

Y8 Recipe Book



- Fajitas
- Chilli Sin Carne
- Marble Pear Tray Bake
- Vegetable Pizza
- Simple Sweet and Sour

Y8 Fajitas



Ingredients

- 1/2 small chicken breast
- 1 tsp fajitas seasoning
- 1 tbsp olive oil
- 1/4 onion
- 1/4 red pepper
- 1 wrap

Health and safety

Knife - Bridge & Claw methods.



Caution hot fat can spit from the frying pan.

Equipment

- Knife
- Chopping board
- Mixing bowl
- Measuring spoons
- Mixing spoon
- Frying pan



Method

1. **Dice the chicken** into bite sized pieces using the **red knife and chopping board**.
2. Add the chicken to a mixing bowl and cover in the fajita spice. **Mixing with your hands**.
3. **Dice the onion and red pepper** using the **green knife and chopping board**.
4. Heat 1 tbsp of the oil in a pan and **sauté the chicken**, stirring occasionally for **3-4 minutes**, until it starts to **turn white**.
5. Add the **onion and red & green pepper** and **sauté gently for 5 minutes**.

At home

To assemble, heat the tortillas in the microwave for 1 minute according to the packet instructions. Then place some of the chicken mixture along the centre of each tortilla, top with some tomato and roll up.

Allergens in this recipe: _____

- | | | | | |
|---------------------------------|--|--------------------------------------|----------------------------------|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☐ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y8 Chilli sin Carne

Health and safety



Knife - Bridge & Claw methods.

Caution **Simmer** means to bubble gentle. Boiling vigorously can splash hot liquid which may **burn you**.

Ingredients

- 1/2 onion
- 1 clove garlic
- 1/4 green pepper
- 1 x 10ml oil
- 1/2 x 400g can chickpeas
- 1 x 10ml spoon flour
- 300ml stock (shared between 2 students)
- 1/2 x 400g can red kidney beans (drained and washed)
- 1 x 15ml spoon tomato purée
- 1 - 2 x 5ml spoon chilli powder



Method

1. Peel and **chop the onion and garlic**.
2. Deseed and **slice the pepper**.
3. **Fry the onion** in the oil until soft, about **4-5 mins**.
4. Add the **green pepper and garlic** - **fry for 2 mins**.
5. **Stir the flour** into the **vegetables**.
6. **Add the stock, chickpeas, red kidney beans, tomato purée and chilli powder**.
7. Bring to the **boil** with **lid** on the pan, and then **simmer gently for 20 minutes**, stirring occasionally.

Equipment

- Knife
- Chopping board
- Can opener
- Measuring spoons
- Mixing spoon
- Large saucepan with lid
- Measuring jug



Allergens in this recipe: _____

- | | | | | |
|---------------------------------|--|--------------------------------------|----------------------------------|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☐ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y8 Marble pear tray bake

Ingredients

1 egg
50g caster sugar
50g soft margarine
50g self-raising flour
½ tsp baking powder
½ pear
½ tbsp of cocoa powder

Health and safety

Knife - Bridge & Claw methods.



Use **oven gloves** to remove the tray from the oven.

Equipment

- Foil cake tin
- Wooden spoon
- Mixing bowl
- Measuring spoons
- Spatula
- Fruit knife
- Chopping board



Method

1. Preheat the oven to **180°C** / Gas mark 4.
2. **Cream together** the **butter and sugar** until **light** and **fluffy**.
3. Crack the **egg** into the mixture, **beat well** until all of the egg is incorporated.
4. Add the **flour** and **baking powder** into the mixture and fold together.
5. **Chop** the **pear** into small pieces. Scatter the pear into the **foil tray**.
6. **Spoon half** of the mixture on top of the **pear pieces**.
7. **Stir the cocoa powder** into the **remaining cake mixture**, until well combined.
8. **Spoon the chocolate mixture** into the **baking tin** and then **swirl the two mixtures together** to create a **marble effect**.
9. Bake in the oven for around **20 minutes**, until **golden brown** and **springy to the touch**.

Allergens in this recipe: _____

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|---------------------------------|--|--------------------------------------|--|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☒ Eggs | ☐ Fish |
| ☐ Lupin | ☐ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y8 Vegetable Pizza

Ingredients

100g strong bread flour
5g yeast with (1/4 teaspoon of sugar yeast starter)
25g cheese
2 table spoons tomato puree
Pinch salt & pinch of herbs



Equipment

- Baking tray
- Weighing scales
- Measuring spoons
- Metal spoon
- Mixing bowl
- Measuring jug
- flour dredger
- Knife
- Chopping board

Health and safety



Knife - Bridge & Claw methods.

Use **oven gloves** to remove the tray from the oven.



Method

1. Mix strong bread **flour** with **salt** and **yeast**.
2. Add **1 table spoon oil**.
3. Add enough **tepid** (blood temp) water to form a dough.
4. **Knead** until **smooth** and **elastic**.
5. Manipulate, **carefully stretch** the dough into a **circular shape** and place onto a floured **baking tray**.
6. Prepare any extra **toppings**.
7. Smooth over **2 tbsps tomato puree**.
8. **Sprinkle over cheese** and add **any extra toppings, arrange attractively**.
9. Bake until the base is **browned** and the **cheese bubbling. 180°C approximately 20 minutes**.

Allergens in this recipe: Check cheese for cereal

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|---------------------------------|--|--------------------------------------|----------------------------------|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☒ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y8 Simple sweet and sour

Health and safety



Knife - Bridge & Claw methods.

Caution Simmer means to bubble gentle. Boiling vigorously can splash hot liquid which may **burn you**.

Equipment

- Measuring jug
- Measuring spoons
- Knife
- Chopping board
- Wooden spoon
- large frying pan/wok
- Can opener



Ingredients

For the *sauce*:

- 1 x 10ml spoon cornflour
- 1 x 10ml spoon soy sauce
- 1 x 10ml spoon vinegar
- 1 x 10ml spoon sugar
- 2 x 10ml spoon tomato sauce
- Juice from canned pineapple

For the *main dish*:

- 1 onion
- 1 carrot
- 1 clove garlic
- 1/2 green pepper
- ½ x 200g can pineapple
- 1 chicken thigh (or 100g canned chickpeas)
- 1 x 5ml spoon oil



Method

1. Mix all the sauce ingredients together.
2. Peel and slice the onion and carrot.
3. Peel and chop the garlic.
4. Deseed and slice the pepper.
5. Slice the pineapple into chunks.
6. Slice the chicken into strips.
7. Heat the oil and add the chicken. Stir and cook for 4-5 mins.
8. Stir in the onion, garlic, carrot and pepper. Cook for 4mins.
9. Pour in the sauce and add the pineapple - bring to a boil, then simmer for 2 mins. (May need a little water.)

Allergens in this recipe: _____

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