of this Dates back to 1893, the Story of which was that at Eton school a strawberry and meringue pudding was dropped. Instead of it being thrown away, it was served but rather than call it Eton Pudding, it was called Eton Mess.</p>  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Foods in seasons | <p>Fruit and vegetables are harvested at different times of the year when they are at their ripest or "in season". It is always best to use seasonal food as it is more like to be from this country (locally sourced) and ripe (better in taste).</p> <div data-bbox="1816 1034 2130 1471"> <p>What's in Season for July?</p> <table border="1"> <thead> <tr> <th>Tomatoes</th> <th>Stone Fruit</th> <th>Bell Peppers</th> </tr> </thead> <tbody> <tr> <td>Avocados</td> <td>Corn</td> <td>Okra</td> </tr> <tr> <td>Bananas</td> <td>Cucumbers</td> <td>Papaya</td> </tr> <tr> <td>Beets</td> <td>Eggplant</td> <td>Peas</td> </tr> <tr> <td>Blackberries</td> <td>Grapes</td> <td>Pineapple</td> </tr> <tr> <td>Blueberries</td> <td>Green Beans</td> <td>Potatoes</td> </tr> <tr> <td>Bok Choy</td> <td>Greens</td> <td>Raspberries</td> </tr> <tr> <td>Broccoli</td> <td>Leeks</td> <td>Strawberries</td> </tr> <tr> <td>Carrots</td> <td>Lemons/Limes</td> <td>Summer Squash</td> </tr> <tr> <td>Cauliflower</td> <td>Mango</td> <td>Vidalia Onions</td> </tr> <tr> <td>Celery</td> <td>Melons</td> <td>Zucchini</td> </tr> <tr> <td>Cherries</td> <td>Mushrooms</td> <td></td> </tr> </tbody> </table> </div> | Tomatoes | Stone Fruit | Bell Peppers | Avocados | Corn | Okra | Bananas | Cucumbers | Papaya | Beets | Eggplant | Peas | Blackberries | Grapes | Pineapple | Blueberries | Green Beans | Potatoes | Bok Choy | Greens | Raspberries | Broccoli | Leeks | Strawberries | Carrots | Lemons/Limes | Summer Squash | Cauliflower | Mango | Vidalia Onions | Celery | Melons | Zucchini | Cherries | Mushrooms | |
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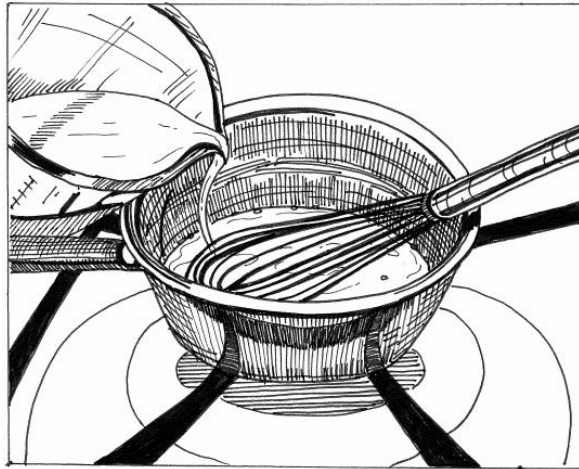


| Design | |
|---------------------------|--|
| Designing a recipe | Using your research, create a 3 course menu that includes a starter, main course and desert. Detail in this menu the steps you will need for each course, the ingredients you will need and who will be making it (6 people, 2 per course) |
| Creating a menu | <p>All meals have menus to not only share what the recipe is about but give a description of the meal so that those eating, understanding what is in each dish.</p> <p>To succeed you will need to think about creating a border, images of the meal that are appetising and a clear description of each course.</p>  |

Make

For the Welsh Rarebit you will need to make a roux, or cheese sauce.

1. Start your roux by melting butter in a saucepan and whisk in flour until smooth. Allow it to bubble for at least 1 minute while mixing. This will eliminate any floury flavours.
2. Once you have cooked the flour mixture to your liking (most white sauces or cheese sauces use a light or white roux), begin adding milk while whisking a small amount at a time.
3. Reduce the heat to low and begin adding the milk a little at a time. Stir until smooth after each addition.
4. You will get a paste like texture at first, add a bit more milk and whisk until smooth and completely free of lumps. Continue this process until you've incorporated the liquid.



Make a roux

When cooking the shepherd's pie, cook the onions and meat first.

Use a lid when cooking to prevent any hot oil splashing onto skin or the surfaces, a lid also helps cook the meat, it decreases air circulation significantly so the air in the pot stays hotter, this cooks the food faster.



Cooking the contents

Evaluate

Creating a Sensory Test

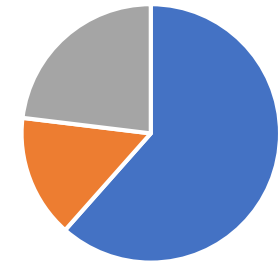
To give a greater accuracy and effective evaluation use a sensory test that several children can complete that include a range of criteria. They must be clear so children can complete them quickly.

| Type of cultural/seasonal food product | Appearance | Smell | Texture | Taste |
|--|--------------|-------------|---------|--------|
| Welsh Rarebit | Golden/rough | Fresh/baked | Crumbly | Cheesy |
| | | | | |
| | | | | |

Display the results

To give a visual representation use a pie chart to help determine how much children like your bread as well as bar graphs to outline what was the common opinion on appearance, smell etc.

Opinion of Welsh Rarebit



■ Crispy ■ Crunchy ■ Soft

Referencing Professionals

As you reflect on your own progress of cooking and utilising your skills, reference other known and influential chefs who have stirred for health and excellence in their own profession.



Jamie Oliver



Nigella Lawson



Tom Kerridge