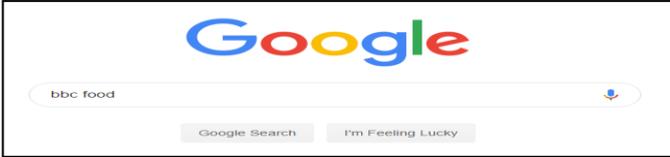
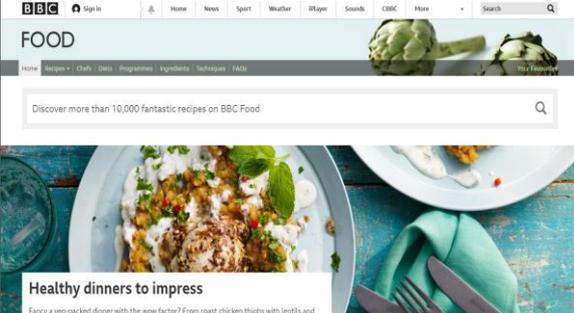
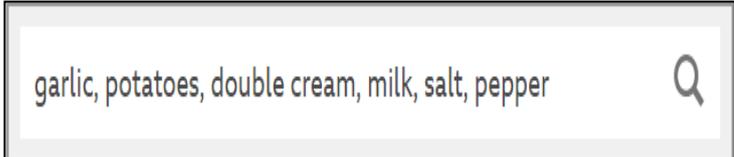
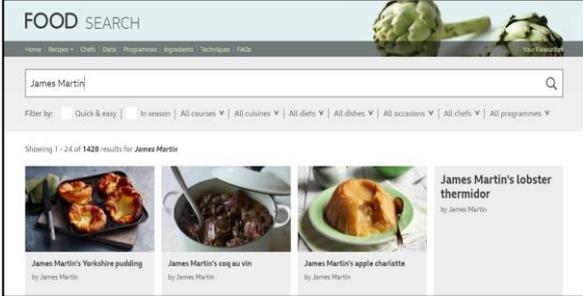
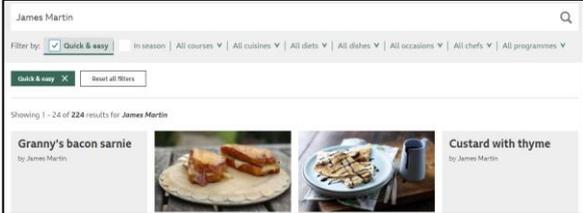
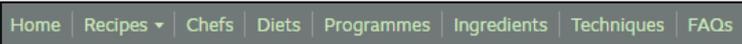


Creating Your Own Online Recipe Book – BBC Food

<p>1 Firstly, were going to use Google to search for the correct website. Type 'bbc food' into the search bar and press the enter key to begin the search.</p>	
<p>2 Once you've typed 'bbc food' into the search bar, Google should produce a list of sites. The first one should look like this one.</p> <p>If it does click the bold blue writing that says BBC – Food.</p>	
<p>3 When you've clicked the text Google should send you to the BBC Food website.</p> <p>Does your webpage look like this?</p>	
<p>4 We are going to concentrate on the search bar function on the BBC Food website. This is front and centre on the BBC Food website. Once you've found it, we're going to begin by searching for a recipe containing the list of ingredients below:</p> <ul style="list-style-type: none"> • Garlic • Potatoes • Double Cream • Milk • Salt • Pepper 	

<p>These ingredients are ingredients that typically you will have some left of in the fridge or the cupboard and can be used to make something delicious for tea.</p> <p>Once you've entered all the ingredients, press the enter key. We are looking for a recipe for Potato dauphinoise by Gregg Wallace.</p> <p>Note how after every ingredient there is a comma. This is how to search for multiple ingredients at the same time and a brilliant way to find a recipe containing all the ingredients you have left.</p>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <h2 style="margin: 0;">Potato dauphinoise</h2> <p style="margin: 0;">by Gregg Wallace</p> <p style="margin: 0;">SIDE DISHES</p> <hr style="margin: 5px 0;"/> <p style="margin: 0;">Serves 4</p> <p style="margin: 0;">Prep: <30 mins</p> <p style="margin: 0;">Cook: 1-2 hrs</p> </div>
<p>5 Once you've entered all the ingredients and pressed enter, the webpage should alter to one containing a list of different recipes that contain the previously mentioned ingredients. Find one that is for Dauphinoise Potatoes by Richard Phillips from Ready, Steady, Cook and write down the ingredients and fill in the gaps in the method, in the box to the right.</p>	<p>Ingredients:</p> <p>___ ml/ ___ fl oz. milk</p> <p>___ ml/ ___ fl oz. double cream</p> <p>___ garlic cloves, finely chopped</p> <p>Salt and freshly ground black pepper</p> <p>___ baking potato, sliced thinly on a mandolin</p> <p>Method:</p> <ol style="list-style-type: none"> 1. Preheat the oven to _____. 2. Bring the milk, cream and garlic to a simmering point in a pan, then season the mixture, to taste, with ___ and freshly ground _____. 3. Add the _____ to the pan and return the mixture to a simmer. 4. Transfer the mixture to an ovenproof gratin dish, and then bake in the oven for _____ minutes, or until the potato slices are cooked through. (They are cooked through when a _____ can be inserted in them easily.) 5. To serve, spoon the potatoes 'dauphinoise' into the centre of a serving plate.

6	<p>We are now going to return to the BBC – Food homepage. To do this we need to left click once on the BBC food logo in the top left-hand corner.</p>	
7	<p>Have you managed to return to the homepage? If so, we are going to use the search bar again but this time looking for a particular chef. Search for ‘James Martin’ and then press the enter key.</p>	
8	<p>Again once you’ve pressed the enter key, a list of recipes that are James Martin recipes should appear. We are looking for some of his ‘Quick & easy’ recipes, so we need to select that option from the toolbar of filters.</p> <p>Has the list of recipes changed?</p>	
<p>Questions</p>		<p>What are the 3 most recent recipes for James Martin?</p> <ol style="list-style-type: none"> 1. 2. 3. <p>How many recipes does James Martin have on the BBC – Food website? And how much has it cost for you to view these recipes?</p>
9	<p>Again returning to the BBC – Food homepage by clicking the icon in the top left hand corner, we are now going to look for videos on techniques used by chefs. Underneath where the BBC – Food icon is located, is a grey bar with a list of options. We need to select the ‘Techniques’ option by left-clicking it once with the mouse.</p>	

<p>10</p> <p>Does your webpage now look like this?</p> <p>As you can see there are different options depending on the food group you are dealing with including fruit and vegetables and meat, poultry and eggs amongst many others. We are going to look for a video in how to slice onions as not only do they make you cry but there difficult to cut right!</p>		<div data-bbox="699 224 1327 810" style="border: 1px solid black; padding: 5px;"> <p>Preparing fruit and vegetables</p> <table border="1"> <tr> <td>Chopping chillies</td> <td>De-seeding tomatoes</td> <td>Grating lemon zest</td> </tr> <tr> <td>How to chop an onion</td> <td>How to cook asparagus</td> <td>How to cook broccoli</td> </tr> <tr> <td>How to cook butternut squash</td> <td>How to cook caramelised onions</td> <td>How to cook chips</td> </tr> <tr> <td>How to cook jacket potatoes</td> <td>How to cook spinach</td> <td>How to cut a pineapple</td> </tr> <tr> <td>How to cut an avocado</td> <td>How to cut calories in cooking</td> <td>How to cut mango</td> </tr> <tr> <td>How to make cauliflower rice</td> <td>How to make coleslaw</td> <td>How to make mashed potato</td> </tr> <tr> <td>How to prepare a pomegranate</td> <td>How to roast vegetables</td> <td>How to sharpen a knife</td> </tr> <tr> <td>Knife skills: how to finely chop</td> <td>Learning to chop: slicing an onion</td> <td>Learning to chop: the 'chiffonade' or shredding technique</td> </tr> <tr> <td>Learning to chop: the 'julienne' technique</td> <td>Preparing artichoke hearts</td> <td>Segmenting citrus fruit</td> </tr> <tr> <td>Skinning peppers</td> <td>Skinning tomatoes</td> <td>Toasting and skinning hazelnuts</td> </tr> <tr> <td>Zesting citrus fruit</td> <td></td> <td></td> </tr> </table> <p>Meat, poultry and eggs</p> <table border="1"> <tr> <td>Browning meat</td> <td>De-boning and butterflying a leg of lamb</td> <td>Freezing tips</td> </tr> <tr> <td>How to boil an egg</td> <td>How to bone a chicken thigh</td> <td>How to bone lamb shoulder</td> </tr> <tr> <td>How to brown mince</td> <td>How to carve a roast chicken</td> <td>How to carve roast pork</td> </tr> <tr> <td>How to cook a gammon joint</td> <td>How to cook a steak</td> <td>How to cook halloumi</td> </tr> <tr> <td>How to cook pork chops</td> <td>How to deglaze a pan</td> <td>How to fry eggs</td> </tr> <tr> <td>How to joint a chicken</td> <td>How to joint a rabbit</td> <td>How to make cheat's samosas</td> </tr> <tr> <td>How to make meatballs</td> <td>How to make scrambled eggs</td> <td>How to poach an egg</td> </tr> <tr> <td>How to poach eggs in advance</td> <td>How to roast a duck</td> <td>How to roast chicken</td> </tr> </table> </div>	Chopping chillies	De-seeding tomatoes	Grating lemon zest	How to chop an onion	How to cook asparagus	How to cook broccoli	How to cook butternut squash	How to cook caramelised onions	How to cook chips	How to cook jacket potatoes	How to cook spinach	How to cut a pineapple	How to cut an avocado	How to cut calories in cooking	How to cut mango	How to make cauliflower rice	How to make coleslaw	How to make mashed potato	How to prepare a pomegranate	How to roast vegetables	How to sharpen a knife	Knife skills: how to finely chop	Learning to chop: slicing an onion	Learning to chop: the 'chiffonade' or shredding technique	Learning to chop: the 'julienne' technique	Preparing artichoke hearts	Segmenting citrus fruit	Skinning peppers	Skinning tomatoes	Toasting and skinning hazelnuts	Zesting citrus fruit			Browning meat	De-boning and butterflying a leg of lamb	Freezing tips	How to boil an egg	How to bone a chicken thigh	How to bone lamb shoulder	How to brown mince	How to carve a roast chicken	How to carve roast pork	How to cook a gammon joint	How to cook a steak	How to cook halloumi	How to cook pork chops	How to deglaze a pan	How to fry eggs	How to joint a chicken	How to joint a rabbit	How to make cheat's samosas	How to make meatballs	How to make scrambled eggs	How to poach an egg	How to poach eggs in advance	How to roast a duck	How to roast chicken
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<p>11</p> <p>Looking in the section 'Preparing fruit and vegetables', we need to locate the video for Learning how to chop: slicing an onion. When you've found it, left-click the link.</p>		<div data-bbox="660 851 1369 1361" style="border: 1px solid black; padding: 5px;"> <p>Preparing fruit and vegetables</p> <table border="1"> <tr> <td>Chopping chillies</td> <td>De-seeding tomatoes</td> <td>Grating lemon zest</td> </tr> <tr> <td>How to chop an onion</td> <td>How to cook asparagus</td> <td>How to cook broccoli</td> </tr> <tr> <td>How to cook butternut squash</td> <td>How to cook caramelised onions</td> <td>How to cook chips</td> </tr> <tr> <td>How to cook jacket potatoes</td> <td>How to cook spinach</td> <td>How to cut a pineapple</td> </tr> <tr> <td>How to cut an avocado</td> <td>How to cut calories in cooking</td> <td>How to cut mango</td> </tr> <tr> <td>How to make cauliflower rice</td> <td>How to make coleslaw</td> <td>How to make mashed potato</td> </tr> <tr> <td>How to prepare a pomegranate</td> <td>How to roast vegetables</td> <td>How to sharpen a knife</td> </tr> <tr> <td>Knife skills: how to finely chop</td> <td>Learning to chop: slicing an onion</td> <td>Learning to chop: the 'chiffonade' or shredding technique</td> </tr> </table> </div>	Chopping chillies	De-seeding tomatoes	Grating lemon zest	How to chop an onion	How to cook asparagus	How to cook broccoli	How to cook butternut squash	How to cook caramelised onions	How to cook chips	How to cook jacket potatoes	How to cook spinach	How to cut a pineapple	How to cut an avocado	How to cut calories in cooking	How to cut mango	How to make cauliflower rice	How to make coleslaw	How to make mashed potato	How to prepare a pomegranate	How to roast vegetables	How to sharpen a knife	Knife skills: how to finely chop	Learning to chop: slicing an onion	Learning to chop: the 'chiffonade' or shredding technique																																	
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<p>12</p> <p>Once you've clicked the link, you should be directed to a video on how to slice onions by Paul Merret. Also for those who prefer to have something to read, a methodology of how to slice the onion step-by-step. To make the video play we need to click on the play symbol indicated in the picture.</p>		<div data-bbox="660 1400 1369 1832" style="border: 1px solid black; padding: 5px;"> <p>Learning to chop: slicing an onion</p>  <p>Skill level Easy</p> <p>Equipment you will need for this technique Small sharp knife Chopping board</p> <p>With a sharp knife and practice, you'll be slicing like a pro in no time.</p> <ul style="list-style-type: none"> -Peel the onion, leaving the root intact. -Cut the onion in half through the root. With the onion flat on the chopping board, cut off the root at an angle. Trim away the top of the onion. -Hold one side of the onion between your little finger and thumb. Place your other fingers on top of the onion. -Angle the fingernail of your middle (or longest) finger and use that fingernail to guide and buffer the blade as it slices the onion very finely from one edge to the other. Meanwhile, with the hand holding the knife, ease the blade further up the onion with each cut. </div>																																																									

TRY IT YOURSELF		
13	<p>Returning to the BBC – Food homepage we are going to search for a Paul Rankin recipe containing the following ingredients:</p> <ul style="list-style-type: none"> • Butter • Caster sugar • Orange • Eggs • Flour • Cocoa Powder • Baking Powder • Milk 	<p>Name of recipe:</p> <p>Serves:</p> <p>Prep time:</p> <p>Cook time:</p> <p>Remember to put commas in between the ingredients so the search is more specific.</p>
14	<p>Our next search is going to be for the chef called ‘Rachel Khoo’. You may have seen her BBC 2 cooking programme called ‘The Little Paris Kitchen’. The recipe of her’s we are looking for is ‘Cheese and Potato nests’.</p>	<p>Ingredients:</p> <p>__tbsp. soft butter</p> <p>__g/ __lb. __oz. waxy potatoes</p> <p>1 ____, finely chopped</p> <p>1 _____, finely chopped</p> <p>1 _____</p> <p>__g/ __oz. lardons or cubes of smoked bacon</p> <p>__ml/ __fl oz. dry white wine</p> <p>__g/ __oz. rebblonchon cheese, cubed</p>
15	<p>Notice how throughout the recipe there are links to video’s of techniques and skills so if you find your struggling to do something you can watch a professional’s take on how it’s done. Also at the top of the webpage is a video of Rachel Khoo herself cooking the cheese and potato nests.</p>	<p>Method:</p> <ol style="list-style-type: none"> 1. Preheat the oven to _____ and brush a six-hole muffin tin with soft butter. 2. Peel the potatoes and use the _____ blade on a mandolin to make thin matchsticks. 3. Put the _____, garlic, bay leaf and _____ into a large non-stick frying pan and cook until the lardons are golden-brown. Add the wine and reduce until only a couple of tbsps. Of liquid remain. Remove the _____. 4. Stir in the potato matchsticks and take off the heat, then stir in the _____. 5. Divide the potato mix between the six-hole muffin tin and bake for _____ or until golden-brown and bubbling. Serve hot.