



Name

Group

Rotation 1/2/3

Dear Student.

This recipe book consists of a selection of recipes that will be taught over the rotation, please bring the recipe book to **every** lesson; you will need it to modify recipes and prepare yourself for practicals. I

hope you have a fantastic time cooking tasty, nutritional dishes.

If for any reason, you cannot bring in ingredients, please contact your Food Studies teacher and other arrangements can be made, please make sure this is done the day before the practical at the latest.

Please ensure a container is brought to every Food Studies practical lesson to take the dish home safely.

If you want to bring your own apron in to use in practicals, please do so!

Under the behaviour policy, ingredients are classed as equipment, if you forget your ingredients you will receive a C2 sanction on that day.

ALL EQUIPMENT IS PROVIDED BY SCHOOL, OTHERWISE STATED BY THE FOOD STUDIES TEACHER.

Amending Recipes

Throughout the booklet I have given you options to alter the recipes to make them suitable for your family.

However, you can also alter recipes to suit your family in ways I have not suggested. I would like you to own any recipe you make, so feel free to add ingredients or swap them for something more suitable. Just remember that you should must complete the recipe within the time available and that you know what you are doing.

There are a few rules though; the Government state we have to cook predominately savoury dishes, which should be healthy.

If we are making something sweet you may add fruit but **not** chocolate (if you choose to do this at home that is up to you).

- ✓ Your recipe cannot take longer to prepare, you may need to do some preparation at home.
- ✓ Upskilling of dishes is fabulous
- ✓ If you remove something, it is a good idea to replace it with something similar or suitable (i.e. peas can be replaced with sweetcorn) recipes may not work if ingredients are missing.
- ✓ Experiment at home.
- ✓ Finally, remember a recipe is only ever a guide, not a set of rules.

I hope you enjoy cooking in year 8 and are inspired to start helping cook meals at home with your families.

Mrs Rainton's guide to...

CLEANING UP!

Follow these steps in order...

- Fill the sink with hot water.
- Use a squirt of washing up liquid.
- Use a cleaning cloth to wipe down surfaces.
- Do not put knives into the sink as you cannot see them, always wash, dry and put these back first.
- Some equipment needs to be soaked, like saucepans.
- Wash glassware and cutlery first.
- A scourer or dishcloth should be used to remove any food.
- Use a tea towel to dry the dishes.
- Unplug the sink; drain the water and place equipment on your work space ready for inspection.
- Dry the sink and wipe the draining board and taps so they are clean, dry and free from food.
- Put pots away neatly in their correct places.

Thank you!

It is really important that everyone does what they should do so that our classrooms are ready for the next group to learn in!

Food Preparation Skills Used

Skills & Processes Used In Year 8

Knife skills- Handling Raw Meat

Handling knives safely is a vital life skill, needed to help you through life. We will then sauté meat until cooked and simmer in a sauce.



Frying off – Fried Rice

A method for cooking raw meat until it is sealed and cooked through. It should be brown on the outside with no pink left on the inside.



Rubbing In – Quiche/Cinnamon Whirls

Combining fat and flour by 'rubbing in' with your fingertips before binding together with water to make pastry dough.



Blind Baking – Quiche

Baking a pastry case before adding a filling to dry it out and stop a soggy bottom (baking beads to weigh it down). Coagulation of egg.



Kneading Bread Dough- Pizza/ Cinnamon Whirls

Strong flour used for bread dough is high in a protein called gluten. This must be kneaded by hand to make it elastic and stretchy.



Proving Bread Dough - Cinnamon Whirls

Once the dough has been kneaded, it must be left to prove. This is where the yeast (a biological raising agent) ferments, creating carbon dioxide gas which makes the dough grow and rise.



Sauce Making – Macaroni Cheese

Using heat to mix together flour and butter to create a roux, before slowly adding a liquid. Used to thicken sauces, sauces can be white (béchamel), brown (brun/gravy) or blond (velouté)



Mechanical Aeration – Cheesecake

Air is added to mixtures using a whisk. This makes the cream thicken and helps products to rise if baked.



Help Page

Keyword	Meaning
Aeration	Adding air/gas to a mixture, e.g. by whisking.
Blind Baking	A method of baking pastry without any filling to dry it out.
Coagulation	When liquid protein foods are cooked and turn from liquid to solid. E.g. egg in quiche.
Convenience Foods	Ready-made foods that can be used to save time. E.g. puff pastry. More expensive than making from scratch though.
Glazing	Brushing with egg or milk before baking to give a shine. E.g. scones, pastry.
Simmering	When water or food in a saucepan bubbles gently (stays below boiling point).
Kneading	Working bread dough with the hands to stretch the gluten so it is elastic (helps the yeast to make bread rise).
Roux	Melted butter mixed with flour which is a base for sauces, liquid is added slowly and thickens as it cooks.
Proving	Leaving bread dough to develop and rise.
Yeast	A biological raising agent used in bread and beer.

Equipment

Pastry brush used for glazing



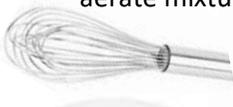
Frying pan used for frying off meat (can also be done in a saucepan or wok)



Garlic crusher



Whisk used to mechanically aerate mixtures



Colour Coded Chopping Boards



Chef's Knife – a large all-purpose knife



Baking beans used for blind baking pastry



Vegetable Knife - a small knife for preparing fruits and vegetables



Thai Green Chicken Curry

Ingredients

- 1 x 10ml spoon oil (*school provides*)
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas
- 1 chicken breast or vegetarian alternative
- 2 x 15ml Thai green curry paste
- 200ml coconut milk (reduced fat)
- 1/2 lime
- Small bunch of coriander (*school provides*)

Method

1. Chop the onion and add to the pan.
2. Crush and chop the garlic into small pieces, add to pan.
3. Cut the sugar snap peas in half and move out if the way
4. **Chop** the chicken into bite sized pieces.
5. Place the pan on the stove and cook to soften the onion a little.
6. Add the chopped chicken and fry until it turns white
7. Stir in the green curry paste, followed by the sugar snap peas.
8. Pour in the coconut milk and simmer for 15 minutes
9. Squeeze the lime and pour over the curry.
10. Tear the coriander and add to the curry.
11. Wash Up.

Fried Rice

Ingredients

30ml spoon vegetable oil (*school provides*)
2 chicken breast or marinated pork or vegetarian alternative
4 spring onions
½ red pepper (optional)
100g fresh or frozen peas (defrosted)
2 tbsp. light soy sauce
2 eggs
250g cooked basmati rice (approx. 100g uncooked rice = 250g cooked rice)

Method

1. Peel and chop the onion finely.
2. Slice the pepper in cubes.
3. Crack the eggs into a small bowl and beat together.
4. Cut the chicken (or other meat) into approx. 1cm diced pieces. Wash your hands after handling raw chicken.
5. Put ½ the oil in the wok and heat. Add the egg and keep stirring until cooked. Once the egg has set, put back into the bowl and put to one side.
6. Heat rest of oil in the wok and add the spring onion and chicken. Stir and cook for 5 minutes. The chicken will change colour from pink to white.
7. Add the pepper if using and cook for 3 minutes. Then add the cooked rice and peas, cook for 3 minutes.
8. Add the soy sauce to taste.
9. Finally add the cooked egg back to the pan and stir through. Continue to cook for 2 minutes, then serve.
10. Wash up.

Alternatives: Vegetarian – Add 400g of Quorn™ fillets. Lamb – Add 400g of diced lamb (lamb fillet).

Macaroni Cheese

Ingredients

100g pasta

25g margarine

25g plain flour

250ml milk

60g grated cheese

50g cooked bacon or ham (*optional*)

Salt / pepper / pinch of mustard powder (*school*)

Method

1. Cook pasta in a large pan of boiling water for 10mins.
2. Whilst pasta is cooking, slice the bacon or ham.
3. Remove pasta from heat, drain and place into an oven proof container, with the bacon.
4. Put margarine/butter into a small pan, melt on a low temperature. Remove pan from heat and stir in flour.
5. Return pan to heat, stirring all the time. Carefully add milk a little at a time, stirring constantly. Bring mixture to the boil and stir in half the cheese.
6. Add the mustard powder and stir until dissolved
7. Pour sauce over the pasta and sprinkle remaining cheese on top.
- 8. Wash Up.**

This dish will need to be finished in the oven at home, gas mark 5 or 190C for 25-30 minutes until golden brown.

Cheesecake

Ingredients

150g Cream Cheese

150g double or whipping cream

1 tbsp. Icing Sugar

75g Butter

12 Digestive Biscuits.

20ml lemon juice or 5ml vanilla essence (from school)

Fruit to decorate the top if desired.

Method

1. Place biscuits into mixing bowl and crush using a wooden spoon.
2. Place butter into a small plastic bowl and microwave for 30 seconds until melted.
3. Pour melted butter into bowl with crushed biscuits and mix together to coat the crumbs with butter.
4. Place biscuit crumbs into foil tray and smooth out using the back of a metal spoon.
5. Pour cream into a clean mixing bowl and whisk until it looks like soft peaks.
6. Add icing sugar, lemon juice or vanilla essence and cream cheese and mix together until smooth.
7. Pour on top of biscuits base and gently smooth towards the edges using a clean metal spoon.
8. Smooth until the cheesecake is even and decorate the top if you have some fruit.
9. Cover and place in the fridge.

Eat within 48 hours

Pizza

Ingredients

250g Strong Bread Flour

1 Teaspoon Fast Action Yeast (*from school*)

1 Teaspoon Salt (*from school*)

150 – 200g Grated Cheese

2-3 Tablespoons Tomato Puree or Passata

* 2 Additional toppings e.g. tomato, ham, pepperoni, onion, mushrooms, etc.

Method

1. Preheat the oven to Gas7/210 C
2. Sift the flour into a large bowl, add the yeast and salt and stir together
3. Gradually add 125ml warm water a little at a time and start to bring the dough together using a table knife, when it starts to look stringy, put one hand in and collect it into a ball – [you may need to add more water]
4. Knead the dough for at least 10 minutes until it feels smooth and silky
5. Roll the dough out on a floured surface to fit the size of the baking sheet – remember to roll in one direction and keep turning 90 degrees.
6. Spread the tomato puree onto the dough, taking care not to go right to the edge because it will burn.
7. Prepare the other ingredients

8. Add meat and veg, sprinkle the cheese on top to coat toppings (this will act as a glue).
9. Place into the oven for about 15 – 20 minutes until the dough has started to look golden brown and feels firm to the touch and the cheese has melted.

If making individual pizza's - after rolling out use a plain cutter to cut out individual rounds, and then follow the same process.

If preferred you can make pizza swirls; roll the dough into a rectangular shape, complete points 6 - 8, then roll pizza to make into a long sausage. Cut in half, then cut each segment in half and then half again so you have 8 small sausage shaped rolls. Place on to baking tray swirl side up and cook for 15 minutes.

Quiche

This will fit a foil container or 2 small fluted individual tins

Ingredients

150g Plain Flour

75g Butter

125ml Cold Water (*from school*)

125g Grated Cheddar Cheese

1 Onion- finely chopped

2 Eggs

125-150ml milk

Method

1. Sift the flour into a large mixing bowl, add the butter and rub together using fingertips until it looks like breadcrumbs.
2. Add the cold water a little at a time and use a table knife to draw the mixture together, when it looks stringy, use one hand to bring it into a ball.
3. Roll the dough on a floured surface to fit the foil or the individual tins, it will need to be about $\frac{1}{2}$ cm thick. Lift the pastry into the tins and gently push it into the sides using the side of your finger, so that it is a nice snug fit.
4. Peel and chop the onion into very small pieces
5. Crack the eggs into a jug and mix with a fork, add the milk and stir together
6. Sprinkle a little cheese into the bottom of the pastry case/tins, add some chopped onion and more cheese.
7. Pour the egg/milk mixture over the cheese and onion taking care not to overfill.
8. Place in the oven for about 30 minutes until it looks golden brown and does not wobble when gently shaken

Cinnamon Whirls

Ingredients

200g strong white bread flour
Pinch of salt
60ml warm milk
50g butter
½ sachet fast action yeast (*from school*)
1 teaspoon cinnamon (*from school*)
50g sugar

Method

1. Pre-heat the oven to Gas 6/200 C
2. Sieve the flour into a large bowl
3. Add half the butter and rub into the flour using fingertips
4. Add the yeast and half the sugar and stir into the flour
5. Measure out 65ml of warm water into a jug and add the warmed milk.
6. Add the liquid a little at a time, mixing with a round bladed knife until the mixture forms a dough [dough should be soft, but not sticky and there should be no floury, dry bits at the bottom of the bowl]
7. Sprinkle a little flour onto the work surface and then knead the dough for about 10 minutes until it feels smooth and silky.
8. Roll the dough into a rectangular shape.

9. Mix the remaining sugar and butter with the cinnamon in a small bowl.
10. Spread butter mixture over the dough [make sure you go up to the edges]
11. Roll the dough up lengthways into a neat and even sausage shape
12. Using a sharp knife, cut the dough into equal size pieces of about 2-3 cm and then place them flat side down in the foil tray.
13. Put into a warm place to prove for about half an hour [they should double in size]
14. Place into the oven and cook for 15-20 minutes until they look golden brown and sound hollow when tapped underneath

Which ingredients go into which Food Groups?
Write them on the Eatwell Guide below.

Eatwell Guide

