

Food and Nutrition Recipe Booklet Year 9

Name:	
Form:	
Group, day, period:	
Teacher:	





Expectations for practical lessons

- Long hair tied back.
- Short nails and no nail varnish or false nails.
- Long sleeves to be rolled up.
- No jewellery.
- Wear an apron.
- Blazers in cupboard.
- Wash hands before cooking.
- Leave ingredients in food room before morning registration.
- Cold ingredients to be stored in the fridge.
- Clearly label all ingredients with your name and form.
- Bring a **labelled** container to take food home in.
- Wipe down work surfaces before cooking.
- Cover cuts with a waterproof plaster.
- Spillages wiped up immediately and reported to Teacher/Technician.
- Report to Teacher/Technician if any accident occurs during the lesson.
- Use hot water and detergent for washing up.
- Work as a team.
- Show clean dry equipment to Teacher/Technician before returning to correct place.
- Wipe cooker tops down after use.
- Leave sink area clean and dry.
- Place wet and dirty cloths and tea towels in the washing basket provided.
- Collect cooking after school.

A few food hygiene reminders for storing at home:

SHOPPING FOR FOOD

- Good food safety starts when you shop for food.
- Check the date-marks on food.
- Don't buy dented cans or damaged packets of food.

STORING FOODS - SOME TIPS

- The temperature of a fridge should be between 0-5°C. Check the thermostat readings on your fridge.
- Raw food must always be stored below cooked food.
- Raw meat, chicken and fish must always be stored on the bottom shelf of the fridge, so they can't drip on other foods.
- Keep eggs in the fridge, away from strong odours.
- Some food jars need to go in the fridge when open, check the label.
Never put open cans of food in the fridge.

STORING FOODS - THE CUPBOARD

- Keep all food cupboards, cool, clean and dry.

STORING FOODS - THE FREEZER

- The temperature of a freezer should be -18°C.
- Freezers are ideal for storing foods for a long time, but not too long.
Check the date mark or storage instructions on the label.

EXTENSION WORK IN FOOD AND NUTRITION

Practical Work:

- Change ingredients to suit individual preferences

Example: Change cheese variety to own choice

- 1 Onion (red/white onion, spring onion)
- Change recipe to suit a specific dietary need

Eggs

Ingredients

Eggs

Oil

Salt and Pepper

Poached eggs method

1. Bring a frying pan of water to the boil, add a splash of malt vinegar.
2. Turn the boiling water down until it is gently simmering.
3. Gently crack the egg and poach in the simmering water for 2-3 minutes.

Remove and drain off water.

Omelette method

1. Whisk 2 eggs together in a jug or mixing bowl until light and airy.
2. Season with salt and pepper.
2. Heat 1 tbsp oil in a small non-stick frying pan.
3. Pour the beaten egg into the pan and cook for a few minutes until egg starts to set and is golden underneath.
4. Sprinkle over any filling of choice eg: grated cheese.
5. Fold omelette in half, cook for a further minute then serve.

Fried method

1. Heat 1 tbsp oil in a non-stick frying pan.
2. Gently crack an egg into the pan and gently fry until the white has set. Serve.



ROASTED VEGETABLES

Ingredients

Choose a selection of vegetables from the following options:

Courgettes, onions, mushrooms, peppers, tomatoes, aubergine,

Seasonings - salt, pepper, dried herbs



Method

1. Preheat oven to 220°C.
2. Wash and prepare vegetables.
3. Cut into chunks.
4. Place on a baking tray, drizzle with olive oil and season.
5. Bake for 10 - 15 mins until soft.

****Labelled Container to take your product home****

Fruit Pancakes

Ingredients

125g self raising flour
1 tbsp sugar
180ml milk
1 egg
50g fruit eg. Blueberries, raspberries or banana
1 tbsp oil (in mixture)



Equipment

Chopping board	Measuring jug
Knife	Non-stick frying pan
Sieve	Fish slice
Whisk	Metal spoon
Bowl	

Method

1. Chop the fruit into small chunks or keep whole (depending on size of fruit).
2. Sift the flour into bowl and add the sugar.
3. Whisk the egg and milk in a jug and add oil. Add mixture to flour and whisk to prevent lumps.
4. Heat the frying pan.
5. Pour in 2 tablespoons of mixture for each pancake.
6. Cook for 2 minutes, until golden and turn over.
7. Cook for a further minute.
8. Serve with the fruit.

OPTIONS: Remove sugar and fruit and replace with sweetcorn for a savoury fritter.

CHEESE PASTIES

INGREDIENTS:

200g plain flour
100g hard margarine
150g cheese (grated)
1 egg

Optional Ingredients:

1 small chopped onion
1 small chopped pepper
Chopped mushrooms
2 slices cooked ham
Grated carrot
Small tin tuna/prawns
Frozen peas/sweetcorn

Method:

1. Pre-heat oven to 200°C.
2. Put flour and a pinch of salt into a large mixing bowl.
3. Add margarine, cut into small pieces. Rub fat into flour.
4. Add a little cold water and mix to a firm dough.
5. Roll out pastry and cut out circles.
6. Beat egg and add half of it to the cheese and mix.
7. Mix in any optional fillings.
8. Divide filling between pastry circles.
9. Fold circles in half and seal edges.
- 10 Use remainder of egg to glaze pasties.
- 11 Place on a baking sheet and bake until golden, about 15 minutes.



MINI FRUIT PIES

INGREDIENTS:

- 400g plain flour
- 200g **hard/block** margarine
- 1 jar/tin Fruit pie filling



Method:

10. Pre-heat oven to 200°C.
11. Put flour and a pinch of salt into a large mixing bowl.
12. Add margarine, cut into small pieces. Rub fat into flour.
13. Add a little cold water and mix to a firm dough.
14. Divide pastry into 2/3 and 1/3 pieces.
15. Roll out the larger piece of pastry and cut out circles large enough to fill a muffin tin.
16. Cut smaller circles for the pie lids.
17. Carefully spoon the pie filling into the cases.
18. Brush water around the edges of the cases and place over the lids. Seal gently around the edges.
10. Make a small hole in the top of each pie to allow steam to escape.
11. Bake for 15 - 20 minutes until golden brown.

VEGETABLE SPRING ROLLS/SAMOSAS

INGREDIENTS:

- 1 packet of mixed stir-fry vegetables
- 1 sachet of stir-fry sauce (black bean or sweet & sour)
- 20 spring roll wraps or pack of filo pastry

Optional extras

- 100g cooked chicken
- 100g cooked prawns
- 100g cooked beef/turkey

Method:

1. Pre-oven to 200°C.
2. Prepare all the vegetables by chopping and slicing finely.
3. Put the vegetables and sauce in a big bowl and mix thoroughly.
4. Place a spring roll wrapper or a 20cm square sheet of filo diagonally on a work surface and put a tablespoonful of mixture along the bottom corner as shown - fold as shown. Use a pastry brush to seal the edge.
5. Brush with oil or melted butter if desired.
6. Place on a baking tray and bake for 10 minutes.
7. Evaluate products in your groups.



Chicken tikka with spiced rice

Ingredients

- 1 skinless chicken breast
- 150g pot low-fat natural yogurt
- 50g tikka paste
- 100g cucumber
- 1 tbsp mint leaves
- 1 red onion
- 140g easy-cook long grain rice
- 1 tbsp medium curry powder
- 50g frozen peas
- 1 small red pepper

Suitable container to take it home



Method

1. Heat oven to 220C. Slash the chicken breast deeply with a knife 3-4 times on one side. Put in a bowl with 50g of the yogurt and the tikka paste. Mix well.
2. Peel, wash and slice onion into thin wedges. Scatter the onion wedges over a baking tray lined with baking paper. Remove the chicken from the marinade, shake off any excess and place on top of the onion wedges. Cook for 20 mins.
3. Wash and dice the red pepper. Tip the rice, curry powder, peas and red pepper into a pan of boiling water and simmer for 10 mins until the rice is tender. Drain well.
4. While rice is cooking make the raita. Wash and dice the cucumber and chop the mint leaves. Stir the cucumber and the mint into the rest of the yogurt. Season with black pepper.
5. Remove the chicken from the oven when it is cooked all the way through and serve with the rice and raita.

Sweet and Sour Chicken

Ingredients

2 tbsp Oil
2 Onions
250g Chicken or Turkey breast
1 Can pineapple pieces
2 tbsp White wine vinegar
1 tbsp Soy sauce
1 tbsp tomato puree
1 level tbsp Cornflour
Salt and Pepper



Suitable container to take it home

Method

1. Peel, wash and chop the onions.
2. Cut the chicken into cubes.
3. Drain the juice from the pineapple into a jug and mix in the cornflour. Add enough water to make up to 250ml.
4. Add the tomato puree, soy sauce and vinegar into the jug.
5. Heat oil in a large frying pan or wok.
6. Fry the chicken for a few minutes until it turns white then add the onions. Cook on a low/medium heat for a few minutes until the onions are soft.
7. Add the pineapple pieces to the pan.
8. Add the liquid in the jug to the chicken in the pan and stir until thickened. Simmer for 5 minutes until the chicken is cooked through.

FRESH PASTA

How to make pasta.....

1. Weigh 100g plain flour & collect 1 egg.
2. Crack egg into jug. Check for shell.
3. Add flour into bowl and make a well (hole) in the middle.
4. Add the egg into the well. Add a pinch of salt and pepper.
5. Mix flour and egg with fork or palette knife and then hands until it forms a dough. Add water if dough is very dry.
6. Roll out dough onto lightly floured white boards - the dough must be as THIN as possible. Or use a pasta machine to roll out pasta.
7. Cut & shape into desired pasta shapes.



TOMATO SAUCE FOR PASTA

Ingredients:

1 small onion

1 clove of garlic

1 stock cube

1 tin of tomatoes

Level tablespoon of tomato puree

1 teaspoon of mixed dried herbs/oregano

Handful of fresh herbs (basil, thyme, parsley, rosemary)

Salt and pepper



Method:

1. Peel and chop onion finely. Peel and crush garlic.
2. Heat oil in a small saucepan add onion and garlic - cook for 2 minutes until onion is tender.
3. Add tinned tomatoes, crumbled stock cube, tomato puree, mixed dried herbs and salt & pepper.
4. Cook on low heat for 15-20 minutes.
5. Stir in chopped fresh herbs for last 5 minutes and serve with cooked pasta.

CALZONE

Ingredients:

250g strong flour
1 sachet of yeast
1x tbsp. sunflower oil
1x tsp salt
150ml warm water (approx.)
2-3 tbsp tomato puree

Filling options:

Onion
Red/green Pepper
Mushrooms
Sweetcorn
Ham/pepperoni
Cheese (cheddar/mozzarella)
Herbs (basil/oregano/mixed)

Method:

1. Pre heat the oven to 220°C.
2. Put flour, salt, oil and yeast in a bowl and make a well.
3. Mix water into flour gradually with a palette knife to form a dough.
4. Leave dough to prove whilst you prepare the vegetables for the filling.
5. Divide dough in half and roll out 2 circles.
6. Spread the tomato puree over each circle. Leave a 1 cm margin around edge.
7. Sprinkle the filling ingredients over 1 half of each circle, dampen the edges with water and fold over the dough to form a pasty shape.
8. Seal edges well.
9. Cook for 20-25 minutes until golden brown.



CHILLI-CON-CARNE

Ingredients:

150g Minced beef/Quorn
1x small onion
 $\frac{1}{2}$ tin tomatoes
1x stock cube
2 tbsp of red kidney beans
 $\frac{1}{2}$ green, yellow or orange pepper
1x clove of garlic
1 level tsp chilli powder
1 tbsp tomato puree



Method:

1. Collect all equipment, open cans of tomatoes and kidney beans.
2. Dice the onion and gently fry in a pan, add green pepper and garlic (if using).
3. Add meat/quorn and brown gently.
4. Add tomato puree, stock cube and chilli powder.
5. Add tin tomatoes and kidney beans.
6. Simmer gently for 15-20 minutes. If mince is a little dry, add some water.
7. Check the flavour/seasoning. More can be added if needed.
8. Serve with rice and sour cream.



FAJITAS

Ingredients

- 1 Breast chicken/turkey/quorn
- $\frac{1}{2}$ Red Onion, peeled washed and sliced
- $\frac{1}{4}$ Yellow Pepper, washed and sliced
- $\frac{1}{4}$ Green Pepper, washed and sliced
- 1 Clove Garlic, peeled and crushed
- 4 Mushrooms, washed and sliced
- Juice of 1 Lime
- $\frac{1}{2}$ tsp Chilli Flakes
- $\frac{1}{2}$ Tin Tomatoes
- 1 Tbsp vegetable oil

- $\frac{1}{4}$ Lettuce, washed and sliced
- 1 Large Tomato, washed and sliced
- 2 Tortillas
- 25g Cheddar Cheese, grated



Suitable container to take it home

Method

9. Peel, wash and chop the vegetables.
10. Heat oil in the wok, fry the meat for a few minutes until it turns white.
11. Add onions, peppers and mushrooms and fry for 2-3 minutes.
12. Add the chilli flakes, tinned tomatoes and garlic and cook for a further 2-3 minutes.
13. Add lime juice.
14. Put tortillas on a plate.
15. Lay some lettuce and sliced tomato on each tortilla, cover with cooked vegetables and sprinkle with cheese.
16. Roll up the tortillas.

Individual Baked Cheesecakes

Ingredients

Base:

150g Digestive biscuits
90g Margarine or butter
1 tbsp sugar

Filling:

300g Full fat cream cheese
100ml soured cream
85g Caster sugar
2 Large eggs
1 tbsp Plain flour
 $\frac{1}{2}$ Lemon
 $\frac{1}{2}$ tsp vanilla essence
Pinch salt
12 muffin cases & container to take them home



Method

1. Pre-heat oven to 200°C.
2. Put the biscuits onto a blue tray and crush with a rolling pin.
3. Melt the butter in a saucepan, remove from the heat and stir in the biscuit crumbs and 1 tbsp sugar.
4. Use this mixture to line the base of the muffin cases in a muffin tin.
5. Whisk the cream cheese in a bowl until soft and creamy.
6. Gradually whisk in the sugar and flour with a pinch of salt.
7. Add the vanilla, grated zest of $\frac{1}{2}$ lemon and a small squeeze of lemon juice. Whisk together gently.
8. Whisk in the eggs one at a time.
9. Stir the soured cream until smooth, then gradually whisk into the cheese mixture until smooth and light (Do not over-whisk).
10. Gently spread the cream mixture over the biscuit bases in the muffin cases and bake for 15 - 20 minutes until slightly golden on top. The mixture will still be slightly wobbly but not wet. Remove from oven. Chill.

Cheesecake

Ingredients

- 150g Digestive biscuits
- 75g Margarine or butter
- 200g Full fat cream cheese
- 125ml Fresh double or whipping cream
- 50g Caster sugar
- 1 Lemon or $\frac{1}{2}$ tsp vanilla essence
- Tinned or fresh fruit
- 1 Packet quick gel

Suitable flan dish & container to take it home



Method

1. Put the biscuits onto a blue tray and crush with a rolling pin.
2. Melt the butter in a saucepan, remove from the heat and stir in the biscuit crumbs.
3. Use this mixture to line the base of the flan dish. Chill.
4. Whisk the cream, cream cheese, sugar, vanilla/lemon juice & zest together in a bowl until thick and creamy (Don't over-whisk).
5. Gently spread the cream mixture over the biscuit base and chill.
6. Decorate the top of the cheesecake with fruit.
7. Follow the instructions for making the quick gel and pour it carefully over the fruit.
8. Chill.

Burgers

Ingredients - own choice of:

250g Mince
Seasonings and flavourings
2 Bread rolls/buns
Salad
4 slices cheese
2 tbs chutney/sauce
Additional toppings



Suitable container to take them home

Method

1. Put the oven on to 250°C .
2. Line a baking tray with greaseproof paper.
3. Prepare flavourings and seasonings for the burgers.
4. Put mince into a mixing bowl and break up with a fork.
5. Add the seasonings and flavourings and mix well.
6. Divide the mixture into 2 equal amounts and use the burger press to shape.
7. Place carefully onto the baking tray and bake for 15-20 minutes until cooked through. Test them with a fork, they should feel firm but springy.
8. Serve burgers on a bread roll/bun with the toppings and sauce of your choice.
9. Evaluate.

VIENNESE ROSETTES OR FINGERS

INGREDIENTS

175g soft margarine

175g self raising flour

50g caster sugar

Few drops of vanilla essence (school will provide)

1 bag chocolate chips or a few glace cherries

METHOD:

1. Heat the oven to 160°C. Grease a baking tray.
2. Cream the margarine and sugar. Stir in the flour and essence.
3. Place the mixture into a piping bag with a large star nozzle and pipe into 7.5cm lengths or rosettes on to a baking tray. Add a small piece of cherry to rosettes. Bake for about 20 minutes.
4. If using chocolate, put unopened bag in hot water to melt.
5. Allow to cool and dip the ends of the fingers in melted chocolate.



SIMPLE SUSHI

INGREDIENTS:

FOR THE RICE

300g sushi rice

100ml rice wine vinegar

2 tbsp. golden caster sugar

FOR THE JAPANESE MAYONNAISE

3tbsp. mayonnaise

1 tbsp. rice wine vinegar

1 tsp. soy sauce

FOR THE SUSHI

25g bag nori sheets (seaweed)

CHOOSE FROM THE FOLLOWING FILLINGS:

Cucumber strips, smoked salmon, white crabmeat, canned tuna, red pepper, avocado, spring onion.

TO SERVE WITH ALL STYLES OF SUSHI - OPTIONAL

Wasabi (fiery)!!!

Pickled ginger

Soy sauce

METHOD:

1. Pat out some rice. Lay a nori sheet on the mat, shiny-side down. Dip your hands in the vinegared water, then pat handfuls of rice on top in a 1cm thick layer, leaving the furthest edge from you clear.
2. Use a spoon to spread out a thin layer of mayonnaise down the middle of the rice.
3. Add your filling along the top of the mayonnaise.
4. Lift the edge of the mat over the rice, applying a little pressure to keep everything in a tight roll.
5. When you get to the edge without any rice, brush with a little water and continue to roll into a tight roll.
6. Remove the mat and roll tightly in cling film before a grown up cuts the sushi into thick slices, then unravel the cling film.

