

Y9 HT 3 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.

Rough Puff Pastry

A little quicker to make than flaky pastry, but giving similar results – light layers of crispy pastry. A complex skill recipe that can be used on both sweet and savoury products e.g. apple turnovers and sausage rolls.

Ingredients.

- 150 g **plain flour**
- ¼ tsp salt
- 100g unsalted **butter**
- 100ml ice-cold water



Method

1. Sift the flour and salt into a large mixing bowl.
2. Cut the butter into small cubes. Using a table knife, stir the butter into the bowl until each piece is well coated with flour.
3. Pour in the water, then, working quickly, use the knife to bring everything together to a rough dough.
4. Gather the dough in the bowl using one hand, then turn it onto the floured work surface. Squash the dough into a fat, flat sausage, without kneading.
5. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm. (the length on the rolling pin and half its width)
Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.
6. Fold the bottom third of the pastry up, then the top third down.
It doesn't matter if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.
7. Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.
8. Roll out and fold the pastry again, **repeating this four times** in all to make a smooth dough, with buttery streaks here and there.
9. Place the pastry in a food bag, label and chill.

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

Savoury Plait

This savoury plait is a real show-stopper. Traditionally, it is made using a rough puff or flaky pastry. The plaiting requires skill and precision and it is glazed and baked to give a shiny golden appearance. Be creative with your filling combinations.



Ingredients

- **Main protein component – choose one:** 450g sausage meat or 8 sausages (remove skin)
- 450g of any minced meat (beef/pork/chicken/turkey)
- 150g **cheese**
- 1 packet Quorn mince or pieces

Adding colour and texture – choose two or three:

- 1 medium onion (red or white) 2 Tomatoes
- 1 pepper (any colour)
- 1 small can chopped tomatoes (drained)
- 6 olives
- 4 pieces of sundried tomatoes
- 1 apple (grated and squeezed)

Method:

1. Prepare self, collect ingredients and equipment.
2. Prepare non-meat filling ingredients first by chopping and grating etc. Place into a large glass bowl. Add any flavourings which you are using.
3. Handle meat (high risk) ingredients next such as mince or sausage meat. NB. If sausages have skins on, these will have to be removed. Add to the bowl and then mix with a wooden spoon to combine. WASH HANDS AFTER HANDLING RAW MEAT - DISPOSE OF ALL PACKAGING.
4. Crack and beat the egg in a small bowl. If half an egg is added to the filling mixture it will help bind ingredients in the filling when cooked. WASH HANDS AFTER HANDLING RAW EGG.
5. Clean and clear the work surface. Lightly flour and roll out puff or flaky pastry into a rectangle approx. 3mm thick. NB. Your rolling pin is a good size guide - as long as the rolling pin and half as wide. Place the pastry onto a greaseproof paper sheet.
6. Neatly place filling ingredients down the middle section of your pastry.
7. Cut equal diagonal strips either side of the filling. Brush the cut pastry with beaten egg.
8. Plait the strips over the top of the filling so that they meet and overlap in the middle.
9. Glaze using egg wash and a pastry brush
10. Transfer your finished plait to a baking sheet or large container. Wrap/ cover.
11. Place in the fridge.
12. WASH UP - make sure you leave your work area as you found it!

Bake in the oven at home - 200°C/gas mark 7, for approx. 30 mins depending on the filling - ensure raw meat is completely cooked (75°C or above)

Equipment to bring from home

A large sealable container

Adding flavour– choose two or three:

- Small packet sage and onion stuffing
- 1 oxo cube (any flavour)
- 1 tsp Chinese five spice
- 2 tsp tomato puree
- 1 tbsp Worcester sauce
- 1 tbsp apple or cranberry sauce
- 1 tsp dried basil or a few fresh leaves
- 1 garlic clove, crushed
- 1 tsp mixed dried herbs / oregano

You will also need 1 egg to bind and glaze your product

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Choux Pastry

Ingredients

- ☐ 65g **plain flour**
- ☐ 50g **butter** or hard margarine
- ☐ 150ml water
- ☐ 2 **eggs**
- ☐ Large airtight and NAMED container to take ~10 choux buns home

Method

- Preheat oven to 180°C
- Line a baking sheet with baking paper.
- Melt butter or margarine in a large saucepan with 150ml water.
- Bring to a "rolling boil", remove from heat and immediately add the flour.
- Stir well to form a dough.
- Allow to cool for 5 minutes, stirring regularly.
- Beat eggs together in a measuring jug using a fork.
- Add $\frac{1}{2}$ the egg mixture to the dough and beat well. Gradually beat in the remainder of the egg, until it forms a smooth and shiny mixture which slowly drops from the spoon in a v shape. *You may not need to use all the egg.*
- Transfer the dough into a piping bag, cut off the end and pipe circles for buns, or lines for eclairs, onto the baking sheet.
- Bake for 10 minutes, then reduce the oven temperature to 160 °C and bake for another 20 minutes until they are golden in colour all over.
- Remove from the oven and immediately turn over and make hole in the underside to allow the remaining steam to escape.
- Leave to cool.
- Whip 300ml double cream until stiff enough to hold its own shape, then either transfer to a piping bag and squeeze into each of your pastries, or, cut each pastry in half and spoon cream onto one half before sandwiching them gently back together.
- Melt 175g chocolate and dip the top of each pastry into it. Leave to set.

As the choux pastry cooks, air trapped in the mixture as you beat it expands, & liquids in the dough turn into steam, making it rise!

Choux pastry does not have much flavour, and can be used to carry sweet and savoury fillings and toppings. It can also be formed into different shapes. Kim-Joy from Bake Off has made several different variations you may like to look up.

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Garlic & Rosemary Focaccia

Ingredients

- ☐ 500g strong white bread flour
- ☐ 312ml water, at room temperature
- ☐ 1 ½ x 7g sachets dried yeast
- ☐ ½ tbsp salt
- ☐ 1 tbsp sugar
- ☐ sea salt and freshly ground black pepper
- ☐ olive oil
- ☐ 1/2 bulb garlic
- ☐ a few sprigs of rosemary
- ☐ Large AIRTIGHT and NAMED container

Carbon dioxide gas produced by the yeast as it ferments expands during proving and baking to give a light & open texture

Method

1. Put flour in a large mixing bowl, and stir in the sugar and salt. Make a well in the centre.
2. Pour the water into the well and use a fork to gradually bring in the flour from the outside. Gradually incorporate the flour to make a smooth dough.
3. Dust the work surface lightly with flour and then knead the dough for about 5 minutes until it's silky, springy and elastic.
4. Line a brownie tin with baking paper. Roll or stretch the dough out until it's the right size for the baking tin and put it in to the tin.
5. Peel and press the garlic cloves and place into a small bowl. Strip the leaves off the rosemary into the bowl and drizzle olive oil over both. Season with salt and pepper and scrunch together with your fingers.
6. Scatter the rosemary and garlic over the dough then use your fingertips to push the flavours in and make dimples in the surface of the bread dough.
7. Drizzle the dough with a little olive oil, season with salt and pepper and cover loosely. Place at the back of the worktop and leave to prove for 1 hour, make sure that your baking paper is labelled with your name.
8. A member of the food team will preheat your oven to 180°C and bake in the oven for 20 minutes, or until golden with a crispy surface, and hollow sounding when tapped.

Focaccia is an Italian bread, rustic in style. The most basic recipes top the bread with salt flakes, olive oil and rosemary, but you could add other ingredients if you like, such as olives, garlic or sundried tomatoes, but don't add anything too wet.

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