Year 8
Food and Nutrition
Recipe book

Selwood
Academy

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

WASHING UP.

- SCRAPE – as much of the food off the plates and dishes as you can.
- SORT – Put all of the dirty dishes and pans neatly stacked by the sink. Not **in** the sink.
- STACK – Stack in order., cutlery, plates, bowls and lastly saucepans
- Wash cleanest items first, one item at a time.
- Do not put all your washing up into the sink together.
- Wash in the order of cutlery, plates or dishes, then lastly saucepans.
- If the water is too dirty change to clean hot water and continue.
- Drain the items upside down on the draining board before drying with a clean tea towel

Pasta Napolitana

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

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.

4 Reduce heat to medium and simmer, uncovered, stirring often, for 6-7 minutes or until the sauce reduces and thickens slightly.

5 Stir in the sugar. Taste and season with salt and pepper. Meanwhile, cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente.

6 Drain and return to the pan.

7 Add the sauce to the pasta and toss to combine. Serve immediately.

Vegetable curry

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

Method:

1 Prepare the ingredients:

peel and slice the onion;

peel and crush the garlic;

peel and cube the potatoes.

drain the chickpeas

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 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.

Victoria sponge (gluten free optional)

Ingredients

150g caster sugar

150g butter or soft spread

150g self-raising flour (gluten free optional)

3 eggs

1 x 5ml spoon baking powder

3 x 15ml spoon jam

Optional

Fresh fruit

100ml Whipping cream

Method:

1 Turn the oven on to 180℃. Grease 2 baking tins with a little butter and line the baking tins with grease proof paper.

2 Place the butter and sugar into a mixing bowl.

3 Cream them together with a wooden spoon until soft and fluffy.

4 Crack the eggs into a jug and then pour into the mixing bowl, mix in one by one.

5 Sieve the flour and baking powder into the bowl and fold together with a metal spoon.

6 Divide between the two baking trays and bake for 20-25 mins.

7 Once cooked, cool on rack and peel off paper.

8 When cool spread the jam on one side.

9 If using the whipping cream – whip lightly using either a whisk or hand blender until it can stand in soft peaks and then spread on top of the jam.

10 Place the two halves together and if available place the soft fruit on top decoratively.

High fibre vegetable pasty

Ingredients

For the pastry

75g wholemeal flour
75g plain white flour
75g butter or soft spread

For the filling

1 carrot
2 potatoes
1 small swede
1 onion
A handful of frozen peas
A handful of frozen sweetcorn
A pinch of dried mixed herbs or a tsp of curry paste
Salt and pepper
1 egg

Method:

1 Heat oven to 180C.
2 Add the flour and butter to a large mixing bowl
3 Using your hands, blend the flour and butter until the mixture looks like breadcrumbs
4 Add about 3 tbsp cold water – 1 tbsp at a time – to bind the mixture into a ball. Mix with a knife to start with and stop adding water when the mixture starts to form a ball. Use your hand to finally make the dough into a ball.
5 Leave to chill in the fridge while you prepare the filling.
6 Prepare the filling ingredients:
peel and chop the carrot, potatoes, swede and onion into 1cm cubes – try to make all the pieces the same size
7 Heat the oil in a large saucepan over medium heat. Add the onion and until turning golden.
8 Add the potato, swede, carrot to the onion and continue to sauté the filling. If needed add a few tablespoons of water, add the mixed herbs or curry paste to flavour.
9 Once the vegetables are cooked add your peas and sweetcorn to the mix and season with salt and pepper and leave to cool.
10 Roll out the pastry and cut out your circles.
11 Place 2 or 3 spoons of the filling into the centre of your circle. Beat the egg in a bowl and use the beaten egg to brush around the edge of the circle and fold the circle over the filing. Brush the pasty with the egg and place on an baking tray.
12 Repeat for the rest of your pasties.
13 place in the oven for approximately 20 minutes or until the pastry has turned golden brown.
14 cool the pasties down on a wire rack.

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.

2 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.

3 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.

4 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.

5 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.

6 Make a small cut in the pastry so that the air can escape during cooking, then brush with beaten egg to glaze.

7 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.

Fajitas

Ingredients

For the tortilla

125g plain flour

1 tbsp vegetable oil

Pinch of salt

For the filling

1 chicken breast or Quorn fillet.

1 pepper

1 carrot

1 onion

1 sachet of fajita spice

Method:

1 Combine the flour, vegetable oil and salt in a bowl. Pour over approximately 75ml warm water and knead to bring the mixture together – add less water to start – it's much easier to add more water than take it out! 2 Remove from the bowl and knead on a lightly floured work surface for around 5 mins until you make a soft, smooth ball of dough

3 Cover with a clean tea towel and rest for at least 15 mins before rolling out.

4 Cut the dough into 3 equal pieces. Roll out each ball of dough as thinly as possible on a floured work surface. They should make rounds about 20 cm wide, 2mm thick.

5 Heat a large frying pan over a medium-high heat. Cook the tortillas for 1-2 mins on each side until golden brown and toasted.

6 Prepare the vegetables with a clean knife on a clean chopping board: slice the onions, peppers and carrots.

7 On a RED chopping board, slice your meat or other protein food that you are using.

8 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.

9 Add the vegetables and continue to cook for a further 2 minutes. Sprinkle over the spiced flavouring and cook for 2 minutes.

10 Take a wrap and lay on a clean surface. Spread a little chicken in the centre of the tortilla, then roll up.

11 If you are taking them home to eat, leave the filling separate from the wraps as they will go soggy.

Stir fried rice

Ingredients

½ head of broccoli
½ 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 x 15ml spoon 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 with the lid on.

3 When the rice is cooked, drain and rinse with cold water 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 ginger and garlic to the pan. Fry, mixing well with the vegetables,

7 Add the cooked rice and cook for 5 mins until the rice is piping hot and starting to crisp.

8 Crack the eggs into a jug and season with black pepper. Mix well.

9 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.

10 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.

Macaroni cheese

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

Method:

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 onto a plate

3 Make the sauce:

4 Place the fat, flour into a small saucepan and whisk into a smooth paste.

5 Add the milk to the small saucepan and bring the sauce to a simmer, whisking all the time until it has thickened

6 Take off the hear and stir in 75g of the grated cheese

7 Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.

8 Pour the macaroni into an oven-proof dish (or foil tray).

9 Add the remaining grated cheese to the top of the dish

10 Place under a hot grill until the cheese is bubbling and golden brown.

Beef enchilada – Base recipe

Ingredients

250g of beef mince

2 Cloves of garlic

200g tin of sweetcorn

1 Pepper

1 Onion

500g Tin chopped tomato or passata

200g cheddar cheese

1 Tbsp of tomato puree

1 Tbsp Vegetable oil

½ Tsp chilli flakes/powder (optional)

1 Tsp smoked paprika (optional)

1 Pack of tortillas (6 or 8)

1 small oven proof dish

Method:

1 . Open and drain the tin of sweetcorn then, using a sharp knife, slice the pepper and onion into even sized strips and crush the garlic

2 Put the mince or alternative and oil into a large saucepan and fry, on a low heat, until the mince is sealed. Add the peppers and onions and garlic and gently fry until they begin to soften.

3 Simmer for a few minutes until the mince is cooked and no longer red.

4 Add the chilli and smoked paprika, then stir in tinned tomatoes, sweetcorn, and tomato puree. Cook for a further 5-10 minutes to reduce the sauce then remove from the heat

5 Clear your workspace ready to assemble your tortillas and grab your oven proof dish.

<u>To assemble the enchiladas</u>

1 Take one tortilla and using a metal spoon place the chicken mixture down the centre.

2 Sprinkle a little of the cheese over the mince mixture (keeping some back for the top).

3 Roll up the tortilla to encase the mince. Place the tortilla into your dish.

4 Repeat this with the remaining tortillas.

5 Spread any remaining sauce over the neatly arranged tortillas and sprinkle the remaining cheese on top.

Beef enchilada – Adapted recipe

Ingredients:

Method:

1 . Open and drain the tin of sweetcorn then, using a sharp knife, slice the pepper and onion into even sized strips and crush the garlic

2 Put the mince or alternative and oil into a large saucepan and fry, on a low heat, until the mince is sealed. Add the peppers and onions and garlic and gently fry until they begin to soften.

3 Simmer for a few minutes until the mince is cooked and no longer red.

4 Add the chilli and smoked paprika, then stir in tinned tomatoes, sweetcorn, and tomato puree. Cook for a further 5-10 minutes to reduce the sauce then remove from the heat

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4 Repeat this with the remaining tortillas.

5 Spread any remaining sauce over the neatly arranged tortillas and sprinkle the remaining cheese on top.

Pasta bake – Base recipe

Ingredients

250g macaroni/penne pasta

40g butter

40 plain flour

400ml Milk

1 tsp Dijon or English mustard (optional)

100g Cheddar

Salt and pepper

Choice of meat

Choice of vegetables. E.g peas, sweetcorn, spinach, mushroom, broccoli

1 small oven proof dish

Method:

1 Prepare your ingredients, equipment, and workspace (mise en place)

Preheat oven, electric: 200 degrees or gas mark 6.

2 In a medium saucepan, place the butter, flour and milk. Heat to warm and then whisk continuously. Continue to whisk and cook the sauce for 3-4 minutes until it has thickened up. Then Remove from heat.

3 Grate the cheese (leave a small handful for the topping)

4 Add the mustard, cheese and season with salt and pepper. Cover with a lid and set to the side.

5 Half fill a large saucepan with cold water.

6 Place the saucepan on the hob and allow to boil.

7 Slice the ham and vegetables into bite size chunks.

8 Once the water is boiling (big bubbles) add your pasta carefully with a slotted spoon.

9 Cook pasta for 10 -15 minutes (check with a dessert spoon)

10 About 6 minutes before the end of the cooking time add the vegetables to the pasta water – **Cooking time will depend on the vegetables used and their size**.

11 Using a colander, drain the pasta and vegetables and place back in large saucepan.

12 Add the sauce mix to the pasta, vegetables and ham. Combine all the ingredients together.

13 Add the mixture to an oven proof dish and sprinkle the leftover cheese on the mixture.

Bake in the oven for 20 minutes.

Pasta bake – Adapted recipe

Ingredients:

Method:

1 Prepare your ingredients, equipment, and workspace (mise en place)

Preheat oven, electric: 200 degrees or gas mark 6.

2 In a medium saucepan, place the butter, flour and milk. Heat to warm and then whisk continuously. Continue to whisk and cook the sauce for 3-4 minutes until it has thickened up. Then Remove from heat.

3 Grate the cheese (leave a small handful for the topping)

4 Add the mustard, cheese and season with salt and pepper. Cover with a lid and set to the side.

5 Half fill a large saucepan with cold water.

6 Place the saucepan on the hob and allow to boil.

7 Slice the ham and vegetables into bite size chunks.

8 Once the water is boiling (big bubbles) add your pasta carefully with a slotted spoon.

9 Cook pasta for 10 -15 minutes (check with a dessert spoon)

10 About 6 minutes before the end of the cooking time add the vegetables to the pasta water – **Cooking time will depend on the vegetables used and their size**.

11 Using a colander, drain the pasta and vegetables and place back in large saucepan.

12 Add the sauce mix to the pasta, vegetables and ham. Combine all the ingredients together.

13 Add the mixture to an oven proof dish and sprinkle the leftover cheese on the mixture.

Bake in the oven for 20 minutes.