

Practical Cookery Block 1

**LI: To become familiar with kitchen equipment and kitchen routines.
I can work in a safe and hygienic manner.**

Tortilla Wraps

Ingredients

2 tortilla wraps
1 large lettuce leaf
15 - 30ml mayonnaise (optional)

Choose 1

50g cheddar cheese
OR
50g tuna fish

PLUS- any two of the following

1 pineapple ring
15ml sweetcorn
Piece of red pepper

EQUIPMENT

Plate
Small bowl
Measuring spoons
Round bladed knife
Grater
Chopping board
Vegetable knife
Dessertspoon
2 strips of foil

Method

1. Prepare your chosen ingredients as you wish and mix together in a small bowl.
2. Spoon filling onto both wraps.
3. Fold the tortilla to form wraps, secure with a strip of tin foil (your teacher will show you this) and place in plastic box.
4. Stack dishes, wipe down work top.
5. Wash and dry dishes. Ask teacher to check.
6. Place dishes and cutlery back in the cupboard/drawer.

FOOD PREPARATION SKILLS	COOKERY PROCESSES