

# 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	Cup	Gram
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 9 Food Recipe Book



**Montgomery**  
Academy

sustainable  
**FOOD**



## Seasonal scones

These recipe involve using seasonal ingredients—  
term 1 apples, term 2 pears, term 3 spring onions

Seasonal foods are home-grown products that are traditionally grown or produced during particular seasons of the year.

Buying and eating food that is season means that it is fresh, has the best flavour, texture and colour and has optimal nutritional value.

This recipe makes enough for 6-8 small scones and is the AUTUMN apple and cinnamon version.

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

Allergens: wheat, gluten, milk, lupins

### Equipment:

Baking tray  
Mixing bowl  
Weighing scales  
Table knife  
Pastry brush  
Measuring jug  
Grater

### Ingredients:

175g SR flour  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp cinnamon  
30g sugar  
45g butter  
70ml milk  
2 apples



## Recipe:

Ingredients:

Equipment

Makes (how many/much):

Method:

Source (Where is the recipe from?):

By:

Class:





# Recipe:

Ingredients:

Makes (how many/much):

Method:

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By:

Class:

Equipment



•Preheat your oven to 160C and lightly flour your baking tray.



Mix 175g SR flour, 30g sugar, 1/2 tsp cinnamon in a mixing bowl. Add 45g diced butter. Use your fingers and rub in until they form a breadcrumb-like consistency



•Grate in 2 apples  
•Mix these through to an even consistency.



Add 50ml milk and stir using a knife until it forms together, be gentle as too much firmness will result in tough scones



Knead very gently until it comes together and pat into a layer approx 3 and a 1/2 centimetres or 1.5 inches thick. Cut with a scone cutter.



Place on the baking tray and glaze with the milk. Bake for approx. 20 minutes or until golden.



## Seasonal scones

This recipe makes enough for 6-8 small scones and is the WINTER pear and ginger version. Follow the picture recipe and storage instructions for the apple and cinnamon scones .

### Equipment:

Baking tray  
Mixing bowl  
Weighing scales  
Table knife  
Pastry brush  
Measuring jug  
Grater

### Ingredients:

175g SR flour  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{3}{4}$  tsp ginger  
 $\frac{1}{2}$  tsp cinnamon  
45g butter  
70ml milk  
2 pears

This recipe makes enough for 4-6 small scones and is for SPRING - spring onion and bacon version. Follow the storage instructions for the apple and cinnamon scones .

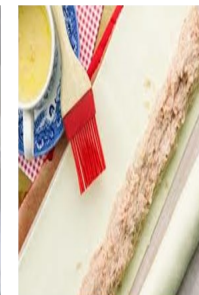
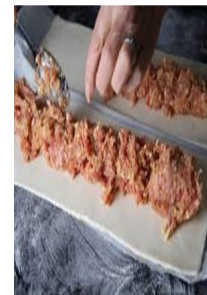
### Equipment:

Baking tray  
Mixing bowl  
Weighing scales  
Chopping board  
Vegetable knife  
Frying pan  
Table knife  
Pastry brush  
Measuring jug

### Ingredients:

110g SR flour  
Pinch salt  
Pinch chilli  
28g butter  
40g grated cheese  
1 spring onion  
30g diced bacon  
50ml milk  
Tsp oil

## Sausage Rolls - Rough Puff Pastry



180C

25  
minutes

## Sausage Rolls

This recipe involves using Secondary processed foods— flour and sausages.

Flour (primary processed product) can be turned into other products.

Fruit (washed/juiced etc) can be used to make jam & jellies.

Milk (primary processed with heat) can be made into other dairy products.

This recipe makes enough for 12 mini sausage rolls. If made larger the cooking time will need to be increased.

**Sausage rolls:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in a saucepan and heat or place in a suitable container and microwave on full power. Check piping hot before serving.

**Allergens:** wheat, gluten, lupins (pasta), egg

### Equipment:

Vegetable knife  
Large Mixing bowl  
Small mixing bowl  
Pastry brush  
Scales  
Baking tray  
Rolling pin  
Measuring jug

### Ingredients:

150g plain flour  
75g butter  
Pinch salt  
5 sausages  
Egg wash



•Preheat your oven to 160C and lightly flour your baking tray.



Use the bridge and claw to finely chop 1 spring onion



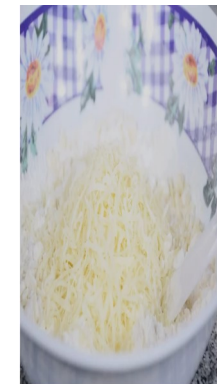
Heat 1 tsp oil in frying pan on HEAT 4 for 1 minute



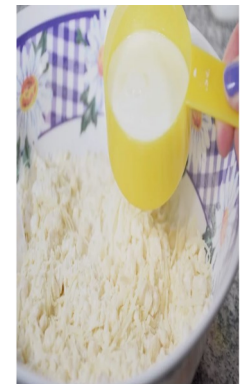
Add 30g diced bacon and spring onions and fry for 4-5 minutes until the bacon is crisp and golden



Mix 110g SR flour, pinch salt, pinch chili in a mixing bowl. Add 28g diced butter. Use your fingers and rub in until they form a breadcrumb-like consistency



• Add 40g grated cheese and the bacon and spring onions  
• Mix these through to an even consistency.



Add 50ml milk and stir using a knife until it forms together, be gentle as too much firmness will result in tough scones



Knead very gently until it comes together and pat into a layer approx 3 and a 1/2 centimetres or 1.5 inches thick. Cut with a scone cutter.



Place on the baking tray and glaze with the milk. Bake for approx. 20 minutes or until golden.



## Seasonal veg pasta

These recipe involve using seasonal ingredients—seasonal vegetables. Other benefits of eating seasonal foods include lower cost to buy ingredients, supporting local growers and reducing the energy needed for transportation.

This recipe makes enough for 2 small portions.

**Vegetable Pasta:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in a saucepan and heat or place in a suitable container and microwave on full power. Check piping hot before serving.

Allergens: wheat, gluten, lupins (pasta)

### Equipment:

Chopping board  
Vegetable knife  
Rubbish bowl  
Wooden spoon  
Saucepan  
Colander  
Frying pan

### Ingredients:

100g dried spaghetti  
2 tablespoons oil  
100g cherry tomatoes  
Salt & pepper  
Seasonal vegetables



1. Place 3 eggs and 75g caster sugar into a large mixing bowl.



2. Use an electric hand whisk to aerate the eggs and sugar. Whisk on high for 7-10 minutes until thick and at the 'ribbon stage'.



3. Gently FOLD in 75g plain flour using a spatula.



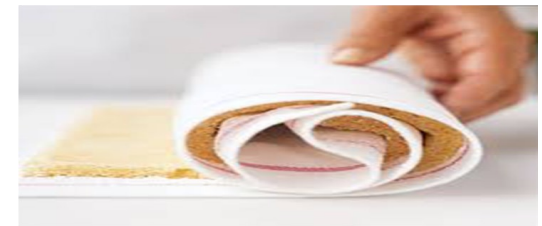
4. Grease and line a shallow baking tray.



5. Pour mixture into prepared tray. Gently level the mixture.



6. Bake in oven at gas 5/190C for 8-10 minutes until pale golden and springy to the touch.



7. Tip the Swiss roll out of the tin on to clean greaseproof paper. Remove the paper it was baked in. Roll the Swiss roll in the new paper. Allow to cool fully.



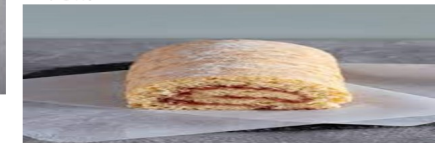
8. Unroll the cooled Swiss roll.



9. Spread jam over the Swiss roll.



13. Tightly re-roll the Swiss roll.



## Swiss Roll

This recipe involves using Secondary processed foods— flour and jam. All the food has to go through some form of process (change) before we are able to eat it.

Primary processing prepares raw foods straight from being picked, harvested or slaughtered so they are ready to be eaten or cooked immediately, or used as ingredients to make other food products.

Secondary processing turns primary foods into other food products by altering them in some way, or combining them with other ingredients.

This recipe makes enough for 1 Swiss roll.

**Swiss Rolls:** Store covered in a cool, dry place and consume within 48 hours.

**Allergens:** wheat, gluten, milk, lupins

### Equipment:

Electric hand whisk  
Spatula  
Sieve  
Weighing scales  
Greased and lined  
baking tray

### Ingredients:

75g caster sugar  
3 eggs  
75g plain flour  
  
3 tablespoons jam



Fill a saucepan  $\frac{1}{2}$  full with water. Place onto boil on a high heat.



Use the bridge and claw techniques to finely slice and dice the leeks and savoy cabbage



Use the bridge technique to slice the cherry tomatoes in half.



Place pasta into boiling water. Cook for 12-15 minutes until soft



Heat  $\frac{1}{2}$  tablespoon oil in a sauce pan on medium heat for 1 minute.



Add vegetables and tomatoes to pan. Sauté (cook quickly to lightly colour) for 8-10 minutes until start to become soft. Season with salt, pepper and mixed herbs or chili. Add half a ladle of the hot pasta water and stir.



Drain the cooked pasta in the sink using a colander.



Add the pasta to the vegetables and stir to combine. Place into tubs.



# Stuffed Peppers

This recipe involves using local produce – Lancashire

Food miles are the distance food travels from its place of origin to your table.

It is important to reduce food miles to reduce the negative impact eating food has on our environment.

This can be done by:

- Supporting British farmers by buying LOCAL products
- Eating seasonal foods
- Being a wise food shopper and buying foods from closer to home

**Stuffed peppers:** Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish at 180C, cover with foil and heat until piping hot before serving.

Allergens: wheat, gluten, milk

## Equipment:

Baking tray  
Mixing bowl  
Weighing scales  
Chopping board  
Vegetable knife  
Frying pan  
Wooden spoon  
Tablespoon  
Teaspoon

## Ingredients:

1 pepper  
50g couscous  
Oil  
Salt/pepper  
 $\frac{1}{4}$  tsp garlic  
14 tsp chilli  
Pinch cumin  
 $\frac{1}{4}$  onion  
3 cherry tomatoes  
2 tablespoons beans  
25g Lancashire cheese



Place onto a baking tray and drizzle with a little oil. Season with salt and pepper. Place in oven 180C for 15 minutes to roast



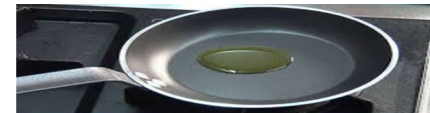
Boil a kettle.



Put 50g couscous in small glass bowl



Cover with boiling water and leave to soak



Heat  $\frac{1}{2}$  tsp oil in frying pan on heat 4 for 1 minute.



Use the bridge and claw methods to dice your vegetables - tomato and onion.



Turn heat down to 3. Add the diced onion and a good pinch of salt and fry for 5 minutes until soft



Add tomatoes and beans and cook for a further 3 minutes. Add  $\frac{1}{2}$  tsp garlic, chilli, pinch cumin and cook for 1 minutes.



Turn heat off. Add couscous to the frying pan and mix well.



Remove peppers from the oven. Stuff with the couscous mixture.



Top each pepper with grated Lancashire cheese.



Place back in the oven and bake for 10 minutes, until cheese is melted.