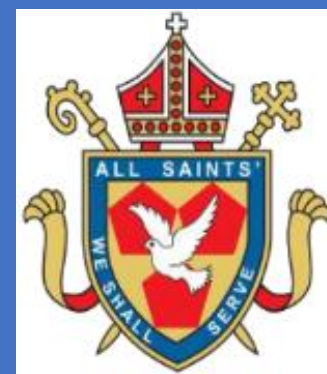


Y10 Recipe Book



Y10 Recipes for the year

1. Hot water crust pastry pies
2. Lemon cheesecake
3. meringue kisses
4. mayonnaise
5. Pineapple upside down cake with custard
6. Lemon Meringue Pie
7. Christmas Cake (Optional)
8. Mock NEA 1 Experiment- Sugar in biscuits
9. Decorated biscuits
10. Tomato soup taste testing (not a practical)
9. Beef and oyster sauce
10. Chinese dumplings

11. Mock NEA 2 - At the end of the year pupils design and make two dish's for a mock NEA 2. The cost of this is not covered by the school and pupils are expected to bring their own ingredients for their chosen dish's.

The pupils must give full recipes to the teacher a week in advance so that allergens are checked and adjustments can be made to the room if needed to ensure the safety of students.

Perfect Pies

Keep covered in the fridge • Serves 6 Eat cold or reheat in the oven at 180oC/ Gas mark 4 for 15 minutes

For the pastry:

- 225g **plain flour** *
- 1/2 tsp **baking powder** *
- 1/2 tsp salt *
- 4 tablespoons sunflower oil *
- 2 eggs** (1 is for glazing) *
- 3 tablespoons hot water

Choose **one or two protein foods**, a **selection of vegetables and flavourings**. The ingredients below are suggestions only for ideas and suitable quantities.

Protein Food

- 200g chicken
- 200g minced beef, lamb or pork
- 150g **cheese**
- 4 rashers of bacon
- 200g sausages
- 150g quorn mince

Vegetables

- Tin peas / sweetcorn / mixed veg
- 75g frozen veg Tin
- red kidney beans 1-2 peppers (red/orange/green /yellow)
- 6-8 cherry tomatoes
- Small pack stuffing
- 100g mushrooms
- Small butternut squash
- 1 onion

Flavourings

- 2 tsp dried herbs
- Handful of fresh herbs
- 2 cloves garlic
- 2 tablespoons tomato purée
- 1 tablespoon curry paste
- salt and pepper



Equipment

- An airtight plastic tub or biscuit tin

Method

1. Prepare self, ingredients and equipment.
2. Prepare your filling mixture - make sure this is **well combined** ready to use in a large glass bowl. **Wash up.**
3. Place all pastry ingredients into a large glass mixing bowl and **beat together** with a wooden spoon. Knead the dough **for 30 seconds** to bring it together.
4. Divide into **6 equal** portions. Remove a **¼ of each** portion. Save the small pieces to one side as these will be the pie lids.
5. Grease **6 holes** of the muffin tin.
6. Roll each larger piece of dough so that it is big enough to line the muffin tin. **Be careful as you ease the pastry into the tin** - don't push your fingers through
7. Fill each pastry case with an **even amount of your filling**
8. Brush the edges with egg and **place the pastry lid on top**, pinching well around the edge to seal.
9. Finish your edges by crimping, use and off cuts for a decorative finish.
10. Break an egg into a small bowl, beat quickly and use a pastry brush to **glaze the top** of the pie.
11. Bake at **200°C for 35 to 40 minutes** until brown. Check that the centres are cooked using a food probe - **72°C or above.**
12. Wash up and spray the surfaces

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓		✓	✓			✓		

Allergens

☐ Celery

☒ Gluten

☐ Crustaceans

☒ Eggs

☐ Fish

☐ Lupin

☒ Milk

☐ Molluscs

☐ Mustard

☐ Nuts

☐ Peanuts

☐ Sesame

☐ Soya

☐ Sulphites



CHEESECAKE



INGREDIENTS

Base

150g **digestive biscuits**
(10 biscuits)
75g margarine/ **butter**

Filling

1pkt gelatine
200-250g **cream cheese**
100g caster sugar
250ml **cream**
Flavouring e.g vanilla,
lemon, strawberry,

EQUIPMENT

Food processor
Saucepan
Cheesecake moulds
2Glass bowls
Small dish
Electric beater or
wooden spoon

METHOD

- 1.Crush the biscuits in the food processor or in a sealed plastic bag with a rolling pin
- 2.Melt the margarine in a saucepan and add the biscuit crumbs
- 3.Press the biscuit crumbs into the base of cheesecake mould and chill
4. For orange or lemon cheesecake, zest the rind and squeeze the juice. For strawberry puree strawberries, for chocolate melt
- 5.Mix together the cream cheese, flavouring and sugar until completely smooth.
6. Place 2 to 3 tbsps. Of water in a small dish and sprinkle gelatine on top
- 7.Heat in a microwave for 30 seconds on high until the gelatine is dissolved and runs clear
- 8.Allow to cool for a few minutes and then stir into cream cheese mixture
- 9.Whip cream and fold into cream cheese mixture
10. Pour the cream cheese mixture on top of biscuit base and chill in the fridge to set.
11. Decorate and serve

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓		✓		✓					✓

Allergens

☐ Celery ☒ Gluten ☐ Crustaceans ☐ Eggs ☐ Fish
☐ Lupin ☒ Milk ☐ Molluscs ☐ Mustard
☐ Nuts ☐ Peanuts ☐ Sesame ☐ Soya ☐ Sulphites

Sauces – Fruit Coulis

Raspberry Coulis

Ingredients

- 200g of raspberries
- 1 tbsp of icing sugar



Method

1. Place the raspberries in a small pan with the icing sugar and heat for a few minutes until the raspberries collapse and release their juices
2. Transfer to a bowl and blend briefly with a hand blender until the raspberries are puréed. Do not be tempted to over-blend the raspberries as this will break up the seeds and discolour the coulis
3. Pass through a fine sieve to remove the seeds and use as needed.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓					✓	✓		✓	✓		

Allergens

☐ Celery

☐ Lupin

☐ Nuts

☐ Gluten

☐ Milk

☐ Peanuts

☐ Crustaceans

☐ Molluscs

☐ Sesame

☐ Eggs

☐ Mustard

☐ Soya

☐ Fish

☐ Sulphites

Meringue Kisses

These meringue 'kisses' are made by sandwiching together mini- meringues with your choice of filling. Try this great raspberry cream filling, or try melted chocolate or lemon curd.

Ingredients

For the vanilla meringue:

- 2 **egg** whites at room temperature
- 125g caster sugar
- 1/2 tsp vanilla essence or extract

For the raspberry ripple filling:

- 100ml whipping **cream**
- 1 tbsp caster sugar
- 100g raspberries



Equipment to bring from home

A large sealable container or biscuit tin

Why not try?

Here are two other great filling options to use for step 5 above.

Double chocolate filling

Whip 100ml whipping cream until it holds soft peaks then whisk in 1 tbsp caster sugar. Dip the underside of each meringue in 100g dark chocolate, melted and cooled, before sandwiching with the cream. Dust with 2 tsp cocoa powder.

Luscious lemon filling

Whip 100ml whipping cream until it holds soft peaks then whisk in 1 tbsp caster sugar. Fold 4 tbsp lemon curd Taste the Difference into the whipped cream. Dust with icing sugar.

Lesson 1

1. First make the vanilla meringue. Preheat the oven to 120°C/100°C fan and line 2 oven trays with greaseproof & non-stick baking paper.
2. Put the egg whites in a large clean bowl and whisk until the meringue holds **soft peaks**. Add the sugar, **a spoonful at a time**, whisking well after each addition. Continue whisking until the whites are stiff and glossy. **Fold** in the vanilla extract.
3. Fill a piping bag with the meringue and pipe 40 rosettes, 2.5cm apart onto the prepared trays. **Bake until crisp and dry**, about 1 hour. Cool completely before removing from the tray. **Wash up!**

Lesson 2

1. Now, make the raspberry filling. Whip the cream until it holds **soft peaks** then whisk in the caster sugar. Crush the raspberries with a fork and gently **fold** into the cream until 'rippled'.
2. Assemble the meringue kisses. Hold a meringue by its pointed end and scoop up a little of the filling on its flat underside; repeat with another meringue. Sandwich 2 prepared meringues together. Repeat with the remaining meringues. Refrigerate for 30 minutes to set the cream and serve chilled. **Wash up!**

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓						✓	

Allergens

- ☐ Celery
- ☐ Gluten
- ☐ Crustaceans
- ☒ Eggs
- ☐ Fish
- ☐ Lupin
- ☒ Milk
- ☐ Molluscs
- ☐ Mustard
- ☐ Nuts
- ☐ Peanuts
- ☐ Sesame
- ☐ Soya
- ☐ Sulphites

Sauces – Emulsions

Quick Mayo

Ingredients

- 1 **egg** cold from the fridge
- 200 ml sunflower oil
- 1 tablespoon white wine **vinegar** or lemon juice
- 1/4 teaspoon salt
- 1 teaspoon **Dijon mustard** (optional)



Method

1. Put all the ingredients into a tall measuring jug.
2. Follow this order: egg (be careful not to break the yolk), oil, white vinegar, salt, Dijon mustard.
3. Insert the hand blender and push it all the way to the bottom of the jug.
4. Turn it on at the highest speed and **DO NOT move the blender for 10 seconds.**
5. Almost instantly the mixture will begin to emulsify and look like mayo.
6. Now you can move the blender up and down to incorporate any oil that is sitting on the top.

INFO: The mayo could be flavoured with ingredients of your choice e.g. 2 crushed garlic cloves; 1 tsp chilli; chopped fresh herbs etc.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓				✓			✓				

Allergens

- Allergens**
- ☐ Celery ☐ Gluten ☐ Crustaceans ☒ Eggs ☐ Fish
☐ Lupin ☐ Milk ☐ Molluscs ☒ Mustard
☐ Nuts ☐ Peanuts ☐ Sesame ☐ Soya ☒ Sulphites

Pineapple Upside Down Cake

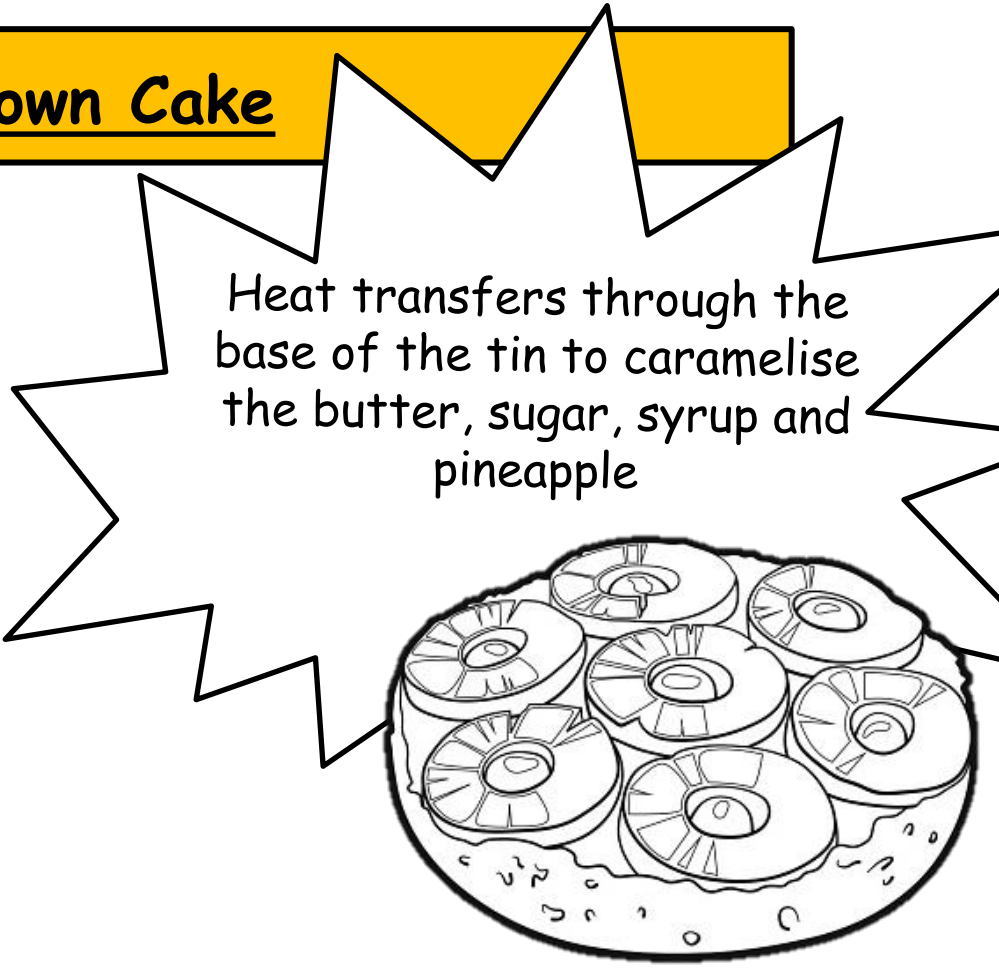
Ingredients

For the topping/bottom:

- ☐ 50g soft margarine
- ☐ 50g light soft brown sugar
- ☐ 7 pineapple rings in syrup, drained and syrup reserved
- ☐ 7 glacé cherries

For the cake:

- ☐ 100g soft margarine
- ☐ 100g golden caster sugar
- ☐ 100g self-raising flour
- ☐ 1 tsp baking powder
- ☐ 1 tsp vanilla extract
- ☐ 2 eggs
- ☐ Named container to take your cake on the plate home flat in (or a large sheet of named tin foil)



Method

- Heat oven to 170°C.
- Grease and line a 20cm round cake tin.

For the topping:

- Beat margarine and light soft brown sugar together until creamy.
- Spread over the base and a quarter of the way up the sides of the cake tin.
- Arrange 7 pineapple rings in the base of the tin (reserving the syrup for later), then place 7 glacé cherries in the centres of the rings.

For the cake:

- Place all cake ingredients in a bowl along with 2 tbsp of the reserved pineapple syrup. Using an electric whisk, beat to a soft consistency.
- Spoon into the tin on top of the pineapple and smooth it out so it's level.
- Bake for 35 minutes.
- Leave to stand for 5 minutes, then turn out onto a plate.

Canned pineapples were not available until 1903 when Jim Dole of the Hawaiian Pineapple Company (now Dole Pineapple) perfected a way to tin them, making them globally available all year round.

Allergen Info: This recipe contains gluten, milk, eggs and sulphites

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓			✓	✓	✓	✓				✓	

Allergens	
☐ Celery	☒ Gluten
☐ Lupin	☐ Crustaceans
☐ Nuts	☒ Eggs
☐ Peanuts	☐ Fish
☐ Sesame	☐ Milk
☐ Soya	☐ Molluscs
☒ Sulphites	☐ Mustard

Crème Anglaise (Fresh custard)

- **Ingredients**
- 275ml double or single cream, or milk
- 3 **egg yolks**
- 1 level teaspoon **cornflour**
- 1 level tablespoon sugar
- 2 drops vanilla essence

Method

- Heat the cream/milk in a saucepan to boiling point
- While the liquid is heating, beat together the other ingredients.
- Add the hot cream/milk, stirring continuously. Return the mix to the saucepan and heat gently until thickened whilst continually stirring.
- Serve hot or cold

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓			✓		✓		✓				✓

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Lemon Meringue Pie

Pastry

125gms **Plain flour**
75gms fat
1 level tbsp caster sugar

Lemon filling

1 lemon rind
Lemon juice to make up
to 200ml water.
1 heaped tbsp **corn flour**
75gms caster sugar
2 **egg** yokes

Meringue

2 **egg** whites
75gms caster sugar



Makes 6 individual pies

Pastry

1. Rub the fat into the flour.
2. Stir in the sugar and use a little water to bring together.
3. Chill for 20 minutes.
4. Roll out and line a flan dish.
5. Blind bake for 10 minutes at 180 °C. Remove peas and bake for a further 10 minutes.

Lemon filling

1. Grate the rind from 1 lemon into a jug.
2. Squeeze the lemon juice into the jug and make up to 200ml with water.
3. In a small pan blend the corn flour with a little of the lemon water mix until smooth.
4. Add the remaining liquid stirring all the time. Add the caster sugar. Put on a medium heat and bring to the boil stirring all the time. The mixture should coat the back of the spoon.
5. Stir in the egg yokes and heat for 1-2 minutes.
6. Allow to cool slightly then pour into the flan case. Chill.



Makes 1 small pie
18cm flan dish

Meringue topping

1. In a clean bowl whisk the egg whites until fluffy and form stiff peaks.
2. Gradually add the sugar while whisking.
3. Pipe *or* spread onto the top of the lemon filling.
4. Flash bake at 200 °C 5-10 mins or grill for 3-4 minutes until the meringue starts to turn golden brown.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓	✓		✓		✓	✓	✓

Allergens

☐ Celery ☒ Gluten ☐ Crustaceans ☒ Eggs ☐ Fish
☐ Lupin ☐ Milk ☐ Molluscs ☐ Mustard
☐ Nuts ☐ Peanuts ☐ Sesame ☐ Soya ☒ Sulphites

Mini Christmas cakes- Optional



Ingredients

- 60g baking margarine (e.g. Stork)
- 60g soft brown sugar
- 60g mixed dried fruit
- 60g **self-raising flour**
- $\frac{1}{2}$ teaspoon mixed spice
- 1 **egg**

Method

- Make sure you have all your ingredients measured out and equipment ready.
- Pre-heat the oven to 160C
- line the sides and base of the bean tins with baking paper.
- Use a wooden spoon to beat the baking margarine and sugar in a bowl.
- Add the mixed fruit and spice. Mix well.
- Crack the egg into a small bowl and beat with a fork.
- Add half the egg and half the flour to the butter/fruit mixture. Mix well.
- Add the other half of the egg and flour and mix again.
- Add the mixture to the tin.
- Place the tin on a baking tray and bake in the centre of the oven for 50 minutes.
- When cooked, cool for a few minutes in the tin, then remove from the tin, carefully remove the baking paper and leave on a cooling rack until cold.



Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓			✓			✓			✓		

Allergens											
☐ Celery	☒ Gluten	☐ Crustaceans	☒ Eggs	☐ Fish	☐ Lupin	☐ Milk	☐ Molluscs	☐ Mustard	☐ Nuts	☐ Peanuts	☐ Sesame
											☐ Soya
											☐ Sulphites

Mock NEA1 Experiment: Sugar in Biscuits

Remember: It is likely that you will produce different "options" in your experiment (e.g. 3 types of biscuits, each using different types of sugar)

Basic recipe

Ingredients

- 50g **butter** or soft baking spread
- 75g granulated sugar
- 1 small **egg yolk**
- 100g **plain flour**

Equipment

Baking tray, weighing scales, mixing bowl, wooden spoon, fork, small bowl, sieve, flour dredger, oven gloves, cooling rack.

Method

- 1.Preheat the oven to 180°C or gas mark 4
- 2.Line or line a baking tray.
- 3.Beat the fat and sugar in a bowl with a wooden spoon until creamy.
- 4.Whisk the egg yolk in a small bowl using a fork.
- 5.Add the egg, a little at a time.
- 6.Sift the flour into the bowl.
- 7.Mix well to form a firm dough.
- 8.Shape into biscuits on a floured surface.
- 9.Place the biscuits on to a greased baking tray and bake for 10 minutes, until golden brown.
- 10.After baking, place on a cooking rack.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓						✓	

Allergens

☐ Celery

☒ Gluten

☐ Crustaceans

☒ Eggs

☐ Fish

☐ Lupin

☒ Milk

☐ Molluscs

☐ Mustard

☐ Nuts

☐ Peanuts

☐ Sesame

☐ Soya

☐ Sulphites

Decorated biscuits

A good recipe to develop your decorating and finishing skills. Coating and feathering are techniques that help your products stand out and appeal. Think about what other patterns you could make with the melted chocolate.



Ingredients

Decoration:

- 100g self raising flour
- 50g sugar
- 50g margarine
- 1/2 egg, beaten
- 50g milk chocolate
- 50g white chocolate

Equipment to bring from home

A sealable container or biscuit tin

Method

Lesson 1

1. Heat the oven to 180°C / Gas mark 4.
2. Grease a baking tray.
3. Mix flour and sugar, rub in the margarine.
4. Add a little egg at a time until a dough is formed.
5. **DO NOT ADD TOO MUCH EGG.**
6. Roll out to 1cm thick and cut with a large fluted cutter.
7. Place onto the baking tray and bake for **8-10 minutes** or until the biscuits move on the tray.
8. Cool on a cooling rack. Wash up
9. Transfer biscuits to your container for storage

Lesson 2

1. Break the chocolate into two small bowls - keep the colours separate.
2. Melt the chocolate in the microwave for 20 seconds at a time - stir with a spoon between each 20 seconds.
3. Place the biscuits onto a cooling tray with a piece of greaseproof beneath the tray.
4. Coat the biscuits with one colour of chocolate.
5. Fill a drizzle bag with the second colour of chocolate and pipe thin and evenly spaced lines over the surface of the biscuit.
6. Use a cocktail stick to drag through the chocolate to create a feather effect.
7. Place the biscuits into the fridge to allow the chocolate to harden.
8. Wash up equipment and clean down the sinks.
9. When the biscuits have set, place into your container.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓						✓	

Allergens

- ☐ Celery
- ☒ Gluten
- ☐ Crustaceans
- ☒ Eggs
- ☐ Fish
- ☐ Lupin
- ☒ Milk
- ☐ Molluscs
- ☐ Mustard
- ☐ Nuts
- ☐ Peanuts
- ☐ Sesame
- ☐ Soya
- ☐ Sulphites

Chocolate Sauce

Ingredients

- 50g dark chocolate
- 25g **butter**
- 125ml **double cream**
- 1 tbsp caster sugar

Method

1. Melt the chocolate in a glass bowl over a pan of barely simmering water until completely smooth.
2. Heat all of the remaining ingredients in a small saucepan until evenly combined. Remove from the heat and stir through the melted chocolate. Use as needed.



Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
					✓	✓		✓	✓		

Allergens

☐ Celery

☐ Lupin

☐ Nuts

☐ Gluten

☒ Milk

☐ Peanuts

☐ Crustaceans

☐ Molluscs

☐ Sesame

☐ Eggs

☐ Mustard

☐ Soya

☐ Fish

☐ Sulphites

Broccoli Beef in Oyster Sauce

Broccoli Beef in Oyster Sauce

Broccoli Beef is a very classic Hong Kong dish. The secret in this dish is a bottle of good quality oyster sauce, because it brings out the umami of all the ingredients.

Ingredients:

- 150g sirloin steak, thinly sliced
- 100g broccoli florets
- 50g carrot (sliced)
- 1 tbsp cooking oil

Marinade:

- 1 tbsp Lee Kum Kee Premium **Oyster Sauce**

Sauce Mix:

- 2 tbsp Lee Kum Kee Premium **Oyster Sauce**
- 2 tbsp water

Method:

- 1.Marinate the beef with 1 tbsp of oyster sauce and set aside.
- 2.Blanch the broccoli and carrot for 2 minutes then drain and set aside.
- 3.Stir-fry beef with cooking oil in medium high heat for 2 minutes.
- 4.Add vegetables and the sauce mix to cook for further 2 minutes or until done.

Notes:

Oyster sauce can be substituted with Vegetarian Stir-fry Sauce.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓		✓						

Allergens

☐ Celery

☒ Gluten

☒ Crustaceans

☐ Eggs

☐ Fish

☐ Lupin

☐ Milk

☐ Molluscs

☐ Mustard

☐ Nuts

☒ Peanuts

☐ Sesame

☒ Soya

☒ Sulphites

Dumpling Wrappers

Ingredients

For making around 30 wrappers

- ☐ 250 g **all-purpose flour** - about 2 cups, plus some for dusting
- ☐ 130 ml water - $\frac{1}{2}$ cup + 2 teaspoon (see note 1)

Method

Add water to the flour gradually. Gently mix with a pair of chopsticks / spatular until no more loose flour can be seen. Then combine and knead with your hand. Leave to rest covered for 10-15 minutes then knead it into a smooth dough (see note 2).

• Cover and rest the dough again for 30-60 minutes until it becomes soft (Chinese cooks would say "as soft as an earlobe").

• Make a loop with the dough then divide it into four parts. Roll one part (cover the rest to prevent them from drying out) into a rope then cut into 7-8 equal sections.

• Press each piece into a small disc with the palm of your hand. Then use a rolling pin to flatten it into a thin disc. Dust with flour if the dough sticks (Please refer to the video below).

• Use the fresh wrappers immediately. If you wish to freeze them for later, sprinkle extra flour in between each wrapper. Pile them up then place into an air-tight plastic bag (squeeze out the air as much as possible). Defrost in the fridge then use them straightaway.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓									✓		

Allergens

☐ Celery

☒ Gluten

☐ Crustaceans

☐ Eggs

☐ Fish

☐ Lupin

☐ Milk

☐ Molluscs

☐ Mustard

☐ Nuts

☐ Peanuts

☐ Sesame

☐ Soya

☐ Sulphites

Gyozas or Chinese Dumplings

Ingredients (Serve for 2 - 4 people):

20-25 fresh **dumpling skins** (~8cm diameter)

Plain flour for dusting

Water for sealing

For the Stuffing:

400g minced pork/ chicken

100g **prawns, finely chopped (optional)**

100g Chinese leaves, finely chopped, drained and squeezed out the water.

5pcs Chinese Shiitake Mushroom, rehydrated and finely diced

1 tsp ginger, finely chopped or grated

(Mostly in school we will use minced chicken, chopped spring onion and graded ginger.)

Seasoning:

3 Tbsp Lee Kum Kee Premium **Oyster Sauce**

1 Tbsp Lee Kum Kee Premium **Light Soy Sauce**

1 tsp Lee Kum Kee **Sesame Oil**

Dipping Sauce Suggestions:

- Chiu Chow Chilli oil
- Seasoned **Rice vinegar (Black vinegar)**
- Oriental **Sesame Soy Sauce**
- Hot chilli **Soy sauce**

Method:

1. Fresh dumpling skin to be cover with cling film to prevent them from drying out until ready to use.
2. Finely chopped Chinese leaves to be salted with 1tbsp of salt then set aside for 20mins, drain and squeeze out the water and set aside.
3. Mix the minced meat, seasoning and all the finely chopped filling ingredients in a large prep bowl and mix well.
4. Hold one piece of the dumpling skin in your palm and place 1 heap teaspoon of filling (~25g) in the centre of the dumpling skin.
5. Using the tip of your finger wet all sides of the pastry with cold water. Fold the skin in half and pleat the edges by pinching it together and securely sealed it.
6. Place on a lightly floured plate then repeat #4-6 until all the dumpling skin and ingredients are used up.
7. Cook and then serve with dipping sauce for extra flavoring.

Cooking idea:

Pan fried

Use a nonstick frying pan over medium-high heat, add 1-2 tablespoons of oil, and then place the dumplings on the pan. Cook for 1 minute, then add 50-80 ml of water (enough to fill the entire bottom of the frying pan), cover the pan, and continue cooking for 10 minutes, or until the food is cooked through and dry before serving.

Steaming

Arrange the dumplings in a bamboo steamer (lined with parchment paper at the bottom or use a piece of thinly sliced carrot) and steam for 8-10 minutes until cooked then serve immediately.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓			✓	✓					

Allergens

☐ Celery ☒ Gluten ☒ Crustaceans ☐ Eggs ☐ Fish
☐ Lupin ☐ Milk ☐ Molluscs ☐ Mustard
☐ Nuts ☐ Peanuts ☒ Sesame ☒ Soya ☐ Sulphites