

# Food & Nutrition

# **Recipe Booklet**

## Year 9

Name:	
Form:	
Group:	
Teacher:	



Book replacement Cost £1



## Expectations

- Long hair to be tied back and nail varnish to be removed for all practical lessons.
- Long sleeves to be rolled up.
- Wear an apron.
- Blazers in cupboards.
- Wash hands before practical lessons.
- Leave ingredients in Food room before morning registration.  
Cold ingredients should be stored in the fridge.
- Collect cooking after school.

## Practical Lessons

- Work as a team.
- Use hot water and soap.
- Return equipment CLEAN and to its correct place.
- Wipe down work surfaces.
- Leave sink clean and dry.
- Place cloths and tea towels in booklet provided.
- Wipe cooker tops to an acceptable standard.
- Cuts and boils with a waterproof plaster.
- Report to teacher/technician if any accident occurs during the lesson.
- Spillages must be wiped up immediately and reported to the class teacher/technician.

## 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

# 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.
11. Remove from the oven and chill. Evaluate.

## Burgers

### Ingredients - own choice of:

250g Mince  
Seasonings and flavourings  
2 Bread rolls/buns  
Salad  
4 slices cheese  
2 tbsps 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.

## 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.



# 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.

## Cheesy Potato Cakes

### Ingredients

Mashed potatoes

$\frac{1}{2}$  leek

$\frac{1}{2}$  onion

100g mature cheddar cheese

1 tsp chopped parsley

1 tsp chopped chives

2 tbs water

85g fresh breadcrumbs

25ml vegetable oil

1 egg

Salt & pepper

### Alternative Ingredients

Sweet potato, Sweetcorn, Red onion, Shallots, Spring onion, Red pepper

Red Leicester, Double Gloucester, Parmesan, Emmenthal, Mozzarella

Thyme, Basil, Coriander, Oregano, Rosemary.



### Method

1. Wash hands and put apron on, wipe down work area, put oven on at 200°C.
2. Wash, trim and chop the leeks into finely chopped pieces on a chopping board, peel onion and chop into small pieces.
3. Cook leeks and onion in a small pan of boiling water for about 10 minutes until tender. Drain well and leave to cool.
4. Combine the leeks and onion with the mashed potato, grated cheese and season with chopped chives, parsley, salt and pepper.
5. Beat egg with 2 tbs water in a small bowl.
6. Sprinkle breadcrumbs into a separate shallow bowl or plate.
10. Shape the potato mixture into 12 even-sized patties (rounds).  
Brush each with the egg mixture (or dip the pattie into the egg mix).
11. Coat completely with the breadcrumbs.
12. Shake off any excess breadcrumbs.
13. Place potato cakes on an oiled and grease proofed baking tray and bake for approximately 15 minutes. Serve warm.

# 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.



# Eggs Benedict

## Ingredients

70g Butter

1 Egg yolk

Splash White wine vinegar

Pinch Salt

Splash Ice cold water

Lemon juice

Cayenne pepper

1 English muffin

1 Slice ham or handful baby leaf spinach

1 Egg for poaching

Splash malt vinegar

Freshly chopped parsley



## Method

### Team members 1 & 2

1. Half fill a saucepan with water and bring to the boil.
2. Melt the butter in a saucepan. Keep warm.
3. Put the egg yolk, splash of white wine vinegar, pinch salt and splash of cold water in a silver bowl.
4. Turn the boiling water down until it is just simmering.
5. Place the silver bowl over the simmering water and whisk the egg mixture continuously until pale and thick, about 3-5 minutes.
6. Remove the bowl from the heat and slowly whisk in the melted butter, bit by bit, until it is all mixed in and you have a creamy hollandaise sauce. (You can add a splash of water if it is too thick). Add a squeeze of lemon juice and a sprinkle of cayenne pepper.

### Team members 3 & 4

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.
4. Slice the muffin in half and toast.
5. If using the spinach, wilt the leaves in a frying pan with a little oil.
6. Place the ham or spinach onto one half of the toasted muffin, put the poached egg on top and pour over the hollandaise sauce, sprinkle with chopped parsley. Serve with the other half of the muffin on the side.

## 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.

# ICED FINGERS

## Ingredients:

250g plain flour

Pinch of salt

1 tbsp. sugar

1 tbsp. oil

150ml water

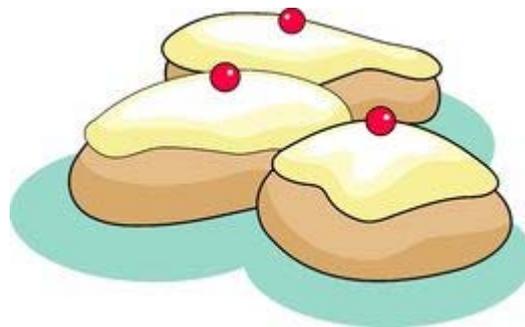
100g icing sugar

1 tsp. yeast

A suitable container with a lid

## **Method:**

1. Heat the oven to 220°C. Grease a baking tray.
2. Put flour in mixing bowl. Stir in salt, sugar and yeast.
3. Put 4 tbsp of boiling water into a measuring jug and add cold water to make 150ml. Add the oil.
4. Pour liquid into flour and mix to make a soft dough.
5. Knead for 10 minutes and then divide into 8 pieces.
6. Shape each piece into a finger and place on baking tray.
7. Bake for 15-20 minutes. Cool on a wire tray.
8. Sieve icing sugar into a small bowl and mix with 1 tbsp water.
9. Decorate fingers with icing. Serve.



# Meatballs

## Ingredients:

250g minced lean pork, lamb, chicken or turkey

1 small egg

1 level tsp of dried herbs

25g plain flour

## Method:

1. Preheat oven to 220°C.
2. Put the meat into a mixing bowl and break up with a fork.
3. Crack the egg into a measuring jug and beat with a fork.
4. Add beaten egg, plain flour and dried mixed herbs to meat and mix together.
5. Make 8 meatballs by dividing the mixture into 8 pieces and shape into a ball using your hands (they should be approximately the size of a golf ball). Place meatballs on baking tray with greaseproof paper.
6. Bake in oven for 15 minutes approximately until brown and cooked through (no pink).
7. Serve with rice and tomato sauce.



## Beanburgers

### Ingredients:

100g fresh breadcrumbs  
1 small onion  
1 tin kidney beans  
50g mushrooms  
2 tbsp tomato puree  
1 tbsp chopped parsley  
Salt and pepper

### Method:

1. Peel and finely chop the onion and mushrooms.
2. Drain beans and mash with a fork.
3. Put 75g of breadcrumbs in a mixing bowl and add beans, onion, mushrooms, tomato puree, herbs and seasoning. Mix thoroughly.
4. Divide mixture into four and shape into burgers. Coat each one with remaining breadcrumbs.
5. Heat oil in frying pan and gently fry burgers for 4-5 minutes on each side.



## Tomato sauce

### Ingredients:

$\frac{1}{2}$ x onion

1 clove of garlic

1/2 tin tomatoes

200ml water

1 tbsp of fresh basil or  $\frac{1}{2}$  tsp dried basil

1 tbsp vegetable oil

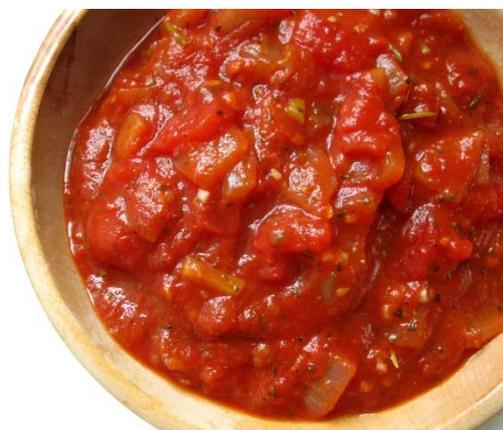
2 tbsp tomato puree

Salt and pepper

75g long grain easy cook rice

### Method:

1. Chop the onion and garlic, heat oil in a pan, add onion and garlic and cook gently for approximately 5 minutes until they are soft.
2. Add tin tomatoes, basil, tomato puree, salt, pepper and water.
3. Bring to the boil, turn down and simmer gently for 10 minutes and leave.
4. Meanwhile, cook the rice in boiling water for 11 minutes approximately.
5. Once cooked drain in colander over the sink and place rice on a serving plate, with the meatballs and sauce.



## MINI QUICHES

### Ingredients:

Ready made puff pastry

1 small onion (fried)

40g cheddar cheese (grated)

25g ham (chopped)

75ml milk

1 egg

Salt and pepper



### Method:

1. Turn oven on to 180°C
2. Roll out pastry on a floured surface. Use the largest cutter and cut rounds to line a muffin tin.
3. Prepare ham and grate cheese. Break the egg into a bowl; add milk and pinch of salt and pepper. Whisk together with fork.
4. Put a little onion in each pastry case (if using). Continue with a little ham and cheese.
5. Pour some egg mixture into each pastry case. Be careful not to overfill them.
6. Bake for approximately 20 minutes until set and golden brown.

CONTAINER TO TAKE YOUR FOOD HOME IN

## PORRIDGE

### INGREDIENTS:

50g oats

200ml water

200ml milk

25g blackberries

$\frac{1}{2}$  banana or pear

$\frac{1}{4}$  tsp. cinnamon

1 tbsp. sugar or honey

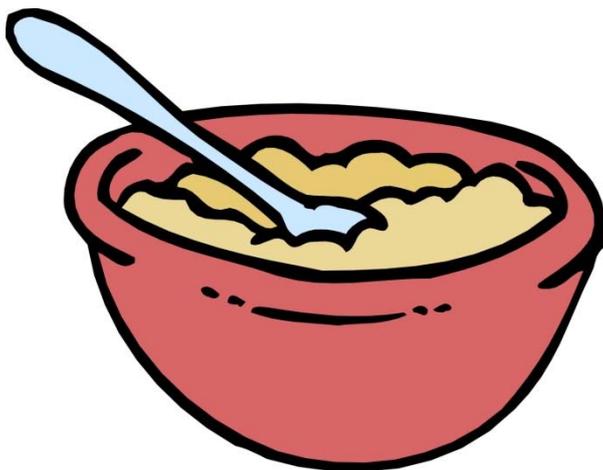
### METHOD:

1. Put the oats into a saucepan.
2. Stir in the water and milk and bring to the boil.
3. Allow to simmer for 10 minutes.
4. Pour the porridge into 2 bowls.
5. Stir in the fruit, cinnamon and sugar/honey.

### ADDITIONAL FRUIT OPTIONS:

Chopped banana,

Berries or canned fruit



## Sausage Rolls

### Ingredients

- 1 Packet Ready-made Puff pastry
- 200g Pork or Vegetarian sausage meat
- 1 Small onion
- Bunch of Fresh herbs (parsley, sage, rosemary, thyme, tarragon)



### Method

1. Turn on oven to 220°C.
2. Peel and finely chop the onion.
3. Wash and finely chop the fresh herbs.
4. Mix the sausage meat, onion and herbs together in a bowl.
5. Roll out the pastry and cut into 2 rectangles.
6. Put a roll of sausage meat along the centre of each pastry rectangle.
7. Dampen one long edge of the pastry with a little water.
8. Fold one side of the pastry over the sausage meat and seal long edges together.
9. Decorate with shapes cut from the leftover pastry.
10. Cut into individual sausage rolls of equal size.
11. Bake for 20 - 25 minutes until golden brown.
12. Serve and evaluate.

## 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.



## STIR FRY NOODLES

### INGREDIENTS:

150g pack dried egg noodles  
2 tbsp of sauce  
1 tbsp vegetable oil  
2 tbsp light soy sauce  
1tbsp water  
2  $\frac{1}{2}$  cm piece fresh ginger  
2 clove of garlic  
2 spring onions  
1 carrot  
2 spring onions  
1 yellow pepper, deseeded and thinly sliced  
100g mange tout, sugar snap peas or frozen peas  
85g bean sprouts  
2-3 mushrooms



### METHOD:

1. Cook the noodles according to the on pack.
2. Meanwhile, heat the oil in a wok or large frying pan, then stir-fry the ginger, garlic, carrot, pepper and mange tout, sugar snap peas or frozen peas over a high heat for 2-3 minutes.
3. Drain the noodles thoroughly, add to the pan with the onions and beansprouts, if using, then stir-fry for 2 mins.
4. Mix together the soy sauce and vinegar, stir into the pan, then cook for 1-2 minutes. Divide between individual plates or bowls and serve immediately.



## GROUPWORK STIR FRY NOODLES

### INGREDIENTS:

150g pack dried egg noodles  
2 tbsp of sauce  
1 tbsp vegetable oil  
2 tbsp light soy sauce  
1tbsp water  
2  $\frac{1}{2}$  cm piece fresh ginger  
2 clove of garlic  
2 spring onions  
1 carrot  
2 spring onions  
1 yellow pepper, deseeded and thinly sliced  
100g mange tout, sugar snap peas or frozen peas  
85g bean sprouts  
2-3 mushrooms

### METHOD:

1. Cook the noodles according to the pack instructions.
2. Meanwhile, heat the oil in a wok or large frying pan, then stir-fry the ginger, garlic, carrot, pepper and mange tout, sugar snap peas or frozen peas over a high heat for 2-3 minutes.
3. Drain the noodles thoroughly, add to the pan with the onions and beansprouts, if using, then stir-fry for 2 mins.
4. Mix together the soy sauce and vinegar, stir into the pan, then cook for 1-2 minutes. Divide between individual plates or bowls and serve immediately.



## VEGETABLE SPRING ROLLS/SAMOSAS

### INGREDIENTS:

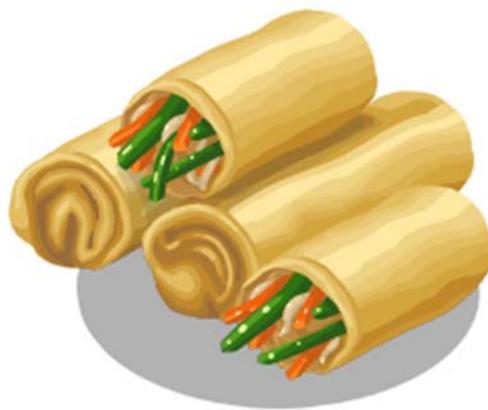
- 1 packet of mixed stir-fry vegetables
- 1 sachet of stir-fry sauce (black bean or sweet & sour)
- 20 spring roll wraps or pack of filo pastry

### 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.



# VICTORIA SANDWICH

## Ingredients (creaming method)

100g self raising flour

100g soft margarine (baking suitable)

100g caster sugar

2 eggs

2 tbsp. jam for filling

\*A PLATE AND CONTAINER WITH LID TO TAKE FOOD HOME\*

### Chocolate Sponge

1 tbsp. cocoa powder

2 tbsp. chocolate spread  
(for filling)

### Orange or Lemon Sponge

Grated rind & juice of an  
orange or lemon

2 tbsp. marmalade (for filling)

Or

2 tbsp. lemon curd

For a large  
layered cake  
bring **DOUBLE**  
the ingredients

## Method:

1. Preheat the oven to 190°C.
2. Prepare 2 cake tins by greasing lightly and lining with greaseproof paper.
3. With a wooden spoon cream margarine and sugar together until light and fluffy.
4. Beat in eggs one at a time.
5. Fold in flour with a metal spoon.
6. Divide mixture between both tins, smooth over with a palette knife.
7. Bake in the oven for 20 minutes until golden brown in colour and 'spongy' to the touch.
8. Turn out onto a cooling rack, peel off paper.
9. When cold, spread the filling and sandwich together.
10. Place onto a plate and dust with icing sugar.

## **Variations:**

Substitute 1 tbsp. cocoa powder for 1 tbsp. flour for chocolate sponge. Orange and lemon sponge, add grated rind and juice after creaming sugar and margarine.



## 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.

