

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 | 1/4 |
| 24 | 6 | 1/2 | 4 | 120 | 1/2 |
| 36 | 8 | 3/4 | 6 | 180 | 3/4 |
| 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



| | | |
|----|--------|-----|
| 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



| | | |
|---|-----|-----|
| 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



Montgomery Academy



Breakfast cereal cookies

This recipe involves using fibre- Wholegrain cereals. Fibre is important as it keeps our digestive system healthy. It helps our bodies get rid of waste and toxins. Fibre also keeps us fuller for longer, so can help stop us snacking and maintain a healthy weight.

This recipe makes enough for 6 cookies

Breakfast cookies : Store in an air tight container & consume within 72 hrs

Allergens: gluten, lupins



Ingredients:

57g margarine
28g caster sugar
25g soft brown sugar
 $\frac{1}{2}$ beaten egg
53g wholemeal flour
 $\frac{1}{2}$ tsp vanilla
 $\frac{1}{4}$ tsp cinnamon
Pinch salt
30g cereal
60g dried fruit
25 g oats

Equipment:

Mixing bowl
Electric hand whisk
Wooden spoon
Lined baking tray
Scales
Teaspoon
Tablespoon



Choose unsaturated oils
and use in small amounts.



Recipe:

Ingredients:

Equipment

Makes (how many/much):

Method:

Source (Where is the recipe from?):

By:

Class:





Recipe:

Ingredients:

Makes (how many/much):

Method:

Source (where is the recipe from?):

By:

Class:

Equipment



Put 57g margarine, 28g caster sugar, 25g soft brown sugar and $\frac{1}{2}$ beaten egg into a large mixing bowl. Using an electric hand whisk, cream together until light and fluffy.



Add in 53g wholemeal flour, $\frac{1}{2}$ tsp vanilla, $\frac{1}{4}$ tsp cinnamon and a pinch of salt. Beat well to combine.



Add in 60g lightly crushed cereal, 60g dried fruit and 25g oats. Mix well to fully combine.



Wet your hands and gently roll the cookie batter into golf ball sized pieces. Keep wetting your hands if needed to stop the cookie dough sticking. Place 6 onto a lined tray evenly spaced out. Use another tray for the remaining 6 portions.



Flatten each cookie. Place in pre-heated oven (180C) for 12 -15 minutes until lightly golden,



Remove from the oven, Allow to sit on tray for 2-3 minutes.

Pizza

This recipe involves using ingredients to make a composite meal. Composite meals are those which have ingredients from all the food groups in them: carbohydrates, protein, fruit and veg, dairy & fat. They are important as they help provide all the nutrients we need from the Eatwell Guide in one meal.

This recipe is enough for one pizza.

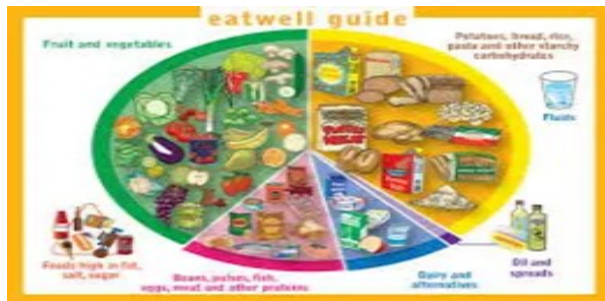
Pizza: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 10-12 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Equipment:

Mixing bowl
Teaspoon
Table knife
Measuring jug
Chopping board
Vegetable knife
Grater

Ingredients:

125g strong plain flour
 $\frac{1}{2}$ teaspoon dried yeast
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
2 tablespoons passata
25g cheese - grated
Vegetables of choice for topping
Protein choice for topping



Lightly oil 4 pieces of tortilla on both sides.

Shape into 4 holes in a muffin tin. Bake for 8-10 minutes until crisp & golden.

Use the BRIDGE HOLD and CLAW HOLD to slice your vegetables into small diced pieces.



Heat 1 teaspoon oil in a sauce pan on medium heat for 1 minute.



Add $\frac{1}{2}$ onion and cook for 5 minutes until softened.



Add 125g minced beef and cook until browned - about 5 minutes



Add 100g beans, $\frac{1}{2}$ tsp paprika and pinch cumin. Stir and heat.



Add cooked mince and beans to the baked tortilla cups. Garnish with shredded lettuce, diced tomatoes and sour cream.

Taco Cups

This recipe involves using reared ingredients — minced beef. Whilst we buy most of our food from supermarkets, smaller food shops or markets, all of the food we eat must be grown, reared or caught. Animals bred and kept for food is known as rearing food.

Frying is where you cook food in a little oil. It allows the food to cook quickly, and can add colour and a crisp texture. Baking is using the oven and a dry heat to cook food. It can add a golden colour, and give a crisp texture.

This recipe makes enough for 4 taco cups.

Paprika beef taco cups: 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
Wooden spoon
Frying pan
Muffin tin
Tablespoon
Teaspoon

Ingredients:

2 tablespoons oil
 $\frac{1}{2}$ onion
125g minced beef
 $\frac{1}{2}$ tsp paprika
Pinch cumin
100g beans
Shredded lettuce
1 tablespoon sour cream



1. Add flour, sugar and salt into a mixing bowl.
2. Mix together and add the dried yeast

3. Add the water and stir together with a table knife



4. Put the dough onto a floured surface and knead, until soft and springy

5. Grease a tray with vegetable oil



6. Roll dough out and place on the tray and cover with pizza sauce.



7. Add your vegetable and meat toppings.

8. Cover with the grated cheese



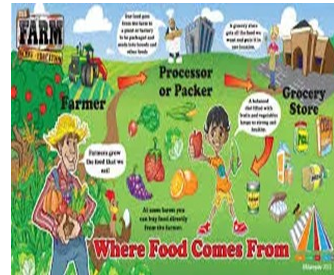
9. Bake for 25-30 minutes, gas 180C until base is fully cooked and cheese is bubbly and golden.

Sweet & sour vegetables

This recipe involves using grown ingredients — vegetables. Whilst we buy most of our food from supermarkets, smaller food shops or markets, all of the food we eat must be grown, reared or caught. Food is grown in an environment where light, food (soil) and water are available to them so they can grow and photosynthesise. Farming that only plants and harvests plant/cereal crops is called arable farming.

This recipe makes enough for 2 small portions.

Sweet & sour veg: 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:

Equipment:

Chopping board
Vegetable knife
Wooden spoon
Saucepan
Teaspoon
Tablespoon

1/2 onion
1/2 pepper
150g assorted Chinese vegetables
100g pineapple chunks & juice
1 tsp garlic
1/2 tsp ginger
75ml ketchup
1 tbsp malt vinegar
3 tbsp brown sugar



Boil kettle



Use the bridge and claw grips to dice vegetables.



Put 1/2 tablespoon oil into a saucepan and heat on 4 for one minute.



Put 2 noodle nests in large bowl. Fully cover with boiling water.



Add onions, peppers and Chinese vegetables and stir-fry for 5 minutes.



Put 75ml ketchup, 1 tbsp malt vinegar, 3 tbsp brown sugar and 100g pineapple chunks and juice in a small bowl. Stir well to combine.

Add to vegetables and bring to a boil. Turn heat down and simmer for 2 minutes until thick and glossy.



Drain the noodles in a colander.



Add Drained noodles to the vegetables and stir well to coat in the sauce.