



**ST IVO
ACADEMY**
Astrea Academy Trust
INSPIRING BEYOND MEASURE

YEAR 9

Recipe Book

2025 - 2026

This booklet contains the full recipes, ingredient lists, and equipment, for each of the food practical's planned for Year 9 students.

The dates of your practical lessons will be shared with you before they take place, along with details of what you need to bring with you for each lesson.

If you have allergies, or any other concerns, please speak to your food teacher before the planned lesson



Sausage Pasta Bake

Ingredients:

- 1 onion
- 1 clove garlic
- 100g pasta shapes, e.g. penne
- 2 sausages (meat or veggie)
- 10ml oil
- 1 carrot
- 400g chopped tomatoes
- 5ml dried mixed herbs
- 100ml water
- 30g Cheddar cheese

Equipment:

- Chopping board
- Knife
- Vegetable peeler
- 2 x saucepans
- Colander
- Mixing spoon
- Can opener
- Oven dish/foil dish

Method:

1. Preheat the oven to 200C or gas mark 6.
2. Boil the water in a saucepan and cook the pasta for 2 minutes less than the instructions on the packet (usually around 10 minutes). Drain over the sink using a colander.
3. Peel and chop the onion and garlic.
4. Scrub/peel and grate the carrot.
5. Cut the sausages into pieces.
6. Fry the onions, garlic and sausages in a saucepan and cook until the sausages are brown.
7. Stir in the tomatoes, carrot, herbs and water - simmer for 10-15 mins. You may need to add some water, if thick.
8. Add the cooked drained pasta to the sauce, stir
9. and then pour into a foil tray/dish.
10. Grate the cheese and sprinkle over the pasta.
11. Bake for 15-20 mins until piping hot.



Round Cheese Scone

Ingredients:

280g	self raising flour
1tbp	baking powder
50g	cold butter (small cubes)
85g	cheddar (grated)
1	egg
2tbsp	Greek or natural yogurt
3tbsp	milk

Optional

	fresh chives
2 tsp	marmite
¼ tsp	dried mustard powder

Equipment:

Mixing bowl
Jug
Fork
Palette knife
Baking tray
Rolling pin
Pastry brush

Method:

1. Heat the oven to 220c gas 7
2. Mix the flours and baking powder in a mixing bowl.
3. Rub in the butter –mixture is like breadcrumbs
4. Stir in half the cheese
5. Make a well in the centre
6. In a separate container whisk the milk, yogurt, marmite and egg
7. Pour this liquid into the flour mix well
8. Using a palette knife, bring the mixture together –soft but not too sticky.
9. Turn mixture onto a floured worktop and roll to a 2cm thick round.
10. Place onto baking tray (with baking paper on) and portion into 6
11. Brush with a little milk and scatter over the
12. remaining cheese.
13. Bake for 12-15 minutes until golden brown



Koftas

Ingredients:

150g	mince
1	clove garlic
½ x 5ml	ground coriander
½ x 5ml	cumin
Pinch	chilli flakes
½	red onion
1	tomato
1	pitta bread

Equipment:

Baking tray
2 small mixing bowls
Measuring jug
Mixing spoon
Peeler
Knife
Chopping board
Brush
Frying pan
Tongs

Method:

1. Preheat the grill and line the baking tray with foil.
2. peel and chop the garlic;
3. peel and chop ½ of the red onion;
4. mix the beef mince, garlic, ground coriander, cumin and chilli flakes together;
5. form into 4 koftas and place on the baking tray and grill for 15-20 mins, turning occasionally.
6. **While the koftas cook, prepare the simple salad garnish:**
 7. peel and slice the remaining ¼ red onion;
 8. slice the tomato.
 9. Heat the pitta in the microwave, and split pitta open
10. Serve the koftas with the pitta and simple salad garnish



Spinach & Chickpea Curry

Ingredients:

1	onion
1	clove garlic
1x5ml	oil
1x5ml	curry powder
250ml	water
1	large potato
400g	chopped tomatoes
200g	chickpeas (drained)
100g	frozen spinach

Equipment:

Knife
Chopping board
Can opener
Sieve
Saucepan and lid
Measuring spoons
Measuring jug
Mixing spoon

Method:

1. Prepare the ingredients:
2. peel and slice the onion
3. peel and chop the garlic
4. cube the potato (do not peel)
5. drain and rinse the chickpeas.
6. Fry the onion for 3-4 minutes in the oil, then add the garlic and fry for 1 minute.
7. Stir in the curry powder, potatoes and water.
8. Add the tomatoes, chickpeas and spinach and then allow to simmer for 20 minutes with the lid on, until the potato is tender.
9. Serve.



Swiss Roll

Ingredients:

3	eggs
100g	caster sugar
75g	self-raising flour
4tbsp	jam

Equipment:

Glass Bowl
Pastry brush
Swiss roll tray
Measuring jug
Electric whisk
Sieve
Large metal spoon
Cooling wire
Palette knife

Method:

1. Grease & line Swiss Roll tin.
2. Crack 3 eggs into a jug –WASH HANDS
3. Place eggs & sugar (75g) into a glass bowl
4. Whisk until light & fluffy-leaves a trail (Ribbon stage)
5. Sift 75g flour over egg mix and fold in-
Using large spoon
6. Gently pour into baking tray
7. Cook 210C/ Gas 7 for about 5 to 7 minutes
until it is golden & springs back.
8. Sprinkle greaseproof with sugar
9. Turn onto greaseproof paper and roll up.
10. Wrap up in tea towel
11. Mix jam with a fork to soften.
12. Unroll Swiss roll and spread with jam.



Bread Rolls

Ingredients:

300g	strong flour
5ml	salt
7g	yeast
200ml	warm water
25g	butter or cooking oil

Equipment:

Mixing bowl
Plastic scraper
Flat baking tray
Parchment paper
Oven gloves

Method:

1. Preheat oven - gas mark 8 or 220°C
2. Line baking tray with parchment
3. Sift flour and salt into mixing bowl
4. Add oil
5. Stir in yeast
6. Make a well in centre and slowly add tepid water - do not add it all at once
7. Work to a soft dough first with round bladed knife and then with floured hand
8. Turn onto lightly floured surface and knead for 10 minutes
9. Divide into 8 equal pieces, shape,
10. leave in a warm place to rise
11. Bake for 10 minutes until the roll sounds hollow