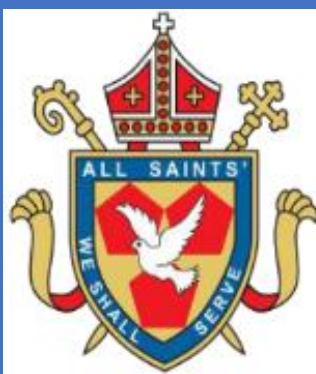


Y9 HT 2 Recipe Book



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.

Mock NEA1 experiment: Pastry

The flavour and texture of pastry is important. Investigate the functional and chemical properties of ingredients used to make shortcrust pastry.

Ingredients

100g plain flour

50g fat

Cold water to mix

Remember: It is likely that you will produce different “options” in your experiment (e.g. 3 types of shortcrust pastry, each using different types of fat)

Basic recipe and method for shortcrust pastry

- 1. Heat oven to 180°C
- 2. Sieve 100g **flour** into a bowl
- 3. Rub 50g **fat** into flour
- 4. Add 1tsp cold water to form a dough
- 5. Roll and cut
- 6. Place on baking paper and bake for 12 mins

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

Quiche

Serves 6

You will need:

Choose a **selection** of vegetables from the table below. Think about what flavours that would go together and what is currently in season.

- Shortcrust pastry**
- 200g plain flour
 - 100g block margarine/**butter**
 - 4 tbsp. Cold water
- Filling**
- 100g cheese (**cheddar cheese** /goats cheese/ blue cheese)
 - 2 **eggs**
 - 125ml milk
 - 1 tomato for garnish

- 1 Pepper (red, green, orange or yellow)
- 1 Small Onion red * or white
- 4 Mushrooms
- 3 Spring Onions
- Small tin of sweetcorn
- 1 teaspoon of any herbs (sage is good with eggs)
- ¼ head of broccoli
- ½ courgette
- 3 asparagus spears
- 1 small leek
- Small packet of cooked ham / chicken
- Tin of tuna



- Equipment**
- A ovenproof flan dish or disposable foil dish no bigger then 20CM.
 - Container to take it home in if you wish.

1. Method

2. Prepare self, ingredients and equipment.
3. Sieve flour and **rub in** butter and lard using your fingertip until it is fine breadcrumbs don't not over rub
4. Add **4 tablespoons** cold water and mix with a **table knife** until a soft dough is formed
5. Roll out the pastry on a lightly floured, clean and dry surface. **Making sure it is big enough to line your tin.**
6. Use your rolling pin to carefully lift the pastry and drape over your dish, pressing all the edges down.
7. Trim any excess carefully and **patch any gaps** .
8. Prepare and chop any vegetables into small dice, julienne. **Place in an even layer in you dish,** saving something for garnish
9. Grate the cheese onto your metal plate Beat the eggs and milk together in your jug and add the herbs if using and ¾ of the grated cheese.
10. Pour the mixture evenly into your dish followed by the remaining cheese and garnish.
11. Place on baking tray. Place in the oven and bake for 25 to 30 minutes until golden brown. *Oven at 180oC/ Gas mark*
12. Check the centre is cooked- make sure the egg is set and the pastry ls golden brown.
13. Make sure you leave your work area as you found it – 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
✓	✓		✓						✓		✓

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☐ Soya

☐ Sulphites

Stuffed Peppers

Serve colourful, flavour-packed stuffed peppers for a light Mediterranean-style supper. You can adapt by choosing from a range of fillings, including meat and vegetarian options.



Equipment to bring from home

Oven proof dish

Ingredients

- 2 large peppers (red, yellow, orange or green)
- 15 ml (1 tbsp) oil/olive oil
- 1 medium onion
- 200g can Tomatoes
- 125 ml Vegetable Stock, made with 2 stock cubes
- 50g Sweetcorn
- 50g Rice
- 50g Mushrooms

Garnish

- 50g **Cheese** (Grated)
- 15 ml (1 tbsp) Fresh Herbs

Method

1. Prepare self, ingredients and equipment.
 2. Bring a saucepan of water to the boil.
 3. Empty the rice into the saucepan and boil until tender – **test to see if it is ready using a fork.**
 4. Half and deseed the peppers – wash the peppers to remove seeds and place into your ovenproof dish
 5. Peel and finely chop the onion and mushrooms. **WASH UP!**
 6. Carefully drain the rice in a colander and place the rice into a large glass bowl. **RINSE THE SAUCEPAN!**
 7. Heat the oil in a frying pan. Cook the onions until soft. Add all the remaining ingredients, except for the rice. **Simmer for 10 minutes.**
 8. Add the cooked rice to the mixture. Mix well and fill the pepper halves with the mixture. Press the mixture with a tablespoon.
 9. If you have any left over rice mixture, pile this around the peppers into your dish.
 10. Add the grated cheese and garnish to the top of your peppers. Cover with cling film, label and place in the fridge. **WASH UP** - Make sure you have the saucepan checked.
- At home: You need to bake the peppers at 180°C/ gas mark 4 for 25 minutes until the top of the peppers are golden and the peppers are soft.

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

Swiss Roll Roulade/ Yule Log

Keep covered in the fridge • Serves 6

Equipment

- A large lidded plastic container / cake tin to take roulade home in.

Ingredients

Sponge

- 2 eggs
- 50g caster sugar
- 50g SR flour

- 1 tablespoon caster sugar for rolling

Filling and Topping:

- 2 tbsp jam * / lemon curd / chocolate spread / marmalade
- 150ml whipping or double cream
- Fruit of your choice - chopped / sliced (fresh / frozen / tinned)
- 50g white / milk / dark chocolate for drizzling / grating / curling / making shapes

Topping

- ☐ 150g softened butter
- ☐ 150g icing Sugar
- ☐ 50g Cocoa Powder
- ☐ Large airtight and NAMED container to take it home lying flat



Method

1. Grease and line a swiss roll tin using greaseproof paper.
2. Put the eggs and sugar into a bowl and **whisk until very thick** and creamy.
3. Sieve the flour (and cocoa powder) over the whisked mixture.
4. **GENTLY fold in the flour** (and cocoa) with a metal tablespoon until the flour is fully incorporated.
5. Pour cake mixture into the swiss roll tin. **Tilt to even out the mixture** and gently spread.
6. Bake at **180°C** until well risen, golden and firm and springy in the centre (**7 – 10 minutes**).
7. While the swiss roll is baking, place a piece of greaseproof paper on the work surface and **sprinkle lightly with caster sugar**.
8. When the swiss roll is cooked, **tip it onto the sugared paper**. Peel off the lining paper from the cake and throw away. Without any filling, loosely roll the sponge **WHILST IT IS STILL WARM** using the paper to help you.
9. Allow to cool completely.
10. Unroll the sponge and **spread with jam / whipped cream / chopped fresh fruit and re-roll**.
11. Decorate with the fruit of your choice, piped whipped cream and drizzled chocolate etc.
12. **WASH UP** - make sure you leave your work area as you found it!

Buttercream Topping:

- Using an electric whisk, cream the butter for 1 minute to soften it.
- Sieve the icing sugar and cocoa over the butter.
- Starting on a low speed, combine the icing sugar and butter together.
- Increase the speed of the whisk and mix for 3 minutes.
- Spread the chocolate buttercream over the cold cake , aiming to make it look like a tree branch.

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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