

Pasta Bake



Remember an oven proof dish.

Ingredients

225g dried pasta shapes
200ml milk
295gm approx. can condensed Soup (any variety)
1 slice of bread (for breadcrumbs)
125g cheese
50gm frozen peas and or 50gms sweetcorn
Tin of salmon/tuna OR 100g Cooked Ham/Chorizo
Salt & Pepper to taste

Equipment - Blue tray, large saucepan and lid, measuring jug, white chopping board, veg knife, grater, colander, and pot stand, 15ml spoon, metal plate

Method - Turn on oven temp 190°C/ gas mark.

Method - Cooking Pasta

1. Firstly $\frac{1}{2}$ fill a large saucepan with water. Choose an appropriate size burner, turn up to the highest heat to boil. Put the saucepan onto the hob and put the lid on.
2. When the water is rapidly boiling, put the pasta into a colander, then tip the colander gently into the pan with bottom of the colander facing you. Stir once.
3. Leave the lid off. Cook for about 10 minutes (check packet) until al dente (describes cooked pasta that is firm to the bite.).
4. Drain the pasta. Firstly place the colander in the sink.
5. Making sure the area is clear. Using oven gloves if needed tip the saucepan slowly so that the pasta and water falls into the colander.
6. Put the pan onto the draining board and shake the colander to remove any excess water. Then put the pasta back in the saucepan and place on a pot stand on your table

Method - Pasta Sauce

Put the whole tin of soup in the measuring jug.
Then add the milk so the TOTAL amount of liquid is 500ml. Mix it together.
Cut the ham/Chorizo into small pieces or Open your tuna and drain.
Grate cheese. Then add to the breadcrumbs on the metal plate. Mix together.
Next add to the pasta the **sweetcorn or peas**, **ham or chorizo or tuna**, **soup and milk mixture**.

Then gently stir then place in your ovenproof dish. Sprinkle the cheese and bread on top of mixture. **Bake until golden brown – approx. 20 minutes.**

Extension to try at home: vary cooked meat / fish and add different vegetable's

Recipe Booklet

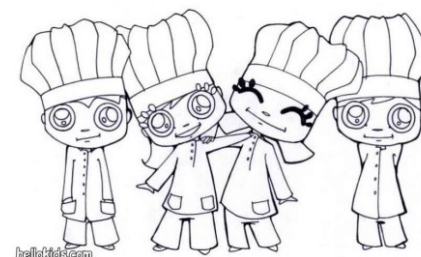


Food and Nutrition Year 8

REMEMBER TO BRING TO EVERY LESSON
These recipes are not necessarily in the order that we will make them

Name: _____

Form: _____



Crunchy Biscuits

Ingredients

- 50g soft margarine
- 40g castor sugar
- 50g self-raising flour
- 25g porridge oats
- a drop of vanilla essence (provided in school)

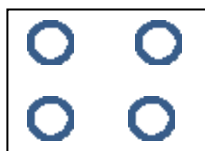
Remember a **named box** to take your **Crunchy Biscuits** home in



Equipment - Blue tray, Large mixing bowl, wooden spoon, sieve, 15 ml spoon, fork, table knife, cooling rack, flour dredger, weighing scales, baking tray with greaseproof paper

Method

1. Preheat the oven to 150°C or Gas Mark 5.
2. In a large mixing bowl, cream together the butter & caster sugar using the wooden spoon.
3. Sift in the flour into the mixture.
4. Using a large metal tablespoon fold the flour & the oats into the mixture.
5. Next add the vanilla essence.
6. Knead the mixture slightly, the mixture should be quite firm and the mixture should leave the sides of the bowl.
7. If the mixture is too sticky, add some flour on to the work surface and put the mixture onto the work surface.
8. Next combine the mixture so it forms into a large ball.
Using a table knife divide the ball into 4.
9. Arrange the small balls on to the baking tray. Flatten them slightly with a fork.
10. Make sure they are fairly well separated as shown in picture. Place into preheated oven.
11. If using an **electric oven** cook for 20 minutes, if using a **gas oven** cook for 15/20minutes set oven for 15 minutes then check the biscuits. They should look pale gold and slightly crisp round the edges, they will be **soft**.
12. Transfer to a wire rack to cool and they will harden as they cool.
13. Transfer to take home container



Extension at home: Make a filling

45g soft cheese, 15g icing sugar, 1 drop vanilla extract

Equipment: Small bowl, table knife hand whisk, scales, weighing paper

Method -Measure out the cream cheese, sugar and vanilla, Put in a small bowl and whisk together until smooth. Using a table knife spread the filling onto 4 biscuits (1/2) top with the remaining biscuits and chill.

Basic Fruit or Vegetable Smoothie Recipe

Ingredients

- 2 -3 different **fruits or vegetables** (fresh)
- 250ml of **fruit juice, milk or yoghurt**
- A **named flask or lidded bottle** -take your smoothie home.



Fruits: bananas, strawberries, raspberries, blueberries cherries, oranges, passion fruit, kiwis, mango, apples, pomegranates, plums, pineapples, cranberries, blackberries

Vegetables: Avocado, Celery, kale, spinach, green beans, asparagus, courgettes, broccoli, peas, pak choi, beetroot, peppers

Liquids: milk, soya milk, Greek yoghurt, flavoured yoghurt, fruit juice

Yummy extras: honey,

Method Remove skin from fruit, chop into bite sized pieces, then put in the liquidiser jug and blend all the ingredients together

Equipment White chopping board, scrap bowl & newspaper, vegetable knife liquidiser.

Extension Some other smoothie's ideas:-

Strawberry -8 strawberries, 1 small pot of natural yoghurt, 1 banana, 1 tsp honey

Banana 2 bananas, 1 tsp of honey, 1 spoon of yoghurt, 2 cups of milk

Banana and apple 1 ripe banana, 1 apple, ¼ cup of natural yoghurt, ¼ cup of milk, 1 tsp of honey

Banana, orange & passion fruit - 1 banana, 2 oranges, 1 passion fruit. Yoghurt, honey

Blackberry blackberries 2 handfuls, 1 banana, 250g natural yogurt, splash of apple juice

Dairy-free smoothie Strawberries, bananas, a few (dairy free) chocolate chips and soya milk.

Frozen smoothie freeze half the fruit or use frozen fruit, Add ice cubes.

Green smoothie 1 banana, 200 g baby spinach, 250 ml apple juice, 1 lime,

Purple smoothie 2 pears, 150 g frozen blueberries, 100 ml apple juice

orange smoothie 2 cm piece of ginger peel & grate, 1 carrot, 200g mango, 200 ml orange juice, 1 lime

White Smoothie 1 banana, 3 tbsp. ground almonds, 250 ml milk, 1 tbsp. honey

Super greens - 1 handful each of spinach and broccoli, ¼ cucumber, 1 stick celery, 1 tsp grated ginger, a squeeze of lemon and water to taste and combine.

Avocado, Watercress & Mango ½ Avocado, 100g mango, 80g watercress, 240ml fruit juice, water to combine

Quick Fishcakes – Part 1 Homework

Ingredients

- 2 large or 4 medium baking potatoes
- * butter (provided in school)
- * milk (provided in school)

Equipment

White chopping board, Vegetable knife, Potato masher, Vegetable peeler, Scrap bowl & newspaper, large saucepan, Colander, Pot stand, large tablespoon (15ml).

Method

1. Put newspaper into the scrap bowl.
2. Put 1/2 pan of water onto boil in the large saucepan with the lid on.
3. Whilst waiting for the water to boil, peel the potatoes. Then cut into equal quarters.
4. When the water is boiling carefully, transfer the potatoes into the colander and gently tip the potatoes out of the colander into the saucepan..
5. Cook for 15-20 mins with the lid off.
6. Ensure they are cooked by using a sharp knife to check they are soft right through.
7. When the potatoes are cooked turn off the heat. Place the colander in the sink.
8. Using oven gloves hold the large saucepan handle and bring the pan to the sink, tip the water slowly and carefully into the colander Shake the colander to ensure all water is drained out. Then transfer the potatoes back into the large saucepan.
9. Move the saucepan to your table and place on the pot stand.
10. Add the milk and butter and using a masher make into mash.
11. Using a large tablespoon transfer into your **named** container. Keep in the fridge until next lesson.

Extension to try at home : try using fresh fish instead of

tinned , 250g fish: a suggestion could be salmon, firm white fish and smoked haddock or a mixture. Replace the spring onions 1 tbsp chopped chives, 1 tbsp capers and 2 anchovy fillets in oil, drained and finely chopped.

Remember a **named container** to put your mash in the fridge



Quick Fishcakes – Part 2

Ingredients

- 1 x small tin of fish e.g. salmon or tuna
- 2 egg
- 2 slices of bread
- 3 spring onions
- * salt & pepper seasoning (provided in school)
- * 1 tsp lemon juice (provided in school)

Equipment

White chopping board, vegetable knife, Large mixing bowl, small bowl, metal plate, baking tray, table spoon (15ml), scrap bowl & newspaper, pot stand, cooling rack, fish slice, fork.

Method

1. Put newspaper into the scrap bowl.
2. Turn on oven to temperature 200°C or gas mark 6.
3. Open the tin of fish and drain the fish using the lid. Remove bones if necessary.
4. Then add the fish to mash.
5. Then finely slice the spring onions.
6. Add the spring onions to the mash mixture as well as the lemon juice mix well with a spoon.
7. Season to taste. (salt & pepper)
8. Next crack the egg. Separate the yolk from the egg white, over the small bowl. Put the yolk into the potato mixture and egg white into the small bowl.
9. Stir to combine the mixture in the large mixing bowl.
10. Form the mixture into 6 flattened rounds on the white chopping board
11. Put the breadcrumbs onto the metal plate.
12. Whisk the egg white in the small bowl, then place in another metal plate.
13. Coat the rounds with the beaten egg white, then coat with the breadcrumbs.
14. Place Fish cakes on oven tray and bake for 15 minutes.
15. Remove and place on cooling rack or top of hob once cooled remove from baking tray with a fish slice.



Remember a **named container** to take your fishcakes home in

Easy Chicken Pie – Part 1 Filling

Ingredients

- 2 cooked chicken breasts or 200g of left-over cooked chicken
- 2 handfuls of frozen peas/carrots or mixture
- Chicken or vegetable stock cube & water or chicken stock 250ml
- *Salt & pepper to taste. (Provided in school)
- 100ml boiling water (Provided in school)
- 1 tsp Mustard powder (optional)
- Handful fresh thyme or 1 tsp finely chopped (optional)

Equipment –

Blue tray, white chopping board, teaspoon (5ml), wooden spoon, vegetable knife

Method.

1. Firstly put stock cube /pot into 100ml of **BOILED** water in cup to make the gravy, stir well with a small teaspoon.
2. Cut chicken into small bite size pieces.
3. Put the chicken and uncooked vegetables in a small casserole dish with the gravy.

Extension to try at home - Optional

Add onions & celery, mushrooms, fry and add to chicken mixture to add a different taste

Easy Chicken Pie – Part 2 pastry lid

Ingredients

- 1 /2 packet of readymade puff pastry
- *Egg or milk to glaze (Provided in school)
- *Salt & pepper to taste. (Provided in school)

Equipment

Blue tray, Rolling pin, Flour dredger, Pastry guides x 2, Cutters, Sharp knife

Method

Turn oven onto 210°C /Gas 8.

Using the flour dredger lightly dust your work surface and rolling pin with flour so the pastry doesn't stick.

Roll the pastry for the base to approximate size of your dish, using pastry guides. Lift pastry using rolling pin onto dish. Gently ease the pastry onto the top of your filling. Cut the pastry to size using a table knife.

Use a table fork decorate the edges of the pastry.

If you have any leftover pastry and time decorate the lid of your pie using the cutters.

Glaze with egg or milk

Cook in oven for 20 minutes or until golden brown.

Remember a small casserole dish to cook and take your Chicken Pie home in



Little Carrot and Orange Cakes

Ingredients

1 small carrot or ½ a large carrot
50g butter/margarine
50g castor sugar
1 egg
50g self-raising flour
1 small orange

**Remember a named
container to take
your cakes home in**

Equipment

Blue tray, weighing scales, white chopping board, grater, zester, wooden spoon, small bowl, fork, sieve, large tablespoon, teaspoon, table knife, mixing bowl, scrap bowl, cake tin, cake cases, cooling rack.

Method

1. Pre-heat oven 180°C Gas 5
2. Wash and grate the carrot on white chopping board.
3. Then wash the orange and zest using a zester on white chopping board.
4. In the large bowl cream together the butter and sugar using the back of the wooden spoon until it looks like ice cream.
5. Crack egg into the small bowl, whisk with a fork.
6. Add **a tablespoon of egg** at a time to the creamed mixture and beat well with the wooden spoon. Continue to add all the egg one tablespoon at a time until it is all added.
7. Sieve the flour and fold in gently with the **metal spoon**.
8. Add the grated carrot and grated orange zest. Stir well.
9. Using a tablespoon and a teaspoon spoon the mixture into the paper cases so the each case has an even amount of mixture.
10. Bake for 15 minutes until well risen and golden brown.
11. Put onto hob and after a few minutes transfer the cakes to a cooling rack to cool

Extension to try at home:

Cream cheese frosting,
beat together the 150 gm soft cheese 25gms and icing sugar until smooth.
Spread liberally over the cooled cakes and top with orange zest.
For added texture and flavour try adding chopped nuts or pecans to the mixture.



Cheese Sauce

Ingredients

25g margarine /butter
100g cheddar cheese
25g flour
250mls milk
salt and pepper (provided in school)

Optional ingredients – Pinch dry mustard or herbs i.e. parsley or grated nutmeg

Equipment - Blue tray, small saucepan, white chopping board, wooden spoon, tablespoon, grater, measuring jug, whisk, pot stand, and colander



Remember a named leak-proof container to store your cheese sauce in

A – All in one method Easy	B – Roux Sauce Harder
Grate the cheese on the shopping board.	Grate the cheese on the shopping board. Melt the butter in a small saucepan on a low heat.
Put the milk, margarine and flour in the small saucepan. Put saucepan onto the hob on a medium heat.	Take off the heat and stir in the flour. On a low heat cook for 1 minutes. This makes a roux.
Whisk all the time until the mixture becomes thick and is the same consistency as custard.	Gradually stir / whisk in some of the milk to get a smooth sauce.
Then take off the heat add cheese & seasoning (salt & pepper) and any additional ingredients.	Return to the heat add the milk a little at a time, stirring all the time so no lumps form. If they do use a whisk.
Continue to whisk / stir until all the ingredients are combined and the cheese has melted.	Bring to the boil stirring constantly so the mixture thickens and becomes glossy.
	Then take off the heat and add cheese and seasoning (salt & pepper) and any additional ingredients, continue to whisk / stir until all the ingredients are combined and the cheese has melted.

To finish pour the cheese sauce into your container.

Extension: Add nutmeg or another spice to vary flavour

Use a different cheese – blue cheese or gruyere cheese. Add a vegetable e.g. Broccoli, peas or cauliflower

Bolognaise Sauce -

Ingredients

250gm fresh beef mince
1 large white or red onion
1 garlic clove
400gms canned chopped tomatoes
1 beef stock cube
2 x 15ml (tbsp.) spoon tomato puree
1 carrot or a handful of mushrooms
*1 x 5ml (tsp) spoon mixed herbs in school (provided in school)
* 150mls water (provided in school)
*black pepper in school (provided in school)

Equipment - Blue tray, white chopping board, vegetable knife, wok, wooden spoon, can opener, measuring jug, scrap bowl and newspaper, grater.

Method

1. Wash and grate the carrot on the white chopping board. If using mushrooms finely slice them.
2. Next finely chop the onion, garlic. Open the tinned tomatoes.
3. Put **150ml** of water into a jug.
4. Put the onion, garlic and mince into the wok.
5. Turn the heat to medium. Stir frequently with the wooden spoon for about 5 minutes or until the mince is brown and the onion & garlic is softened and golden.
6. Add the tomatoes into the wok and stir.
7. Next pour all the water into the wok and also crumble the stock cube into the wok.
8. Turn up the heat to high and bring up to boil. (Continue to stir frequently.
9. As soon as the sauce is boiling reduce to a low heat and simmer, stirring frequently for about 15 minutes or until the sauce has thickened.
10. To finish your bolognaise add the tomato puree, mixed herbs and grated carrot or mushrooms to the mince in the wok. Cook for 3 minutes.
11. Then transfer your bolognaise to your container to take home.
12. Label & place on trolley at front of the food room to cool before being put in fridge.

Extension to try at home – Include an appropriate herb or additional vegetable to improve the nutrition of the dish.

At home serve with pasta or spaghetti or a jacket potato or a tortilla wrap or in tacos.

Add grated cheese or parmesan and serve with a leafy salad and dressing.



Remember a named take home container to put your bolognaise in

Lasagne

Ingredients

12 sheets lasagne
75g/3oz mature Cheddar cheese, grated

Equipment

1 x 15ml Tbsp., Wooden spoon, pot stand x 2

Remember a 2.3
litre/4 pint shallow
ovenproof dish to
cook your lasagne in

Method

1. Preheat the oven temperature to 200C/400F/Gas 6.
2. To assemble the lasagne, put one third of the meat sauce in the base of a dish, then the lasagne sheets in a single layer, cheese sauce, continue to layer ending up with white sauce. (normally there 2/3 layers)
3. Sprinkle cheese on top
4. Cook in the middle of the oven for about 30-45 minutes or until golden brown on top, bubbling around the edges and the pasta is soft.



Extension : Garnish with basil and serve with a leafy green salad or vegetables

Use the sauce and bolognese to make different dishes at home:- Leeks / Cauliflower in a cheese sauce/ Pasta Bake. Moussaka/ Chicken pie / Fish pie.