



What is a cawl?

A traditional (slow-cooked) Welsh soup, broth or stew, consisting of meat, usually Welsh lamb, vegetables, in particular, leeks, root vegetables, and potatoes.

Handling/cooking meat:

Keep raw meats refrigerated and separate from other ingredients. This is why you put raw meat on the bottom shelf (to stop it dripping on other food!) and salad/fruit/veg in drawers.

You should wash your hands before and after you handle raw meat.



Nutritional information:

The percentage of recommended daily allowance (**RDA**). The packaging contains information about:

Storage, **Best Before** (past its best, but still safe to eat) and **Use By** (no longer safe to eat).

CALS	SUGAR	FAT	SATFAT	SALT
315	3.6g	12.6g	8.1g	1.80g
16%	4%	18%	41%	30%

Key Vocabulary

Key Skills:

How to boil safely- place a pan of cold water onto a hob with the handle placed to one side (not sticking out!)



How to pan-fry— place meat (or meat substitute) in an oiled pan and stir with a spatula over a moderate heat until cooked thoroughly.

Chicken/pork will change from pink > white.



Vocabulary	Definition
Recipe	A list of ingredients and instructions for making a food dish.
Boil	To heat a liquid safely until bubbles break on the surface.
Blend	To incorporate two or more ingredients thoroughly.
Pan-fry	To cook in small amounts of fat.
Season	To improve the flavour of by adding salt, herbs, spices, or other flavourings.
Cross-contamination	The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.

Follow a simple recipe understanding the vocabulary:

- Ensure you have all of the ingredients and utensils needed on your work surface or easy to reach before you start.
- Follow the recipe in order, step-by-step.
- Look at the measurements carefully and the unit of measurement used, e.g. does it say ml of millilitres or l for litres?
- Read timings carefully and use a timer precisely to ensure you do not under/over cook.
- Refer back to your recipe regularly and throughout - you won't be able to just read it once!

Games [https://wordwall.net/resource/11458360/y5-we-](https://wordwall.net/resource/11458360/y5-we)