



Poole High School

VALUED, INSPIRED, EMPOWERED

Name \_\_\_\_\_

Technology group \_\_\_\_\_



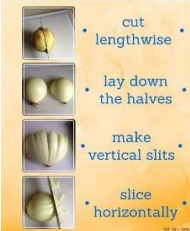



Teacher \_\_\_\_\_



# Year 8 Food and Nutrition **2024/25**



# Recipe Book

# Helpsheet

Skill	Picture
<b>Bridge</b> – Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.	
<b>Claw</b> - Hold the knife in your strongest hand and the ingredient in the other, with your fingers and thumb tucked away from the knife. Slice the food, moving your hand backwards and away from the knife as you chop.	
<b>How to cut an onion</b> – cut lengthwise, lay down the halves, make vertical slits, slice horizontally.	
<b>How to seed a pepper</b> – cut the pepper in half through the green stem, using your hand pull out the green stem and the seeds and throw away.	
<b>How to cut a core out of an apple</b> – cut the apple into quarters through the core. Take a quarter and place on a flat side and cut at an angle to remove the core.	
<b>Rubbing in method</b> – using your fingertips rub the butter into the flour until it looks like breadcrumbs. Shake the bowl and any big lumps will come to the top.	

Skill	Picture
<b>Kneading</b> - Lay your room-temperature dough on the surface. Stretch it away from you with the heel or knuckles of one hand and fold it back over the top towards you. Repeat the stretch and fold process again and again for 10 minutes. The dough is kneaded enough when your hands are fairly clean of flour, springy to touch and smooth.	
<b>Whisking method</b> – Using an electric whisk, whisk together eggs and sugar until it has doubled in size and leaves a trail of mixture on the surface.	


# Note to parents/carer's...

This recipe book contains all the recipes needed for the GCSE Foundation Food and Nutrition. In Year 8, students will have a 1 hour lesson a fortnight, with one lesson being theory and the following lesson making a practical product. Students will need to bring this recipe book to every lesson along with ingredients and a container to take their products home in. Students will be given at least a weeks notice for ingredients, if there are any problems in getting ingredients please make a note in your child's planner, in advance of the lesson please, so we can ensure ingredients are available and your child does not miss out on vital practical lessons. Please note some practical's may go across two lessons where appropriate storage will take place normally in the freezer.


Recipes can be added to or changed with ingredients at home you may have closer to the date. Ingredients must be weighed out at home before the lesson and stored in their Food Technology room before registration. **Please only place highlighted ingredients in the fridge, named,**

Pg No	Dish	Skills demonstrated
4	<b>1. Kebabs</b>	<i>Bridge and claw,</i>
5	<b>2. Meatballs</b>	<i>Bridge and claw, reduction sauce, using the hob,</i>
7	<b>3. Macaroni cheese</b>	<i>Using the hob, gelatinisation,</i>
10-13	<b>4. Thai Green Curry/ Chilli/ Sweet and sour chicken/ Curry,</b>	<i>Bridge and claw, meat handling, reduction sauce,</i>
14	<b>5. Bread,</b>	<i>Using yeast, using the oven, kneading,</i>
15	<b>6. Pizza,</b>	<i>Bridge and claw, using yeast, using the oven, kneading, shaping,</i>
16	<b>7. Shortbread,</b>	<i>Using the oven, rubbing in method.</i>
17	<b>8. Pasties,</b>	<i>Rubbing in method, using the oven,</i>
18	<b>9. Danish pastries,</b>	<i>Using the oven, using puff pastry and shaping,</i>
19	<b>10. Swiss roll,</b>	<i>Using the oven, whisking method, rolling.</i>

*Michelin Star rating – all recipes have been given a Michelin star rating for difficulty to challenge.*

 *High level skilled, most challenging.*

 *Medium level skilled.*

 *Basic skill level.*

# Kebabs Ingredients:



**Don't forget...skewers and container.**

- 1 chicken breast/ 1 block halloumi,

- 3 types of vegetables
  - 8 cherry tomatoes,
  - 8 button mushrooms,
  - ½ pepper,
  - 8 pineapple chunks,
  - 1 courgette,
  - 2 onions.
  - 1 carrot,
  - 6 baby corn,
  - 5 rings pineapple,
  - 1 small aubergine

## Marinade:

- Shop bought marinade,
- OR
- Honey and lemon – 2 tbsp lemon juice, 1 tbs oil, 2 tsp honey or brown sugar, ½ tsp herbs, 1 clove garlic,
- Tikka – small carton yoghurt, 2 tsp curry powder, 2 tsp lemon juice,
- Chinese – 1 tbsp soy sauce, 1 tbsp brown sugar, 1 tbsp oil, 1 clove garlic

Meat piece  
for kebab

No smaller

## Method:

1. Make marinade by combining all ingredients in a bowl and stir together,
2. Cut chicken/halloumi into cubes and place in the marinade (ensure the meat is covered in the marinade),
3. Slice and dice vegetables into similar size pieces as the chicken,
4. Assemble the vegetables and chicken onto the skewers alternating between the different ingredients,
5. Place on a baking tray and grill until the chicken is white all the way through.





# Meatballs and Tomato Sauce Ingredients:

**Don't forget...a container with a lid.**

Focus: To create a nutritionally balanced family meal.

For the meatballs

- 250g/9oz minced beef
- 1 egg
- 2 tbsp fresh or dried breadcrumbs
- 1 tsp dried mixed herbs
- 1 garlic clove
- 1 tbsp vegetable oil
- salt and pepper

For the sauce (Ragu)

- 400g tin chopped tomatoes
- 1 tsp dried mixed herbs
- 1 garlic clove



## Method:

1. Put the beef, egg, breadcrumbs and herbs into a large bowl. Peel and finely grate the garlic then add to the bowl.
2. Work the mixture together with your hands until thoroughly mixed. Season with salt and pepper. Roll the mixture into 12 equal-sized balls.
3. Heat the oil in a large frying pan over a medium-high heat. Fry the meatballs for 8 minutes until golden-brown all over.
4. Add the chopped tomatoes, mixed herbs. Peel and grate the garlic, add to then pan then cook over a medium heat for 20 minutes.



# Veggie Meatballs and Tomato Sauce

## Ingredients:

## Method:

**Don't forget...a container with a lid.**

Focus: To create a nutritionally balanced family meal.

For the meatballs

- 75g quinoa
- ½ onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 tsp sweet smoked paprika
- 400g tin black beans, drained and rinsed
- 1 egg
- 30g dried breadcrumbs
- 1 tsp dried mixed herbs
- 1 garlic clove

For the sauce (Ragu)

- 400g tin chopped tomatoes

1. Tip the quinoa, onion mixture, beans, egg and breadcrumbs into a food processor with a little seasoning and whizz until smooth-ish. Use clean, wet hands to form into 20 balls, each about the size of a walnut, put onto a tray and chill for 15 minutes.
2. Work the mixture together with your hands until thoroughly mixed. Season with salt and pepper. Roll the mixture into 12 equal-sized balls.
3. Heat the oil in a large frying pan over a medium-high heat. Fry the meatballs for 8 minutes until golden-brown all over.
4. Add the chopped tomatoes, mixed herbs. Peel and grate the garlic, add to then pan then cook over a medium heat for 20 minutes.

Home Learning – Weigh ingredients accurately at home. Grate cheese.

# Method:



## Macaroni Cheese Ingredients:

Don't forget...an ovenproof dish.

Serves 4

- 200g macaroni
- 150g Cheddar cheese
- 1 tomato
- 50g soft margarine
- 50g plain flour
- 500ml semi-skimmed milk
- Black pepper



1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce.
  - Place the butter or margarine, flour and milk into a small saucepan.
  - Bring the sauce to a simmer, whisking it all the time until it has thickened.
  - Reduce the heat and allow to simmer for 2 minutes.
  - Stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

Home Learning – Weigh ingredients accurately at home. Grate cheese.



# Method:

## Pasta Bake Ingredients:

Don't forget...an ovenproof dish.

Serves 4

- 200g pasta e.g. rigatoni
- 100g cheese
- 50g soft margarine
- 50g plain flour
- 500ml semi-skimmed milk
- 1 x 5ml spoon dried oregano
- Black pepper

Optional:

- 100g broccoli
- 50g sweetcorn (canned or frozen)
- 100g canned tuna (in water) drained

1. Fill your saucepan  $\frac{3}{4}$  full with water, put on the hob to boil,
2. When your pan of water is boiling, place your pasta in the pan, and turn down to a simmering heat,
3. Grate cheese, cut broccoli, prepare any other ingredients.
4. When your pasta is cooked, take off the hob and strain using a colander,
5. While your pasta is cooking, place the butter or margarine, flour and milk into a small saucepan,
6. Bring the sauce to a simmer, whisking it all the time,
7. Reduce the heat, stir in oregano and allow to simmer for 2 mins,
8. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli,
9. Preheat the grill,
10. Drain the boiling hot water away from the pasta and vegetables with a colander in the sink,
11. Pour the drained pasta and vegetables into the sauce,
12. Stir in canned tuna,
13. Pour the mixture into an ovenproof dish or foil tray,
14. Sprinkle cheese over the top and place under the grill until golden brown.





# Bolognese

## Ingredients:

**Don't forget...a container with a lid.**

Focus: To create a nutritionally balanced family meal.

- 1 onion
- 1 carrot
- 1 celery stick
- 1 clove garlic
- 1x15ml spoon oil
- 1 x 400g canned chopped tomatoes
- handful of fresh basil
- black pepper
- 250g minced beef
- 100ml water (at school)
- 1 x tbsp tomato puree.

*Options:*

- Swap 250g minced beef to 250g Quorn,
- Add extra vegetables.

## Method:

1. Peel and chop the onion, carrot and celery and peel and crush the garlic.
2. Fry the onion, carrot, celery and garlic in the oil for 5 minutes, until soft. Add the meat until the mince is lightly browned.
3. Add the tomatoes, tomato puree, mixed herbs and water and mix all ingredients together. Tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).



# Chilli Con Carne

## Ingredients:



Don't forget...a container with a lid.

- 1 onion
- 1 clove garlic
- 1 green pepper
- 1 x 10ml spoon oil
- 250g minced beef
- 1 x 10ml spoon flour
- 250ml stock
- 1 x 400g can red kidney beans
- 1 x tbsp tomato puree
- 1 x tsp chilli powder



## Method:

1. Prepare the vegetables:
  - Peel and chop the onion.
  - Deseed and chop the pepper.
  - crush the garlic.
2. Fry the onion and garlic in the oil for 3-4 minutes.
3. Add the minced beef and cook until it has browned.
4. Stir in the flour.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato puree and chilli powder.
8. Bring to the boil, then allow to simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.

### Options:

- Swap 250g minced beef to 250g Quorn,
- Add extra vegetables.



# Chicken Tikka Masala

## Ingredients:

Don't forget...a container with a lid.

- 2tbs oil
- 1 medium onion
- 2tbs Tikka Masala Paste
- 200ml water
- 1tsp garlic & ginger chopped (optional)
- 250g diced chicken breast
- 200g canned chopped tomatoes,
- 100ml double cream.

### Optional at home:

You can marinate the chicken first with half yoghurt, half the spice paste, and then either grill it separately or add it uncooked into the sauce and allow to cook through.

## Method:

1. Heat oil in a medium saucepan.
2. Add onion; cook until soft.
3. Add Tikka Masala Paste, 100ml of water, ginger and garlic. Stir occasionally, until reduced and thickened.
4. Add chicken, fry until sealed.
5. Add 100ml water, tomatoes, bring to the boil, simmer un-covered for 10 minutes.
6. Add double cream.
7. Simmer un-covered for 5 minutes.

# Thai Green Chicken Curry

## Ingredients:

**Don't forget...a container with a lid.**

- 1 x 10ml spoon oil
- 3 spring onions
- 1 clove of garlic
- 80g sugar snap peas
- **1 small chicken breast**
- 2 x 15ml Thai green curry paste
- 200ml coconut milk (reduced fat)
- 1/2 lime
- Small bunch of coriander



## Method:



1. Prepare the vegetables:
  - slice the spring onions;
  - cut the sugar snap peas in half;
  - crush the garlic.
2. On a separate clean chopping board using a separate clean knife, cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. Serve.

# Sweet and Sour Chicken

## Ingredients:

**Don't forget...a container with a lid.**

- 425g can pineapple chunks,
- 2 tbsp. tomato ketchup
- 2 tbsp. corn flour,
- 2 tbsp. malt vinegar,
- 1 onion,
- 1 red chili,
- 1 pepper,
- 2 carrots,
- 150g diced chicken,
- 1 tin tomatoes.



## Method: ❀❀❀

1. Make sweet and sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml – add water or stock if you are short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the pineapple and sauce. Bubble for 2 mins, add tinned tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.

# Method:



## Bread roll Ingredients:

**Focus: To look at use of shapes for presentation.**

- 300g strong white flour
- ½ x 5ml spoon salt
- ½ 5ml spoon sugar
- 15g margarine
- 1 sachet quick acting yeast (7g)
- 200ml warm water (at school)
- Milk for glazing
- A few spoon poppy / sesame seeds, optional

1. Grease or line the baking tray.
2. Sift the flour and salt into the mixing bowl.
3. Rub in the margarine, add the sugar.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water.
6. Work into a soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5 - 10 minutes until smooth.
8. Divide the dough into 8 equal pieces.
9. Pat and roll each piece into an oval shape and place on the baking tray.
10. Once shaped, brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.
11. Place in the oven and turn the oven to 220C/ Gas Mark 8 and bake for 20 minutes, until the rolls sound hollow when tapped on the base.
12. Place on the cooling rack.



Home Learning – Weigh ingredients accurately at home. Slice and dice vegetables. Bring in a container.



# Bread based Pizza

## Ingredients:

### Base:

- 300g strong white flour,
- ½ tsp salt,
- ½ tsp sugar,
- 15g margarine,
- 1 sachet quick acting yeast,
- 200ml warm water (at school),

### Topping:

- 3 tablespoons tomato puree/ketchup/passata,
- 100g grated cheese,
- 1 tsp mixed herbs,
- 75g chopped ham,
- 1 red or yellow pepper.

## Method:

1. Set oven to Gas mark 8 or electric 220C
2. Place flour, salt, sugar and margarine in a bowl.
3. Use hands to rub in the margarine,
4. Add sachet of yeast,
5. Stir in warm water gradually to form a dough,
6. Knead on a floured work surface for 10 minutes,
7. Grease baking tray, roll out dough to 1cm thick and place on a tray,
8. Spread base with tomato layer,
9. Prepare other toppings and add on top,
10. Leave to rise for 10 minutes in a warm place,
11. Cook in main oven for 15-20 minutes.





# Shortbread

## Ingredients

- 110g unsalted butter, softened,
- 55g caster sugar,
- 110g plain flour,
- 55g cornflour,
- Pinch of salt.



## Method:

1. Line a tray with baking parchment. Meanwhile heat your oven to 170C.
2. Rub butter into the flour until it resembles bread crumbs,
3. Sift the flour and cornflour into the bowl, add the salt and mix together until smoothly combined,
4. Tip the mixture out onto a lightly floured surface and knead into a soft dough,
5. Place a circle of greaseproof paper at the bottom of your tin,
6. Press shortbread biscuit into the tin and level with a spatula, making sure the mixture is evenly spread,
7. Prick all over with a fork and bake for 20 minutes until just turning golden brown around the edges,
8. Leave in baking tin to firm up and dust with sugar.



**Home Learning – Weigh ingredients accurately at home.**



# Pasties

## Ingredients

### Shortcrust Pastry:

- 200g plain flour,
- 50g white fat e.g. Trex or lard,
- 50g block marg.
- 8 tbsp cold water (at school),

### Cheese and Onion filling:

- 100g grated cheese
- ½ chopped onion
- 50g tinned sweetcorn
- ½ tsp dried mixed herbs

## Method

1. Heat oven Gas 5/180°C
2. Rub fat into flour to give breadcrumbs, add water to give a soft dough,
3. Mix together filling ingredients in a bowl.
4. Roll out pastry onto a floured surface and use a small plate to cut out rounds
5. Place a spoonful of mixture in the centre of each round, brush edges with water.
6. Draw edges up so they meet over the top in a pasty style and press well together.
7. Brush well with milk and place onto baking tray.
8. Bake for 15-20 minutes until pastry is golden and crisp.



# Danish Pastries

## Ingredients

### Puff Pastry:

1 packet ready rolled puff pastry.

### Filling:

#### For the apricot custard turnovers



- 150g tub custard
- 1 x 320g cans apricots
- few tsps apricot jam

OR

#### For the raisin swirls



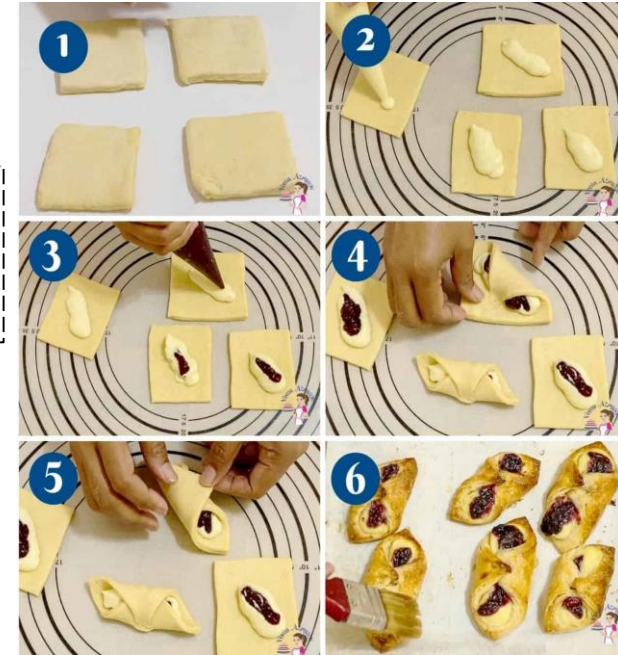
- 100g raisin
- 50g caster sugar
- 1 tsp mixed spice
- 75g soft butter
- 50g icing sugar

### Basic pastry base:

Unroll the sheet of pastry and cut squares no smaller than a post it note.

### To cook:

Heat oven to 220C/200C fan/gas 7. Dust with the remaining demerara and cook for 20 mins until the pastry is golden.



#### Apricot turnovers:

1. Put 2 tsp custard in the middle of a square of pastry, sit two apricot halves on top, dot with jam, then pull 2 corners over and pinch to seal.

#### Raisin Swirls:

1. Mix 100g raisins, 50g caster sugar, 1 tsp mixed spice and 75g soft butter. Instead of cutting the dough into 9, leave it whole and spread the filling over.
2. Roll up, slice into 9 rounds, then squash each one. Blend 50g icing sugar and a few drops of water to drizzle over once baked.





## Method:

# Swiss Roll

## Ingredients:

- 3 eggs,
- 75g caster sugar,
- 75g self raising flour,

### Filling:

- 75g jam/chocolate spread(**must not contain nuts**)/lemon curd.

1. Preheat oven to 200C/Gas Mark 6. Grease and line a Swiss roll tin.
2. Whisk the eggs and sugar in a bowl until pale and fluffy,
3. Fold the flour and spoon the mixture into the tin. Bake in the oven for 7-10 minutes, or until light and springy to touch,
4. Remove from the oven and turn the sponge out onto another piece of greaseproof paper,
5. For the filling, spread the jam onto the sponge. Roll the sponge to cover the filling.



Tried and  
tested recipes  
for you to try at  
home...

Home Learning – Weigh ingredients accurately at home.



# Breaded chicken goujons

## Ingredients

- 2 chicken breasts cut into strips,
- 3 tbsp plain flour
- 1 large free-range egg
- 80g dried breadcrumbs, ideally panko or coarse dried breadcrumbs or 2 slices of bread,
- 4–6 tbsp oil

*Optional – could you stretch yourself by making a sauce (see next page for more ideas)?*

Curry sauce:

- 120g mayonnaise,
- 3 tsp curry powder,

## Method

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Put the flour in a wide, shallow bowl.
3. Break the egg into a second shallow bowl and beat with a fork until smooth and pale. Tip half of the breadcrumbs into a third shallow bowl.
4. Coat each chicken strip first in flour, then egg, then breadcrumbs, pressing firmly and turning to coat on both sides. Set aside on baking paper.
5. If oven-cooking the chicken, brush a baking tray with 1 tablespoon of oil. Place the chicken pieces on the tray and brush generously but lightly with 3 tablespoons more oil.
6. Bake for 15 minutes, turning halfway through.



# Sauces

## Tomato Ketchup

### Ingredients

- 1 tbsp oil
- 1 onion
- 2 tblsp tomato puree
- 6 tomatoes – medium sized (not cherry tomatoes)
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp fennel seeds
- 1tsp sugar
- Pinch ground ginger
- 1 tbsp white wine vinegar



### Method

1. Peel and finely chop / grate the onion.
2. Skin the tomatoes by placing in boiling water to soften and release the skin and then remove skin carefully. Chop the skinned tomatoes.
3. Heat the oil in a small saucepan over a medium heat. Add the onions and fry for 2-3 minutes, until softened.
4. Add the spices and sugar, white wine vinegar and chopped tomatoes and tomato puree to the onions.
5. Simmer gently over a medium heat for 10 minutes, or until the tomato has softened and become a sauce. **WASH UP!**
6. Take off the heat and allow to cool slightly.
7. Using the hand blender – blend your sauce carefully for 30 seconds.
8. Pass the sauce through a sieve over a large
9. glass bowl. Push the sauce gently through the sieve with a wooden spoon.
10. Transfer your sauce to a measuring jug and CAREFULLY pour into a clean glass jar or plastic container.

## BBQ Sauce

### Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 400g can chopped tomatoes
- 3 garlic cloves, finely chopped
- 85g brown sugar
- 3 tbsp malt vinegar
- 2 tbsp Worcestershire sauce
- 1 tbsp tomato purée



### Method

1. Heat oil in a saucepan and add the onion. Cook over a gentle heat 4-5 mins, until softened.
2. Add the remaining ingredients, season and mix. Bring to the boil, then reduce heat and simmer for 20-30 mins, until thickened.
3. For a smooth sauce, simply whizz the mixture in
4. a food processor or with a hand blender for a few seconds

Home Learning – Weigh ingredients accurately at home. Slice and dice vegetables. Bring in a container.



## Risotto

### Ingredients:

- 1tsp Vegetable oil
- 1 Bunch spring onions, trimmed and chopped
- 300g Risotto rice
- 1 Garlic clove, crushed
- 200g Mushrooms, sliced
- 900ml Hot vegetable stock (**one stock cube mixed with 900ml of hot water from school from the kettle in a measuring jug**)
- 75g Frozen peas, thawed
- Ground black pepper

#### *Options:*

- *Add extra vegetables,*
- *Swap mushrooms for other ingredients such as ham, sweetcorn, other vegetables.*

### Method:

1. Heat the vegetable oil in a large frying pan or saucepan and cook the spring onions over a medium-high heat for a few seconds.
2. Add the rice and cook over a low heat for about 1 min, stirring all the time until the rice looks glossy but not brown.
3. Add the garlic and mushrooms and any other flavouring ingredients, then pour in about half the hot stock and stir well. Cook over a medium heat for 20-25 mins, stirring often and gradually adding the remaining stock a little at a time until the rice has absorbed all the liquid.
4. Check that the rice is tender. It should have a nice creamy texture. If it needs cooking for a bit longer, add a little more hot water. Add the peas, stirring gently to mix them in. Check the seasoning, adding some pepper if needed.

Home Learning – Weigh ingredients accurately at home. Slice and dice vegetables. Bring in a container.



## Chicken Pilaf

### Ingredients:

- 1 tsp sunflower oil
- 1 small onion, chopped
- 1 large or 2 small boneless, skinless chicken fillets,
- 2 tsp curry paste (choose your favourite)
- 100g basmati rice
- 225 ml chicken stock (**one stock cube mixed with 225ml of hot water from the kettle in a measuring jug**)
- 100g frozen mixed vegetables
- 50g frozen leaf spinach

#### *Options:*

- *Add extra vegetables,*
- *Change the chicken to turkey, Quorn.*

### Method:

1. Heat the oil in a frying pan, then fry the onion for 5-6 mins until softened. Add the chicken pieces, fry for a further couple of mins just to colour the outside, then stir in curry paste and rice. Cook for another min.
2. Pour in the chicken stock and throw in any larger bits of frozen veg.
3. Bring to the boil, lower the heat, then cover the pan with a lid.
4. Cook for 10 mins, then stir in the remaining veg.
5. Scatter over the spinach, cover, then cook for 10 mins more until all the stock is absorbed and the rice is tender.





# Lasagne

## Ingredients:

Serves 4

Meat sauce:

- 1 onion,
- 1 carrot,
- 1 celery stick,
- 1 clove garlic,
- 1 x 15ml spoon oil,
- 1 x 400g canned chopped tomatoes,
- Handful fresh basil,
- Black pepper,
- 500g minced beef,
- 100ml water,
- 1 x tbsp tomato puree.

White Sauce:

- 50g plain flour,
- 50g margarine,
- 500ml milk.
- 8-10 lasagne sheets,
- 100g cheese

*Options:*

- *Swap 250g minced beef to 250g Quorn,*
- *Add extra vegetables,*
- *Add more cheese.*

## Method:



1. Prepare and chop all vegetables.
2. Sauté mince, onions and carrot until brown.
3. Stir in tomatoes, tomato puree, other vegetables.
4. Bring to the boil, and simmer on a medium heat for 10 minutes.
5. Put into a bowl and wash saucepan.
6. Melt butter, then add flour off the heat to form a dough consistency.
7. Gradually add the milk, stirring continuously making sure it is smooth, place back on the heat.
8. Remove from the heat, add most of the cheese, saving a little for the top.
9. Put half the meat sauce into a shallow oven proof dish cover with lasagne add the rest of the meat and cover with lasagne.
10. Finish with a layer of white sauce.
11. Sprinkle with cheese on the top.

**Don't forget an oven proof dish**

Home Learning:

Mash Potato, grate cheese, chop slice and dice vegetables at home.

# Shepherd's Pie

## Ingredients:

- 500g lamb mince
- 4 carrots, chopped
- 2 garlic (cloves), crushed
- 500ml stock
- 200g chopped tomatoes
- 1 tbsp Worcestershire sauce
- 1 tsp mixed herbs



*Options:*

- Swap 250g minced beef to 250g Quorn,
- Add extra vegetables,
- Add more cheese.

## Method:



1. Preheat oven to 180'C/Gas mark 4
2. Place the meat in a large frying pan and heat gently, stirring frequently, until the meat begins to brown
3. Add the onions carrots and garlic and continue to cook for 10 minutes - stir in the stock and tomatoes and bring to the boil
4. Add the Worcestershire sauce and herbs cover the pan and simmer gently for 25 mins giving it the occasional stir
5. Meanwhile cook the potatoes in boiling water until tender, then drain and mash, mixing in the butter (don't use too much butter, you want the mash to be quite firm)
6. Turn the meat into an ovenproof dish - add on the mashed potato and smooth over
7. Cook for approximately 30 minutes until the potatoes are golden brown

Home Learning –Bring in an ovenproof dish/  
round sandwich cake tin to cook it in.

# Crispy Greek Style Pie

## Ingredients

- 200g bag spinach leaves
- 175g jar sundried tomato in oil
- 100g feta cheese, crumbled
- 2 eggs
- 125g filo pastry



## Alternatives:

- 1 cooked shredded chicken breast,

## Method:

1. Heat oven to 180C/fan 160C/gas 4,
2. Put the spinach into a large pan. Pour over a couple tbsp water, then cook until just wilted. Tip into a sieve, leave to cool a little, then squeeze out any excess water and roughly chop.
3. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.
4. Carefully unroll the filo pastry. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down in a 22cm loose bottomed cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until you have roughly three layers, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.
5. Cook the pie for 30 mins until the pastry is crisp and golden brown.





# Dorset Apple Cake

## Ingredients

- 60g unsalted butter, diced and chilled, plus extra for the tin
- 115g self-raising flour
- 1 tsp ground cinnamon
- 60g light brown sugar
- 1 large egg, beaten
- 4 tbsp milk
- 110g Bramley or Granny Smith apples, peeled, cored and diced
- 50g sultanas
- 1 tbsp demerara sugar (optional)



## Method

1. Heat the oven to 180C/160C fan/gas 4. Butter and line a 20cm cake tin with baking parchment.
2. Mix the flour and cinnamon together in a large bowl. Add the butter and rub into the flour using your fingers, until it resembles fine breadcrumbs.
3. Stir in the light brown sugar.
4. Beat in the egg followed by 4 tbsp of milk – add it gradually until you have a smooth, thick batter.
5. Add the apples and sultanas and mix to combine. Scrape the batter into the prepared tin and gently level out.
6. Sprinkle over the demerara sugar, if using, and bake for 30-40 mins or until golden and a skewer inserted into the middle comes out clean.
7. Allow to cool in the tin for 15 mins and then carefully turn out onto a wire rack to cool further.

Home Learning – Weigh ingredients accurately at home. Decorate at home.

# Chocolate Fudge Cupcakes Ingredients:

- 200g butter
- 200g plain chocolate , under 70% cocoa solids is fine
- 200g light, soft brown sugar
- 2 eggs , beaten
- 1 tsp vanilla extract
- 250g self-raising flour

Don't forget...12 muffin cases

# Method:



1. Heat oven to 160C/140C fan/gas 3 and line a 12-hole muffin tin with cases.
2. Gently melt the butter, chocolate, sugar and 100ml hot water together in a large saucepan, stirring occasionally, then set aside to cool.
3. Stir the eggs and vanilla into the chocolate mixture.
4. Put the flour into the chocolate mixture and mix until smooth.
5. Spoon into cases until just over three-quarters full,
6. Bake for 20-22 mins.

Home Learning – Weigh ingredients accurately at home. Decorate at home. Bring in 12 cake cases.

# Fairy Cake Ingredients:

- 115g caster sugar
- 115g margarine
- 115g self raising flour
- 2 eggs

## Options:

- *Buttercream (150g icing sugar, 75g butter),*
- *Glace icing (100g icing sugar 3 tsp cold water),*
- *Sprinkles,*
- *Chocolate.*

# Method:



1. Preheat oven to 180C/Gas Mark 4
2. Place paper cases in a bun tin.
3. Make cakes using the all in one method, Put all ingredients into a large mixing bowl and using an electric hand whisk, beat together for 2 minutes, until mixture is smooth.
4. Divide mixture evenly between 12 cake cases using a metal spoon.
5. Place in oven for 15minutes until well risen and springy to touch.
6. Remove from tins and place on a cooling wire



Home Learning – Weigh ingredients accurately at home.

## Sweet Bread and Butter Pudding



### Ingredients:

- 6-8 slices of bread/6-8 croissants/pain au chocolat/6-8 hot cross buns.
- 25g butter or spread (plus a little extra for greasing)
- 50g dried fruit/chocolate chips,
- 25g sugar
- 350 ml milk
- 2 eggs



### Method:

1. Lightly grease an ovenproof dish.
2. Spread the bread with butter and cut each slice into 4 triangles.
3. Place a layer of the bread in the dish, sprinkle with fruit and sugar, repeat this and end with a layer of bread.
4. Beat the eggs and the milk together.
5. Pour over the bread through a sieve. Leave for 10 minutes to stand, if time.
6. Bake at 180/gas mark 4 for 30-40 minutes until set and golden brown.

## Savoury Bread and Butter Pudding



### Ingredients:

- 1tbsp vegetable oil
- 1/2 onion, finely chopped
- 2 rashers bacon, diced and cooked
- 1 red pepper, deseeded and diced
- 50g butter
- 6 slices bread
- 3 eggs
- 400ml milk
- 25g grated cheese.



### Method:

- Preheat oven to gas 5, 190°C, fan 170°C.
- Heat oil in a pan and fry the onion until soft. Add bacon and pepper and fry over a high heat until the bacon is browned.
- Butter an ovenproof dish. Thickly butter one side of the bread slices, cut into triangles and arrange in the dish.
- Spoon over the onion and bacon.
- Beat the eggs and milk together, pour over the top.
- Top with cheese and bake for 20 minutes until golden.

Don't forget...an oven proof dish.

Home Learning – Weigh ingredients accurately at home.

# Method:

## Ice Cream

### Ingredients:

- 4 free-range eggs, separated
- 100g/3½oz caster sugar
- 300ml/½pint double cream

1. Whisk the egg whites in a large bowl until stiff peaks form when the whisk is removed.
2. Slowly whisk in the caster sugar, then continue to whisk until the egg whites are stiff and glossy.
3. Whisk the cream in a separate bowl until soft peaks form when the whisk is removed.
4. Fold the cream, egg yolks and your chosen flavouring (see ingredients list) into the meringue mixture until well combined.
5. Pour into a plastic container and freeze for at least two hours.

#### Options:

- **Vanilla flavour** - 1 tsp vanilla extract
- **Ginger flavour** - 100g/3½oz stem ginger, chopped, plus 4 tbsp syrup from the jar
- **Coffee flavour** - 2-3 tbsp coffee essence
- **Raspberry flavour** - 150ml/5fl oz sieved raspberry purée (you could also use strawberry)



Home Learning – Weigh ingredients accurately at home.

# No Churn Ice Cream

## Ingredients:

- ½ a 397g can sweetened condensed milk
- 600ml pot double cream
- 1 tsp vanilla extract

### Options:

- **Vanilla flavour** - 1 tsp vanilla extract
- **Ginger flavour** - 100g/3½oz stem ginger, chopped, plus 4 tbsp syrup from the jar
- **Coffee flavour** - 2-3 tbsp coffee essence
- **Raspberry flavour** - 150ml/5fl oz sieved raspberry purée (you could also use strawberry)

## Method:

1. Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
2. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

Home Learning – Weigh ingredients accurately at home. Bring in a container.

## Method:



## Rock cake

### Ingredients:

- 75g caster sugar,
- 75g margarine,
- 200g self raising flour,
- 1 egg
- 75g mixed fruit



1. Preheat oven to 220c/gas mark 7,
2. Sieve flour into the bowl.
3. Rub in butter into the flour until it looks like breadcrumbs.
4. Stir in sugar and dried fruit.
5. Whisk the egg lightly in a bowl.
6. Make a well in the middle of the flour and carefully add the egg.
7. Mix to form a soft dough.
8. Using 2 spoons, divide the dough into 8 rock shapes and place on a baking tray.
9. Bake for 12-15 minutes until golden brown.
10. Allow to cool on a cooling rack.



# Tropical Granola Bars

## Ingredients

## Method

- 50g butter or margarine
- 2 x 15ml spoon honey
- 100g sugar
- 150g jumbo oats
- 1 x 5ml spoon cinnamon
- 40g pumpkin seeds
- 40g dessicated coconut
- 75g tropical dried fruit



1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

Don't forget...a round foil dish or  
Victoria Sandwich tin.

# Chocolate Brownies

## Ingredients:

- 85g dark chocolate
- 100g butter
- 125g caster sugar
- 100g light muscovado sugar
- 2 whole eggs + 1 egg yolk
- 100g plain flour
- 3 tbsp cocoa powder



## Method:



1. *Preheat oven to 180C/ Gas mark 4*
2. *Grease and line a shallow tin with greaseproof paper.*
3. *Break up chocolate and put in a bowl with the butter over a pan of simmering water.*
4. *Stir the caster sugar and muscovado sugar into the melted butter and chocolate.*
5. *Gradually beat in the eggs and extra egg yolk.*
6. *Fold in the flour and cocoa powder until evenly blended.*
7. *Pour the mixture into the prepared tin and bake for 30 minutes – the cake will be slightly soft in the middle and surface will look cracked.*

# Victoria Sandwich Cake

## Ingredients:

- 225g caster sugar,
- 225g margarine,
- 225g self raising flour,
- 4 eggs
- 1 jar of jam.



Optional:

*Buttercream -100g icing sugar,  
50g Butter.*

## Method:



1. Preheat oven to 180C/Gas Mark 4.
2. Cream together margarine and sugar using an electric whisk until light and fluffy.
3. Crack eggs into jug and beat with a fork, add to the mixture gradually and whisk together until its combined.
4. Sift flour into the mixture and fold in gently with a metal spoon, ensuring all flour is stirred in.
5. Spoon mixture into 2 round tins lined with baking parchment and spread evenly.
6. Place in oven for 20-25minutes until well risen and springy to touch.
7. Remove from tins and place on a cooling wire.

Don't forget...a container to take  
home in.



# Chocolate chip muffins

- Ingredients
- Makes: 12 muffins
- 250g plain flour
- 100g caster sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 175ml milk
- 75ml vegetable oil
- 1 egg
- 125g dark chocolate chips
- 1 tablespoons caster sugar
- 1 tablespoons dark brown soft sugar
- **12 muffin cases**



1. Preheat oven to 200 C / Gas 6. Grease bottoms only of 12-hole muffin tin or line with paper cases.
2. In a medium bowl, combine flour, 100g sugar, baking powder, chocolate chips and salt; mix well. In a small bowl, combine milk, oil and egg; blend well. Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy).
3. Fill holes 2/3 full. Sprinkle tops of muffins before baking with a combination of 3 tablespoons sugar and 2 tablespoon dark brown soft sugar.
4. Bake for 20 to 25 minutes or until skewer inserted in centre comes out clean. Cool 1 minute before removing from tin. Serve warm.



# Jam Tarts

## Ingredients

- 200g plain flour,
- 100g butter/margarine
- ½ jar jam
- 4 tbsp cold water



## Method:

1. Preheat the oven to 180C or gas mark 4,
2. Place flour and butter into the food processor and blend for 10 seconds, until it resembles fine breadcrumbs,
3. Add the water and blend for a further 5 seconds until the dough comes together to make a firm dough,
4. Roll out on a floured surface using a rolling pin,
5. Cut out 12 rounds using a cutter that will fit a bun tin,
6. Press in gently, put teaspoon jam in each one,
7. Bake in the oven for 10 mins.

# Chelsea Buns

## Ingredients:

- 300g strong white flour
- ½ x 5ml spoon salt
- ½ 5ml spoon sugar
- 15g margarine
- 1 sachet quick acting yeast (7g)
- 200ml warm water

## Filling:

- 25g/1oz unsalted butter, softened
- 75g/3oz soft brown sugar,
- 2 tsp ground cinnamon,
- 150g/5oz dried mixed fruit

## Method:



1. Preheat the oven to 220°C or gas mark 8.
2. Grease or line the baking tray.
3. Sift the flour and salt into the mixing bowl.
4. Rub in the margarine.
5. Stir in the yeast.
6. Make a well in the centre of the flour and add warm water.
7. Work into a soft dough with your hand.
8. Turn onto a lightly floured surface and knead for 5 - 10 minutes until smooth.
9. Place the dough in the bowl. Cover with cling film and prove in a warm place until doubled in size.
10. Turn dough onto a lightly floured surface and knead. Roll dough out to a rectangle and brush with melted butter.
11. Sprinkle with the soft brown sugar, cinnamon and mixed fruit.
12. Roll up and the cut into 8 slices,
13. Place slightly touching on baking tray or round cake tin,
14. Brush buns with milk,
15. Bake for 10 minutes, until the rolls sound hollow when tapped on the base.
16. Place on the cooling rack.