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| S3 |  | Smoked Mackeral Pate |

**Success Criteria**

* Successfully make product in a safe and hygienic manner.
* Follow a timeplan showing dovetailing so that 2 dishes are served at the correct times

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| **Ingredients** | | **Equipment** |
| 1  100g  5ml  Pinch  1.25ml  Sprigs of | smoked mackeral  cottage cheese  lemon juice  black pepper  ground nutmeg  cayenne  watercress | Chopping board and non-slip mat  Sink tidy  Large bowl  Wooden spoon  Lemon squeezer  Measuring spoons  Fork  hand blender (optional)  foil tray (serving dish) |

## **Method**

1. Personal preparation.
2. Set out equipment and collect ingredients.
3. In a large bowl, beat the cottage cheese with a wooden spoon until it is smooth.
4. On a chopping board, remove the skin from the fish and flake it thoroughly with a fork being careful to remove any bones.
5. Combine the mackerel with the cottage cheese then add the lemon juice, pepper and nutmeg. Mix thoroughly. For a smoother result, use an electric hand blender.
6. Spoon into serving dish and garnish with watercress.

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| S3 |  | Grissini Sticks |

**Success Criteria**

* Successfully make product in a safe and hygienic manner.
* Follow a timeplan showing dovetailing so that 2 dishes are served at the correct times

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| **Ingredients** | | **Equipment** |
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| 100g | Plain flour | Large bowl |
| 1.25ml | Yeast | Measuring jug |
| 1.25ml | Sugar | Palate knife |
| Pinch | Salt | Baking tray |
| 4x15ml | Warm water |  |
| 15ml | Sesame/poppy seeds |  |
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## Method

1. Personal preparation.
2. Set oven to 200C/gas 6.
3. Put flour, yeast and salt in a large bowl.
4. Add warm water and mix to a soft dough with a round bladed knife.
5. Lightly flour work surface and knead dough until it is smooth and elastic.
6. Divide dough into 4 equal pieces and roll into a long, thin sausage.
7. Roll in sesame/poppy seeds.
8. Place ‘fingers’ of dough on a greased baking tray and cover with oiled cling film. Leave to rise for 10 minutes.
9. Remove cling film and bake for 10 minutes until golden and crisp.
10. Serve with smoked mackeral pate.

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