



CONTENTS

Introduction	Page 2
Baked Jacket Potato Toppings	Page 3
Bread Rolls	Page 4
Ploughman's Lunch	Page 5



Bar snacks are very popular and usually very profitable.

In order to be able to serve customers quickly, bar snacks often use products like ready-made pizza bases or bought pastry items, which can be cooked or re-heated quickly.

Popular bar snacks include:

- Filled rolls, baguettes, bagels, wraps and sandwiches (these need a good combination of flavours to give colour and flavour)
- Toasted sandwiches
- Baked jacket potatoes with fillings/toppings to include coleslaw, cheese, chilli, tuna and sweetcorn, beans, mushroom stroganoff, etc.
- Pizzas – using ready-made bases, crumpets or French stick with added toppings to make them 'look' home made.
- Pastry items e.g. pasties, turnovers, sausage rolls, cheese and onion plaits, home made quiches, etc.
- Interesting salads e.g. Greek salad, chicken Caesar salad, etc.
- Ploughman's lunch with ham, cheese or pate.

Bar snacks should be sized carefully to give a fair portion for a fair price.

They should be garnished neatly to provide colour, texture and flavour BUT not over-garnished to lose profit.

Parsley should NOT be sprinkled over like confetti.

Plate sizes are important – bar snacks should look clean and appetising not fussy or placed over the rim of the plate.

Most bar snacks can be eaten with fingers but some are served with cutlery.

For your practical lesson:

Choose 4 different items to make – you must include a sandwich, a jacket potato, and a pizza. The fourth item can be your own choice but should include a skill e.g. making or handling pastry.



Mushroom Stroganoff

100g button or chestnut mushrooms
25g butter or margarine
1 small pack Boursin or Roulé cheese
few tablespoons cream or crème fraiche
chopped chives or parsley garnish

METHOD

1. Melt butter or margarine in small pan. Add chopped or sliced mushrooms and cook gently until mushrooms are softened. Drain off excess liquid.
2. Add Boursin or Roulé cheese and enough cream or crème fraiche to give a 'sauce-like' consistency.

Chilli Beef

200g lean minced beef
1 small onion peeled and chopped
½ teaspoon chilli powder
1 small tin chopped tomatoes
parsley garnish

METHOD

1. Place mince and onion in saucepan and cook, stirring all the time until meat is brown.
2. Add chopped tomatoes and chilli powder.

Simmer gently for 15 – 20 minutes (add a little water if mixture starts drying out too quickly)

Tuna and sweetcorn

1 small tin tuna
1 small tin sweetcorn
few tablespoons mayonnaise
parsley garnish

METHOD

1. Open and drain tinned tuna and sweetcorn.
2. Place in a basin and add enough mayonnaise to moisten.
3. Refrigerate until use



INGREDIENTS

500g (1lb) strong bread flour or plain flour + a little extra (for kneading)
1 sachet of quick acting yeast
25g (1oz) margarine
½ - 1 level tsp salt
250ml (½ pint) 'hand hot' water
1 tbsp poppy or sesame seeds or rolled oats– optional

METHOD

1. Sieve flour into mixing bowl. Add salt and rub in margarine. Add the dried yeast.
2. Add the measured amount of water **all at once**. Have extra water in a jug in case it is needed as the mixture must be slightly wet at this stage.
3. Mix well to a **soft** dough and turn out onto floured surface
4. Knead for 5 – 10 minutes until dough is smooth and stretchy. Allow dough to rest for as long as possible. (wash up your bowl at this stage and grease baking tray)
5. 'Knock back' dough (re-knead) to original size. Cut into 12 – 16 even sized pieces.
6. Shape into the various rolls and place on a greased baking tray
7. LEAVE TO PROVE (RISE) for 15 – 30 minutes or until doubled in size.
8. Bake in preheated oven Gas No 6 – 7 or 200 C for 15 – 20 minutes, until rolls are golden brown and 'sound' hollow when tapped.
9. Lift off tray and leave to cool on wire rack



Bread Rolls (makes 8)

- 350g strong bread flour or plain flour + a little extra (for kneading)
- 1 sachet of quick acting yeast
- 20g (1oz) margarine
- ½ - 1 level tsp salt
- 175ml 'hand hot' water
- 1 tbsp poppy or sesame seeds or rolled oats– optional

Salad Garnish

Either:

- 'little gem' lettuce leaves
- few baby cherry tomatoes
- piece / slices cucumber
- few pickled onions / pickle

Or

- few sticks celery
- lollo rosso lettuce
- few baby cherry tomatoes
- few pickled onions / pickle

Wedge cheese or pâté or few slices ham (depending on size)

Butter

Method for Bread rolls

1. Sieve flour into mixing bowl. Add salt and rub in margarine. Add the dried yeast.
2. Add the measured amount of water **all at once**. Have extra water in a jug in case it is needed as the mixture must be slightly wet at this stage.
3. Mix well to a **soft** dough and turn out onto floured surface
4. Knead for 5 – 10 minutes until dough is smooth and stretchy. Allow dough to rest for as long as possible. (wash up your bowl at this stage and grease baking tray)
5. 'Knock back' dough (re-knead) to original size. Cut into 8 even sized pieces.
6. Shape into the various rolls and place on a greased baking tray
7. LEAVE TO PROVE (RISE) for 15 – 30 minutes or until doubled in size.
8. Bake in preheated oven Gas No 6 – 7 or 200° C for 15 – 20 minutes, until rolls are golden brown and 'sound' hollow when tapped.
9. Lift off tray and leave to cool on wire rack.

To serve the ploughman's lunch:

Imagine the serving plate is divided into 3 equal sections.

1/3 of the plate is for the bread roll (and butter)

1/3 of the plate is the salad garnish

1/3 of the plate is the cheese, pate or ham

Please insert circle divided into 3 segments:

cheese, pate or ham

bread roll

salad garnish