



# Year 8 Recipes



## Burgers

- 1 small onion, peeled and diced
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- 4 burger buns



## Method

1. Tip the beef into a bowl with the onion and egg then mix.
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
3. Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
4. Heat the pan to medium heat and lightly brush 1 side of each burger with oil.
5. Place the burgers, oil-side down, into the pan. Cook for 5 mins until the meat is lightly charred. Don't move them around or they may stick. Oil the other side, then turn over using tongs. Don't press down on the meat, as that will squeeze out the juices.  
**Cook for 7 minutes each side.**
6. Take the burgers out of the pan. Leave to rest on a plate so that all the juices can settle inside. Slice each bun in half. Place, cut-side down in the pan and toast for 30 seconds or until they are lightly charred. Place a burger inside each bun, then top with your choice of accompaniment.



## Stuffed Chicken

- 1 skinless chicken breasts ,
- 25g cream cheese
- 3 rashers of bacon or parma ham

### Optional

- Sun dried tomato
- Chilli powder



## Method

1. Working on a board, stuff the chicken breasts. To do this, start by pulling back the loose fillet on the back of the breast – put your knife in the opposite direction and slice to create a long pocket.
2. Open the pocket up with your fingers, push the cream cheese and additional fillings into the pocket. Fold and seal back the chicken, completely covering the filling and giving you a nice neat parcel.
3. Preheat the oven to 180°C/350°F/gas 4.
4. Place the bacon/ham onto a chopping board side by side slightly overlapping.
5. Place the stuffed chicken breast on top and roll up.
6. Place onto a lined baking sheet and place in the oven for 20-25 mins. Test with a temperature probe and check core temperature is 75°C.



## Mayonnaise Ingredients

- 290ml/1½ pint oil
- 2 eggs, **yolks only**
- 1 garlic clove, crushed
- 1 heaped tsp powdered mustard
- 1 level tsp salt
- freshly milled black pepper
- 1 tsp white wine vinegar

## Method

1. First of all, put the egg yolks into the basin, add the crushed garlic, mustard powder, salt and a little freshly milled black pepper. Mix all of these together well. Then, holding the groundnut oil in a jug in one hand and an electric hand whisk in the other, add drop of oil to the egg mixture and whisk this in.
2. *However stupid* it may sound, the key to a successful mayonnaise is making sure each drop of oil is thoroughly whisked in before adding the next drop. It won't take all day, because after a few minutes - once you've added several drops of oil - the mixture will begin to thicken and go very stiff and lumpy. When it gets to this stage you need to add a teaspoon

of vinegar, which will thin the mixture down.

3. Now the critical point has passed, you can then begin pouring the oil in a very, very thin but steady stream, keeping the beaters going all the time. When all the oil has been added, taste and add more salt and pepper if needed. If you'd like the mayonnaise to be a bit lighter, at this stage add tablespoons of boiling water and whisk it in.





## Sorbet Ingredients

- 200g caster sugar
- 250ml water
- 3 bananas, mashed
- 1 egg white

## Method

1. In a small saucepan, stir together sugar and water.
2. Whisk the egg whites to stiff peaks.
3. Mash the banana until smooth.
4. Stir in the banana to the mixture and then fold in the egg whites. Pour into a freezer suitable container. Freeze for 3 to 4 hours, until set at the edges.
5. Remove from the freezer and transfer to a mixing bowl. Use an electric mixer to beat until smooth.
6. Return to the freezer until gently set, at least 2 hours.





## Ice Cream Ingredients

- 150ml milk
- 4 egg yolks
- 1 vanilla pod, slit open lengthways or a teaspoon vanilla essence
- 50g caster sugar



## Method

1. Place the milk in a saucepan. Scrape the seeds from the vanilla pod and add the seeds and the pod to the milk. Cook for 5 minutes, bringing to boiling point.
2. Meanwhile, place the yolks in a heatproof bowl. Add in the caster sugar and whisk lightly to combine.
3. Place the yolk sugar mixture over a pan of simmering water for a few minutes, whisking constantly.
4. Transfer the yolk mixture to a mixing bowl. Strain the hot milk and add in steady steam to the yolk mixture, whisking as you do. Whisk until the mixture thickens into a crème Anglaise.
5. Place the mixture into a clip lock container suitable for the freezer and freeze overnight, make sure you stir the mixture often to prevent ice crystals forming.



## Fresh Pasta

### For the pasta:

- 200g strong plain flour **or** 00 flour
- 2 whole medium eggs

### For the sauce:

- 1 can chopped tomatoes
- 1 clove garlic
- 50g Grated parmesan cheese
- Fresh basil

## Method

1. Put the flour and eggs into a food processor and whiz for 2 minutes until a dough ball forms.
2. If you don't have a food processor put the eggs and flour into a bowl and work together with a fork initially, then use your hands to form a dough.
3. The dough should leave the bowl clean, tip on to your work surface and knead well for at least 10 minutes, until a smooth dough forms. You should not need additional flour at this stage!
4. Once kneaded roll out to a long rectangle that fits the width of your pasta machine. Roll the pasta through the widest setting first through to the narrowest.
5. Then turn your pasta through the tagliatelle/spaghetti setting, dust with flour and place on a baking tray.
6. Make the sauce by chopping and crushing the garlic and add to the chopped tomatoes. Heat in a saucepan.
7. Bring a pan of water to the boil (very important) then add the fresh pasta. Cook for 2-3 minutes until no longer translucent.
8. Drain and serve with your sauce, top with grated parmesan and fresh basil.





## Classic Lasagna

### For the lasagne sheets

- Make 200g fresh pasta

### For the meat sauce

- 500g lean beef mince
- 1 onion - peeled + chopped
- 2 cloves - peeled + crushed
- 1 jar passata sauce
- 1 tsp mixed herbs
- Grated mozzarella

### For the béchamel sauce

- 60g butter
- 60g plain flour
- 600ml milk
- Salt and freshly ground black pepper, to taste



## Method

1. **Set oven to 180°C.**
2. Make fresh pasta as per last lesson. Cut into rectangles to fit your baking tray (foil take away cartons work great for this practical).
3. To make the meat sauce, heat the oil in a frying pan and cook the beef for about 10 mins until browned all over.
4. Pour over our basic passata sauce, add the tomato puree, then season. Bring up to the boil, then simmer for 30 mins until the sauce looks rich.
5. **Make the béchamel sauce:**  
Melt butter in a saucepan. Stir in an equal amount of flour and cook the mixture for just under a minute - known as a roux.
6. Stir in milk, a little at a time, making sure to stir well so that no lumps form.
7. Bring the mixture to the boil, stirring constantly, so that the mixture thickens and becomes glossy. Boil for a couple of minutes.
8. To make a cheese sauce, add grated cheese off the heat. Season well.
9. Heat oven to 180°C/fan/160C/gas 4. Lightly oil an ovenproof dish (about 30 x 20cm). Spoon one third of the meat sauce into the dish, then cover with lasagna sheets (made earlier). Drizzle over about one quarter of your béchamel sauce.
10. Repeat until you have 3 layers of pasta. Cover with the remaining white sauce, making sure you can't see any pasta poking through.
11. Scatter the mozzarella over the top. Bake for 45 mins until the top is bubbling and lightly browned.



## Garlic Bread Ingredients

- 250g/9oz strong white flour, plus extra for dusting
- 2g/1/4oz salt
- 5g/1/4oz fast action dried yeast
- 30ml/1 fl oz olive oil, plus extra for oiling
- 180ml/6fl oz water
- 30g butter
- 2 garlic cloves

## Method

1. Pre-heat the oven to 200°C/400G/Gas 6. For the bread, place the flour, salt, yeast, olive oil and most of the water in a food mixer with a dough hook attached, taking care not to let the yeast touch the salt until you begin mixing.
2. Start mixing on a slow speed, gradually adding the rest of the water until you have a smooth dough. This should take about five minutes.
3. Tip the dough into an oiled bowl, cover and leave the dough to prove for two hours.
4. Tip the dough out onto an oiled surface. Dust your hands with a little flour and divide the dough in two.

5. Knock back the dough and stretch and fold, and then roll the dough into shape.
6. Place on a tray or a large baking tray.
7. Chop the garlic and mix with the butter, spread over the bread.
8. Bake the bread for 30 minutes, the baked garlic bread should be golden-brown.

