



RECIPE BOOK

YEAR 9

SKILLS

S1 - General practical skills (weighing and measuring, preparing ingredients and equipment, greasing or lining baking tins, selecting and adjusting cooking times, testing for readiness, judging and modify sensory properties)

S2 - Knife skills (preparing fruit and vegetables, skinning, de-boning or portioning meat or fish or alternatives)

S3 - Preparing fruit and vegetables (peeling, juicing, mashing, cutting, preventing spoilage or browning)

S4 - Use of the cooker (using the cooker for baking, roasting etc, using the grill)

S5 - Use of equipment (use of blender, food processor, mixer, pasta machine, microwave oven)

S6 - Cooking methods (water based methods using the hob, dry heat and fat based methods using the hob)

S7 - Prepare, combine and shape (roll, wrap, skewer, mix, coat, layer meat, fish and alternatives. Shape and bind wet mixtures such as falafels, burgers, fish cakes or meatballs)

S8 - Sauce making (starch-based, reduction and emulsion)

S9 - Tenderise and marinate (acids denaturing protein, marinades adding flavour and moisture)

S10 - Dough (making a dough - bread, pastry, pasta, shaping and finishing)

S11 - Raising agents (eggs as a raising agent, chemical raising agents, steam as a raising agent, biological)

S12 - Setting mixtures (using a starch to set a mixture on chilling for layered desserts such as custard, using protein such as denatured and/or coagulated protein in eggs)

DISHES: SKILLS



S1, S3, S4, S5,
S6, S7, S11



S1, S3, S4, S5,
S6, S7, S10



S1, S3, S4,
S10, S12



S1, S2, S3,
S4, S6



S1, S2, S3,
S6, S9



S1, S4, S6,
S10, S11



Swiss Roll

OVEN TEMPERATURE: 200C COOKING TIME: 10-15 MINS

INGREDIENTS

- 3 medium eggs
- 75g caster sugar
- 75g plain flour

Optional Fillings:

- Jam 100g
- Cream 150ml
- 100g biscoff spread
- 100g chocolate spread (No Nuts)

Remember no nuts!!!



DIRECTIONS

1. Grease & line Swiss roll tin with greaseproof paper.
2. Whisk eggs & sugar together until THICK, pale and creamy (approx. 10 mins).
3. Sieve flour and fold in GENTLY in.
4. Pour CAREFULLY into Swiss roll tin and even out to the corners.
5. Bake for 10-15 mins until golden and springs back to the touch.
6. Place greaseproof paper on damp bench.
7. Sprinkle greaseproof paper with caster sugar.
8. Turn sponge out upside down onto sugared paper.
9. CAREFULLY remove greaseproof paper & trim edges with Chef's knife.
10. Score sponge 1cm from short edge closest to you.
11. Spread quickly and evenly with jam, leaving a clear border at opposite edge of sponge.
12. Working from shorter side closest to you, make first roll/fold over scored edge with the fingers.
13. Continue rolling carefully, by drawing the paper away from you over the sponge.



High Fibre Calzone

OVEN TEMPERATURE: 200C COOKING TIME: 12-15 MINS

INGREDIENTS

- 150g Strong Bread flour (Wholemeal ideally)
- 90ml milk or water
- 2 teaspoons yeast
- Toppings:
- 2-3 tbsp Pizza sauce/topping or
- 1/4 large can of tomatoes, drained
- 1 small onion
- 100g cheese, grated
- Garlic Clove
- Quarter pepper
- 50g sliced ham/pepperoni/salami (any cooked meats)
- 6 mushrooms
- Small can pineapple pieces
- 1 tspn oregano or basil
- A handful of fresh spinach leaves will add colour, flavour and extra vitamins and minerals

DIRECTIONS

1. Mix flour and yeast in mixing bowl.
2. Warm milk or water on high power for 10 seconds to 37C
3. Add a little at a time to make a soft but not too sticky dough.
4. Knead well for 10 minutes on a lightly floured surface.
5. Shape/roll out to 8 to 10 inch circle and place on the baking tray, allow to rest.
6. Prepare vegetables, crush fresh garlic, slice or chop any additional ingredients.
7. Spread pizza sauce or tomatoes onto half of the base first, very sparingly, avoiding the crust edge of the base.
8. Add the finely chopped vegetables any other toppings on top of the half with sauce, leaving the cheese until last.
9. Fold over and crimp the edges to encase the filling.
10. Place in oven.



Mini Quiche

ASSESSMENT

OVEN TEMPERATURE: 180 DEGREES C

COOKING TIME: 25 MINUTES

INGREDIENTS

Pastry Ingredients:

150g Plain Flour

40g Block Margarine

35g Lard

Pinch Salt (School)

105ml Cold Water (School)

Optional Filling Ingredients:

100 ml Semi Skimmed Milk

2 Eggs

150g Hard Cheese

1 Small Onion

2-3 Slices ham or bacon

3-4 small mushrooms

Salt & Pepper to season (School)

Garnish of choice - eg Salad

leaves/pea shoots/rocket

DIRECTIONS

1. Place flour & salt in mixing bowl. Then cut margarine & lard into small pieces & rub fat into flour with fingertips until mixture looks like breadcrumbs.
2. Add cold water, 1 **tablespoon** at a time & mixing with a round bladed knife until the mixture forms a dough.
3. Wrap in greaseproof paper, label with name and refrigerate to allow it to rest.
4. Clear work area, stack dirty dishes on correct side of sink unit & wipe bench.
5. Grease 4 individual flan tins with lard.
6. Prepare filling ingredients, grate cheese, finely chop onion, ham or bacon, slice mushrooms
7. Whisk eggs in a jug, place on suitable electronic scales, set to zero and measure milk into the jug. Season with salt & pepper.
8. Divide pastry into 4 equal pieces.
9. Roll out each piece separately and line an individual flan tin, trim off excess pastry.
10. Divide the finely chopped onion, ham or bacon & mushrooms (if using) between the flan tins, cover with grated cheese and fill generously.
11. Carefully pour on egg mixture taking care **not to over fill**.



Chelsea Buns

OVEN TEMPERATURE: 210C COOKING TIME: 15-20 MINS

INGREDIENTS

- 200g Strong Plain Flour
- $\frac{1}{2}$ sachet easy blend dried yeast
- 25g Margarine
- 25g Sugar
- 1 egg (med)
- 75 ml milk

Filling

- 25g Margarine
- 75g Dried Fruit of your choice
- 25g Sugar



DIRECTIONS

1. Line Sandwich tin/flapjack tin with foil. Place on top of cooker.
2. In mixing bowl, rub margarine into flour until mixture resembles breadcrumbs.
3. Stir in half a sachet of dried yeast and 25g sugar.
4. In a jug, warm milk to blood temperature (max 42C). Beat egg with a fork in a small basin.
5. Add beaten egg and warm milk, a little at a time, to make a soft but not too sticky dough.
6. Knead for 5 mins, until dough is smooth and elastic.
7. Roll the dough out into a square about 25 cm x 25cm (10" x 10")
8. Spread the butter over the dough but leave a border of about 1cm all the way around.
9. Sprinkle the fruit and remaining 25g sugar over the butter
10. Brush the border of the dough with water, then roll it up like a Swiss roll
11. Cut this into 9 slices and arrange in the tin
12. Place a clean tea towel over the tin and leave to prove in a warm place until the dough doubles in size.
13. Bake in the oven.



Stir-Fry

OVEN TEMPERATURE: NA COOKING TIME: 20 MINUTES

INGREDIENTS

1 x Chicken breast
 $\frac{1}{2}$ pepper
1 small onion
1 small carrot
Select from: 1 courgette, 6-8
mange tout or green beans, 2-3
broccoli florets, 3-4 button
mushrooms
1-2 cloves garlic
2 tablespoons vegetable oil or olive
oil (School)

SAUCE INGREDIENTS- School

2 tbsps soy sauce
2 tbsps lemon juice
1 tsp honey

100g dried noodles

DIRECTIONS

1. Using a red chopping board slice the chicken into thin strips and transfer to a small basin
2. Half fill saucepan with hot water from the tap, place on a high heat, place lid on top and bring water to the boil.
3. Using a white chopping board crush the garlic, finely slice the ginger if using and place in another basin
4. Once water in the pan is boiling, remove the lid, add the dried noodles
5. Prepare choice of veg by peeling, slicing into julienne strips and place in the basin with garlic and ginger
6. Loosen noodles with a fork and drain in a colander
7. Measure 2 tbsps oil into the wok. Take the bowls of chicken and vegetables, sauce, wok, jug with wooden spatula to the bench beside the cooker.
8. Carefully place the chicken into the wok and stir fry for 5-10 minutes until it is tender and cooked.
9. Add the vegetables to the wok and stir fry for another 4-5 mins until shiny but still crunchy.
10. Add the sauce ingredients, stir to combine and finally add the drained noodles. Stir carefully to avoid crushing the noodles.



Cumin Scented Curry

OVEN TEMPERATURE: NA COOKING TIME: 25 MINUTES

INGREDIENTS

1 chicken breast
 $\frac{1}{2}$ tsp cumin seeds
 $\frac{1}{2}$ or small onion (red or white)
1cm piece of fresh ginger (or paste)
1 clove of garlic (or paste)
 $\frac{1}{2}$ tsp chilli powder, $\frac{1}{2}$ tsp turmeric, $\frac{1}{2}$ tsp garam masala, $\frac{1}{2}$ tsp paprika - In school
1 large pepper or 2 halves of different colours ie red & yellow
1 tbsp tomato puree
125ml Natural Yoghurt
60ml cold water
1-2 tbsp freshly chopped coriander - school
60g Basmati Rice

DIRECTIONS

1. Using a white chopping board slice the onions thinly and transfer to another small basin.
2. Using a red chopping board, slice the breast of chicken thinly on the diagonal and transfer to a small basin
3. Chop/crush the garlic finely, peel & finely chop the ginger and add to the basin of chicken
4. Deseed the pepper and cut into rough chunks and add to the basin of chicken etc
5. Mix the chilli powder, turmeric, garam masala and paprika
6. Measure the yoghurt into a measuring jug and add 1 tbsp tomato puree, stir in the spices
7. Add the oil and the cumin seeds to a pan and gently fry
8. Add the basin of chicken breast, garlic & ginger and peppers to the pan
9. Add the spice mixture and continue frying/sauteing for about 10 mins
10. Turn the heat down and swirl the yoghurt/tomato puree mix into the pan and add up to 60ml cold water to loosen the sauce
11. Gently cook for about another 20 minutes u thoroughly
12. In a small saucepan half filled with water onto boil (lid on) Once boiling add the rinsed rice. Boil for 9 minutes without the lid, stirring occasionally