

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Equipment

- Mixing bowls, Fork, Paring Knife
- Tablespoon, teaspoon, Brown chopping board
- Colander, Plate, Juicer, Grater, Scrap bowl
- White chopping board, pastry cutter, table knife

Ingredients

For the apple, cucumber and cream cheese sandwiches

- ½ lemon, juice only
- ½ apple, peeled and core removed, sliced into small pieces
- ¼ cucumber, finely sliced
- 100g cream cheese
- ¼ bunch mint, chopped
- 1 mini baguette, halved horizontally and lightly buttered
- 25g butter

For the cheddar cheese and tomato sandwiches

- 1 large tomato, diced
- 75g cheddar cheese, grated
- 4 slices wholemeal bread
- 25g butter



Afternoon tea sandwiches



Ingredients

For the apple, cucumber and cream cheese sandwiches

- ½ lemon, juice only
- ½ apple, peeled and core removed, sliced into small pieces
- ¼ cucumber, finely sliced
- 100g cream cheese
- ¼ bunch mint, chopped
- 1 mini baguette, halved horizontally and lightly buttered
- 25g butter

For the cheddar cheese and tomato sandwiches

- 1 large tomato, diced
- 75g cheddar cheese, grated
- 4 slices wholemeal bread
- 25g butter

Method

- Prepare ingredients – grate cheddar cheese, dice tomato, juice lemon, finely slice cucumber, chop mint, peel, de-core and finely slice/cut apple.

For the apple, cucumber and cream cheese

1. Put the cut apple into a small mixing bowl, add the lemon juice.
2. Spoon the cream cheese into a medium mixing bowl and stir in the mint.
3. Add the apple pieces and a little of the lemon juice to the cream cheese mixture.
4. Slice your baguette in half horizontally and lightly butter
5. Arrange the cucumber slices along the bottom half of the baguette, slightly overlapping each slice.
6. Spoon in the cream cheese and apple mixture
7. Add the top half of the baguette.
8. Slice into 5cm sandwiches.

For the cheddar cheese and tomato

1. Using a round pastry cutter, cut each slice of bread into a small circle
2. Lightly butter each slice
3. Arrange the grated cheese on the 2 bottom layers of bread
4. Sprinkle the diced tomato on top
5. Optional – add sea salt/ ground black pepper to season
6. Add the top layers of bread

Afternoon tea sandwiches



Ingredients

For the egg and spring onion mayonnaise sandwiches

- 2 free-range eggs, hard-boiled, peeled, chopped
- 2 tbsp mayonnaise
- 1 spring onion, finely chopped
- salt and freshly ground black pepper
- 4 slices bread, lightly buttered
- ½ small punnet cress

Method

- Prepare ingredients – wash vegetables, finely chop spring onion, cut cress

For the egg and spring onion mayonnaise

1. Boil 2 eggs for 9 minutes, drain in sink using a colander, run cold water over the eggs to cool them down
2. Peel shells and chop eggs on a white chopping board
3. Add the eggs, mayonnaise and spring onions together in a medium mixing bowl.
4. Season, to taste with salt and freshly ground black pepper.
5. Spread the egg mayonnaise onto two slices of the bread.
6. Sprinkle over the cress
7. Add the top layers of bread to close the sandwiches.
8. Remove the crusts
9. Cut the sandwiches into fingers.