

## Practical Skills - Year 8 Ingredient Lists –

These recipes are not necessarily in the order that we will make them

<p><b><u>Crunchy Biscuits</u></b> To learn how to weigh and measure using different equipment</p>	<p><b><u>Fruit Smoothies</u></b> To learn how to prepare different fruits / vegetable using the bridge hold and claw grip and to learn to use a liquidiser safely</p>
<p>50g soft margarine 40g caster sugar 50g self- raising flour 25g porridge oats a drop of vanilla essence (provided in school) <b>Equipment:</b> a named container to take your Crunchy Biscuits home in. <b>Variation</b> once you have made the biscuits a couple of time you can add raisins, lemon/orange zest <b>Extension at home: Make a filling</b> 45g soft cheese, 15g icing sugar, 1 drop vanilla extract <b>Equipment:</b> Small bowl, table knife hand whisk, scales, weighing paper <b>Method</b> -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.</p>	<p>2 -3 different <b>fruits</b> (fresh) 250ml of <b>fruit juice, milk or yoghurt</b> <b>Some ideas for the ingredients above:-</b> <b>Fruits:</b> bananas, strawberries, raspberries, blueberries cherries, oranges, passion fruit, kiwi fruit, mango <b>Liquids:</b> milk, goat's milk, soya milk, oat milk, buffalo milk, water, Greek yoghurt, flavoured yoghurt, fruit juice <b>Yummy extras:</b> chocolate chips, honey, chocolate bar <b>Equipment:</b> A named flask or lidded bottle to take your smoothie home. <b>Extension</b> to try another time vary the ingredients to try using different fruits or vegetables</p>
<p><b><u>Practical Quick Fishcakes – Part 1</u></b> To learn how to make mash potato to add to a recipe, how to peel, boil and mash potatoes</p>	<p><b><u>Practical Quick Fishcakes – Part 2</u></b> To learn how to crack, separate an egg. <b>Enrobing</b> to coat / dip the mixture in beaten egg and then breadcrumbs.</p>
<p><b>Ingredients</b> 2 large /4 medium baking potatoes * butter (provided in school) * milk (provided in school) <b>Equipment:</b> a named container to put mash into</p>	<p>1 x small tin of fish e.g. salmon or tuna 2 egg 2 slices of bread 3 spring onions * salt &amp; pepper seasoning (provided in school) * 1 tsp lemon juice (provided in school) <b>Equipment:</b> a named container to take your Fishcakes home in. <b>Extension to try at home : try using fresh fish instead of tinned</b>, 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.</p>
<p><b><u>Easy Chicken Pie - Part 1 Filling</u></b> To learn how to make the filling for your chicken pie</p>	<p><b><u>Easy Chicken Pie - Part 2 Pastry Lid</u></b> To learn how to use, roll and cook pastry to make a tasty dish.</p>
<p>2 cooked chicken breasts or 200g of left-over cooked chicken 2 handfuls of frozen peas/carrots or mixture Chicken or vegetable stock cube &amp; water or chicken stock 250ml *Salt &amp; 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) <b>Equipment:</b> a named bag or box to put your chicken pie filling in until you make your chicken pie</p>	<p>1 /2 packet of readymade puff pastry *Egg or milk to glaze (Provided in school) *Salt &amp; pepper to taste. (Provided in school) <b>Equipment:</b> a small casserole dish to cook and take your Chicken Pie home in <b>Extension to try at home - Optional</b> Add onions &amp; celery, mushrooms, fry and add to chicken mixture to add a different taste</p>

<p><b><u>Pasta Bake</u></b> To learn how to cook pasta, to make a pasta bake.</p>	<p><b><u>Little Carrot and Orange Cakes</u></b> Creaming method. how to fold in flour, crack eggs, grate carrot and zest oranges</p>
<p><b>Essentials</b> 225g pasta shapes 200ml milk 295g (approx) can <b>condensed</b> soup any variety 1 slice of bread for breadcrumbs 125g cheese <b>2 or 3 of the following</b> 50g Frozen peas and or 50g Sweetcorn Tin of Salmon/Tuna or 100g Cooked ham/Chorizo <b>Equipment:</b> an ovenproof dish <b>Presentation Idea:</b> vary cooked meat / fish and add vegetables <b>Extension to try at home :</b> vary cooked meat / fish and add different vegetable's</p>	<p><b>Ingredients</b> 1 small carrot or ½ a large carrot 50g butter/margarine 50g castor sugar 1 egg 50g self-raising flour 1 small orange - grated rind <b>Equipment:</b> a named container to take your cakes home in, <b>Extension to try at home:</b> 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.</p>
<p><b><u>Bolognaise Sauce</u></b> To make a dish using mince or equivalent</p>	<p><b><u>Cheese Sauce &amp; Lasagne</u></b> To learn how to make an all in one or roux sauce</p>
<p>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) <b>Equipment:</b> a named container to take your dish home /freeze 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.</p>	<p>25g margarine 25g flour 250mls milk 100g Cheddar type cheese pinch dry mustard (Optional) black pepper (provided in school) <b>Equipment:</b> a named container to take your dish home in. <b>Extension:</b> 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  <b>Lasagne</b> To use the bolognaise and cheese sauce to make a lasagne 12 sheets lasagne 75g/3oz mature Cheddar cheese, grated <b>Equipment:</b>Remember a 2.3 litre/4 pint shallow ovenproof dish to cook your lasagne in <b>Extension :</b> Garnish with basil and serve with a leafy green salad or vegetables <b>Use the sauce and bolognaise to make different dishes at home:-</b> Leeks / Cauliflower in a cheese sauce/ Pasta Bake. Moussaka/ Chicken pie / Fish pie.</p>