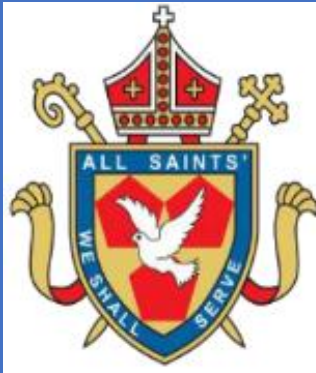


Y9 HT 1 Recipe Book



Y9 Recipes for the year

1. Spicy Tomato Soup
2. Cheese Cobbles
3. Mini Carrot cakes
4. Ravioli
5. Meatball Ragu and pasta
6. Lasagne
7. Quiche
8. Stuffed Peppers
9. Yule Log (Optional)
10. Sausage Rolls
11. Profiteroles Rolls
12. Rosemary and Garlic Focaccia
13. Mini Victoria sponge and jam
14. Fishcakes
15. Shepherd's Pie
16. Hot Cross Buns (Optional)
17. Chicken Goujons
18. Stuffed Chicken Thighs
19. Marinated Chicken Wings
20. Chicken Tikka Masala and flatbreads
21. Samosas (Optional)
22. Vegetable Gratin.

At the end of the year pupils design and make a dish and accompaniment of their choice. The cost of this is not covered by the school and pupils are expected to bring their own ingredients for their chosen dish.

Spicy Tomato Soup

A great tasting soup that helps you to demonstrate a range of skills. Easy to adapt and adjust the flavour to suit any age group.

Ingredients

- 500g cherry tomatoes or 4 very large tomatoes
- 1 fresh chilli – red or green
- 2 cloves of garlic
- 1 small red onions
- **2 tbsp balsamic vinegar**
- A small bunch of fresh basil

Method

1. Prepare self, ingredients and equipment. **Get all your ingredients and equipment ready. Turn the oven on to 220°C.**
2. On a chopping board, half the tomatoes and put onto a baking tray (if large tomatoes, quarter them). Drizzle them over with the olive oil and season.
3. Halve and deseed the red chilli and add to the tray. Crush 2 peeled cloves of garlic add these to the tray.
4. Place the baking tray in the oven for 10-15 minutes. **Get a pan stand ready for when you need to remove it from the oven.**
5. Peel and chop the onion into fine pieces on the chopping board. Add olive oil to the saucepan and gently soften the onions – **control the heat so they don't burn.**
6. Stir 2tbsp balsamic vinegar into the onions and let it cook away and reduce down. **Control the heat!**
7. Take the tray of tomatoes out of the oven – **use oven gloves.** Add the tomatoes to the saucepan. **Check that the water level is OK – the mixture is not too dry.** Stir well – **WASH THE BAKING TRAY.**
8. Place the pan on the pan stand – **turn off the cooker.** Puree the soup with the hand blender – **make sure the blender is touching the bottom of the pan before you press the button.** The soup should be smooth.
9. Remove from the heat and transfer the soup to your container. **Be careful here – ask for help if you need it.**
10. Label your containers and **WASH UP!**



Equipment to bring from home

A sealable container

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓	✓						

Allergens

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

Cheese Cobbles



A savoury bread product that is rich and cheesy. This can easily be adapted e.g. flavour, shape, colour and size. Great to serve on its own with butter, with a salad, a soup. You could even use this mix as a pizza base!

Ingredients

- 2 tblsp olive oil
- **350g self raising flour**
- ¼ tsp salt
- **1 tsp baking powder**
- **85g butter**
- **150g pot natural yoghurt**
- **4 tblsp milk**
- 1 1 tsp chopped fresh herbs e.g. rosemary, basil
- **140g grated cheese** (could be cheddar, half cheddar and half parmesan – any mixture of hard cheeses)

Equipment to bring from home

A sealable container

Method

1. Prepare self, ingredients and equipment. Pre heat oven to **200°C / gas mark 6**. On a chopping board, half the tomatoes and put onto a baking tray. Drizzle them over with the olive oil and season.
2. Add the **flour, salt baking powder and butter** to the food processor. Turn the processor on full for 10 seconds. Empty the flour mixture into a large glass bowl.
3. Chop any extra vegetables into **fine pieces**. Wash the **rosemary (or herbs)** and chop finely.
4. Grate the **cheese** onto a metal plate if not already grated.
5. Place the **milk and yoghurt** into a small basin. Microwave on high power for one minute until hot.
6. Add the yoghurt and milk to the flour mixture and mix well with a table knife until a rough dough is formed.
7. Knead the dough a few times in the base of the bowl.
8. Add **¾ of the cheese, (any extra vegetables), plus the herbs and ½ of the olive oil into the dough**. Knead well so the ingredients are spread throughout the dough.
9. Turn the dough out onto a floured surface. Shape and pat the dough into a round shape that is about 5cm thick. Place onto a baking tray and evenly cut into 8 pieces.
10. Spread out the dough giving it room to rise.
11. **Top with the remaining cheese and a drizzle of olive oil (you could add any extras for the garnishing here e.g. tomatoes)**
11. Use oven gloves to place the tray in the oven and bake for **15-20 mins** until golden.

WASH UP!!

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓	✓					✓	

Allergens

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Mini Carrot Cakes

Keep in an airtight container • Serves 12

- 75g soft spread
- 100g sugar
- 1 egg
- 100g self raising flour
- 1 level tsp baking powder
- 50g sultanas / raisins or other dried fruit of your choice
- 125g carrots (approximately 1 large carrot, 2 medium carrots or 4 small carrots)

Optional:

- 25g seeds (poppy/sunflower etc)
- 1 tsp mixed spice



Equipment

- A large sealable plastic container or biscuit tin
- 12 bun/fairy cake cases (**small not muffin cases**)



Peel and grate the carrot



Melt the spread in the microwave for 30 seconds



Add spread and sugar to the carrots



Sieve in the flour and baking powder



Add fruit and stir well



Divide between bun cases and bake. Use oven gloves



Place on a cooling rack. Wash up

1. Peel and top and tail the carrots and grate (**using your metal plate for scraps**). Place in a large bowl.
2. Carefully melt the soft spread in a **small bowl** in the microwave. Pour into the large bowl with the grated carrots.
- 3 Add the sugar to the carrots and margarine mixture. Mix with a wooden spoon.
4. Crack the egg into the small bowl and mix with a fork. Add to the large mixing bowl.
5. Using a sieve, **sift in the flour, baking powder and spices** into the large bowl. Mix thoroughly.
6. Add the sultanas and any seeds.
7. Using **a teaspoon** and **table spoon** carefully divide evenly between the fairycake cases. No more the $\frac{3}{4}$ full.
- If you did spill any mixture onto the tray, wipe it off to help washing up later.
8. Bake for approx. 20 minutes until well risen and firm.
9. **Use oven gloves** to remove from oven. Place on a cooling wire.
10. Wash up, clean down the sides and sink **making sure the plug holes are clean**.

Allergen Information (depends on choice):
Gluten, Egg, Milk



Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓		✓	✓							✓	

Allergens

☐ Celery

☒ Gluten

☐ Crustaceans

☒ Eggs

☐ Fish

☐ Lupin

☐ Milk

☐ Molluscs

☐ Mustard

☐ Nuts

☐ Peanuts

☐ Sesame

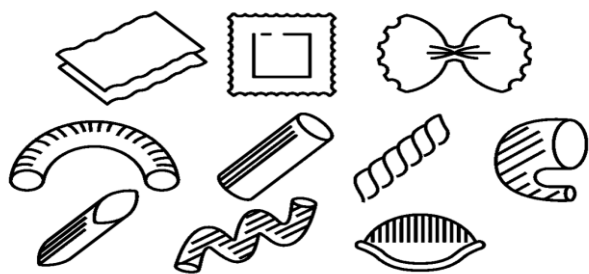
☐ Soya

☐ Sulphites

Pasta Dough

Ingredients

- ☐ 400g plain, Italian '00' or pasta flour
- ☐ 4 eggs



Making pasta is a high skill, great to learn, & very adaptable. Kneading & resting the dough helps develop gluten, making it stretchy.

Method

Method

1. Add the flour to a large glass mixing bowl. Make a well and break in the eggs and add the 1 tsp of olive oil and $\frac{1}{2}$ tsp salt.
 2. Using a table knife, mix well until a ball of dough is formed. Pull this together with your hands and place onto a lightly floured surface.
 3. Knead the dough for a minute to develop the gluten and make the dough more stretchy.
 4. Place the dough back into the glass bowl and cover with a metal plate or cling film to leave to rest.
- Now cut the dough into 2 pieces. Cover one piece with cling film to stop it drying out.
 - If needed, flatten the unwrapped piece of dough with a rolling pin so it will fit through the widest setting on the pasta machine.
 - You will need to work in pairs to use the pasta machines. Start with the pasta machine at its widest setting. Pass the dough through the rollers. Do not fold the dough, and repeat this process, decreasing the roller setting down grade by grade with each pass. If the ribbon of dough gets too long to handle, cut it into two.
 - When the dough is the correct thickness, layer between each ribbon of dough with baking paper to make a pile. Wrap with cling film and label with your name.
 - Repeat the rolling and wrapping process for the other half of your dough.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
									✓		

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Filled Pasta Shapes

Pasta making is a high level skill. The recipe here can be used for lasagne sheets or spaghetti. You can fill the pasta to make your own ravioli or tortellini.

Ingredients

For the pasta:

- **175g plain flour** or '00' grade flour
- ½ tsp salt
- 1 tsp olive oil
- **2 medium eggs**

For the pasta filling:

- **150g cream cheese** or goats cheese
- 1 tblsp of any chopped herbs of your choice – **fresh if possible**



Equipment to bring from home

A large plastic container

Method

1. Add the flour to a large glass mixing bowl. Make a well and break in the eggs and add the 1 tsp of olive oil and ½ tsp salt.
2. Using a table knife, mix well until a ball of dough is formed. Pull this together with your hands and place onto a lightly floured surface.
3. Knead the dough for a minute to develop the gluten and make the dough more stretchy.
4. Place the dough back into the glass bowl and cover with a metal plate or cling film to leave to rest.
5. In another mixing bowl – make the pasta filling. Place the cream cheese and herbs together and beat with a wooden spoon until smooth.
6. Cut the pasta dough in half. Roll half onto a floured surface to around 2mm thickness. Cut out your shapes. Repeat with the other half of the dough. **You could use the pasta machine here.**
7. Fill your pasta shapes with the cream cheese. Place 1 tsp in the centre. Use an egg brush and water to help seal your pasta. **YOU CHOOSE THE SHAPE.**
8. Repeat the process until all of your pasta is used. Wash up
9. **If cooking in school :** ½ fill the saucepan with water and bring to a boil. Add your pasta shapes for **5 minutes only**. Drain the pan and place your pasta into the serving dish. You could serve with a ragu sauce.
10. **If taking home:** Place the pasta into your container and store in the fridge.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓		✓	✓	✓	✓			✓		

Allergens

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Meatballs and Ragu

A crowd pleasing recipe – you can demonstrate your fine decoration skills here. Think about colour and texture when adapting the recipe. Options are below.

Ingredients

For the meatballs:

- Pack of 8 pork sausages **or** a packet of sausage meat – between 300-400g
- **1 slice bread (for bread crumbs)**
- 1 small onion
- 1 clove garlic
- **1 egg**
- 1tblsp tomato puree
- ½ tsp herbs e.g. oregano, basil

For the ragu:

- 1 onion
- 1 can chopped tomatoes
- 2 cloves garlic - crushed
- 1 tblsp olive oil
- 1 tblsp tomato purée
- 1 tsp sugar
- 2 tsp dried herbs (e.g. oregano or basil) or handful fresh herbs chopped



Equipment to bring from home

Oven proof dish and a large sealable container

Method

Lesson 1: Ragu

1. Fine dice the onion. In a small saucepan heat 1 tbsp oil and soften the onion on a medium heat - stirring all the time for 5 minutes. Do not burn the onion.
2. Add the rest of the ragu ingredients to the saucepan. Bring it to a boil, stir and then reduce the heat so the sauce simmers for 20 minutes. Wash up.

Lesson 2: Meatballs

1. Set the oven to 200°C/Gas mark 6.
2. Finely dice (or grate) the onion and peel and crush the garlic. Process the bread to get fine breadcrumbs.
3. Into a large glass bowl add the sausage meat or skin the sausages. Add the fine diced onion and the garlic.
4. Add the tomato puree, herbs, bread and egg to the sausage meat and combine well using a wooden spoon.
5. Divide the mixture into 8 equal sized balls, roll and place onto a papered baking tray.
6. Cook for 15-20 minutes, until golden - check the temperature of the meatballs is above 72°C - use a food probe!
7. While the meatballs are cooking wash up.
8. When cooked, transfer the meat balls to a container- place them into the fridge.

At home:

1. Reheat the ragu in a saucepan - bring to a simmer and heat through for 5 minutes until piping hot. Add the cooked meatballs to the ragu and continue to heat for a further 15 minutes.
2. You can serve with spaghetti or other pastas shapes and garnish with grated cheese/parmesan.

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓	✓	✓	✓	✓				

Allergens

- ☐ Celery ☒ Gluten ☐ Crustaceans ☒ Eggs ☐ Fish
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Plain White Sauce – Roux Method

Ingredients

- 25g plain flour (sieved)
- 40g butter
- 425ml Milk
- Salt and pepper to season.
- It is possible to substitute the milk with a 50/50 mix of milk and stock.

INFO: This recipe makes a sauce suitable for pouring. It is essential **not to** allow the fat to burn as it will discolour and flavour the sauce. It is also essential to keep stirring this sauce whilst making the roux to avoid lumps. Use this recipe to incorporate vegetables into the sauce that need to be sweated first.

Method

1. Gently melt the butter in the pan. Remove from the heat immediately to prevent burning.
2. Add the flour and mix vigorously to ensure all lumps are removed and smooth paste is formed.
- 3.
4. Return the saucepan to a medium heat and slowly add the liquid to the mix, about 25ml at a time, stirring to prevent any lumps from forming.
5. Once all the milk has been added, turn the heat as low as possible and allow to cook for 6-10 minutes.

To make a thicker coating sauce – use 50g plain flour.

Plain White Sauce – All in one

Ingredients

- 25g plain flour (sieved)
- 40g butter
- 425ml Milk
- Salt and pepper to season.

It is possible to substitute the milk with a 50/50 mix of milk and stock but this will become a Velouté sauce

INFO: This recipe makes a sauce suitable for pouring. It is essential **not to** allow the fat to burn as it will discolour and flavour the sauce. It is also essential to keep stirring this sauce whilst making the roux to avoid lumps. Use this recipe to incorporate vegetables into the sauce that need to be sweated first.

To make a thicker coating sauce – use 50g plain flour.

Method

1. Place all the ingredients in a saucepan on a medium heat. Whisk until the mix begins to bubble. Once the sauce begins to bubble, stir with a wooden spoon to get into the corners, and then whisk again.
2. Turn the heat as low as possible and cook for 6 minutes.



INFO: Sauces can be flavoured to suit your dish with your choice of: fresh herbs; 50g grated cheese; 2 tablespoons of tomato puree; 2 cloves crushed garlic etc

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
							✓				

Allergens

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

Lasagne

Keep covered in an airtight container • Serves up to 8
Bake in the oven at 180°C/ Gas 4 for 30-35 minutes until piping hot



- 150g lasagne sheets

White Sauce

- 500ml milk
- 50g plain flour
- 50g margarine (low fat)
- salt and pepper

White Sauce Flavourings

- 125g cheese or
- 1 tsp parsley or
- 2 tbsp tomato puree

Mince Sauce

- 450g minced beef /turkey/quorn
- 1 onion
- 1 garlic clove
- 1 carrot
- 2 celery sticks
- 1 x 10ml spoon oil
- 400g canned chopped tomatoes
- 1 x 5ml spoon mixed herbs

Equipment

- A large ovenproof dish, clingfilm to cover

Garnish

- 25g cheese, grated *
- black pepper

1. Prepare self, ingredients and equipment.
2. Peel the vegetables and then chop or slice into **even fine sized pieces**.
3. On a medium/high heat, dry fry the meat in a large saucepan – **stir with a wooden spoon**.
4. Cook the mincemeat until browned all over (**no pink bits**).
5. Add the chopped vegetables to the saucepan and **stir for 4 minutes**. Add the chopped tomatoes and flavourings.
6. **Crumble** OXO cube into pan.
7. Add **100 ml water**, mix well and bring the saucepan to a simmer (gently bubbling).
8. When boiling, turn down heat to low or heat 2. Simmer (bubbling slowly), stirring occasionally for 15-20 minutes.
9. **Wash up**.
10. To make the white sauce, add margarine and flour to make a roux, add milk and **stir continuously** until thicken sauce is formed.
11. Remove from the heat onto a **pan stand** and add sauce flavourings and seasoning.
12. Layer the lasagne – start with **meat sauce, then pasta, then cheese sauce**. Do as many layers as you can ending with **cheese sauce of top**.
13. Sprinkle over the grated cheese.
14. Cover with clingfilm and label, place in the fridge. **Wash up**.



Chop vegetables. Dry fry the meat in a saucepan



Add the vegetables to the pan - stir



Add tomatoes, stock cube, herbs and water - stir



Simmer for 15 mins – Wash up



Add milk, butter, flour to a pan and heat – stir



Add cheese to the white sauce and stir



Layer the meat sauce, pasta and white sauce. Put cheese on top

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓			✓	✓	✓				

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