

Group 1

Recipes: Chicken tajine, baklavadakia, babaganoush

Task number	Recipe	Task Description	Done
1	Eggplant dip & baklavadakia	Prepare all ingredients	
2	Eggplant dip	Cook eggplant as directed	
3	Baklavadakia	Prepare the syrup and let it cool Demo Tatiana	
4	Baklavadakia	Prepare nuts mix	
5	Eggplant dip	Prepare as directed	
6	Baklavadakia	Make the rolls as shown	
7	Baklavadakia	Cut rolls and cook. Once cooked, brush them with syrup as directed	
8	Tajine	Prepare all spices to be roasted Demo Tatiana	
9	Tajine	Prepare all other ingredients	
10	Tajine	Brown the chicken	
11	Tajine	Cook as directed Demo Tatiana	

Chicken Tajine with Dates, Honey and Pistachios

Ingredients

Spice Mix

3 tsp cumin seeds
3 tsp coriander seeds
2 tsp fennel seeds
12 cardamom pods, seeds removed
1 tsp black peppercorns
½ tsp sea salt

For the Tajine

olive oil
2 onions finely diced
2 cloves of garlic crushed
4 cm piece of ginger finely grated
2 long red chillies seeded, finely chopped
½ tsp ground ginger
1 tsp ground turmeric
2 cinnamon quills
Chicken thighs cut in 3 pieces each
2 cups of chicken stock
12 fresh dates, pitted, chopped
1/3 cup honey
¼ cup pistachios, slightly roasted
1/3 cup coriander leaves to serve

- Roast the spices in a pan. Using a mortar and pestle, finely grind the cumin, coriander, fennel and cardamom seeds with the peppercorn and salt.
- Heat the olive oil in a pan and brown the chicken in batches.
- In a tajine dish or casserole dish, heat the olive oil over low heat. Add the onions and cook until lightly brown. Then, stir in the garlic, ginger and chillies and cook for 5 minutes or until soft.
- Add the spice mixture, ground ginger, turmeric and cinnamon quills. Cook over low heat for 2 minutes until fragrant.
- Increase the heat to medium – high and add the chicken. Cook for a couple of minutes.
- Pour in the stock. Reduce the heat to low, cover and simmer for 50 minutes.

- Add the dates and honey and cook for a further 15 minutes. Remove the chicken with a slotted spoon.
- Increase the heat and cook until the liquid has reduced by half. Return the chicken to the pan with the pistachios and coriander. Serve with couscous.

Group 2

Recipes: Stuffed mussels, Paella, Aioli

Task number	Recipe	Task Description	<u>Done</u>
1	Stuffed Mussels	Get all ingredients for this recipe Place the butter outside to be softened	
2	Stuffed Mussels	Check all mussels. Removing any beard or dead mussels. Demo Tatiana	
3	Stuffed Mussels	Prepare all ingredients for the butter	
4	Stuffed Mussels	Cook and prepare mussels Demo Tatiana	
5	Stuffed Mussels	Fill mussels- place on a tray and refrigerate Demo Tatiana	
6	Paella/ Aioli	Prepare / Chop all vegetables/ herbs Place in different bowls with cling wrap and refrigerate	
	Paella	See Tatiana for rice measure	
7	Paella	Prepare all meat and seafood for Paella- Refrigerate	
8	Aioli	Prepare Aioli following directions Demo Tatiana	
9	Paella	Steps 1,2 & 3 of the recipe See Tatiana about step 3	
10	Paella	Steps 4, 5 & 6 of the recipe	
11	Paella	Follow remaining recipe See Tatiana before adding any recipe	

Group 3

Recipes: Pissaladiere, Tapenade, cheese croquettes, taramasalata

Task number	Recipe	Task Description	Done
1	Pissaladiere	Prepare ingredients for pizza dough	
2	Pissaladiere	Prepare pizza dough Demo Tatiana	
3	Pissaladiere	Let rise the pizza dough	
4	Pissaladiere & Tapenade	Prepare ingredients for tapenade and onion confit	
5	Tapenade	Following directions, prepare tapenade Demo Tatiana	
6	Pissaladiere	Prepare onion confit	
7	Pissaladiere	Shape pizza/ Add topping	
8	Croquettes & Taramasalata	Prepare breadcrumbs for taramasalata. Prepare all other ingredients. (double ingredients for croquettes-one for demo)	
9	Croquettes	Prepare a thick béchamel. Place on a tray and refrigerate. Demo Tatiana	
10	Taramasalata	Prepare all ingredients	
11	Taramasalata	Prepare roe Demo Tatiana	
12	Taramasalata	Make the dip following the recipe	
13	Croquettes	Shape croquettes Demo Tatiana	
14	Croquettes	Fry croquettes	

Basic Pizza Dough

Ingredients

175g Plain Flour sifted

¼ tsp salt

1 tsp yeast

150ml tepid water

1 tbsp olive oil

- Place flour with salt into a bowl, stir in the yeast and make a well in the centre.
- Add water and olive oil and mix to soft dough.
- Knead for 5 minutes until smooth and elastic. Cover and let rise, 1 ½ hours.
- Punch down and knead for 2-3 minutes, then roll to a round on a lightly floured surface.
- Shape by rotating it between your hands until it is about 25cm in diameter and 1 cm thick.
- Place on a baking sheet and cover with the topping of your choice.

Group 4

Recipes: Olive cake, empanadillas, tzatziki

Task number	Recipe	Task Description	Done
1	Tzatziki & empanadillas	Prepare all ingredients for the dip and the filling of empanadillas	
2	Tzatziki	Prepare the yoghurt and cucumber for dip. Demo Tatiana	
3	Empanadillas	Prepare filling and refrigerate	
4	Tzatziki	Prepare the dip as directed. Refrigerate. Demo Tatiana	
5	Olive Cake	Prepare all ingredients. Check the temperature of the oven with Tatiana	
6	Olive cake	Prepare cake as directed	
7	Empanadillas	Prepare puff pastry. Fill as directed.	

Tuna and Goat Cheese Empanadillas

Ingredients

1 tbsp olive oil

1 onion pureed

1 can of tuna

125g goat cheese

1 tbsp pimento stuffed olives chopped

1 tbsp of toasted pine nuts

1 tbsp baby capers

1 tsp paprika

2 cloves of garlic

Salt, Pepper to taste

Puff Pastry sheets

In a pan, heat the olive oil. Add the onion for and garlic and sautéed for 5 minutes.

Remove from heat and set aside

Using a fork, mash the tuna with the onions, capers, olives, pine nuts and other seasoning. Refrigerate.

On a slightly floured surface, roll out the pastry. Using a cutter, cut out as many circles.

Fill each circle with one tsp of the mix: see demo.