



Name:



Year
8
Food

Macaroni Cheese

- 1 Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 - 12 minutes, until *al dente*. Drain the boiling hot water away from the macaroni into a colander in the sink.
- 2 Grate the cheese.
- 3 Make the sauce:
place the fat, flour and milk into a small saucepan;
bring the sauce to a simmer, whisking all the time until it has thickened;
Take off the heat and stir in 75g of the grated cheese.
- 4 Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
- 5 Pour the macaroni into an oven-proof dish (or foil tray).
- 6 Place under a hot grill until the cheese is bubbling and golden brown.



Ingredients

100g macaroni
100g Cheddar cheese
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Black pepper

1 small oven proof dish

Over the next 12 weeks you will be taking part in a project to design and make foods from around the world. You will be expected to bring in your own ingredients and cook a variety of dishes. The teacher will give you a demonstration to make the product and then the following lesson you will be making them independently.

Practical lessons:

1. Give the ingredients list to your parent or carer in plenty of time before the lesson.
2. The school will provide salt, pepper, oil for frying and flour for rolling out. You must bring in everything else.
3. **Bring a named container to take food home in.** Don't forget to check the size you need for the recipe.
4. If you miss a lesson you must see your teacher to find out what you are cooking next time.
5. Please see me or ask your parents to contact me well in advance if there is any difficulty providing ingredients for a lesson.
6. This recipe book is also on the school website and I will post the ingredients list on Google classroom.

Stir-Fried Rice

Ingredients

$\frac{1}{2}$ head of broccoli
 $\frac{1}{2}$ onion
1 carrot
3-4 baby sweetcorn
50g sugar snap peas or round green beans
1 garlic clove
1cm piece of fresh ginger
150g long grain rice (or pack of microwave rice)
1 x 15ml spoon oil
2 eggs
Black pepper
Spray oil
1 $\frac{1}{2}$ x 15ml spoons Worcester sauce



Method

1. Prepare the ingredients:
 - cut the broccoli into small florets;
 - peel and dice the onion and carrot.
 - cut the baby corn in half lengthways and then into even size pieces;
 - cut the sugar snap peas or green beans into even size pieces;
 - peel and crush the garlic and ginger.
2. Bring a large pan of water to the boil. Add the rice, 1 tsp of salt and cook for 10 minutes until tender. Lid on.
3. When the rice is cooked, drain and rinse with cold water. Place on a flat plate or tray and leave to cool
4. Heat the oil in a large deep frying pan or wok over a medium high heat. Add the onion and fry for 3-4 minutes until softened.
5. Add the broccoli, carrot, corn and sugar snap peas or green beans. Stir-fry for 8-10 minutes until the vegetables are starting to soften.
6. Add the cooked rice, ginger and garlic to the pan. Fry, mixing well with the vegetables, for 5 mins until the rice is piping hot and starting to crisp.
7. Crack the eggs into a jug and season with black pepper. Mix well.
8. Move the rice and vegetables to one side of the pan. Spray the empty side of the pan with oil and pour in the egg.
9. Cook, stirring constantly, for 3 mins until the eggs are cooked through, then mix with the vegetables and rice. Mix in the Worcester sauce and serve.

Pasta Napolitana

Method

- 1 Peel and finely dice the onion.
- 2 Heat the oil in a large frying pan over medium heat. Add the onion and cook, uncovered, stirring often, for 3 minutes or until it softens slightly. Add the garlic and cook, stirring, for 1 minute or until aromatic.
- 3 Stir in the tomatoes and tomato paste. Increase heat to high and bring to the boil. Reduce heat to medium and simmer, uncovered, stirring often, for 6-7 minutes or until the sauce reduces and thickens slightly.
- 4 Stir in the sugar. Taste and season with salt and pepper.
- 5 Meanwhile, cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain and return to the pan.
- 6 Add the sauce to the pasta and toss to combine. Serve immediately

Ingredients

- 1 tbsp. oil
- 1 brown onion
- 2 garlic cloves
- 1 x 400g can of tomatoes
- 1 tbsp tomato puree
- 1/2 tsp caster sugar
- Salt and pepper
- 200g penne pasta



Curry

Method

1. Prepare the ingredients:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cube the potatoes.
 - drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
- 3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Allow to cook for a further 2 minutes.

Ingredients

- 1 onion
- 1 clove garlic
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 1 large potato
- 400g can chopped tomatoes
- 410g chickpeas, canned



Teacher's challenge:

Can you make some naan to go with it?

Apple Pie

Ingredients

- 225g plain flour
- 140g butter or margarine
- 3 large cooking apples
- 2 tbsp honey
- pinch of cinnamon
- pinch of mixed spice
- **oven proof pie dish**



Method

1. Heat oven to 180C. To make the pastry, sift the flour into a large mixing bowl and add the butter or margarine. Using your fingers, mix together until the mixture resembles breadcrumbs.
2. Add about 3 tbsp cold water - 1 tbsp at a time - to bind the mixture into a ball. Then wrap leave to chill in the fridge while you prepare the apples.
3. While the pastry is chilling, core the apples, then cut into even-sized chunks so they all cook in the same amount of time. Put the apples into the pie dish, drizzle over the honey and add the cinnamon, mixed spice and about 2 tbsp water.
4. Roll out the pastry on a floured work surface until it is large enough to cover the pie dish. Using the rolling pin, carefully lift the pastry and lay it over the top of the apple mixture. Carefully trim off the excess pastry (this can be rerolled and cut into shapes to decorate the pie crust if you like) and press the pastry edges onto the dish to create a seal.
5. Make a small cut in the pastry so that the air can escape during cooking, then brush with beaten egg to glaze.
6. Bake the pie in the oven for 20-30 mins until the pastry is golden and sandy in appearance and the apple filling is bubbling and hot.

Teacher's challenge:

Can you use more than one type of fruit in your pie?

Fajitas

Ingredients

- 1 chicken breast or Quorn fillet.
- 1 pepper
- 1 carrot
- 1 onion
- 1 sachet of fajita spice
- 2 tortilla wraps.



Teacher's challenge:

Can you make your own toppings to go on the fajitas?

Method

1. Prepare the vegetables with a clean knife on a clean chopping board: slice the onions, peppers and carrots.
2. On a **RED** chopping board, slice your meat or other protein food that you are using.
3. Heat 2 tablespoons of oil in a frying pan for 2 minutes. Add the sliced chicken to the frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked. It should be white all the way through.
4. Add the vegetables and continue to cook for a further 2 minutes. Sprinkle over the spiced flavouring and cook for 2 minutes.
5. Take a wrap and lay on a clean surface. Spread a little chicken in the centre of the tortilla, add some cheese or guacamole/sour cream, then roll up.
6. If you are taking them home to eat, leave the filling separate from the wraps as they will go soggy.