



Endurance Care
part of National Care Group

Level 1

Cooking Course



Name:.....

Introduction

To complete Endurance Care's level 1 cooking course you must successfully choose 7 meals out of the list below and cook them with support from a staff member. You can cook more than 7 if you wish.

This must be completed within 1 month of starting the course and picture evidence must be provided of yourself cooking each meal.

Contents	Page
Health and safety	
Keeping safe when Cooking	3
Keeping food safe from Germs	5
Personal Hygiene when making Food	6
When you should wash your hands	7
Breakfast	
Scrambled eggs on toast	8
Lunch	
Cream of Tomato Soup	10
Cheesy beans	16
Main Meals	
Chilli con carne	18
Quiche Lorraine with salad	22
Spaghetti Bolognese	26
Tray bake chicken	30
Macaroni Cheese	32
Deserts	
Dark Chocolate chunk cookies	36
Chocolate rice crispy cakes	38
Picture Evidence	45

Keeping safe when cooking



Always wash your hands first - and always wash them again after you have touched meat, chicken, fish or eggs (even the outside of the egg).



Always wash fruit and vegetables.



Sponges are best. Screwed up cloths can have lots of germs in them.



Wash chopping boards, knives and worktops as soon as you have used them. Use hot soapy water.

Keeping safe when cooking



On the cooker, turn pan handles to the side so they won't get knocked off when walking past them.



Always turn off cooker rings when you are not using them.



When you chop with a knife, chop on a board and make sure you chop away from your hand.



If you walk around holding a knife, always point it to the floor.



Never put knives in a sink of soapy water. You can cut yourself if you put your hand in the sink. Keep it in your hand and wash it.

Keeping food safe from germs



Keep food covered in the fridge. Don't store food in tins in the fridge. Put food into a dish with a lid.



Check "use by dates" or "sell by dates". Throw away old food from your fridge and cupboards.



Keep raw foods on the bottom shelf of the fridge. Throw away leftovers after 3 days.



Eat rice as soon as it is cooked. Leftovers should be covered and quickly put in the fridge.



Cover food when pets are around. Don't let pets walk on the worktops.



Cover food in summer to stop flies landing on it.

Personal hygiene when making food



Cover cuts with a plaster.



Remove all rings before touching food.



Tie back your hair and don't touch it.



Don't sneeze or cough over food.



Never lick a spoon and put it back in the food.



Change dish cloths and tea towels every week.

When should you wash your hands?



Before you start to make food



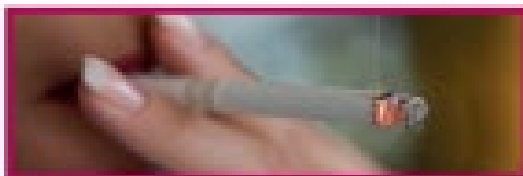
After you have touched raw chicken



When you have been to the toilet



After you have touched raw meat



After a cigarette



After you have touched raw fish



After you have blown your nose



After you have touched an egg



After touching pets



After emptying the bin

Scrambled eggs on toast



Ingredients



2 x slices of bread (brown or White bread)



4 x eggs



30g of Butter



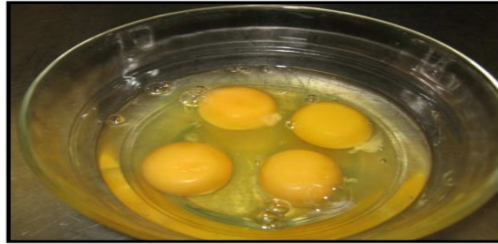
Salt and Pepper



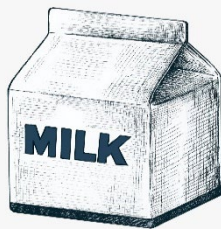
30ml of milk

How to make scrambled eggs on toast

1. Crack 4 eggs into a bowl



2. Add 30g of butter and 30ml of milk to the bowl.



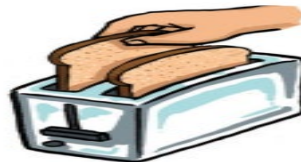
3. Add a pinch of salt and pepper and whisk



4. Place the mix into a saucepan and cook on a low heat until the eggs are scrambled.



5. Put the two slices of bread into the toster



6. When your toast pops up place the toast on a plate and put the scrambled egg on top of the toast.



Cream of Tomato Soup



Ingredients



1 garlic clove



2 tins of chopped tomatoes



1 tablespoon of oil or butter



1 teaspoon of dried mixed herbs



200ml whole or semi-skimmed milk
or
Half of a tin of coconut milk



1½ teaspoons white sugar



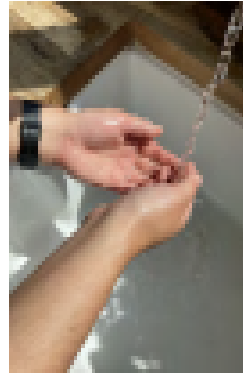
A sprinkle of salt



4 slices of buttered bread

How to make the soup:

1. Wash your hands.

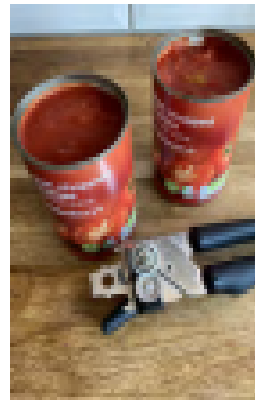


2. Peel the papery skins off the garlic clove.

Use a garlic press to crush the garlic cloves onto the chopping board.



3. Use a tin opener to open the tins of chopped tomatoes.



4. Turn on one ring of the hob onto a medium heat and put the saucepan on the hob.



🔥 medium heat 🔥

5. Use your measuring spoons to measure the 1 tablespoon of oil or butter into the medium saucepan.
- Let the butter melt or the oil get hot.



6. Add the crushed garlic to the butter or oil in the saucepan. Use the wooden spoon to stir the garlic when it cooks. Count to 30 while you do this.



🔥 30 seconds 🔥

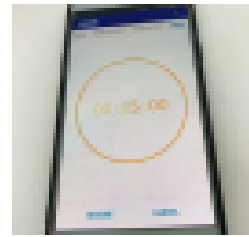
7. When you have counted to 30, pour the chopped tomatoes from their tins and into the saucepan.



8. Use your measuring spoons to measure the 1 teaspoon of dried mixed herbs into the saucepan.

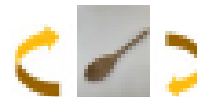


9. Wait for the mixture in the pan to start bubbling. When it starts bubbling, set a timer for 5 minutes.



 **5 minutes** 

10. Keep stirring the soup while you wait for the timer.



11. When the timer makes a sound, turn off the heat.

 **turn off the heat!** 

12. If you are using milk, measure 200ml by filling half of one of the empty chopped tomato tins. Pour it into the saucepan.

If you are using coconut milk, open the tin using your tin opener and pour half of the coconut milk into the saucepan. Pour the rest of the coconut milk into a plastic tub and put into the fridge for a different meal.



13. Use the measuring spoons to measure the 1½ teaspoons of sugar. Add the sugar to the saucepan.



14. Add a sprinkle of salt to the saucepan.



15. Plug in a stick blender and push the blending end deep into the soup mixture in the pan. Turn on the blender and blend the soup carefully until it is smooth. Be careful! Watch out for splatters or spray.



16. Serve the soup into 2 deep bowls. Put the buttered bread on a plate on the table to share.



Cheesy Beans on Toast



Ingredients



2 x slices of bread (brown or White bread)



1 x tin of beans



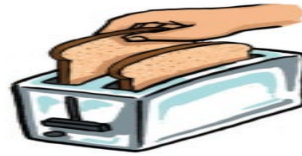
50g of grated cheddar cheese

How to make Cheesy beans

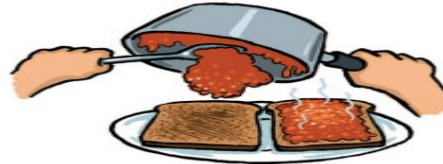
1. Empty the tin of beans into a small cooking pot and heat on a low heat. Stir occasionally so the beans don't stick the pot.



2. Put the two slices of bread into the toster



3. When your toast pops up place the toast on a plate and put the beans on top of the toast.




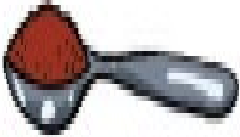








4. Grate some cheese onto the beans. Then enjoy!



Chilli Con Carne



Ingredients		
		
250g of steak mince	1 x green pepper	1 x onion
		
1 teaspoon of chilli powder	1 teaspoon of cumin	1 tablespoon of tomatoe paste
		
1 x tablespoon of olive oil	1 tin of chopped tomatoes	1 tin of kidney beans
		
1 mug of plain rice		

How to make Chilli Con Carne

1. Peel and chop up the onion and pepper



2. Put 1 x tablespoon of olive oil in a saucepan and heat.



3. Add mince, a pinch of salt and pepper and cook for about 5 minutes or until the meat is brown all over, stirring occasionally.



4. Add in 1 x tablespoon of cumin and 1 x tablespoon of chilli powder.



5. Add in the chopped onion and keep stirring



6. When the mince is brown and the onions are a bit see through. Add a tablespoon of tomatoe paste and the chopped pepper.



7. Add the tin of kidney beans and the tin of chopped tomatoes



8. Put the lid on the pot and let it simmer on a low heat for about 30 minutes. Make sure to keep stirring it every so often so that it doesn't stick to the bottom of the pot and burn



9. Add 1 mug of rice and 2 mugs of water to a pan and put on a low heat. Bring to a boil. Put a lid on and turn the heat down to as low as possible. Simmer gently for 10 mins and do not take the lid off. Check the rice is cooked at the end by trying a grain



10. Put the rice on plates and spoon the chilli on top.



Quiche Lorraine with Salad



Ingredients



1 x savoury Flan Case



2 x rashers of bacon



1 x onion



50g of grated cheddar cheese



170 ml of cream



30ml of milk



2 x tablespoon of olive oil



Lettuce



Cucumber



Tomatoes

How to make Quiche Lorraine with Salad

1. Take out the flan case out of the wrapper and keep it in a safe place.



2. Pre-heat the oven to 200C – gas mark 4



3. Heat the oil in a frying pan



4. Fry the bacon for 2 minutes of either side until cooked.



5. Remove the bacon from the heat and place on top of a piece of kitchen roll on a plate. When the bacon is cool cut the bacon into small bite size pieces.



6. Peel and chop an onion. Put the chopped onion into the frying pan and cook it gently on a low heat until soft, then remove from the pan.

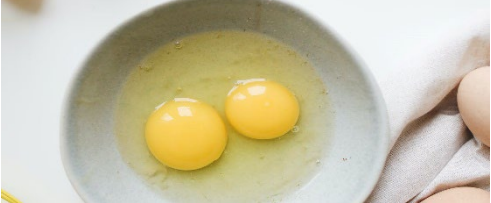






7. Grate the cheese and place into the bottom of the flan case covering lightly.



8. Spread the onion over the cheese and then evenly scatter the bacon on top of the onion.



<p>9. Crack the eggs into a bowl and beat lightly, then add the milk and cream.</p>	
<p>10. Carefully pour the egg mixture over the bacon in the flan case, but do not fill the flan case too much.</p>	
<p>11. Place the flan on a baking tray and put in the oven to bake for 25-30 minutes until the filling is set and golden.</p>	 <p>25-30 minutes</p>
<p>12. Cut lettuce, tomatoes and cucumber and place on the side of your plate.</p>	
<p>13. Remove your quiche from the oven and place next to your side salad. And Enjoy!</p>	

Spaghetti Bolognese



Ingredients		
		
1 x tablespoon of olive oil	1 x onion	1 x garlic paste
		
1 x Pepper	500g of mince meat	2 x tablespoons of tomatoe puree
		
1 x tin of chopped tomotoes	1 x pinch of salt and pepper	1 x tablespoon of Oregano
		
2 x Bay Leaves	Half a packet of Spaghetti	Parmesan Cheese

How to make Spaghetti Bolognese

1. Peel and chop an onion



2. Chop up a red pepper into small pieces.



3. Place a large, frying pan on high heat.



4. Add 1 tablespoon of oil to the pan



5. Cook onion and red pepper for 1-2 minutes.











6. Add mince, a pinch of salt and pepper and a tablespoon of oregano - cook for about 5 minutes or until the meat is brown all over, stirring occasionally.

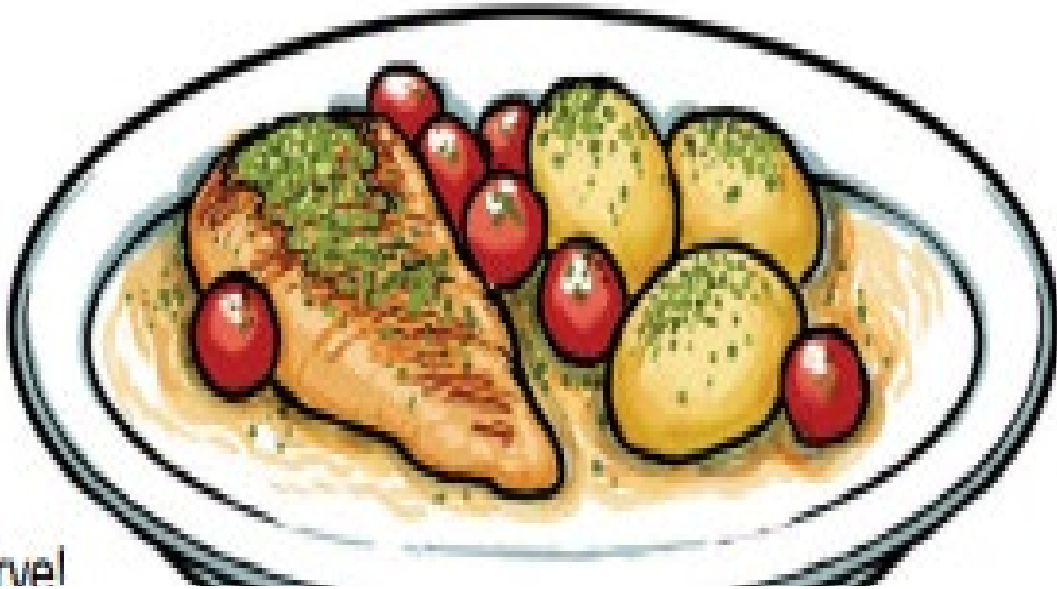


7. Add 1 x tablespoon of garlic paste, 1 x tablespoon of tomato puree and 1 x tin of chopped tomatoes, stirring into the other ingredients



<p>8. Stir to thoroughly combine, then add 2 x bay leaves</p>	
<p>9. Place a lid on top, then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.</p>	
<p>10. Half fill a saucepan of water and bring to the boil</p>	
<p>11. Put Spaghetti into the boiling water</p>	
<p>12. Grate parmesan Cheese into a bowl</p>	
<p>13. Check the spaghetti is soft then drain the water, using a cullender.</p>	
<p>14. Place the spaghetti onto your plate</p>	
<p>15. Add your mince and sauce on top of the spaghetti and sprinkle over your grated parmesan cheese</p>	

Tray Bake chicken



level

Ingredients



2 x chicken breasts



1 x tablespoon of pesto



10 x cherry tomatoes



1 x tablespoon of olive oil



10 x new potatoes

How to cook Tray bake chicken

1. Put the chicken breasts in a large shallow roasting tray and drizzle about a spoonful of olive oil over them



2. Grill for 10 minutes then add the cherry tomatoes and grill for another 5 minutes until chicken is cooked



3. Put the pesto over the top



4. Boil some potatoes in a pan of water for 20 minutes or until soft. Then drain off water.



5. Put the chicken, tomatoes and potatoes on a plate. And Enjoy!



Macaroni Cheese



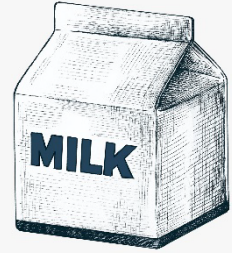
Ingredients



150g of Macaroni



30g of Butter



375ml of milk



100g of grated cheddar cheese













½ teaspoon of English mustard








30g of plain flour






Salt and Pepper

How to make Macaroni Cheese	
1. Weigh 150g of Macaroni	
2. Boil 1 pint of water and add ½ teaspoon of salt.	
3. Cook the Macaroni in boiling water until soft	
4. Once the macaroni is cooked pour it into a collinder,	
5. Put the cooked Macaroni in a bowl	
6. Melt butter in a pan, then add 30g of plain flour	 
7. Add in 375ml milk and stir	
8. Bring the sauce to a boil, stirring all the time.	
9. Add ½ a teaspoon of mustard, 50g of grated cheese and a pinch of salt and pepper.	

<p>10. Add the cooked macaroni to the sauce and mix.</p>	
<p>11. Pour the mixture into an oven dish.</p>	
<p>12. Place more cheese over the macaroni</p>	
<p>13. Place the oven dish in the oven for 2 minutes at 180C</p>	
<p>14. Take out of oven and place on a plate. And Enjoy!</p>	

Chocolate Rice Crispy Cakes



Ingredients		
		
300g milk chocolate, chopped	150g Rice crispies	12 cup cakes

How to make the crispy cakes

1. Break the chocolate into small peices and put it into a large heatproof bowl



2. Melt the chocolate by putting the bowl over a pan or simmering water. Make sure te water does not touch the bottom of the bowl.



3. Stir until all the chocolate has melted



4. Once the chocolate has melted take off the heat and add is the rice crispies. Stir well so all the rice crispies are covered in chocolate.



5. Spoon the mixture into the small cupcake cases



6. Leaves the cakes to set for 1 hour



Dark Chocolate chunk Cookies



Ingredients



150g of soft light brown sugar



90g of olive oil



50g of milk (you can use non-dairy milk if you want to)



1½ teaspoons of vanilla extract



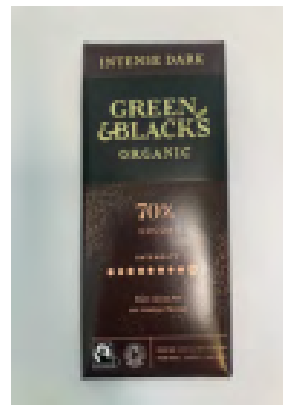
200g of plain white flour



1 teaspoon of baking powder



A sprinkle of salt



150g dark chocolate

How to make these cookies:

1. Wash your hands.



2. Turn on your oven to 180°C. Turn on your oven to 160°C if it is a fan oven.



🔥 180°C 🔥 or 🔥 160°C + fan 🔥

3. Put your large mixing bowl onto some kitchen scales.

Weigh 150g of soft light brown sugar into the mixing bowl.



4. Press the '0' or 'tare' button to reset the scales to zero.

Weigh 90g olive oil into the mixing bowl.



5. Press the '0' or 'tare' button to reset the scales to zero.

Weigh 50g milk into the mixing bowl.



6. Use your measuring spoons to add the 1½ teaspoons of vanilla extract into the mixing bowl.



7. Use a wooden spoon to stir everything together. Mix really well while you count to 30.



30 seconds

8. Put the mixing bowl back on the scales and make sure the scales are set to zero.

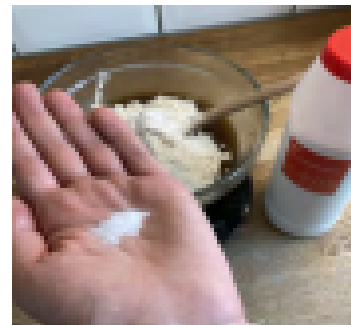
Measure 200g flour into the mixing bowl.



9. Use your measuring spoons to measure 1 teaspoon of baking powder and add this to the mixing bowl.



10. Add a sprinkle of salt to the mixing bowl.

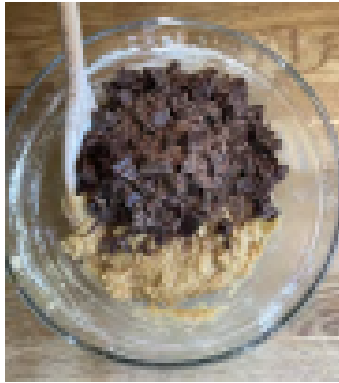






11. Use your wooden spoon to stir everything together until it is a golden coloured dough.



12. Put the dark chocolate on a chopping board and use a small sharp knife to chop it into little chunks.



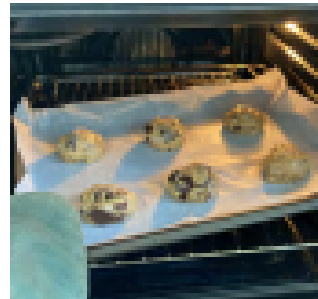
<p>13. Add the chocolate chunks to the mixing bowl.</p>	
<p>14. Stir to mix everything together.</p>	 
<p>15. Get out your baking trays. Use scissors to cut two big rectangles of baking paper. Put one piece of baking paper on each baking tray.</p>	
<p>16. Use two dessert spoons to scoop balls of the cookie dough.</p>	

17. Arrange the cookie dough balls on the baking trays so that they are spaced apart.

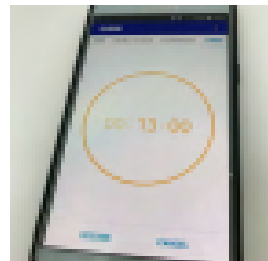
You might be able to fit 6 or 8 cookie dough balls on each tray: you can use an extra baking tray if you need to.



18. Use oven gloves to put the trays in the oven.

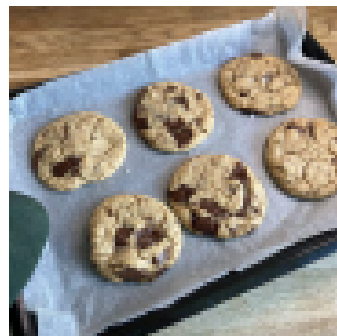


19. Set a timer for 13 minutes.



🔥 13 minutes 🔥

20. When the timer makes a sound, use your oven gloves to take the baking trays out of the oven. The cookies will be **hot** so let them cool before you eat them.



21. Turn off the oven.

🔥 turn off the oven 🔥

Picture Evidence

Please provide at least 1 picture of you completing each meal.