

*Ovingham Middle School*

*Food Studies*

*Year 8: Recipe book*

*2022/2023*



*Name:..... Class:.....*

**Please bring to every lesson**

## YEAR 8 - SCHEDULE

This schedule is only an indication of the recipes that will be used in this unit of work.

It is subject to alteration if necessary.

- Spicy tomato soup
- Bolognese or Chilli
- Marble pear or pineapple upside down cake
- Macaroni cheese
- Bread
- Swiss roll

# Spicy tomato soup

## Ingredients

- 1 onion
- 1 carrot
- 1 potato or 50g lentils
- 1 x can chopped tomatoes (400g)
- 1 tblsp oil
- 500ml boiling water
- 1 vegetable stock cube
- 1/2 x 5ml spoon dried chilli flakes (optional)

**Don't forget:** You will need to bring a container to carry your soup home!

## Equipment

Chopping board, knife, vegetable peeler, saucepan, measuring spoon, kettle, wooden spoon, hand blender.

## Method

1. Prepare the vegetables:
  - peel and slice the onion;
  - top and tail, peel and slice the carrot;
  - peel and cut the potato into small pieces.
2. Heat oil in pan and fry onion till soft.
3. Crumble stock cube into measuring jug and add boiling water. Stir to dissolve.
4. Put the rest of the ingredients into a saucepan and stir.
5. Simmer for 20 mins until potato is soft or 30 mins if using lentils.
6. Use a stick blender to blend until smooth or leave chunky if liked..
7. Reheat thoroughly in a pan before serving at home.

What are your top tips for making this recipe?

.....

List the skills you have used in this recipe

1. ....
2. ....
3. ....

# Bolognese or Chilli

## Ingredients

- 1 onion
- 3 mushrooms
- ½ red pepper
- 1 x 10ml spoon oil
- 250g minced beef or quorn mince or extra veg for a vegetarian version
- 1 can chopped tomatoes (approx. 400g)
- 1 tblsp tomato puree

## For chilli add

- 1 x teaspoon chilli powder
- 1 can kidney beans

**Don't forget:** You will need to bring a container to carry your food home!

## Equipment

Vegetable knife, chopping board, measuring spoons, saucepan with lid, wooden spoon,

## Method

1. Prepare the vegetables:
  - Peel and chop the onion;
  - slice the mushrooms;
  - dice the red pepper
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the mince and cook until thoroughly browned. Or add quorn extra veg if making a vegetarian version.
5. Add the tomatoes, puree, chilli powder and the drained kidney beans.
6. Simmer for approx. 25 mins till mince is cooked thoroughly.

What are your top tips for making this recipe?

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List the skills you have used in this recipe

1. ....
2. ....
3. ....

# Marble pear or pineapple upside down cake

## Ingredients

100g caster sugar  
100g soft margarine  
2 eggs  
100g self raising flour

### For **marble pear cake**

1 x 15ml spoon cocoa powder  
½ pear

### Or for **pineapple upside down**

4 pineapple rings  
a few glace cherries (optional)

**Don't forget you will need a suitably sized container to carry your cake home in!**

## Equipment

Baking tin (20cm square), mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, chopping board, knife.

## Method

1. Preheat the oven to 190°C or gas mark 5.
2. Grease and line the cake tin.
3. Cream the sugar and margarine together, using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour into a bowl.
7. Fold the flour into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin. or arrange pineapple rings and glace cherries in tin.
9. Spoon half of the cake mixture into the tin. (Add all cake mixture for pineapple upside down).
10. Stir in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

What are your top tips for making this recipe?

.....

List the skills you have used in this recipe

1. ....
2. ....
3. ....

# Macaroni cheese

## Ingredients

100g Macaroni  
25g butter or margarine  
25g plain flour  
100g cheese  
250ml semi skimmed milk  
black pepper

**Don't forget:** You will need to bring an ovenproof dish to bake your macaroni cheese in. A lid or foil will be useful to cover when carrying home.

## Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).

## Method

1. Bring a pan of water to the boil and add macaroni. Cook approx 10 min until al dente.
2. Grate the cheese.
3. Carefully drain pasta in a colander in the sink and place in a bowl.
4. Pre heat oven to 190C or 5 gas.
5. Make the sauce. Melt butter or marg in small pan. take off the heat and stir in flour. Cook on a low heat for 2 mins to cook the starch in the flour. Stirring all the time.
6. With the pan off the heat, add the milk a little at a time and stir well to avoid lumps. When all milk is added return the pan to the heat (keep it low) and stirring constantly heat until bubbling and thickened.
7. Remove the pan from the heat and add 75g cheese and pepper. Stir in until melted.
8. Add drained pasta. Place in ovenproof dish. Sprinkle with rest of cheese.
9. Bake for approx 20 mins until golden brown.

## Top tips .....

List the skills you have used in this recipe

1. ....
2. ....
3. ....

# Bread rolls

## Ingredients

- 250g Bread flour or plain flour
- 1 tsp dried yeast
- 1/2 tsp salt
- 1 tblsp olive oil
- 125 ml milk
- 125 ml warm water

**Don't forget:** You will need to bring a container to carry your bread home!

## Equipment

Kettle, mixing bowl, measuring jug, measuring spoons, table knife, baking tray.

## Method

1. Place flour in large bowl, add yeast, salt and oil.
2. Place milk in measuring jug and add hot water, liquid should be blood heat.
3. Add liquid to flour and mix with a knife.
4. Knead dough for 10 mins.
5. Leave bread dough to rise in a warm place approx. 45 mins.
6. Knead dough for 5 mins and shape into rolls, place on baking tray and leave to rise 20 mins.
7. Heat oven to 220 C.
8. Bake rolls for 15 mins.

What are your top tips for making this recipe?

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List the skills you have used in this recipe

1. ....
2. ....
3. ....

# Swiss roll

## Ingredients

3 eggs

75g Caster sugar plus a little extra for rolling - keep separate

75g SR flour

Filling- 3 tblsp jam or lemon curd - please **do not** bring chocolate spread

Please bring a clean tea towel to help you roll your swiss roll

**Don't forget:** You will need a suitable sized container to carry your swiss roll home!

## Equipment

Mixing bowl, electric whisk, tblsp, sharp knife, lined baking tray.

## Method

- 1 Preheat the oven to 200°C or gas mark 6.
- 2 Whisk sugar and eggs together until mixture is thick and foamy and eaves a trail for 3 seconds.
- 3 Sieve flour and gently fold in - do not beat the mixture.
- 4 Pour in the lined tin and gently spread to corners.
- 5 Bake for 9 to 10 minutes.
- 6 While cake is cooking prepare table for rolling - wipe clean, remove dirty dishes and place a clean tea towel sprinkled with a little sugar on the work area.
- 7 When cake cooked - it will look golden brown and spring back if gently pressed with fingers, turn out onto tea towel.
- 8 Work quickly before the sponge can cool - cut off 1mm around edges. Mark 1cm from edge on one short edge.
- 9 Spread with jam while warm and roll up using the tea towel to help roll.

What are your top tips for making this recipe?

.....

List the skills you have used in this recipe

1. ....

2. ....

3. ....



# REMEMBER

- NO JEWELLERY OR NAIL VARNISH
- HAIR BOBBLE IF NEEDED
- TO BRING YOUR INGREDIENTS  
READY WEIGHED AND MEASURED
- A NAMED CONTAINER
- IF YOU LOSE YOUR RECIPE DO NOT  
LEAVE IT TOO LATE TO ASK FOR A  
NEW ONE