

Béchamel White Sauce

Ingredients

50g marg, butter or oil

50g plain flour

500 ml milk

Method

1. Melt the fat in a suitable sized pan
2. Add the flour and mix in.
3. Cook the roux gently for a minute without colouring.
4. Gradually add the milk until you have achieved a smooth sauce.
5. Simmer for 30 minutes.

Lasagne

Ingredients

9 lasagne sheets

50g cheddar cheese

A square/rectangle lasagne dish

Method

1. Once you have made your tomato ragu and béchamel sauce you need to layer the dish as follows.
2. A layer of the tomato to cover the base of the dish, cover with 3 sheets of lasagne.
3. Add another layer of the tomato, cover with the lasagne sheets.
4. Put on the final layer of tomato, cover with lasagne then pour the béchamel sauce over the top.
5. Grate your cheese over the top of the sauce.
6. Bake at home Gas mark 4 electric 180°C for 30 minutes.



WEST HILL SCHOOL



YEAR 9

FOOD

PREPARATION AND

NUTRITION

RECIPE BOOK

RULES OF THE FOOD TECHNOLOGY ROOM

1. Blazers, coats and school bags at the back of the room.
2. Aprons must be worn in the food room.
3. Hands must always be washed with hot water and soap before food preparation begins or after touching raw foods i.e. chicken/fruit/veg.
4. Wipe down surfaces.
5. Measure and weigh ingredients carefully.
6. Read and follow written recipe and method.
7. Clean up any spillages straight away.
8. No running.
9. Oven gloves must be worn when putting things in, or taking things out of the oven.
10. Respect T20 surroundings and equipment.
11. Equipment, when washed in hot and soapy water must be checked before it can be put away.

Basic Tomato Ragu-Concasse

Ingredients

- 1 onion
- 1 clove garlic
- 1x15ml spoon oil
- 1 x 400g canned chopped tomatoes
- 6 large ripe tomatoes
- 300g mince of your choice traditionally beef or lamb
- handful of fresh basil
- black pepper

Method

1. Put a pan with water on to boil, when boiling place the tomatoes in for 30-40 seconds **NO LONGER** drain, put back in the pan and fill with cold water.
2. Peel the skins of the tomatoes off, quarter the tomatoes and scoop out the seeds, discard.
3. Chop roughly in to small chunks.
4. Peel and chop the onion and peel and crush the garlic.
5. Fry the onion and garlic with the mince for 5 minutes, until onion is soft and the meat browning.
6. Add the tinned tomatoes and tomato concasse and tear in the basil leaves.
7. Add a few twists of black pepper, then allow to simmer gently for 30 minutes.

Lemon Cheesecake

serves 4-5



A shallow baking tin approximately 20cm in diameter.
Ideally, this would be the type of tin that has a removable base.

Ingredients

150g digestive biscuits
75g butter or margarine
225g cream cheese
125ml double or whipping cream
25g caster sugar
1 lemon

Method

1. Crush or liquidize the biscuits into fine crumbs.
2. Melt the margarine in a pan and stir in the biscuit crumbs. Use to line the base of dish.
3. Wash the lemon. Finely grate the skin and squeeze out the juice for later.
4. Whisk the cream until thick.
5. Beat the cheese to soften it. Stir the cream into the cheese.
6. Fold in the sugar, lemon rind and juice.
7. Pour over the biscuit base. Chill. Decorate as required.

YEAR 9 RECIPE BOOK

1. Mushroom Risotto
2. Savoury Rice
3. Swiss Roll
4. Short Crust Pastry
5. Cheese and Onion Triangles
6. Puff Pastry
7. Sausage Rolls
8. Traditional Chocolate Brownie
9. Plain or Fruit Cheesecake
10. Lemon Cheesecake
11. Basic Tomato Ragu-Concasse
12. Béchamel White Sauce
13. Lasagne

Mushroom Risotto

Ingredients

- 1 onion
- 150g chestnut mushrooms
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or stock cube
- 1-1.5 litres water, boiling
- 1 x 15ml spoon parmesan, grated
- 1 x 10ml spoon thyme, chopped

Equipment

Chopping board, knife, garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic.
2. Fry the onion and garlic in the oil until softened.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks - this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir in the parmesan and thyme into the rice.

Top tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Use different herbs and spices e.g. basil, parsley or chilli.
- Ensure that you keep adding liquid otherwise the rice will not cook.

Skills

Using the hob	Bridge hold	Claw grip	Mixing/combining	Weighing
Measuring	Using the kettle	Frying		

Plain or Fruit Cheesecake serves 4-5



A shallow baking tin approximately 20cm in diameter. Ideally, this would be the type of tin that has a removable base.

Ingredients

- 150g digestive biscuits
- 75g butter or margarine
- 200g cream cheese
- 50g sugar
- 1 small yoghurt (any flavour)
- 15g gelatin (optional)
- 125ml double or whipping cream - plus extra to decorate if required
- 2 tbsps. fruit juice or water
- Fruit of choice (either to go in cheesecake mixture or to decorate or both)

Method

1. Crush or liquidize the biscuits into fine crumbs.
2. Melt the margarine in a pan and stir in the biscuit crumbs. Use to line the base of dish.
3. Soak the gelatine in the water or fruit juice.
4. Blend cheese, sugar, yoghurt and fruit if required.
5. Add the gelatine to the mixture.
6. Whip the cream until light and fluffy. Add to the cream cheese mixture.
7. Pour over the biscuit base. Chill. Decorate as required.

Traditional Chocolate Brownie

Ingredients

200g Plain Chocolate
175g Butter
250g Caster Sugar
100g Plain Flour
30g Cocoa Powder
3 Eggs

Method

Preheat oven to 170C/Gas 3

1. Put chocolate and butter in a glass bowl and melt over a pan of simmering water. Or use the microwave. *(Remember to microwave for 30 seconds and then stir, repeat the process until butter and chocolate are all melted.)*
2. Once chocolate and butter is melted and smooth take the bowl and add the sugar, stir until incorporated.
3. Add the flour and cocoa powder and stir until incorporated.
4. Add the eggs and mix until the mixture is smooth and glossy.
5. Pour mixture into a prepared baking tin. *(33x23x5cm lined with greaseproof paper)*
6. Bake for 20-25 Minutes - the brownie should still be soft and will firm up as it cools, Do not overcook! Brownies will be soft until completely cool.

Savoury Rice

Ingredients

1 onion
3 mushrooms
1/2 red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5ml spoon vegetable stock powder or cube
50g peas
1 x 10ml spoon curry powder

Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons, kettle.

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - dice the red pepper;
 - chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

Skills

Using the hob	Onion preparation	Bridge hold	Frying/Simmering
Mixing/combining	Using a kettle	Weighing	Measuring
Claw grip			

Swiss Roll

Ingredients

75g self raising flour
3 eggs (medium)
75g caster sugar
Jam

Equipment

Swiss roll tin, baking parchment, scissors, pastry brush, weighing scales, mixing bowl, electric hand mixer, sieve, large metal spoon, spatula, oven gloves, grease-proof paper, tea towel, small bowl, sharp knife, palette knife, and cooling rack.

Method

1. Clean apron on, wash hands and wipe down surfaces.
2. Preheat the oven to 200°C or gas mark 6.
3. Line and grease the Swiss roll tin, 22cm x 30cm with baking parchment.
4. Whisk the eggs and sugar together until thick, creamy and white (and leaves a trail).
5. Sift the flour onto a plate.
6. Gently fold in the flour, using the metal spoon.
7. Pour the mixture into the Swiss roll tin. Use the spatula to scrape the bowl clean.
8. Bake for 10 minutes, until golden brown and firm to the touch. (Do not over-cook.)
9. While the Swiss roll is baking, place the piece of greaseproof paper on top of a clean work surface .
10. Warm the jam in a small bowl for 20 seconds in the microwave.
11. When the Swiss roll is cooked, tip it onto the greaseproof paper.
12. Carefully peel off the lining paper from the cake.
13. Trim the edges off the Swiss roll.
14. Spread the jam over the Swiss roll using a spatula.
15. Roll up the Swiss roll from the top short edge, using the paper to grip and guide the Swiss roll. Keeping the paper in the middle of the cake. Allow to cool
16. Wash up using hot soapy water.
17. Wipe down surfaces.
18. Have equipment checked by teacher before putting away in the cupboard.

Top tips

- Remember that grease can often cling to plastic mixing bowls, so use a clean glass or ceramic bowl to whisk the eggs and sugar.
- Fold in gently using a figure of 8 motion.

Skills

Using the oven	Weighing	Measuring	Combining/Mixing	Whisking
Spreading	Rolling up			

Sausage Rolls

Ingredients

Puff pastry
400g Sausage Meat (or a pack of sausages)
1 x Egg

Equipment

Weighing scales, Fork, Measuring jug, Chopping board, Knife, Palette knife, Mixing bowl, Grater, Rolling pin, Measuring Spoon, Sieve, Baking tray, Spoon, Pastry brush.

Method

1. Turn the oven onto 200C.
2. Add the diced the onion and add any additional ingredients into your glass mixing bowl.
3. Add the sausage meat and mix until all the ingredients are thoroughly mixed together.
4. Flour the work top and roll out half a block of pastry at a time.
5. Place an even amount of the sausage mix filling all the edge of the pastry and roll up into a sausage shape.
6. Brush the edge with egg wash and seal together.
7. Chop the sausage roll shape into pieces and place on a baking tray.
8. Egg wash the sausage rolls and bake in the oven for 20 - 25 minutes.

Puff Pastry

Ingredients

225g plain flour, plus extra for rolling out

$\frac{1}{2}$ tsp salt

250g butter, cold but not rock hard (or you can use half butter, half lard)

150ml ice-cold water

Preparation method

1. Sift the flour and salt into a large mixing bowl. Meanwhile, cut the butter into small cubes.
2. Using a round-bladed knife, stir the butter into the bowl until each piece is well coated with flour.
3. Pour in the water, then, working quickly, use the knife to bring everything together to a rough dough.
4. Gather the dough in the bowl using one hand, then turn it onto the work surface. Squash the dough into a fat, flat sausage, without kneading. Wrap in cling film then chill the dough in the fridge for 15 minutes.
5. Lightly flour the work surface and the pastry. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm/18x6in. Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.
6. Fold the bottom third of the pastry up, then the top third down, to make a block about 15x15cm/6x6in. It doesn't matter if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.
7. Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.
8. Roll out and fold the pastry again, repeating this four times in all to make a smooth dough, with buttery streaks here and there. If the pastry feels greasy at any point, or starts to spring back when as you roll, then cover and chill it for 10 minutes before continuing.
9. Chill the finished pastry for an hour, or ideally overnight, before using.

Short crust Pastry

Ingredients

200g plain flour

100g BLOCK margarine

5-6x15ml spoons cold water

Preparation method

1. Sift the flour into the bowl.
2. Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
3. Add the cold water and start to mix together.
4. Mix to form a firm, smooth dough.
5. Chill the finished pastry for an hour, or ideally overnight, before using.

Cheese and Onion Triangles

Ingredients

Short Crust pastry

100g Cheddar cheese

1 small onion

1 egg (beaten)

Equipment

Weighing scales, Fork, Measuring jug, Chopping board, Knife, Palette knife, Mixing bowl, Grater, Rolling pin, Measuring Spoon, Sieve, Baking tray, Spoon, Pastry brush.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grate the cheese. Slice the onion. Mix the cheese and onion together.
3. Roll out the pastry into a square, on a floured surface.
4. Cut the square into quarters using the palette knife.
5. Spoon some cheese filling in the middle of the square.
6. Next, brush the edges of the pastry with beaten egg.
7. Fold over each pasty and pinch them together all the way along.
8. Brush each pasty with beaten egg.
9. Transfer them onto the baking tray.
10. Bake for 20 minutes, until golden brown.