

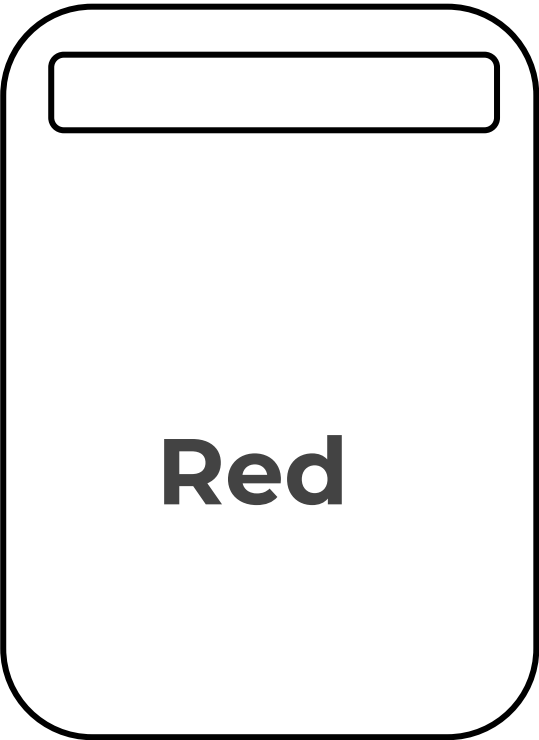
# Health and safety: preparation and hygiene

Design and technology - Catering for needs

Mr Telfer

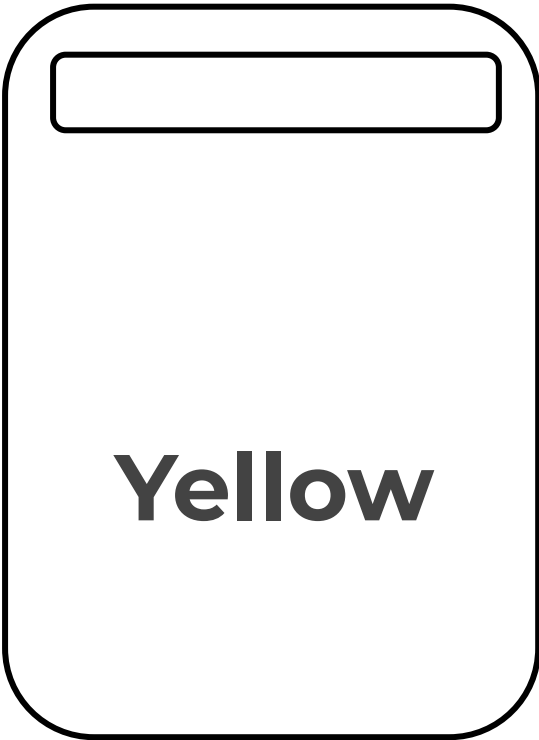


# Identify the use of each chopping board



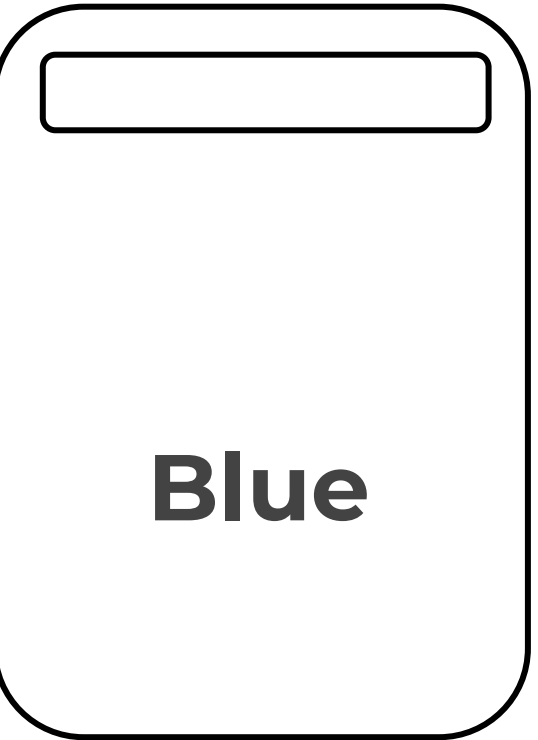
**Red**

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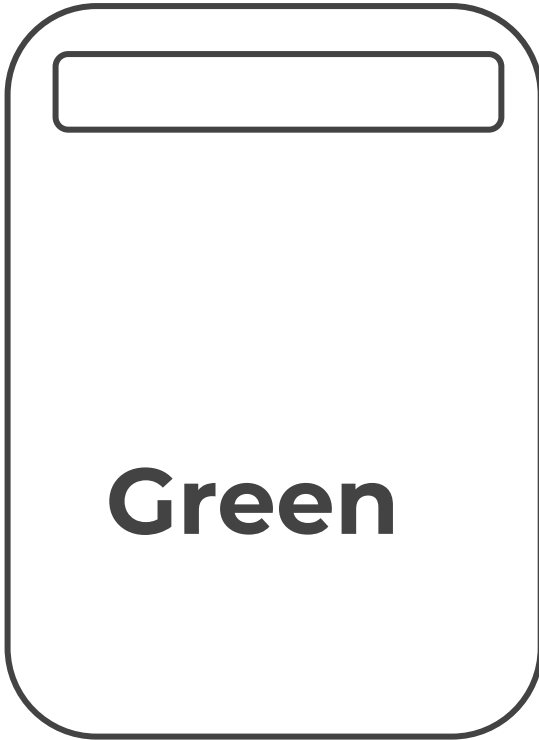
**Yellow**

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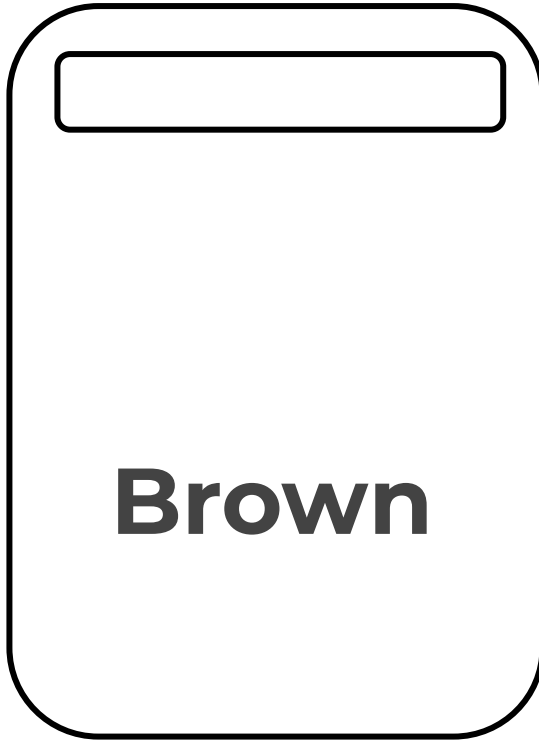
**Blue**

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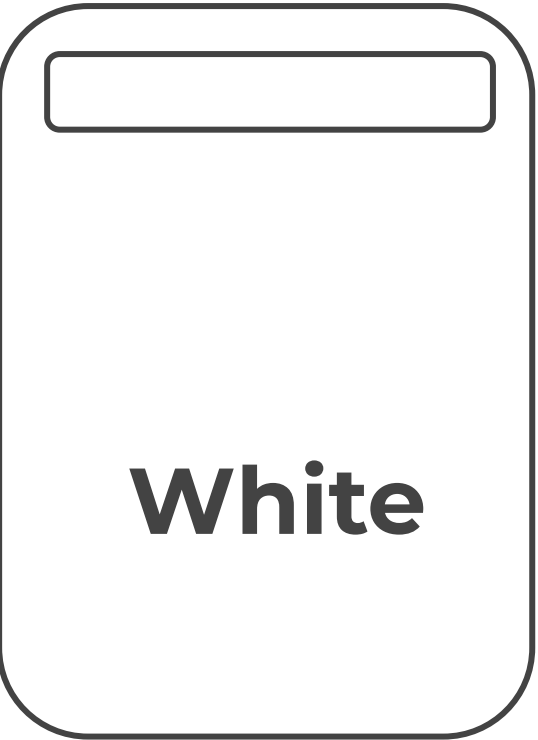
**Green**

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**Brown**

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**White**

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# Chicken kebab recipe card

## Ingredients

- 2 Chicken breast
- Button mushrooms (optional)
- Cherry tomatoes (optional)
- Sweet peppers (optional)
- Choice of seasoning/ marinades

## Equipment

- 1 sharp knife for cutting
- 1 mixing bowls
- 1 red chopping board
- 1 brown chopping board
- Skewers (optional)
- Grill
- Serving plates



# Chicken goujons recipe card

## Ingredients

- 1 Chicken breast
- 2 eggs
- Plain flour
- Breadcrumbs
- Salt, pepper, paprika (optional)

## Equipment

- 1 sharp knife for cutting
- 3 mixing bowls
- 1 red chopping board
- 1 frying pan
- Serving plates



# Method

- 1.** Cube the chicken breast using the claw technique and a sharp knife.
- 2.** Marinate the chicken and leave to absorb for at least 30 mins.
- 3.** Carefully add marinated chicken cubes and vegetables of your choice to the skewers.
- 4.** Place under the grill on tray. Set grill to a medium to high heat.
- 5.** Turn the skewers every 3-5 minutes till cooked all the way around.
- 6.** Carefully remove skewers from grill.
- 7.** Serve and enjoy.



# Method

- 1.** Cut the chicken breast into thin strips along the grain.
- 2.** Roll strip in flour salt and pepper mix.
- 3.** Dip strip in egg.
- 4.** CHANGE HAND and dip strip in the breadcrumbs and paprika mix.
- 5.** Once complete, put goujons in a frying pan with NO oil.
- 6.** Carefully turn the goujons after 3-5 mins and cook on the other side.
- 7.** Serve and enjoy (great with dip).

