



ROBINA STATE HIGH SCHOOL

LIFESTYLE MANAGEMENT DEPARTMENT

**YEAR 10
INTRODUCTION TO
HOSPITALITY**

Recipe Booklet
Semester 2

NAME: _____

TEACHER: _____

CLASS: _____

PORK & HOKKEIN NOODLES

Ingredients

500g lean pork or chicken stir fry strips
*2 tablespoons peanut oil
450g fresh hokkein or egg noodles
*1 teaspoon sesame oil
*1 teaspoon crushed ginger
½ red capsicum, thinly sliced
*1 tablespoons soy sauce
*2 tablespoons hoisin sauce
*1 tablespoon brown vinegar
*½ cup water
*2 teaspoons cornflour
½ cup sliced green shallots
*1 tablespoon chopped Vietnamese mint or coriander
4 bok choy, leaves separated
1 tablespoon sesame seeds (optional)

Take home container

Method

1. Heat half the oil in a large wok or electric frypan over medium-high heat, add half the meat and stir-fry for 1-2 minutes stirring continuously. Transfer to a plate and cover loosely with foil and set aside. Repeat with remaining meat.
2. Place noodles into a large bowl and cover with boiling water. Stand for 3 minutes or until noodles separate. Drain.
3. Reduce heat to medium add sesame oil to wok and cook ginger and capsicum for 1 minute. Add noodles, soy, hoisin, vinegar, water blended with cornflour, shallots and mint, cook for 2-3 minutes stirring continuously. Add pork and bok choy, cook for 2 minutes or until leaves just wilt. Serve with sesame seeds.

Serves 4



CHICKEN & CORN SOUP

Ingredients

STOCK

(Per bench 5 – 6 students)

*4 chicken carcasses

* $\frac{1}{2}$ whole chicken

*2 brown onions, roughly chopped

*1 - 2 sticks celery, roughly chopped

*2 carrots

*Bouquet garni:

piece of muslin

length of kitchen string

6 peppercorns

2 bay leaves

thyme

parsley

*Water to cover

N.B The students will make the stock in an earlier lesson.

SOUP

*750mL (3 cups) chicken stock (made above)

375g can creamed corn

*1 chicken stock cube

* $\frac{1}{2}$ teaspoon grated ginger

2 shallots

*salt, pepper

* $\frac{1}{2}$ teaspoon sesame oil

*2 tablespoons cornflour

*2 tablespoons water

1 egg white

*1 tablespoon water, extra

1 slice ham

1 shallot, extra

Take home container for soup approx
1.2L in capacity

Method

The base of most Chinese soups is a good chicken stock. A whole chicken can be used however, chicken pieces will serve the same purpose. Some of the meat, when cooked, can be shredded and added to the soup, the remainder used for another meal. Economical chicken carcasses give good stock.

1. Put chicken pieces into saucepan, add water, onion, celery, carrot, and bouquet garni. Bring to boil over medium heat, skim well to remove any scum; reduce heat and simmer gently, covered for one and a half hours. Remove any scum from top of stock, strain; reserve three cups of the stock for each student. Remove meat from chicken, shred finely. Reserve for soup. (N.B. Any remaining stock can be frozen for use in a later recipe.)
2. Combine in large saucepan 3 cups of the reserved chicken stock, creamed corn, crumbled stock cube, extra ginger, chopped shallots, salt, pepper, and sesame oil, bring to boil.
3. Mix cornflour to smooth paste with the two tablespoons of water, add to soup, stir until soup boils and thickens, reduce heat, simmer one minute.
4. Beat egg white and extra water lightly, add to soup in a thin stream, stirring well.
5. Add thinly sliced ham and chicken meat to soup, heat gently. Top with extra chopped shallots. Serves 6.



PUMPKIN SOUP

Ingredients

30 butter
2 rashers bacon, diced
1 onion, diced
500g pumpkin, peeled, seeded and cut into
3cm chunks
*750ml chicken stock

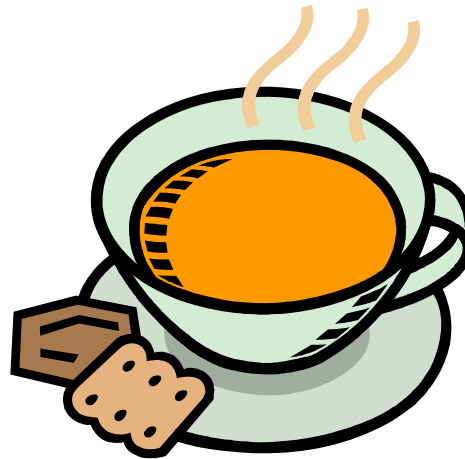
**Take home container for soup approx 1.2L
in capacity**



Method

1. Melt butter in a saucepan large enough to hold all the ingredients. Add the onion and cook for about 5 minutes, without browning, until soft.
2. Add the bacon and cook until tender but not crisp.
3. Add the pumpkin to the pan and stir well. Pour in the chicken stock and bring to the boil. Reduce heat and simmer, uncovered, until pumpkin is very tender, about 25 minutes.
4. Remove from heat and cool a little. Puree in blender. Add nutmeg, salt and pepper to taste.
5. To serve: top with a dollop of sour cream and finely chopped chives.

Serves 4



LASAGNE

Ingredients

3 - 4 sheets fresh lasagna pasta (6 if using dried)
250g packet frozen spinach
60g cheddar cheese, grated
3 tablespoons grated parmesan cheese

MEAT SAUCE

*2 teaspoons oil
1 onion
500g minced steak
100g mushrooms
* ¼ teaspoon crushed garlic
*salt, pepper
*½ teaspoon oregano
*1 teaspoon sugar
800g can pureed tomatoes

CHEESE SAUCE

80g butter
1/3 cup plain flour
*salt, pepper
*pinch nutmeg
700mL milk
100g cheddar cheese, grated
2 tablespoons grated parmesan cheese

Method

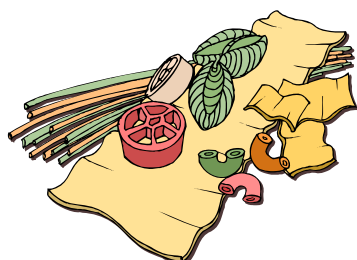
MEAT SAUCE - Peel and finely chop onion, slice mushrooms finely. Heat oil in pan, add onion and garlic, cook until onion is transparent. Add meat, stir until meat is brown. Add mushrooms. Season with salt and pepper, add oregano, sugar and the tomato puree. Bring to boil, reduce heat, simmer until sauce thickens.

CHEESE SAUCE - melt butter in saucepan, add flour, salt, pepper and nutmeg, blend until smooth. Stir over heat 1 minute; gradually add milk, stir until sauce boils and thickens, reduce heat, cook 1 minute. Remove from heat, stir in grated cheeses, stir until cheese melts.

Take home container – a deep ovenproof dish

1. Line base of a deep ovenproof dish with a single layer of pasta. Pasta may have to be trimmed so that it lies flat in the dish.
2. Spread half the meat sauce over the pasta, then cover with one third (1/3) of the cheese sauce. (The meat sauce will be easier to handle if made the day before and refrigerated.)
3. Press as much liquid as possible from thawed spinach, spread evenly over cheese sauce. Top with another layer of pasta, spread with remaining half of meat sauce then another one third (1/3) of cheese sauce, top with the remaining pasta.
4. Spread remaining cheese sauce over the top of pasta. Sprinkle top with combined grated cheeses, bake in moderate oven 40 minutes or until top is golden brown. Remove from oven, let stand 10 minutes before serving.

Serves 6



CANNELLONI

Ingredients

1 pkt precooked cannelloni shells
(about 15 tubes)
125g grated mozzarella cheese
2 tablespoons grated parmesan
cheese

FILLING

500g (1lb) minced steak
*1 tablespoon oil
1 onion
* $\frac{1}{4}$ teaspoon crushed garlic
* $\frac{1}{2}$ teaspoon oregano
* $\frac{1}{2}$ teaspoon basil
2 teaspoons tomato paste
250g pkt frozen spinach
1 egg
 $\frac{1}{4}$ cup cream
*salt, pepper

Note: In place of cannelloni shells, pancakes can be used; you would need eight pancakes. Place about 2 tablespoons of meat mixture at one end of pancake, roll up, proceed as in recipe.

BECHAMEL SAUCE

$\frac{1}{4}$ onion, sliced
*4 peppercorns
1 cup milk
*15g butter
*1 tablespoon flour
 $\frac{1}{2}$ cup cream
*salt, pepper

TOMATO SAUCE

*1 tablespoon oil
1 onion
* $\frac{1}{4}$ teaspoon crushed garlic
400g can pureed tomatoes
2 tablespoons tomato paste
*salt, pepper
* $\frac{1}{2}$ teaspoon sugar

Take home container – a large shallow ovenproof dish

Method

FILLING - Heat oil in pan, add peeled and chopped onion and crushed garlic, cook until onion is tender. Add meat and cook, stirring occasionally with fork, until brown; pour off any surplus fat. Add oregano, basil and tomato paste, cook uncovered 10 to 15 minutes. Add thawed spinach to meat mixture; mix well. Combine lightly beaten egg and cream and pour into meat mixture, season with salt and pepper.

BECHAMEL SAUCE - Place onion slices and peppercorns in saucepan, add milk. Bring slowly to boil, remove from heat, stand 5 minutes. Melt butter in saucepan, add flour and stir over moderate heat 1 minute. Add strained milk, stir until sauce boils and thickens. Add cream, season with salt and pepper.

TOMATO SAUCE - Heat oil in pan, add peeled and chopped onion and crushed garlic, cook until onion is tender. Add tomatoes to pan, along with tomato paste, sugar, salt and pepper. Bring to boil, reduce heat and simmer, covered, 10 minutes.

Place 3 tablespoons of Tomato Sauce in base of shallow ovenproof dish. Fill cannelloni shells using a teaspoon. Arrange Cannelloni side by side over Tomato Sauce. Spoon Béchamel Sauce over Cannelloni and pour remaining Tomato Sauce on top. Sprinkle grated cheeses over top; bake, uncovered, in moderate oven 30 minutes.

Serves 4 to 6



COCONUT MACAROONS

Ingredients

1 egg, separated
*pinch salt
90 g caster sugar
1½ cups coconut
*20 g chocolate

Take home container

Method

1. Beat egg white and salt until soft peaks form.
2. Beat in egg yolk.
3. Gradually add sugar, beating well after each addition; beat until sugar is dissolved.
4. Stir in coconut, mix well.
5. Spoon tablespoonfuls of mixture onto aluminium foil-lined tray.
6. Bake in a slow to moderate oven (160°C) for 15 to 20 minutes or until golden brown.
7. Allow to cool on tray.
8. Melt chocolate over hot water.
9. Drizzle each macaroon with chocolate and stand until set.

Makes about 10 macaroons.

MINI PAVLOVAS (Dem)

Ingredients

4 egg whites – NO drops of yolk
¼ teaspoon (pinch) cream of tartar
1 cup caster sugar

Take home container

Method

1. Beat egg whites and cream of tartar until stiff and peaks hold when beater is removed.
2. Add the sugar 1 tablespoon at a time, beating well after each addition. Ensure the sugar is dissolved before adding more (test with fingers).
3. Spoon onto greased tray in piles to make 6-8 mini pavlovas.
4. Bake at 140° for 40 minutes.



STEAMED WONTONS

Ingredients

- * $\frac{1}{4}$ pkt wonton wrappers (approximately 25 wrappers)
- 250g ($\frac{1}{2}$ lb) lean minced pork
- $\frac{1}{2}$ cup finely chopped uncooked spinach (alternatively shallots may be used)
- *15g ($\frac{1}{2}$ oz) dried mushrooms
- *2 teaspoons light soy sauce
- *salt, pepper
- Optional:** oil for frying

DIPPING SAUCE

(Can be made at home if desired.)

Sweet & Sour Sauce

- $\frac{1}{4}$ cup white vinegar
- $\frac{1}{2}$ cup canned pineapple juice
- 1 teaspoons soy sauce
- $1\frac{1}{2}$ teaspoons tomato sauce
- $\frac{1}{4}$ cup sugar
- 1 tablespoon cornflour
- 3 tablespoons water

or

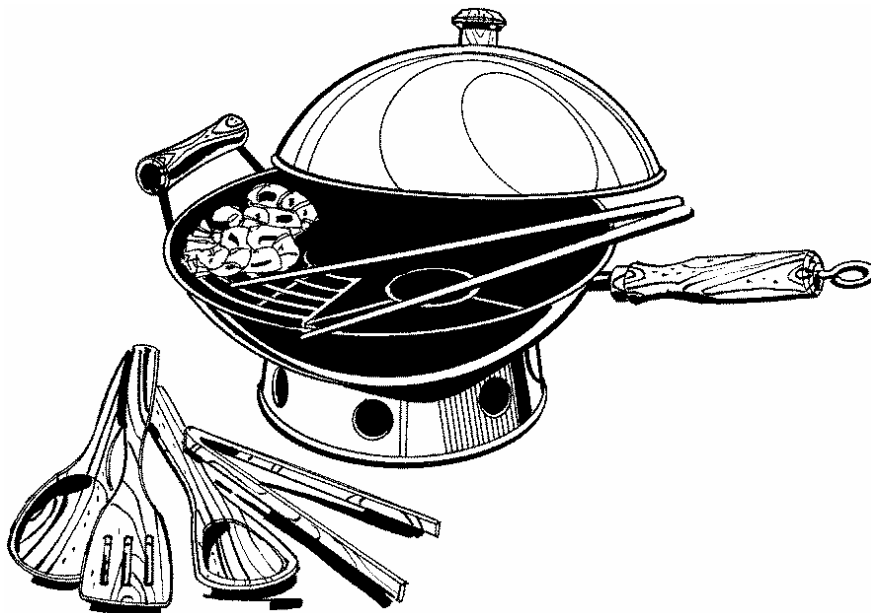
- 1 small bottle of ready-made sweet and sour sauce

Method

1. Put dried mushrooms in bowl, pour hot water over, stand 30 minutes, drain, squeeze dry, chop finely. Put into bowl with pork mince, spinach, soy sauce, salt and pepper. Mix well. Put a teaspoon of mixture in centre of each wonton wrapper.
2. Gather edges of wonton wrapper around filling, press together firmly at top, above filling.
3. Steam on stove or in microwave.
4. **Optional At Home:** Put vinegar, pineapple juice, soy sauce, tomato sauce and sugar in saucepan, bring to boil. Add combined cornflour and water, stir until sauce boils and thickens, reduce heat, simmer three minutes.
5. Heat oil in pan or wok, deep-fry wontons until golden brown, drain on absorbent paper. To serve, spoon hot sauce over wontons.

Makes approx 25

Take home container



QUICHE LORRAINE

Ingredients

Pastry

1 ½ cups plain flour
*pinch salt
90g butter
1 egg yolk (left over white can be added to filling)
*2 – 3 tablespoons cold water

Lorraine filling

2 rashers bacon, chopped
2 shallots, finely sliced
3 eggs
1 ½ cups milk
½ cup cream
*2 teaspoons plain flour
*salt, pepper
¾ cup grated tasty cheese

or

Mushroom Quiche

Omit the bacon. Lightly sauté 100g button mushrooms and shallots in 1 teaspoon butter, drain liquid and spread them over base of flan. Continue as for Quiche Lorraine.

or

Spinach Quiche

Omit the bacon and shallots. Add 50g of cooked and chopped spinach, ensure as much liquid as possible has been drained from spinach. Spread spinach over base of flan. Continue as for Quiche Lorraine.

Take home container

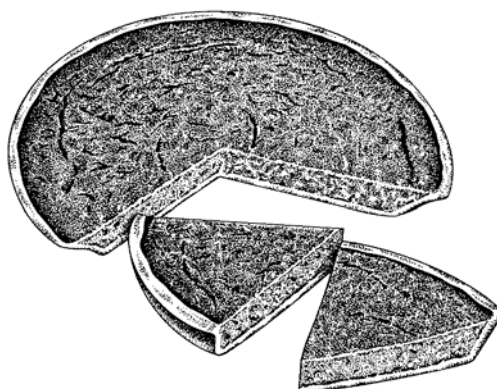
Method

Pastry

1. Sift flour and salt into a bowl.
2. Rub in butter until mixture resembles fine breadcrumbs.
3. Mix egg yolk and water. Add enough liquid to make ingredients cling together.
4. Knead dough gently on lightly floured surface until smooth.
5. Roll pastry to cover flan tin. Lift pastry into tin, gently easing pastry into side of tin. Do not stretch the pastry. Trim pastry edge. Refrigerate while preparing filling.

Filling

1. Sauté bacon in frying pan. Add shallots, mix through bacon and remove frying pan from heat. Allow to cool.
2. Whisk eggs, milk, cream and flour together. Season with salt and pepper.
3. Spread bacon and shallot evenly over base of flan. N.B. Place flan on an oven tray for easier handling.
- 4.
5. Carefully pour egg mixture over the top and sprinkle with cheese.
6. Bake at 190°C for about 40 minutes or until filling is set and brown.



COUNTRY COTTAGE ROLLS

Ingredients

3 eggs
½ cup pecans
1 small onion, chopped
*1 tablespoon soy sauce
1 cup low-fat cottage cheese
*½ cup dry breadcrumbs
*1 cup rolled oats
*3 sheets puff pastry
*1 tablespoon milk for glazing

Take home container

Method

1. Process eggs, pecans, onion, soya sauce and cottage cheese until fine.
2. Transfer to a bowl and mix in breadcrumbs and rolled oats.
3. Cut pastry sheet in half and spoon mixture down one edge. Brush other edge with milk. Roll to enclose filling with pastry and repeat with remaining pastry sheets.
4. Cut each log into 6 even lengths. Brush with milk and mark top with knife or prick with fork.
5. Bake in a hot oven, 200°C for 15-20 minutes or until crisp and golden.

SUSHI

Ingredients

Sushi Rice

- *1 cup (200g) short grain rice
- *1 cup (250mL) water

Sushi Vinegar

- *2 tablespoons rice vinegar
- *1 tablespoon sugar
- *¼ teaspoon salt

Salmon Sushi

- 3 eggs
- *½ teaspoon salt
- 2 tablespoon sugar
- *3 sheets Nori
- 2 c sushi rice, cooked
- 80g fresh salmon fillet
- *1 teaspoon wasabi paste
- ½ small cucumber

Method

Sushi Rice

1. Place rice in large bowl, fill with cold water, stir with one hand; drain. Repeat process two or three times until water is almost clear. Drain rice.
2. Place drained rice and one cup of water in medium saucepan, cover tightly; bring to a boil. Reduce heat; simmer, covered tightly, on low heat about 12 minutes or until water is absorbed. Remove from heat; allow rice to stand, covered, 10 minutes. (Alternatively cook rice in a rice cooker.)
3. Meanwhile, prepare sushi vinegar.
4. Spread rice in a large non-metallic bowl. Using a plastic spatula, repeatedly slice through rice at a sharp angle to break up lumps and separate grains, gradually pour in sushi vinegar. Not all the vinegar may be required; the rice should not become wet.
5. Continue to lift and turn rice with spatula, from outside to centre of bowl, for about 5 minutes or until rice is almost cool. Cover rice with a damp cloth while making sushi of your choice. Recipe makes 2 cups of sushi rice.

Sushi Vinegar

Stir combined vinegar, sugar and salt in a small bowl until sugar dissolves.

Salmon Sushi

1. Cut fresh salmon into fingers. Make two separate simple flat omelettes by beating together the eggs, salt and sugar. Heat a large non-stick pan, pour in ½ of the egg mixture each time, stir briefly and allow to set. Transfer to a clean tea towel and cool.
2. Place the nori on to a bamboo mat, cover with the omelette, and trim to size. Spread a layer of rice over the omelette, then lay strips of salmon with the thinned wasabi, then place a strip of cucumber next to the salmon. Roll the bamboo mat. Unroll mat. Cut roll into neat rounds with a wet knife. Repeat for second sheet.

Other fillings

Avocado (1 small)
Cucumber (1small Lebanese)
Capsicum (¼)
Carrot, blanched (1 small)
Shallot (2)
Pickled ginger
Sashimi tuna or salmon, thinly sliced (approx 100g)
Smoked salmon (approx 50g)
Chicken tenderloins marinated for 1 hour in teriyaki sauce, cooked and thinly sliced (approx 2)
*Wasabi (optional)

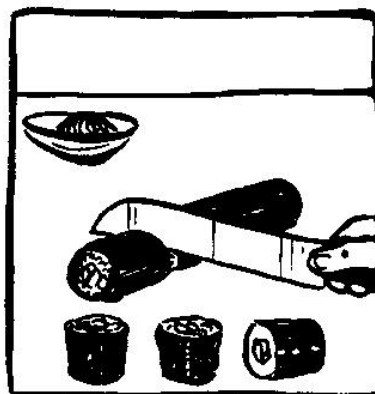
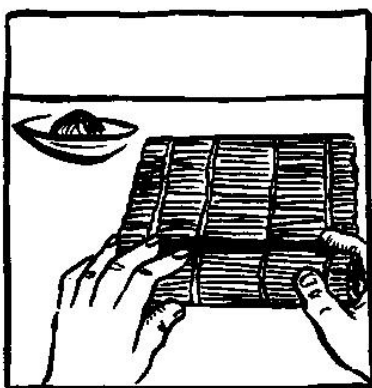
*3 sheets of Nori

N.B. Small quantities of filling only are required, amount depends on personal preference. Quantities are a suggestion only.

Take home container

Other fillings

1. Place a sheet of Nori, shiny side down, on bamboo mat about 2 cm from the edge closest to you.
2. Dip fingers in bowl of vinegared water; shake off excess. Mould ½ cup rice into an oblong shape; place across centre of sheet. Gently rake rice evenly over seaweed, leaving a 2 cm strip at far end of seaweed uncovered.
3. Using knife, evenly spread wasabi in a thin strip over centre of rice. (Optional)
4. Place filling, end to end, in a row over centre of rice, over wasabi. Repeat with other fillings of your choice. (3 fillings are generally enough.)
5. Starting with edge closest to you, pick up mat with thumb and index finger of both hands; use remaining fingers to hold filling in place as you roll mat. Roll forward, pressing gently but tightly, wrapping seaweed around rice and filling. When roll is complete, the strip of uncovered seaweed will stick to the roll to form a join.
6. Unroll mat; place sushi roll, join down, on board. Cut roll into even-sized pieces with a sharp knife that is wiped down with a damp cloth between each cut.
7. Serve with soy sauce.



CHICKEN IN FILO

Ingredients

½ chicken breast
*3 sheets filo pastry
*20g butter, melted
*1 tablespoon dried parsley

a selection of vegetables for one person

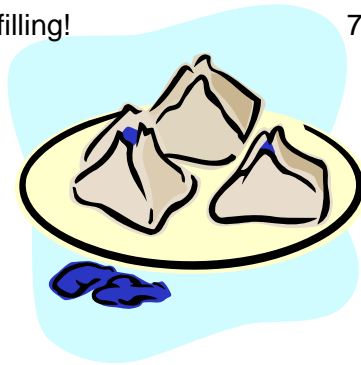
Stuffing: (approximately 1-2 tablespoon required)

1 mushroom, chopped
1 teaspoon cooked bacon, finely chopped
*¼ teaspoon garlic

1 tablespoon grated cheese
¼ slice ham, finely chopped

¼ camembert cheese
1 tablespoon cranberry sauce

OR create your own filling!



Method

1. Finely chop stuffing ingredients, process if necessary.
2. Slice a pocket into larger end of breast fillet and fill with stuffing.
3. Layer 4 sheets of pastry together, brushing each with butter.
4. Place stuffed chicken breast approx 10cm from edge of pastry. Fold in sides and fold over to form a parcel.
5. Place parcel on lightly greased oven tray, brush with butter and sprinkle with parsley.
6. Just before serving, bake parcel in a moderately hot oven for approximately 40 minutes or until chicken is cooked.
7. Serve hot with a selection of microwaved or steamed vegetables.

CHOUX PASTRY – PÂTE À CHOUX (Dem)

This preparation has uses for both sweet and savoury dishes. It is recommended that it be made without sugar so that the same preparation can be used by any section of the kitchen.

Recipes requiring choux pastry include dauphine potatoes, gnocchi parisienne, soufflé fritter, profiteroles (sweet and savoury), eclairs, cream puffs, gâteau Saint Honoré and Croque-en-bouche.

Ingredients

QUANTITIES		
Water	120 mL	300 mL
Butter	40 g	100 g
Salt	trace	2 g
Flour	80 g	200 g
Eggs	2	5

Take home container

Method

1. Sift the flour.
2. Bring the water, butter and salt to boiling point in a saucepan.
3. Add the flour and mix together with a wooden spoon.
4. Continue to cook this panada until the mixture leaves the sides of the pan. Stir continuously.
5. Remove from the stove, and work in the eggs one at a time to achieve a smooth, semi-liquid paste.
6. Transfer the mixture into a piping bag and pipe out as required, alternatively place spoonfuls of mixture onto a greased tray.
7. Bake in a hot oven 210°C for 10 minutes. Do not open the oven door during this time. Reduce heat to 190°C and continue to cook for 15 -20 minutes until golden.

Notes:

- (a) The panada is capable of absorbing more eggs when it is hot than when it is cool.
- (b) If the mixture is required for dauphine potatoes, it is satisfactory to allow the panada to cool a little and use fewer eggs.
- (c) For pastry work, the maximum number of eggs should be incorporated so that the items produced have good volume and lightness.
- (d) The consistency of the mixture is important. If it is too slack, it will be difficult to handle in the piping bag. If it is too tight, it will bake badly with poor results.



PASTRY CUSTARD – CRÈME PATISSIÈRE (Dem)

Ingredients

QUANTITIES	
Cornflour	4 tbsp
Sugar	½ cup
Egg yolks	4
Milk	250 mL
Vanilla	5mL

Method

1. Place egg yolks, sugar and cornflour in a bowl and whisk until pale and creamy.
2. Gently warm milk in a saucepan.
3. Add milk gradually to the egg mixture and whisk well.
4. Place in saucepan and cook over medium heat until the mixture boils and thickens, stirring constantly.
5. Remove from heat and stir in vanilla essence.
6. Cover with buttered greaseproof paper to prevent a skin forming. Allow to cool and use as desired.

