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| S3 | Chicken Goujons |

**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** |
| 50g15ml | Breadcrumbsparmesan | Red chopping board & mat |  |
| 5ml  | Mixed herbs | Chef’s knife |  |
| 1 | Chicken breast | Plate |  |
| 15ml | Plain flour | Large & Small bowl |  |
| 1 | Egg | fork |  |
| pinch | Spices as required | Baking tray |  |

**Method**

1. Preheat the oven to 200C or gas mark 6.

2. Mix the breadcrumbs, herbs and parmesan together in a small bowl.

3. Pour the flour in large bowl.

4. Beat the egg in a small bowl.

5. Cut the chicken into goujons

6. Dust the chicken in the flour.

7. Dip in the beaten egg.

8. Roll in the breadcrumb mixture.

9. Place on an oiled baking tray. Lightly drizzle oil over the goujons.

11. Bake in the oven to 20minutes, until golden brown.

12.Serve on a clean plate with a bowl of garnished salsa.

Tips

\* Add garlic, chilli, fresh herbs or spices to the breadcrumbs.

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| S3 | Salsa  |

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| **Ingredients** | **Equipment** |
| 15ml | Olive oil |  |  |
| ½  | Onion |  |  |
| 1 clove | Garlic |  |  |
| 1/4 | Green pepper |  |  |
| 1/4 | Red pepper |  |  |
| 100ml | Chopped tomatoes |  |  |
| 15ml30ml | Tomato purewater |  |  |
| 2.5mlPinch2 x stalks | Chilli flakes (optional)Salt & pepperFresh coriander (extra to garnish) |  |  |
|  |  |  |  |

## **Method**

1. Personal preparation.
2. Select the equipment needed to make this recipe.
3. Collect all ingredients. (Collect tomatoes, tomato puree, chilli flakes and water in a measuring jug)
4. Prepare vegetables:
* Onion – peel & chop
* Garlic – peel and finely chop
* Pepper – deseed & dice.
* Coriander -finely chopped (set some aside to garnish)
1. Add a little oil to a pot. Gently saute onion, garlic and peppers.
2. Stir in the contents of measuring jug. Bring to the boil, turn down the heat and simmer gently for 25 minutes. Season with salt and pepper.
3. Serve in clean bowl, garnished with finely chopped coriander