



Food Year 6 and Catering Studies; Recipes

A heart-shaped collage of various fresh fruits and vegetables, including tomatoes, bell peppers, broccoli, and leafy greens, arranged to form a central heart.

Name

Group

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 practical's. 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 clean apron in to use in practicals, please do so!

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

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

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!

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.

In year 9 standard ingredients are provided, that is, I provide the ingredients listed, if you would like vary the ingredients then you will need to provide these extra items, i.e. adding extra or swapping vegetables or jalapeno chillies, adding cheese etc. The only exception to this is the burgers, where we provide a choice of meat and a variety of herbs and spices.

I cater for vegetarians, where I am aware of them, so please advise me at the start of your rotation if you are a vegetarian or vegan so I can include this in the weekly food order. Please also advise me of any allergies that you have, I can amend recipes or change them completely depending on the issue. Likewise, if you have an aversion to some of the recipes please let me know so an alternative can be offered. I don't want lots of food waste or wasted money.

Some of the recipes are deliberately difficult, I will award extra resilience points to you if you try to prepare them, especially the recipes where we are handling raw chicken.

There are a few rules though to the amendment of any recipe; 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 9 and are inspired to start helping cook meals at home with your families.

Burgers

Ingredients

250g lean minced beef/lamb/chicken/turkey or pork

½ chopped onion (onion chutney would work well here if preferred)

1 teaspoon mixed herbs (or spices to suit)

Optional extras Chilli, cheese, kidney beans

Salt and pepper

You could add many different ingredients to make your burgers unique, for example garlic, tomato puree, chilli, peppers, apple, ginger, mint, etc. Chicken and turkey burgers can be coated in breadcrumbs if wished.

Method

1. Pre-heat the oven to Gas 6/200 C
2. Peel and finely chop the onion
3. Prepare any other ingredients you may have
4. Place all the ingredients into a large bowl and mix together using your hands
5. Divide into equal portions and shape into burgers
6. If coating in breadcrumbs, place flour, beaten egg and breadcrumbs into separate bowls. Then coat burgers in each, starting with the flour, coating in egg and finally adding the breadcrumbs.
7. Place onto a baking tray and put into the oven for about 25 - 30 minutes, until the burgers are thoroughly cooked (CHECK INTERNAL TEMPERATURE IS ABOVE 75c)
8. Wash up and tidy your workspace.

Chicken Kiev

Ingredients

- 1 chicken (full chicken)
- 25g garlic butter
- 100g flour
- 1 egg
- 100g fresh breadcrumbs

Method

1. Watch the demo, Mrs Rainton portion a chicken and remove from the bone to show you how to do it.
2. Remove chicken from packaging and remove all string etc. place on to a red board
3. Slit the chicken skin between the thigh and breast, pull down on the leg until it cracks, then slide the boning knife between the joint and continue to cut through until the leg comes away from the body. Repeat on the other side.
4. Pull the wing out and locate the knuckle, cut through knuckle with the boning knife and remove wing. Repeat for other side.
5. Slice chicken along the back bone, continuing down until the breast is fully removed. You will need to use several strokes to complete this.
6. Repeat for second breast
7. Push knife into one breast to create a pocket and fill with garlic butter
8. Place flour, egg and breadcrumbs into 3 bowls.
9. Dip chicken breast into flour and coat fully, then transfer to the egg and make sure you fully coat it
10. Finally place chicken breast into the breadcrumbs and fully coat, place in your container to take home.
11. Take second breast and place into a named bag ready for freezing.
12. Remove bones from chicken leg and wings as per the demo by Mrs Rainton.
13. Cut along the joint to separate the chicken into thigh and drumstick.
14. Cut meat along the bone to expose the bone and push meat back.
15. Pick up the bone and push meat away from the bone to fully expose the bone, now remove meat at the bottom and you should have a boneless thigh or drumstick. Repeat for the rest of the legs.
16. Bag chicken legs and wings to be frozen ready for next lesson.
 - Your chicken will need cooking at home, gas mark 5/190C for 25 minutes should be fine

❖ Want to practice before, or try again? Visit for a how-to video;

<https://www.bbcgoodfood.com/videos/techniques/how-joint-raw-chicken>

Fajitas

Ingredients

250g chicken breast

1 onion

1 pepper [1/2 of each of 2 different coloured peppers looks good]

2 cloves garlic

150g chopped tomatoes

½ teaspoon hot chilli powder (from school)

½ teaspoon paprika (from school)

1 tablespoon tomato puree

Method

1. Peel and chop the onion and garlic
2. Wash and slice the pepper[s]
3. Cut the chicken into bite sized pieces
4. Heat a little oil in a pan and fry the onion and garlic for a minute
5. Add the chicken and cook until it turns white, add to the onions and cook until it starts to turn brown.
6. Add the pepper
7. Add the chilli powder, paprika, tomato puree, stir thoroughly and do not leave the pan.
8. Simmer for 5 minutes and then put into your container.
9. Wash up.

Chicken Chow Mein

Ingredients

- 2 Chicken Breasts
- 1 Clove of Garlic
- 1 Small Onion
- 1 Small Carrot
- 1 Small Red Pepper
- 2 Tablespoons Soy Sauce
- 1 Packet of Ready to Wok Noodles
- (1 Teaspoon Cornflour made up with 125 ml of Cold Water School will provide)
- 1 Chicken Stock Cube



Method

1. Peel and chop the onion
2. Crush, peel and chop the garlic
3. Peel, then chop the carrot into thin strips
4. Wash, then slice the pepper into strips
5. Cut the chicken into even sized pieces
6. Put the cornflour into a jug and add 125ml of cold water, mix it to a paste. Crumble in the stock cube and stir it in
7. Heat a little oil in a pan and stir fry the chicken until it turns white [about 5 minutes]
8. Add the onion, garlic and stir fry for a couple of minutes
9. Add the carrot and pepper and continue to stir fry
10. Add the cornflour mixture to the pan and stir in until it starts to thicken slightly
11. Add the noodles and soy sauce and stir in thoroughly for 2-3 minutes. Take care not to let it stick to the pan. Put into your container.



Chocolate Mousse

Ingredients

200g Plain Dark Chocolate (must be dark chocolate)
300g Single or Whipping Cream
2 (free-range) Eggs
2 tbsp. Orange Juice

Method

1. Break chocolate and place into a mixing bowl.
2. Put approx. 5cm hot water into a pan and place on to the stove (use one of the back burners)
3. Place mixing bowl of chocolate on top of the pan of water and slowly melt.
4. Meanwhile put the cream in the pan and over a low heat, slowly bring it to the boil. Be careful it doesn't boil over, pan must be removed from stove before boiling, turning the hob off doesn't remove heat immediately!
5. Carefully (oven cloth needed) remove melted chocolate from the stove and place on a heat proof mat.
6. Pour hot cream over the chocolate and mix for 30 seconds.
7. Break the eggs into the bowl, add the orange juice and whisk again.
8. Pour the mousse into your container (a few small dishes or tubs work better) and place into the fridge to set.

There are **RAW EGGS** in this recipe. It is best avoided by children under 5, pregnant ladies, old people or those with a suppressed immunity.

Pasties

Ingredients

250g Plain flour

125g Hard butter or margarine

1 Egg

A choice of either;

- ❖ 150g cheddar cheese,
- ❖ 100g mashed potato & an onion.
- ❖ 100g Cheese & a tin of beans
- ❖ **OR** left-over food, such as meat stew or Bolognese, veg etc. (from home if wanted)

Method

1. Light the oven to Gas 7/210⁰c
2. Sieve your flour into a glass bowl and add your butter
3. Using your fingertips rub the butter into the flour until it looks like breadcrumbs
4. Add cold water a tablespoon at a time and using a table knife start to mix in until the breadcrumbs start to clump together
5. Using one hand start to bring your pastry together into a ball. Try not to handle it too much because it will become warm and very difficult to work with
6. Leave your pastry to one side whilst you prepare your fillings. Grate the cheese, chop up the onion into small pieces and mix with potato or beans.
7. Flour a baking sheet to cook your pasties on and at the same time flour the table ready to roll your pastry.
8. Using a rolling pin start to roll out your pastry remembering to keep turning it 90⁰ so that it is rolled out evenly. The pastry needs to be about 3mm thick
9. Using a small plate cut out a round shape in your pastry. Cut out as many as you can from the pastry
10. Fill half the circle of pastry with your chosen fillings but do not use too much or they will burst open
11. Crack your egg into a small plastic bowl and mix it with a fork.
12. Using a pastry brush paint on egg around the outside edge of your circle. Fold your pastry over the top of your filling so that you now have a semi-circle. Pinch the two bits of pastry together so that you have a ridged effect.
13. Place your pasties onto the baking sheet and gently slit each one using a sharp knife so that the steam can escape during cooking and they are less likely to burst open
14. Glaze each one with the egg using a pastry brush and put into the oven for about 15-20 minutes until golden brown
15. Place them into the oven for about 15-20 minutes or until they look golden brown
16. Wash up and tidy up and put all your equipment away in the correct place

Choux Buns or Chocolate Eclairs.

Ingredients

Choux Pastry

75g plain flour

1 tsp caster sugar

55g butter

150ml cold water

2 large eggs, lightly beaten

Filling & Chocolate sauce

300ml double cream

150g Plain or milk chocolate ***Not provided in school***

Method

1. Sieve your flour into a mixing bowl and add the sugar to it.
2. Put butter and cold water in a saucepan and bring to the boil.
3. Tip the flour and sugar in all at once and beat to a smooth dough over a low heat.
4. Cool for 10 minutes
5. In a separate small bowl crack and beat your two eggs.
6. Add a little of the egg mixture to the dough and beat with a wooden spoon until the paste is smooth and stands in peaks. You may not need to add all of the egg mixture. You are looking for a smooth glossy paste that holds its shape.
7. Take your greased baking tray and run it under the cold water tap. Tap off the excess water.
8. Place your mixture into a piping bag and pipe mixture onto the baking tray. Leave a space in between each one.
9. Put them into the oven for 20 minutes. They need to be golden brown in colour.
10. Remove them from the oven using oven gloves and place onto a cooling rack.
11. Split the sides of the cooked bun with a sharp knife. Leave to cool completely on a wire rack.
12. Wash up and clean kitchen area.

Completion (this will need to be completed at home)

13. Place the chocolate in a large bowl over a pan of simmering water.
14. Put the glass bowl over the pan of water but ensure the water does not touch the bottom of the bowl.
15. Gently melt the chocolate over the heat. Do not turn the heat up or you will burn the chocolate
16. In a clean bowl place the cream and whip using an electric whisk until stiff. Be careful not to over whip it or it will split. Add cream to clean piping bag.
17. Take a bun and push nozzle into the bottom of it, squirt cream into the choux bun until it is full. Put on a plate and then repeat the process with the other choux buns.
18. Once filled drizzle the chocolate sauce over the top of the buns and present.

Mise – en – place

Attend to health, safety & hygiene.

Put on uniform.

Collect ingredients.

Collect equipment.

Wipe down work surfaces with anti bacterial spray.

Weigh out ingredients.

Preheat oven to 200C or Gas Mark 6

Grease your baking sheet.

Pork Pies

Ingredients

- 200g plain flour
- 100g lard
- 4 sausages
- ½ onion or 2 tbsp. onion chutney (or other chutney if preferred)
- 1 egg to glaze (school will provide)
- ¼ tsp. salt

Method

1. Preheat oven to gas mark 4/180°C
2. Dice onions and sweat (fry with a small amount of oil, until soft. They should not have colour) for 2-3 minutes until soft and sweet. Remove from heat and allow to cool.
3. Remove skins from the sausages and place into a mixing bowl. Mash using a fork before adding the cooled onion (or chutney) and some mixed herbs (optional). Mix well. Split meat into 2 balls and put to one side until needed.
4. Place lard into a pan with 100ml water and the salt, and bring to the boil. Meanwhile sift flour into a mixing bowl and create a well in the centre. Pour in the hot lard/water mix and mix it using a small knife until a dough starts to form. Briefly cool.
5. Divide the dough into 2 equal size balls. Take a quarter of each dough ball and place to the size; these will become the lids. Roll out bigger bits of pastry until they are approx. 12cm wide. Place warm dough on to your hand and gently press it upwards.
6. Place one of the sausage balls into the centre of the pastry and shape the pastry around it working quickly whilst the pastry is still warm. You should not bring the pastry over the top of the sausage but the rest of your sausage should be covered.
7. Roll out your reserved pastry until it is just bigger than your pork pie. Brush the pastry around the top of the sausage with beaten egg and then place your circle of pastry on top. Press down around the edges to seal, trim off any excess carefully then use your thumb and finger to press the pastry together and crimp so it resembles little waves.
8. Use a skewer to create a hole in the top, gently move it around in circles until the diameter of the circle created is about 1cm.
9. Brush pies with beaten egg, place on a baking tray and place in the oven to cook for approx. 30-40 mins.

Alternatively, the pies can be shaped using a ramekin. Roll pastry until it is big enough to line the inside of the ramekin. Gently tuck a pastry circle into the ramekin, making sure you push it into the bottom of the ramekin to prevent air holes. Divide meat between ramekins and follow steps 7 & 8. Place ramekins on a baking tray and place in oven for 25 mins, then remove from oven and allow to cool for a few minutes. Use a knife to loosen the edges of the pie and carefully remove the pie from the ramekin keeping your hands covered with oven gloves. Brush with beaten egg and replace the pies in the oven for 15 minutes.

Vegetarian Calzone

Ingredients

250g Strong Bread Flour

1 sachet. Fast Action Yeast (from school)

1 tsp. Salt

150g Grated Cheese

2-3 Tablespoons Tomato Puree or Passata

* 2 Additional toppings e.g. tomato, onion, mushrooms.

Method (Timeplan)

Time	Method	H&S Points	Quality Points
10min	Carry out mise-en-place. Pre heat oven. Weigh bread ingredients into bowl and measure water and oil into jug. Prepare filling.	Personal hygiene - wash hands in hot and soapy water to remove bacteria. Use green chopping board for fillings.	<i>Weigh and measure ingredients accurately.</i> <i>Ensure filling is consistent size.</i> <i>Ensure oven preheated.</i>
5 min	Gradually add the liquid mixture to the flour mixture to form a soft dough. It should be a little sticky but not like porridge!		<i>When the bread dough can stick to your spoon in a ball it's ready!</i>
5 min	Lightly flour your work surface and turn the bread dough out. Knead until it is smooth and 'silky', making sure to really stretch the bread dough.		Knead until smooth and silky.
5 min	Roll out into a circular shape, 'dimple' with your finger tips. Place on baking tray.		Practise the 'clockwork' technique to roll into a circle. Use your hands to shape it also.
5 min	Arrange fillings in the centre of the bread dough – tomato puree / sauce, veg / meat, cheese.		Leave an edge of at least 3 cm.
5 min	Crack egg into small bowl and whisk with fork. Brush egg wash around the edges. Fold the top of the bread dough over the filling to just before the bottom edge.	Wash hands after handling eggs to avoid cross contamination	
5 min	Then using your two index fingers in an alternative action fold the bottom edge over the top and seal to create a 'rope' edge.		
5 min	Glaze with egg wash, pierce with knife and place in oven for 15 minutes until risen and golden.	Use oven gloves.	Ensure egg wash is even. Piercing will release steam.
10 mins	Clear and clean work station.	Use hot soapy water, disinfect work station.	