

NEA 2 Planning Sheet

Key:

- **Banana bread**
- **Bean casserole and sundried tomato bread**
- **Roasted vegetable Lasagne**

Shopping and storage List

Fridge 0-5 ° C	Freezer -18° C	Ambient (room temperature)
100g Unsalted Butter	50g frozen peas	Bananas
2 red reppers		Sundried tomatoes
200g strong plain flour (pasta)		400g can kidney beans
100g strong plain flour (bread)		

Equipment and Serving Dishes Required: Colour coded

Equipment

Equipment	Serving Dishes & garnish
White chopping board	White rectangular plate
Sharp knife	Icing sugar and sieve
Measuring jug	Slices of banana
Loaf tin	Small wood board
Piping bag and nozzle	
Table knife	Rectangular oven proof dish
Food processor	Parsley for garnish
White chopping board	
Sharp knife	
Flour dredger	
Saucepan	
Colander	
Kettle for boiling water	
Pasta machine	
Measuring jug	Small soup ball
Baking tray	Round wood board

Time plan for the final dishes:

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Specialist Equipment:

- Pasta extrusion machine
- Food processor

Time	Order of work: Activity/method/processes	Health and Safety/Extra information
10:00	Mise en place: Organise work space, collect ingredients and equipment. Weigh ingredients for all recipes Wash all vegetables Pre-heat oven to 200° C for roasted vegetables Grease and line a loaf tin Cut and slice peppers, onion and courgettes to the same size pieces. Chop the vegetables: celery, leeks, carrots and garlic. Chop sundried tomato and basil Grate cheese	Personal hygiene: Tie hair back, Wear a clean apron. Wash hands with antibacterial soap. Kitchen hygiene: Clean surface with sanitizer. Check equipment is clean. Food safety: Check all ingredients are not past the best before or use by date High risk ingredients (dairy) stored 0° to below 5°C in the refrigerator prior to making the dish. Use a green chopping board for vegetables to prevent cross contamination. Weigh ingredients: Use digital scales for accuracy

10.20	Make bread: Measuring jug: mix yeast, warm water and sugar. Mixing bowl mix salt and flour. Mix together and then knead for 10 minutes until smooth and stretchy. Add chopped sun dried tomatoes. Shape. Prove bread dough (double in size). Cover and leave to proof.	Use a flour dredger for table Oiled cling film for proving. Clean work area
10.35	Slice aubergines Coat peppers, onion, courgette and aubergines with the olive oil, season well. Roast in the oven until caramelised.	Green chopping board to prevent cross contamination. Vegetables to be even sizes to allow for even roasting.
10:40	Make pasta using eggs and flour. Mix together using a food processor for speed. Knead until smooth. Roll out the pasta. Place in pasta extrusion machine roll until correct thickness is achieved. Start at a high setting and work down. Cut into sheets and leave to dry. Boil water for pasta	Insert blade into the food processor. Roll pasta dough until the number 2 setting for correct thickness. Cover pasta when drying to avoid contamination
10.50	Clean down surfaces and wash equipment.	
11.00	Remove roasted vegetables from the oven. Cook pasta sheets for the lasagne in boiling water. Make white sauce using roux method. Add the grated cheese once the sauce has thickened.	Use a slotted spoon to remove the pasta from boiling water. Stir the sauce in order to avoid lumps forming ensuring a smooth sauce and full gelatinisation.
	Simmer rapidly, stirring occasionally.	
12.00	Remove banana bread and ensure it's cooked through by inserting a skewer and seeing it come out clean. Cool in the tin.	Use oven gloves to remove the banana bread from the oven. Visual check: the sponge is golden and cooked through.
12.05	Stir in the beans. Remove the banana bread from the tin, place onto a cooling rack	Wash beans to remove any toxins Hold the pan handle when stirring in the beans The tin may still be hot, wear oven gloves
12.10	Clean down and washing up equipment	
12:15	Bake the lasagne for 30-40 minutes Remove casserole from the heat and stir in oregano, thyme and lemon juice. Re-season.	Use oven gloves when lifting the casserole.
12:20	Mix the icing sugar with 2tsp water	Gradually add icing sugar to prevent the icing becoming too thin.
12:30	Drizzle the icing across the top of the cake and decorate with banana chips	
12.40	Prepare side salad for the lasagne: slice tomatoes and pepper. Wash salad leaves	Use a green chopping board
12.45	Remove from the oven. Garnish all dishes:	Use oven gloves in order to ensure to not get burnt. Check temperature of dishes should be 75°C. Wash and sterilise the food probe before and after use.
12.55	Present all dishes	