

# Kitchen conversions

## Liquid Volume



Tsp	Tbsp	Cup	Pint	Quart	Gallon
3	1	1/16	1/2	15	-
6	2	1/8	1	30	1/16
12	3	1/4	2	60	1/8
18	4	3/8	3	90	-
24	6	1/2	4	120	1/4
36	8	3/4	6	180	-
12	1	8	250	1/2	1/4
16	2	16	475	1	1/2
32	4	32	950	2	1
16	128	3.8 L	8	4	1

## Dry Weight



Tbsp	Oz	Kg
1	1/2	15
2	1	28
4	2	57
6	3	85
8	4	115
16	8	227
32	16	455
32	907	
	1.8 kg	

## Temperature



Goz	°C	°F
1	140	275
2	150	300
3	170	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450
9	240	475

# Year 8 Food Recipe Book 1



**Montgomery Academy**



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2018

## Special Fried Rice

This recipe involves using a carbohydrate - RICE. We should try to eat 40% of our diet from carbohydrates. Carbohydrates should be the main energy source in our diets, getting 50% of our energy from them. Carbohydrates are either starchy - providing slow release energy OR sugars—providing quick release energy.

This recipe makes enough for two portions.

**Special fried rice:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Allergens: eggs, soya



### Ingredients:

2 tablespoons oil  
1 egg  
 $\frac{1}{2}$  onion  
 $\frac{1}{2}$  pepper  
4 mushrooms  
50g frozen peas  
 $\frac{1}{2}$  tsp garlic puree  
Pinch ginger  
2tsp soy sauce  
1tsp sugar  
1 bag pre-cooked brown rice

### Equipment:

Green chopping board  
Vegetable knife  
Rubbish bowl  
Frying pan  
Wooden spoon



## Recipe:

Ingredients:

Equipment

Makes (how many/much):

Method:

Source (Where is the recipe from?):

By:

Class:







# Recipe:

**Ingredients:**

**Equipment**

**Makes** (how many/much):

**Method:**

**Source** (where is the recipe from?):

**By:**  
**Class:**



Crack one egg in a measuring jug and beat well with a fork. Leave for later.



Put 2 tsp soy sauce, 1 tsp sugar and a pinch of ginger in a bowl. Stir well to combine. Leave for later.



Use the bridge and claw techniques to prepare your vegetables.



Add 1 tbsp oil into a wok and heat for 1 minute.



Add the vegetables and stir-fry for 4-5 minutes until starting to soften



Add peas and garlic and cook for another 1 minute.



Add the packet of rice and stir-fry for 2-3 minutes until it is hot.



Add beaten egg and stir-fry constantly for 1 minute until the egg sets (coagulates).



Add the soy sauce mix, stir-fry for 1 minute to combine and heat.

## Carrot Cake Muffins

This recipe involves using a vegetable—CARROTS. Fruits and vegetables are essential in our diet as they keep us healthy, provide vitamins and minerals and fibre. We should try to eat at least 5-a-day including a variety of colours, as each fruit and vegetable contains different nutrition. Fresh, frozen and dried fruit count towards your 5-a-day, except **potatoes**. A portion is approximately 80g, or a small handful.

This recipe makes enough for 6-8 small muffins.

**Carrot Cake Muffins:** Store covered in a cool, dry place and consume within 48 hours.

Allergens: wheat, gluten, egg



### Equipment:

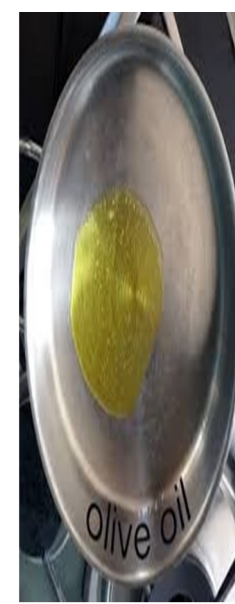
Mixing bowl  
Measuring jug  
Balloon whisk  
Wooden spoon  
Muffin tin  
Baking cases

### Ingredients:

55ml vegetable oil  
57g soft brown sugar  
33g caster sugar  
60g plain yoghurt  
30g apple sauce  
45g grated carrot  
25g sultanas  
95g SR flour  
 $\frac{1}{4}$  teaspoon bicarbonate of soda  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tablespoons mixed spice



Use the bridge and claw grips to dice  $\frac{1}{4}$  onion,  $\frac{1}{2}$  pepper and 3 mushrooms.



Put  $\frac{1}{2}$  tablespoon oil into a saucepan and heat on 4 for one minute.



Add the onion, peppers and mushrooms. Sauté for 4-5 minutes until start to soften.



Boil a kettle. Put vegetable stock cube into a measuring jug. Pour over 200ml boiling water. Stir to dissolve.



Add 150g pasta to the saucepan. Add 50g frozen peas and 50g frozen sweetcorn. Add  $\frac{1}{2}$  tsp mixed herbs. Add the 200ml stock. Add 300ml milk. Cook for 15-20 minutes until pasta has softened. Stir often to stop pastas ticking to bottom of pan.



Add 75g grated cheese and stir well. Season with salt and pepper.



## One pot pasta

This recipe involves using dairy—milk & cheese. Dairy foods are those where the main ingredient is milk. We need dairy in our diets as these foods provide us with calcium. Calcium is a mineral needed for strong bones and teeth, Try to eat lower fat and sugar dairy products as this will help keep your weight at a healthy level, reducing the risks of obesity, tooth decay and diabetes.

This recipe makes enough for 2 portions.

**One pot pasta:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.



### Ingredients:

150g pasta  
 $\frac{1}{2}$  pepper  
3 mushrooms  
 $\frac{1}{4}$  onion  
50g frozen peas  
50g frozen sweetcorn  
200ml veg stock (1 cube)  
300ml milk  
 $\frac{1}{2}$  tsp mixed herbs  
75g grated cheese

### Equipment:

Saucepan  
Colander  
Wooden spoon  
Measuring jug  
Chopping board  
Vegetable knife  
Foil containers



Turn oven on to 180C.



Place 55ml vegetable oil, 57g soft brown sugar, 33g caster sugar, 60g plain yoghurt and 30g apple sauce into a mixing bowl. Mix thoroughly with a wooden spoon.



Add 45g grated carrots and 25g sultanas. Mix thoroughly.



Add 95g SR flour,  $\frac{1}{4}$  teaspoon bicarbonate of soda,  $\frac{1}{2}$  teaspoon baking powder and  $\frac{1}{2}$  tablespoon mixed spice.



Mix thoroughly to combine all ingredients.



Line a muffin tin with 6 cases and divide the mixture equally between them. Bake at 180C for 20 minutes until firm and a toothpick comes out clean.

Remove from the oven and leave to cool for 5 minutes.



# Omelette

This recipe involves using protein—eggs. Our bodies need protein for growth, maintenance and repair, We can get protein from animal sources such as meat, fish, milk, eggs, cheese, and insects. We can also get plant-based protein from nuts, seeds, pulses, soya, Quorn etc.

This recipe makes enough for 1 omelette. .

**Omelette:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.



## Equipment:

Chopping board  
Vegetable knife  
Rubbish bowl  
Frying pan  
Wooden spoon  
Tablespoon  
Grater

## Ingredients:

2 rashers bacon  
3 mushrooms  
75g cheese  
1tbsp oil  
3 eggs  
salt  
pepper



Using the bridge and claw methods slice the mushrooms.



Using the bridge and claw methods, finely dice the bacon.



Crack the eggs into a measuring jug, and whisk with a fork until well combined.



Use a box grater on the big holed side to grate your cheese.



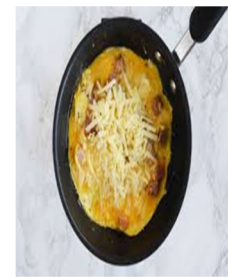
Add ½ tbsp oil into a frying pan and heat for 1 minute.



Add the mushrooms and bacon, season with salt and pepper, and cook until the bacon is crisp - 4-5 minutes



Pour the beaten eggs over the bacon and mushrooms. Tilt the pan gently to fill the bottom of the frying pan. Cook for 2-3 minutes until the eggs are almost set.



Sprinkle over the grated cheese and cook for 2 minutes until everything is melted and the eggs have fully set.



Fold the omelette on one side towards the middle.



Do the same on the other side.