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School of Culinary Arts and Food Technology

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Culinary Life Skills Recipe Guide

Dermot Seberry
dermot.seberry@tudublin.ie

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Ham and Cheese Omelette

16 portions

Ingredients

300ml veg oil

32 eggs cracked, 2 tsp salt, 2 tsp
ground white pepper

500g diced cooked ham, 500g
grated cheddar cheese.



Method

1. Whisk the cracked eggs into a large bowl, add the salt and pepper
2. Heat a large roasting tray on the stove, add the oil, when hot add the eggs
3. With a flat bottomed wooden spoon, stir the base of the tray until the bottom half is set.
4. Sprinkle the grated cheese and ham on top and finish under the grill.

Roast Beef Dinner with Yorkshire Pudding

16 Portions



Ingredients:

5lb Silverside Beef.
Broccoli, Cauliflower, Carrots.
Potatoes.
Seasoning.
Gravy Stock.



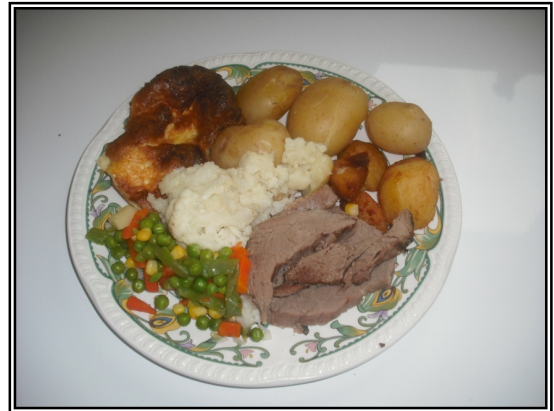
Roast Beef.

Place Roast Beef in cooking tray, wipe over with oil, season with salt and rosemary then seal on a pan till brown.

Set in a roasting tray on a bed of large cut vegetables.

Cook Beef slowly at 160deg C for 3 hours.

Rest outside the oven for 15 minutes then slice and serve.



Roast Potatoes; (6lb) peel and quarter, add to cold water with salt & boil until half cooked.

Place the par boiled potatoes in a roasting tray and toss in oil and salt and roast in the oven at 200deg C for approx. 30 minutes or till brown and soft.

Mashed Potatoes:

Potatoes; (6lb) peel and quarter, add to cold water with salt & boil and cook till very soft.

Drain off all water, add a cup of hot milk a knob of butter and mash thoroughly. I always use an electric whisk after hand mashing this ensures potatoes are mashed properly – giving a creamy texture and appearance.

Finely chopped parsley is then added to mashed potatoes.

Serve mashed potatoes up with Roast Beef, Yorkshire pudding, mixed vegetables and gravy; chopped onion can be added to gravy for flavouring.

Roast Gravy

Keep the juices from the beef on the roasting pan, add some water, chopped onion, a splash of balsamic vinegar, ketchup and herbs then boil. Thicken with gravy granules.

Cauliflower with White Sauce

Wash and cut the cauliflower into small piece and put into boiling water with salt and lemon juice till cooked soft.

White Sauce

Mix **200g** melted butter with **200g** flour, mix to a paste add slowly whisk in **2ltrs** of hot milk, then bring to a simmer for 10 minutes.

Can add parsley, mushroom, ham, cheese, add macaroni to make a carbonara.

Boiled Broccoli

Cut the broccoli into florets place in boiling water and boil till cooked but still a little firm

Boiled Carrots

Cut the carrots into batons place in cold water and boil till cooked but still a little firm

Our Yorkshire Pudding



½ mug of flour, 1 mug milk, 6 eggs = 1 roasting tray

Mix the milk into the flour a little at a time to form a watery paste then whisk in or blend in the eggs.

Add salt and pepper or Cajun spice for taste.

Pour enough oil on the tray to coat the base then heat the tray on the stove till very hot.

Pour in the Yorkshire mix and bake in the oven for **10-12** minutes till it rises and sets.

Scrambled egg, Sausage, Beans and toast.

16 portions

Scrambled egg Ingredients:

32 Eggs

1ltr Milk

2oz Butter

Salt and pepper.

with

32 Slices white or brown bread

32 Pork sausages

5 Tins Baked Beans

Method:

Place sausages in a Baking tray and rub a little over them. Bake for **20** minutes at **160*** Grill for **5** minutes or until golden Brown.

Break eggs into large saucepan, add **1ltr** milk, **2** small knobs of Butter and whisk together adding salt and pepper (I sometimes add grated cheese for flavouring)

Gently simmer over direct heat stirring constantly until eggs are fully scrambled.

Place beans in saucepan and gently simmer for **5-6** minutes until cooked. Place bread under grill until toasted.

Pasta Carbonara

16 portions



Ingredients:

- 2** packets of ham
- 2** packets of mushroom
- 2** large onions
- 5** cloves of garlic

Chop ham, mushroom, onions and garlic.

Blend onions and garlic together.

Sweat onions mushroom and garlic in frying pan.

White Sauce.

Corn flour. **1** heaped tablespoon, always add cold water or milk. (**4**ltrs milk)

Add sauce to milk. Add flavouring **2** heaped tablespoons of salt, add pepper.

500g grated cheese, **1** packet mixed vegetables.

Sprinkle grated cheese over prepared meal.

Cook in oven at **160*** for **20** minutes.

Fish and Chips

16 Portions



Ingredients:

16 Pieces Haddock. (ready Frozen)

6 Tins of Mushy Peas.

5 lbs Potatos.

Methods:

Peel and chip potatos.

Baking tray very lightly oiled.

Place frozen Haddock onto trays.

Oven bake from frozen at **160*** for **25** minutes.

Chips; Fry in deep fat fryer until golden brown.

Peas; Place in medium sized saucepan and gently simmer until cooked.

Parsley Sauce (Home Made)

Can be added, poured over fish, as an optional extra.

Slice of lemon can also be added to garnish fish.

Coddle

18 portions

Ingredients:

1-2kg Lean Bacon
1-2kg Pork sausage
2 large onions
1lb Mushroom
1kg Fresh Carrots
Vegetable or chicken Stock.

Method:

Chop Bacon roughly into small pieces.
Chop onions and mushroom.
Peel and slice carrots.



Place all ingredients into large cooking pot; add cold water and vegetable stock.
Bring to boil, and leave to simmer for several hours.

For best results try to prepare and cook Coddle day before intended use.

(Being an English man trying to cook a traditional Irish dish, advice was sought on the best way to prepare the dish, "Throw everything in love"

(Dunes Supermarket, bag packing.)

Cheeseburger, Chips and Beans.

16 Portions.



Ingredients:

- 16x4oz** Beef Burgers.
- 1lb** Mature Cheddar Cheese.
- 2** Large onions.
- 16** Burger Bread Buns (Seeded).
- 5lb** potatoes.
- 6** Tins Baked Beans.

Method:

Place Burgers in large Baking tray.
Bake for **25-30** minutes at **160***
Then place under grill for **2** minutes.

Peel and chip potatoes deep fry for **12** minutes or until golden brown.
Pour Baked Beans into saucepan and simmer gently until cooked.

Burger Buns; lightly toast under grill.

Place Burger on Burger bun, top with grated cheddar, onions tomatoes etc, mayonnaise, relish, cucumber, lettuce etc.

Serve with Chips and/or Beans.

Chicken Curry with Rice



Ingredients:

3KG chicken meat, **3** large onions, **1lb** Mushroom
3 whole peppers (red, green, and yellow)
Jar of chutney
Madras paste
Curry powder
2KG white rice

Method:

Dice onions, mushroom and peppers, sweat in a small amount of oil in medium pan.
Add the chicken to the flavours are mixed together. If using curry sauces, add sauces to pan with chicken stock water and gently simmer for 20 minutes tasting and flavouring to suit individual taste, potatoes or vegetables can be added to curry, corn flour can also be used to thicken curry.

Boiled Rice

Place rice in pan of boiling stock and allow cooking for **15-25mins** serve straight away when cooked or rice can be emptied into colander and run under cold water to remove excess starch. Boiling water can then be poured over rice to reheat it.

Put rice on plate and serve a generous portion of curry with it.

Cottage Pie carrot mash and green beans

20 portions

Ingredients:

4lb Mince meat,
4 chopped
onions, **2** cloves
chopped garlic,
200ml ketchup
or 1 tin chopped
tomatoes, 1 tsp
ground Cumin, 3
tbsp Balsamic
vinegar, 2 tbsp
gravy granules. 1kg chopped carrots and 2 kg of peeled,
small cut potatoes.



Method:

- In some vegetable oil, sweat the chopped onion garlic and cumin in pan. Add the mince and cook till brown then add the ketchup, vinegar and **400ml** Boiling water and stir in **2** tbsp of Gravy granules. Simmer for 30 minutes keeping it moist with extra water if needed.
- In two separate pots, boil potatoes for mash in one. When very soft add a knob of butter, milk & salt and pepper and mash.
- Boil carrots with knob of butter and pinch of salt. When soft, drain well, mash and spread the mashed carrots evenly on bottom of casserole dish.
- Pour cooked mince over carrots in casserole dish. Leave to stand for **20** minutes.
- Add mash potato to top of mince spread potato evenly over dish. Cove the carrot with the mince and the mince with the mash potatoes. Heat in a hot oven for 10 minutes and serve or cool and chill ready to reheat later.

Prior to placing in oven melted butter can be crushed over potato, or alternatively grated cheese can be sprinkled over potato. Place in oven, gas mark **240*** and bake for **26** minutes.

Serve with vegetables and gravy

Pasta Bolognaise

20 portions



Ingredients:

500g pasta shells

4lb Mince meat, **4 chopped** onions, **2** cloves chopped garlic, 1 tin chopped tomatoes, 1 tsp ground Cumin, 3 tbsp Balsamic vinegar, 2 tbsp gravy granules.

Method:

In some vegetable oil, sweat the chopped onion garlic and cumin in pan. Add the mince and cook till brown then add the ketchup, vinegar and **400ml** Boiling water and stir in **2** tbsp of Gravy granules. Simmer for 30 minutes keeping it moist with extra water if needed.

Drop the pasta into boiling salted water and boil for 20 minutes

Bread and Butter Pudding

20 portions



Ingredients:

300ml Double cream
300ml milk
1 vanilla pod or essence
4 eggs
175g castor sugar
Cranberries or sultanas
Slices of buttered bread
Marmalade

Method:

Butter inside of dish or mould.

Heat milk, cream and vanilla and leave to cook.

Whisk the eggs and sugar together, pour the cooked cream mix onto the eggs to form light uncooked custard.

Layer the pudding mould with slices of bread; add a sprinkle of dried fruit and liberal sprinkling of castor sugar over each buttered layer.

For the top layer cut the bread into triangles for presentation purpose. The bread should be below the rim of the dish to allow for rising. Place the dish into a shallow tin of Boiling water and bake in a hot oven for **50minutes**. Remove from oven and immediately brush the pudding with marmalade.

Milk Tart

20 portions

Ingredients for base:

280g plain flour
4 eggs
1 tbsp Vegetable oil
4 tbsp Margarine
1 tsp baking powder



Method 1:

Mix all ingredients together to form a paste and smear sparingly over a roasting tray.

Ingredients for Filling:

2ltrs milk, 4tablespoons butter, vanilla, 6tablespoons corn flour, 6tbsp of flour, 300g sugar, 6egg & pinch of salt.

Method 2:

Simmer milk, butter & vanilla.
Mix the flour, corn flour, sugar, eggs and salt to a paste.
Add milk to paste slowly.

Cook and stir for 10 minutes till very thick.
Leave to cool on a wire rack and Chill for 2 hrs
Dust with cinnamon before serving cold.

Pork chop potatoes, vegetables & Gravy

16 portions

Ingredients:

16Pork Chops

6lb Rooster Potatoes

Mixed vegetables

Broccoli, Cauliflower, carrots

Oxo stock.

Method:

For perfect pork chops I oven bake the chops in the oven for 20-25minutes at 180* then lightly grill them until nice and brown.



Peel potatoes, boil in pan for 25-30minutes, when mashing potatoes I always mix in 2 raw eggs ¼ pint of milk, knob of butter and salt and pepper, mash vigorously, chopped parsley can be added to enhance the flavour of the potatoes. Peel and chop up all the vegetables and boil until cooked adding salt for flavouring.

Oxo stock can be mixed with boiling water to make thick gravy. I always blend in raw onion and allow it to simmer for 5-6minutes before serving. Apple sauce can also be served with the pork chops.

Enjoy!!

Breakfast Porridge

16 portions



Ingredients

4.5 litres milk, 2kg porridge oats, 2 tsp salt, 5 tbsp sugar

Method

1. In a large pot warm the milk and add the oats, salt and sugar
2. Bring to a simmer and cook for 30 minutes stirring continuously.

Irish Lamb Stew

20 portions

Ingredients

4 litres of cold water, 3 kg diced lamb

8 whole peeled potatoes, 4 onions chopped, 2 leeks chopped, 4 carrots chopped, 300g diced swede, 8 small peeled potatoes, 3 sticks of celery, 1 bunch of thyme, 1 tsp cracked black pepper, 2 tsp salt.



Method

1. Cover the lamb in cold water, boil for 10 minutes to remove the scum then strain off all the cloudy water.
2. Refill and cover the meat with cold water. Add the vegetables and herbs, bring to the boil and simmer for 2 hrs topping up with fresh water if the level drops below the level of the meat.
3. Test the largest piece of meat for tenderness.

Steak and Kidney Pie

20 portions

Ingredients

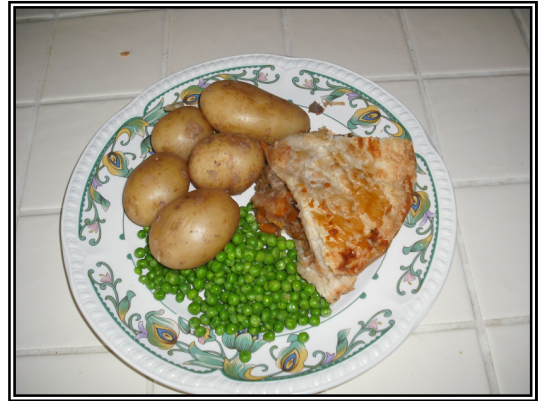
2 litres of hot beef stock

300ml veg oil, 2 kg diced beef, 150g flour

3 onions diced, 200g button onions, 6 cloves garlic crushed, pinch of chilli flakes

2 tbsp ketchup, 100ml Balsamic vinegar, 1 tsp cracked black pepper, 1 tsp salt.

250g diced kidney, button mushrooms.



To Top

2 sheets of puff pastry, (1 egg with 50ml milk to glaze)

Method

1. Heat the oil in a large wide based pot. Add the beef and fry till brown.
2. Sprinkle on the flour and stir to form a paste on the meat then add the tomato ketchup, vinegar, pepper, salt.
3. Stirring all the time, slowly add the stock, scraping the bottom of the pot to make sure it doesn't stick. Bring to a simmer.
4. After ½ an hour, add the vegetables and thyme and continue to simmer for 1 hr.
5. Half an hour before finished add the kidneys.
6. When the stew is cooked leave to cool, cover with the puff pastry and eggwash.
7. Bake in a very hot oven 220deg C till pastry is risen and brown.

Beef and mushroom stew with rice

20 portions

Ingredients

2 litres of hot beef stock

300ml veg oil, 2 kg diced beef, 150g flour

4 onions diced, 6 cloves garlic, 4 sticks celery crushed, pinch of chilli flakes, 1 tsp dried thyme, 200g dried prunes

4 tbsp tomato ketchup, 100ml Balsamic vinegar, 2tbsp chutney, 1 tsp cracked black pepper, 1 tsp salt.

To Bulk

New potatoes halved, carrots chopped, butternut diced, button mushrooms, ½ bunch of rosemary. (or a bag of frozen veg)

Method

Heat the oil in a large wide based pot. Add the beef and fry till brown. Add the garlic, onion and herbs and cook for a further 2 minutes.

Sprinkle on enough flour to soak up all the oil and stir to form a paste on the meat (scrape the base of the pot well so as not to stick) then add the tomato ketchup, vinegar, chutney, pepper, salt. Stir well then slowly add the stock, scraping the bottom and stirring the pot to form a thin sauce. Bring to a simmer.

After ½ an hour, add the vegetables and rosemary and continue to simmer for 1 hr. Scraping the bottom every 15 minutes. Test the largest piece of meat for softness.

The Rice

Bring a large pot of salted water to the boil and add 1kg of long grain rice, bring back to the boil and cook till soft about 15 minutes.



Baked Fish, Mashed potatoes and mushy peas

20 portions



Steak, onions and chips with frozen vegetables



Fruit Scones

20 Portions

Ingredients

1000g self raising flour, 100g castor

4tsp baking powder, 1 tsp salt

160g butter

100g cranberries dried

600ml buttermilk

(1 egg & milk for glazing)



Method

1. Sieve together all the dry ingredients, add the butter and rub to a crumble.
2. Add the cranberries and toss through.
3. Add the buttermilk, mix and knead till all ingredients. As soon as the dough comes together and does not stick, remove to a floured table. Never over knead,
4. With a rolling pin, roll the dough to 3/4 inch thick.
5. Flour the cutters and cut out the scones. Egg wash for colour.
6. Place the scones on a floured baking sheet
7. Bake at 180deg C for 15-18 min's.

Brown Soda Bread

Ingredients

1000g plain flour, 1000g whole meal flour, 4 tsp soda, 4 tsp salt, 4 tsp sugar, 1600ml buttermilk, 100ml oil, 4 eggs, 200g assorted seeds.



Method

1. Sieve all dry ingredients together, mix together the eggs and the milk.
2. Rub in the butter, mix in the seeds then add the milk to a sticky mass.
3. Grease the moulds well and coat with flour.
4. Lob the mix directly into the moulds.
5. Top with seeds, dust with whole grain flour and bang down on a flat surface to expel any air pockets.
6. Bake at 180 deg C for 30-40 min's. Turn out and upside down and return to the oven for a further 10 minutes.

Rice Pudding

Makes approx. 15 portions

Ingredients

230g short grain rice

2300ml milk

230g sugar

1 tsp of ground nutmeg

1 tbsp Vanilla essence, 1 tsp cinnamon, 2 tbsp raisins

Method

- Rinse the rice under cold running water to wash away excess starch. Leave to one side.
- Place milk and sugar in pan and bring to the boil.
- Pour in the washed rice and bring back to the boil, stirring continuously.
- Add the pinch of nutmeg, vanilla and raisins.
- Reduce the heat and allow rice to simmer, stirring regularly to prevent sticking.
- Simmer until rice is just tender, approximately 40 minutes.



Fruit Trifle in a basin

16 portions



Ingredients

Sponge cake, 4 packets of strawberry jelly, 2 litres boiling water, 800g tinned fruit, 2 litres of milk, 1 tbsp vanilla essence, 5 tbsp of custard powder, 250g sugar
500ml fresh whipped cream, 200g grated chocolate.

Method

The jelly

1. in a large bowl pour the boiling water over the jelly till dissolved and cool

The base

2. Into a large basin break the sponge cake to cover the base completely
3. Strain the tinned fruit and sprinkle the fruit over the sponge
4. Pour the jelly over the sponge and leave in the fridge for 1 hr to set.

The custard

5. Bring the milk to the boil, add the vanilla, dissolve the custard powder in a little water and whisk into the milk. Stir for 10 minutes till thick and cooked then cool till warm.
6. Pour the warm custard over the set jelly and chill
7. Just before serving spread the whipped cream over the custard then sprinkle over the grated chocolate.

Butternut Squash Soup

with cinnamon croutons

Ingredients for 5 portions

The Soup - 1 small butternut diced, 1 onion diced, 1 carrot diced, 1 cinnamon stick, 1 large stem of thyme and 2 litres of vegetable stock.



Cooking Method

1. **Sweat the flavours in a pot:** onion, carrot, butter, thyme and cinnamon
2. **Add the main ingredient:** butternut, and sweat on a low heat for five minutes.
3. **Add the stock:** add enough vegetable stock to cover all the ingredients and simmer for 25 minutes until all the ingredients are soft. Remove the cinnamon stick and thyme then blend the soup to a nice puree consistency.

The Garnish - 50ml mayonnaise, 1 tbsp of hot water, diced white bread, butter and cinnamon for croutons.

To finish the soup: Add extra stock if too-thick and season with salt and pepper.

For the croutons: Dice some white bread, soak them in melted butter and a good pinch of ground cinnamon. Bake in the oven at 160°C/Gas mark 5 till golden brown and crunchy.

🌿 Dermot's Cooking & Serving Tips

NB - When cooking croutons, your oven will produce the best results. Because of the all round heat, the croutons will be crispy, brown and all excess fat will ooze out onto the baking tray.

Satay Chicken with Egg Fried Rice

Ingredients for Satay Chicken

- **For the satay sauce:**
- 2 tablespoon tamarind
- 200 teaspoons sugar
- 640g crunchy peanut butter
- 2 tablespoon fish sauce
- 2 tablespoon red thai curry paste
- 800ml coconut milk
- **For the chicken spice rub:**
- 1000g diced chicken breasts
- 2 teaspoon turmeric
- 2 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1 teaspoon chili powder
- 1/2 teaspoon onion salt
- 1/2 teaspoon black pepper
- 2 tablespoon milk



Ingredients for Egg Fried Rice

1kg boiled long grain rice

100ml cooking oil, 8 whole eggs

200g frozen peas, 100ml oyster sauce

100ml water, Juice of 2 lemons

Fresh Coriander



Equipment

Wok, frying pan, roasting trays

BBQ Spare Ribs



Bacon rib cage - 75 rib bones Or Pork rib cage – 75 ribs

Pork ribs should be marinated and grilled

Bacon ribs boiled for 30 minutes then basted and roasted

Sauce Ingredients

- 480g Ketchup, 200g brown sugar, 100g Honey, 4 tbsp Worcestershire Sauce
- 4 Lemons Juiced, 8 cloves minced garlic
- 4 tbsp Soy Sauce, 4 tbsp Dijon Mustard, 1 tsp Tabasco Sauce
- 1 tsp Salt, 1 tsp White Ground Pepper, 1 tsp Cumin Powder
- Smoked liquid optional

Method

1. Start making the sauce in a large bowl by adding the tomato ketchup, molasses, honey and Lee and Perrins sauce;
2. Squeeze the lemons and add to the bowl making sure not to add the pips;
3. Add the Dijon mustard and the Tabasco (you can judge how hot you want it to be yourself at this stage);
4. Mix the ingredients in the bowl together using a spatula before adding some soya sauce, cumin, salt and pepper. Incorporate all the ingredients;
5. You can serve the sauce immediately or keep in the fridge for up to a month in an airtight container.

Sandwiches and Fillings

1. Tuna mayonnaise with sweetcorn with lettuce
2. Egg mayonnaise with mustard cress
3. Cheese and pickle
4. Corination chicken -

Corination chicken -

Ingredients

- 6 skinless, boneless chicken breast halves
- 1/3 cup sultana raisins
- 1 large mango, peeled, thinly sliced
- 2/3 cup mayonnaise
- 1 teaspoon mild curry powder
- 1 tablespoon mango chutney
- 1 teaspoon fresh lemon juice
- 1 pinch salt and ground black pepper

Drinks Probiotics, juice

Potato Salad with bacon

Ingredients:

- potatoes, cooked until just tender, cooled and cubed
- 1/4 to 1/2 cup finely chopped chives or onion
- Chopped cooked bacon
- Olive oil
- Drizzle of Vinegar to taste
- 1 to 2 tablespoons mustard
- salt and pepper to taste

Creamy Potato Salad

Ingredients:

- potatoes, cooked until just tender, cooled and cubed
- 1/4 to 1/2 cup finely chopped chives or onion
- 3/4 cup mayonnaise (a little more or less, as desired)
- 1 to 2 tablespoons mustard
- salt and pepper to taste

Potato Egg Salad

Add 5 or 6 hard cooked eggs, cooled, coarsely chopped

Mashed Potato Salad

Ingredients:

- hot mashed potatoes
- salad dressing (Miracle Whip)
- finely chopped onion
- milk
- peas
- salt and pepper to taste

Preparation:

combine hot mashed potatoes with salad dressing, onion, milk, peas and mustard if you like. Salt and pepper to taste.

Coleslaw

Two thirds cabbage to One third carrot

Carrot grated, dutch cabbage shredded finely, cheddar cheese, mayonnaise,
salt and white pepper

Rice Salad

Uncle Bens rice boiled in chicken stock with turmeric, chilli flakes, frozen peas, cranberries or sultanas.
Strain and cool before refrigerating.

Spicy Rice Salad

Uncle Bens rice boiled in chicken stock with turmeric, chilli flakes, frozen peas, cranberries or sultanas.
Strain and cool before refrigerating. Add chopped poached chicken.

3 Bean Salsa

Mix together - Grated carrot, tin of kidney beans, haricot beans, chopped cooked green beans, diced
celery, diced tomatoes, finely diced red onion, capers, chilli, coriander, oil and vinegar

Restaurant table Setup



Chefs Uniforms to Compare

