

YEAR 8

RECIPE BOOK



PLEASE REMEMBER TO BRING IN A SUITABLE CONTAINER



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)





FRUIT SCONES

INGREDIENTS:

200g Plain Flour
50g Lard
50g Hard Margarine or Butter
Cold water to mix

SKILLS

S1, S4,
S6, S7, S10

Jam of choice- Why not try something like apricot or blackcurrant?

INSTRUCTIONS:

- Sieve the flour into a large bowl.
- **Rub the fat into the flour** mixture until the mixture resembles breadcrumbs.
- Add in sugar and dried fruit and stir.
- Add milk in gradually to bring the mixture together.
- Place mixture on a lightly floured surface.
- Flatten with the palm of your hand, use the cutter to cut scones out.
- Bake for 10-12 minutes until it is golden brown.
- Allow to cool before adding cream and jam.



PIZZA PINWHEELS

INGREDIENTS:

- 100g/4 oz Strong white bread flour + 50g/2 oz extra for rolling out
- 15g/ 1/2oz Margarine
- 60ml water (from tap at school)
- 1 teaspoon from a sachet of 'fast action' dried yeast
- 1 tbspn tomato puree
- 1 x teaspoon dried mixed herbs/ oregano or basil
- 50g –75g grated cheese like Mozzarella, Cheddar

Why not add some chorizo? Ham? Vegetables?

SKILLS

S1, S4, S7,
S10, S11

INSTRUCTIONS:

1. Switch on oven Gas7/210° C and Cover baking tray with foil.
2. Place flour in mixing bowl and **rub in** margarine until no lumps are visible. Stir in 1 teaspoon of yeast.
3. Measure 60ml hot water from the tap using **digital scales** and add a little at a time to make a soft but not too sticky dough.
4. Quickly **knead dough** on table for 2-3 minutes until smooth.
5. Roll dough on a floured surface to form a rectangle
6. Spread tomato puree using the back of the tablespoon onto the rectangle, very sparingly, leaving a 2cm gap around the edges
7. Sprinkle on the grated cheese, herbs and any other fillings.
8. Roll up from the long end sealing the filling inside
9. Using a **round bladed knife** cut into 6 equal sized slices
10. Place on the foil lined baking tray and lightly press down with the fingertips.
11. Bake for 10-15 mins until golden brown.



BREAD - ASSESSMENT

INGREDIENTS:

- 200g/8 oz Strong Bread flour (white or wholemeal or 50/50)
 - 25g/1 oz Hard block Margarine
 - 120 ml Warm water (from school)
 - ½ Sachet (2 teaspoons) Quick acting dried yeast
- A choice of additional ingredients such as:**
- 50g Grated hard cheese (Cheddar, Red Leicester eg)
 - 2-3 slices chopped ham or any cooked meat
 - Chopped chives/ ½ chopped onion/1 sliced spring onion
 - 3-4 Chopped olives/2-3 pieces of sun dried tomatoes/
 - 2 diced cherry tomatoes/chopped chilli
 - Dried or fresh herbs / 1-2 cloves of Garlic/spices eg paprika/cayenne pepper

SKILLS

S1, S4,
S6, S10, S11

INSTRUCTIONS:

1. Switch on oven Gas7/220C
2. **Rub** margarine into flour until it resembles bread crumbs. This should only take 2-3 mins. Wash hands.
3. Stir in 2 teaspoons yeast with **wooden spoon**
4. Add warm water, add half then add the rest gradually.
5. Mix with a wooden spoon.
6. Transfer to the table and Knead for 10 mins until smooth and elastic.
7. **Knead** in your additional ingredients until well combined
8. Divide dough into 6 even sized pieces
9. Shape into an assortment of knots, twists, plaits, cobs, hedgehogs, snails etc
10. Place shapes on a lined baking tray and **prove**.
11. Once the bread has doubled in size, place in the oven to bake for 10-15 mins until well risen and golden in colour .
12. The bread should sound **hollow** when tapped on the bottom



PROTEIN FAJITAS

INGREDIENTS:

- 1 tablespoon oil (School)
- 1 medium chicken breast or protein alternative
- 1 small red onion
- ½ red pepper
- ½ yellow or orange pepper
- ½ tsp paprika (from school)
- Pinch mild chilli powder (from school)
- ½ tsp ground cumin (from school)
- ½ tsp dried oregano (from school)
- Pinch salt
- 2 soft tortillas (white, wholemeal or seeded)

SKILLS

S1, S2, S3,
S4, S6, S8,
S9

INSTRUCTIONS:

1. Mix the spices, oregano and salt in a small basin.
2. Using a red chopping board slice the **protein** into thin strips.
3. Add the protein to the basin and **marinate**
4. **Refrigerate** until needed.
5. Deseed and thinly slice the peppers and half the red onion
6. Set aside in a small basin.
7. Place 1 tbsp oil into a wok. Have protein and pepper mix next to hob.
8. Heat the oil and add the marinated protein and stir fry for 5 mins until chicken is cooked through
9. Add pepper and onion mix and continue to **stir-fry** for 3-4 mins until vegetables are shiny.
10. Remove from heat to a **pan stand**
11. Spoon half of the chicken mixture into the centre of each tortilla, add half of the salsa mix into each one (you could serve the salsa separately on the plate or small bowl)
12. Roll up and serve.

MAC N CHEESE

INGREDIENTS:

- 75g dried macaroni pasta
- 25g Plain flour
- 25g Margarine or butter
- 250ml Milk
- 75g Grated Cheddar
- Salt & Pepper (School)
- 1 Firm tomato for garnish

SKILLS

S1, S4,
S6, S8

Why not add some chorizo? Ham? Vegetables- finely chopped

INSTRUCTIONS:

1. Put a half full large pan of hot water (from the hot tap) on to boil.
2. Cover with lid and bring to boil. When water is **boiling** add pasta.
3. Boil without lid for 10-15 mins until **al dente**.
4. Place flour into **saucepan**, add milk and the margarine or butter to the pan.
5. Place the pan with sauce ingredients on the hob. Stir using a wooden spatula and bring to the boil until sauce **thickens** and is smooth.
6. Remove from heat, place on pan stand on work bench.
7. Add $\frac{3}{4}$ of the grated cheese and stir until cheese has melted, add salt & pepper, season to taste.
8. Check to see if pasta is cooked and drain using a **colander**
9. Add the drained pasta to cheese sauce, stir until pasta is coated with sauce using the wooden spatula. Transfer the pasta & sauce mixture to the takeaway type container, using a white spatula to remove all the sauce.
10. Sprinkle over remaining grated cheese and bake for 8-10 minutes.





MUFFINS

INGREDIENTS:

- 75g butter
- 100g sugar
- 100g plain flour
- 1tsp cinnamon
- 1 tsp baking
- 1 banana
- 60g sultanas
- 6 muffin cases (3 each)

SKILLS

S1, S4,
S6, S7, S10

INSTRUCTIONS:

1. Preheat oven to 200c or gas mark 6
2. Place the muffin cases into a suitable muffin tin
3. Gently melt the butter in the microwave. (Try 30 seconds first)
4. In a medium sized basin, mash the banana
5. Into the mashed banana add the sugar and melted fat, mix together.
6. Over the medium basin sieve the flour. Then add in the cinnamon and baking powder.
7. Using two spoons divide the mixture between the 6 muffin cases
8. Bake for 20 minutes until golden
9. Allow to cool on a rack