




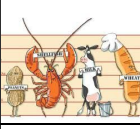
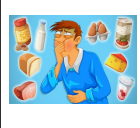





# Y10 | British and Cultural - Knowledge organiser

Key Terms	Description	
Cuisine	a traditional style of cooking that has developed in a specific country or region	
Organic Farming	Producing food using manure, compost and natural methods of weed, pest and disease control rather than chemicals	
Red tractor	Red Tractor standards cover animal welfare, food safety, traceability and environmental protection	
Freedom food	the farms, and every stage of the animals' lives, have been assessed to RSPCA animal welfare standards	
Food Miles	A mile over which a food item is transported during the journey from producer to consumer	
Food Allergy	A sensitive reaction to specific foods, which causes severe and potentially life-threatening symptoms	
Food Intolerance	A long term condition where after several hours or days, certain foods cause a person to feel unwell	
Mise en place	the preparation of dishes and ingredients before starting to cook	

## Practical food skills

### **Rubbing in / shortening**

Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs. Stops gluten from forming to make crumbly pastry



### **Whisking method**

Uses an electric whisk to incorporate air into a mixture e.g batter



### **Using a food processor**

Using a food processor with the grater attachment to grate food to a consistent size



### **Creaming method**

Mixing together fat and sugar to a light fluffy consistency, adding air.



### **Bridge and Claw**

Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other. Make a claw with your hand by partly curling your fingers together



### **Making a marinade**

Marination is the process of soaking foods in a seasoned, often acidic, liquid before cooking. It is commonly used to flavour foods and to tenderise tougher cuts of meat.



### **Baking**

Baking is a method of preparing food that uses dry heat, normally in an oven



## Final dishes

Cheese pasties	Toad in the hole	Bakewell tart	Fajitas and wraps	Spring rolls	Tagine	Potsticker dumplings
						