

Lesson 1 - Biodiversity: Sea

Recipe: Stew

Teaching notes:

Individual centres to decide if students work individually, in pairs or in 4s, depending on students ability and levels. i.e. potential strategies for differentiation/ stretch & challenge.

Standard recipe portions: 1

Number of students: 50

Ingredients	Quantity (Units: in g , ml or each)	Food order minimum quantity estimate for the class (Units: in kg , l or each)
Cod (each)	50g	1
Salmon (each)	50g	1
Mackerel (each)	1	10
Plaice (each)	1	10
Mussels (kg)	0.05	1
Clams (kg)	0.05	1 kg
Prawns (kg)	0.05	1.5 kg
Squid (kg)	0.04	2 head
Onion (each)	1/4	1 kg
Garlic	1 clove	head
Leek (each)	1/4	1.5 kg
tomato (each)	1	10
Red Pepper (each)	1/8	2
Yellow Pepper (each)	1/8	2
Green Pepper (each)	1/8	2
Courgette (each)	1/8	3
Celery	0.05 g	2 head
Lemon (each)	1/4	4
Tomato Paste (g)	15g	1 tin
Fish Stock (ml)	150	2 L
Bay leaf, ground pepper, salt		
oil (ml)	40	2 Litre
Paprika, fennel seeds, curry powder	to taste	tub
parsley	to taste	2 bunch
chervil	to taste	2 bunch
thyme	to taste	2 bunch



Lesson 1 - Biodiversity: Sea

Recipe: Stew

Equipment	Quantities
Sauce pan (soup)	1
Wooden spoons	1
Ladle	1
Strainer/ Colinder	1
Spoon for tasting	1
Bowls	2
tray	2
Serving bowl	1
chopping board	1

Method

1. Sweat onion and garlic until soft in oil with a good pinch of salt. Add thinly sliced leek and cook for a further 2 minutes over a medium low heat.
2. Add paprika, pinch of curry powder and fennel seeds. Stir for a minute and add a small bay leaf and a few sprigs of thyme.
3. Stir in the tomato paste and simmer for a further minute.
4. Pour in the fish stock and stir simmer until the liquid has reduced by a quarter (5 minutes).
5. Add the sliced vegetables and a grated tomato, Cook 1 minute.
6. Depending upon the sizes of the seafood and expected cooking times, add largest fish first and the mussels. Cook for around 2 minutes. Add the rest of the seafood and cook for around 2 minutes more (cook over a low heat using a lid if possible) and ensure mussels and clams have fully opened.
7. Remove from heat and adjust seasoning, squeeze a little lemon juice to taste and add chopped soft herbs

