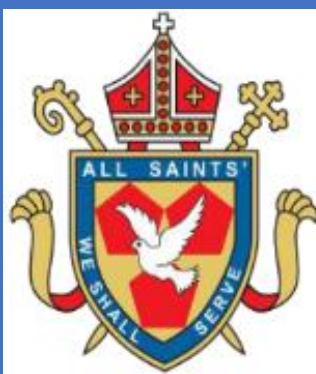


Y9 HT 4 Recipe Book



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.

Mini Gateaux

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

Sponge:

- 100g **self raising flour**
- 100g caster sugar
- 100g **soft** margarine (**must be margarine suitable for baking**)
- 2 **eggs**
- $\frac{1}{2}$ tsp **baking powder**

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



Equipment to bring from home

A large sealable container or biscuit tin

Method

1. Prepare self, ingredients and equipment.
2. Pre-heat oven to 190°C / gas 5
3. Grease and line a swiss roll tin using greaseproof paper.
4. Put the eggs and sugar into a bowl and whisk **until very thick** and creamy.
5. Sieve the flour (and cocoa powder) over the whisked mixture.
6. GENTLY **fold** in the flour (and cocoa) with a **metal tablespoon** until the flour is fully incorporated.
7. Pour cake mixture into the Swiss roll tin. Tilt to even out the mixture and gently spread.
8. Bake until well risen, golden and firm and springy in the centre (**7 – 10 minutes**).
9. Remove from the oven and carefully **transfer the cake to a cooling rack** – peel down the sides of the paper – but **leave the paper on the base**.
10. Allow to cool completely. Place into the blast chiller. **WASH UP!**
11. Place the cake on a chopping board and using circular cutters to cut out mini gateaux's. **Lift the mini cakes carefully** off of the paper using a palette knife.
12. Store in your container ready for decoration and filling next lesson.

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

Jam

Jam, sometimes referred to as a preserve, is a method of preserving fruit using sugar and high temperature cooking. Using fruits with a high pectin content such as plums and blackberries mean jam will set well. It is also best if fruit is slightly under-ripe as pectin levels are higher.



Ingredients - Jam

- 500g fruit
- 500g sugar
- 125ml water

Equipment to bring from home

2 clean / washed jam jars with lids.

Method

Lesson 1: Making the jam

1. Place clean jars (not lids) in the oven to sterilise.
2. Core and roughly chop fruit – leave in any stones.
3. Put fruit in a large saucepan. Add just enough water to cover (125ml) and simmer until soft.
4. Add the sugar and heat very gently until the sugar has dissolved. Stir to feel for the gritty texture.
5. Bring the jam to the boil and continue to boil very rapidly for about 8-10 minutes until the jam reaches setting point.
6. When the jam has set, using a measuring jug carefully pour into warm, sterilised jars.
7. Cover the jars with waxed disks and covers. Label. Place on a shelf to cool naturally

Sterilising the jars:

Wash and rinse the jars and place them upside down in a cold oven on a baking sheet. Set the temperature to 140 °C. When the oven has reached the right temperature, turn off the heat. The jars will stay warm.

Jam “set” or “setting point”:

Before you start to make the jam, put a couple of plates in the fridge. When ready, take your pan off the heat and drizzle warm jam onto the cold plate. Return the plate to the fridge to cool for approx. two minutes. It has set when you run your finger through it and it leaves a crinkly track mark. If after two minutes the cooled jam is too liquid, continue to boil the jam back on the heat, testing it every few minutes until you have the right set.

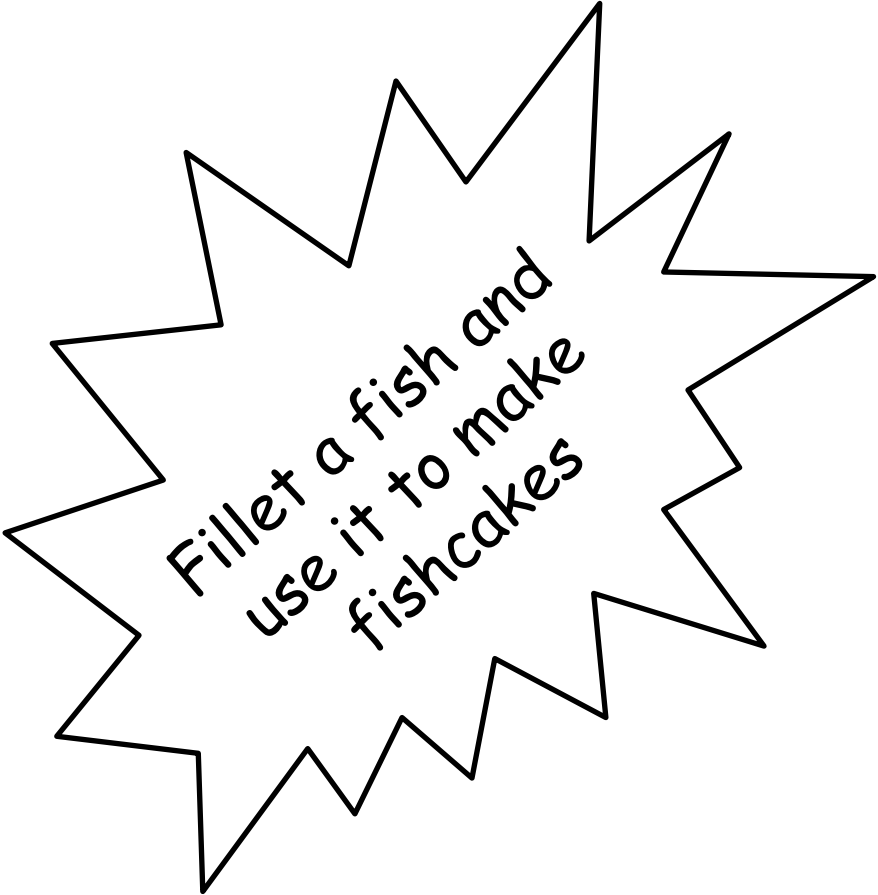


Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
✓	✓	✓	✓		✓						

Allergens

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Fishcakes



Ingredients - school will provide these

- 150g mashed potatoes
- 100g filleted fish
- 25g **butter** or margarine
- 1tsp dried herbs
- Flour for shaping the fish cakes
- Black pepper

☐ Large LEAK PROOF and NAMED container to take it home in

Method

1. Fillet the fish.
2. Preheat the oven to 190°C.
3. Line a baking tray with baking paper.
4. Microwave the fish on full power according to teacher instructions.
5. Put the butter or margarine, fish, herbs and potatoes in a large bowl. Season with black pepper and mix well with a spoon.
6. Sprinkle some flour on your chopping board and hands. Shape the fish mixture into 4 fish cakes. Coat each one with with flour.
7. Bake the fish cakes on a lined baking tray for 15-20 minutes until golden and crispy on the outside OR shallow fry the fish cakes for 4-5 minutes per side, until golden brown.
8. Drain on kitchen paper.

Fish cakes can make use of many varieties of fish, fresh and tinned, or even crab meat, and can include other flavourings such as chilli, herbs or even cheese. They are a great way to make a little fish feed several people.

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

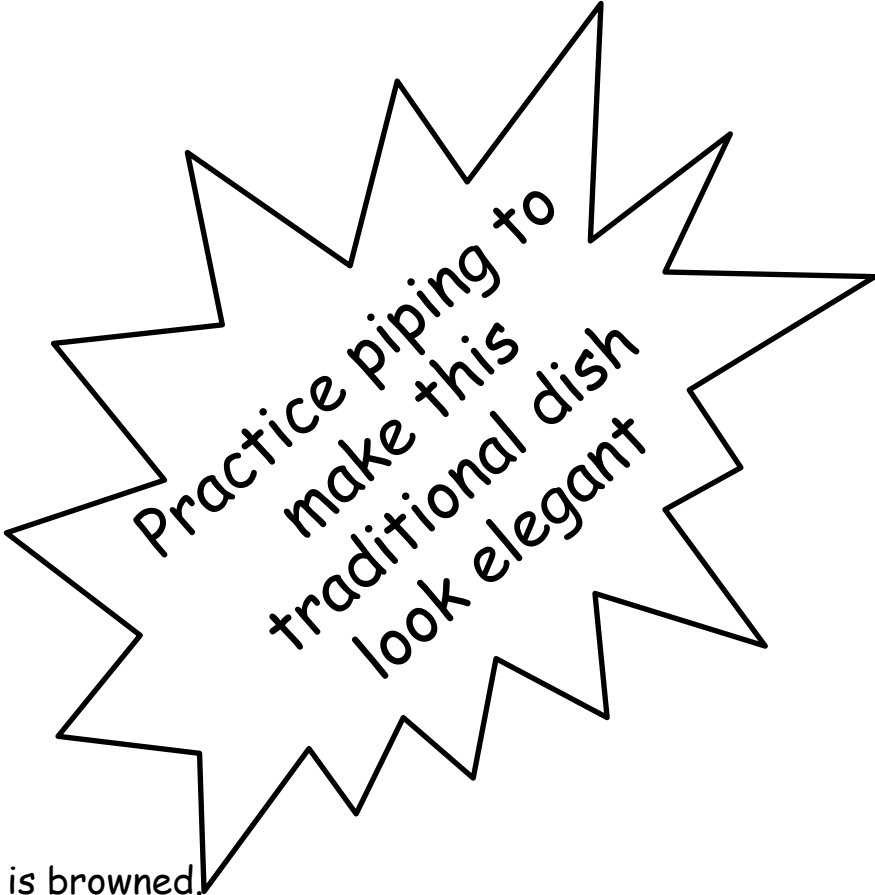
Shepherd's Pie

Ingredients

- ☐ 3 medium potatoes (700g)
- ☐ 250g minced lamb or minced beef
- ☐ 1 tbsp **plain flour**
- ☐ 1 tbsp tomato purée
- ☐ 1 tbsp **Worcestershire sauce**
- ☐ 1 stock cube
- ☐ **Milk** and margarine

Method

1. Preheat the oven to 180°C.
2. Peel and dice the onion and carrot.
3. In a frying pan, dry fry the lamb with the onion and carrots, until the mince is browned.
4. Stir the flour, tomato purée and Worcestershire sauce into your meat mixture.
5. In a jug, add the stock cube to 300ml boiling water to make up the stock.
6. Add the stock to the meat mixture, bring to the boil then lower the heat and simmer for 5-10 minutes, until the carrot is soft. Add seasoning (from school).
7. Place the oven proof dish or foil tray on a baking tray. Spread the meat mixture into the bottom of your dish.
8. wash peel chop the potatoes, boil until soft and mash with milk and margarine to taste.
9. Put a large nozzle into a piping bag, and fill with mashed potato. Pipe the mash over the top.
10. Cook for 20-25 minutes, until golden brown.



Shepherd's Pie uses lamb mince, Cottage Pie uses beef mince. If you would prefer you could use a meat free alternative, or even red lentils.

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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Cottage Pie

Keep covered in the fridge • Serves up to 6 Bake at 180°C/ Gas mark 4 for 30-35 minutes

For the mash topping

- 5 or 6 medium potatoes
- 15ml milk
- 15g butter

For the meat filling

- 450g minced lean beef
 - /lamb or Quorn 1 onion
 - 1 carrot
 - 1 tablespoon plain flour
 - 1 tablespoon tomato puree * 1 tablespoon Worcestershire sauce *
 - 200ml water, boiling
 - 1 stock cube e.g. beef oxo
- Top with grated cheese to brown under a grille.



Method

1. Bring a saucepan 1/2 full of water to the boil
2. Peel the potatoes onto a metal plate. Wash and chop into even pieces using a chopping board and a sharp knife. When the water is boiling carefully add the potatoes, **turn the heat down** to simmer.
3. Prepare the vegetables, dice the onion then peel and dice the carrots. When the potatoes are cooked (**test to see if soft using a fork**) turn off the heat and place your pan on a pan stand.
4. Drain the potatoes in a colander carefully and transfer back to the pan. Add your milk and butter and mash.
5. There should be **NO lumps**.
6. Put the mash into a glass bowl – **WASH THE PAN**
7. In your clean saucepan, dry fry the beef/lamb with the onion and carrots, until the mince is browned.
8. Crumble in the stock cube, stir in the flour, tomato purée and Worcestershire sauce.
9. And **200ml** of water. Bring to the boil and the simmer for 10-15 minutes, until the carrots are soft. **WASH UP.**
10. Place the meat mix into your dish – smooth the top with your potatoes and then pattern the surface with a fork, you can also sprinkle with grated cheese to brown under a grille.
11. Wrap with cling film before labeling and placing in the fridge.
12. Spray and wipe the sides, **wash up** and check units.

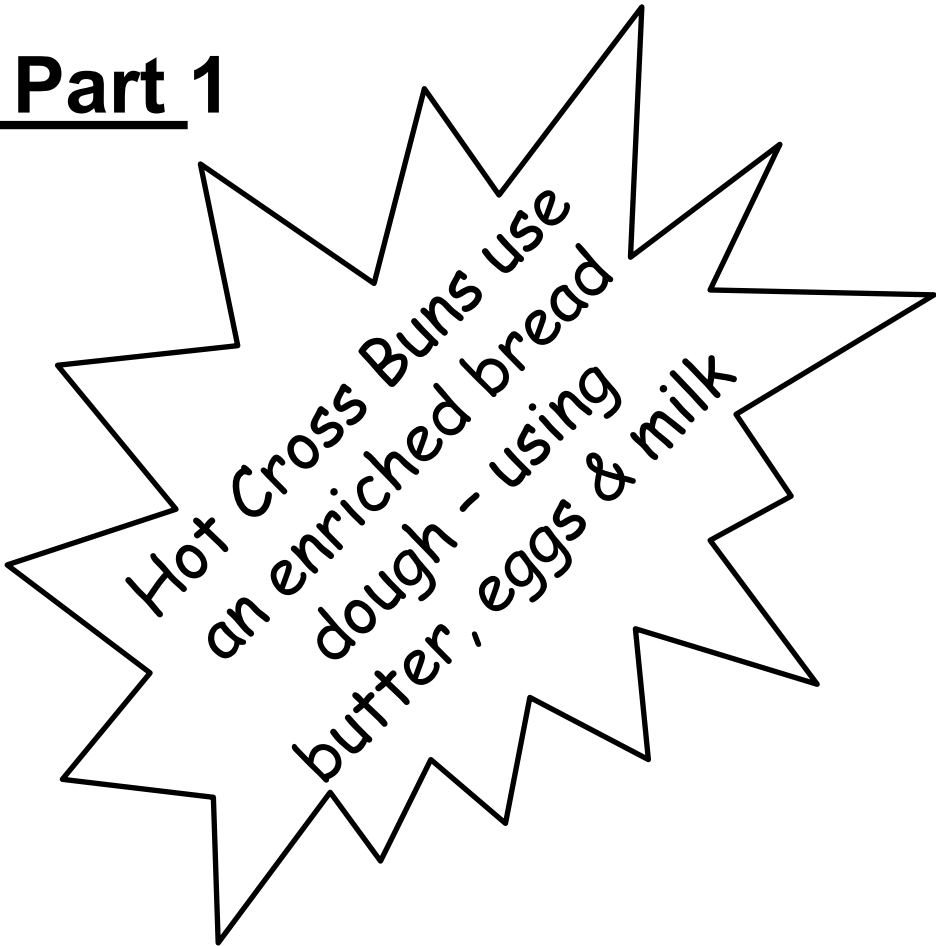
Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6	Skill 7	Skill 8	Skill 9	Skill 10	Skill 11	Skill 12
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Hot Cross Buns – Part 1

Ingredients

- ☐ 225g **Strong white bread flour**
- ☐ 225g **Wholemeal flour**
- ☐ 1 tsp salt
- ☐ 3 tsp mixed spice
- ☐ 35g caster sugar
- ☐ 50g **butter** or margarine
- ☐ 1 orange
- ☐ 7g sachet fast action yeast
- ☐ 100g dried mixed fruit
- ☐ 1 **egg**
- ☐ 300ml **milk**



Method

- 1.Sift the flours, salt and mixed spice into a large bowl.
- 2.Rub the butter into the flour until you create breadcrumbs.
- 3.Grate the zest of the orange and stir into the flour with the sachet of dried yeast and the mixed fruit.
- 4.Crack the egg into a small bowl and beat with a fork.
- 5.Pour the milk into a saucepan and heat very gently until tepid or warm (hand hot) OR heat in a jug in the microwave.
- 6.Make a well in the centre of the flour mixture. Add the beaten egg and $\frac{3}{4}$ of warm milk and mix together with a stirring spoon to form a soft dough. Only add more milk if needed,
- 7.Turn out the dough onto a lightly floured surface and knead well for 5-10 minutes until smooth and elastic.
- 8.Wrap your dough in a double layer of cling film and label with your name.

One theory suggests that hot cross buns originated in the 14th century. A monk from St Albans Abbey, Brother Thomas Roccliffe, developed a recipe for Alban Buns which he distributed to the poor on Good Friday.
We will freeze the dough, to shape, decorate, bake and glaze next lesson.

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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Hot Cross Buns – Part 2

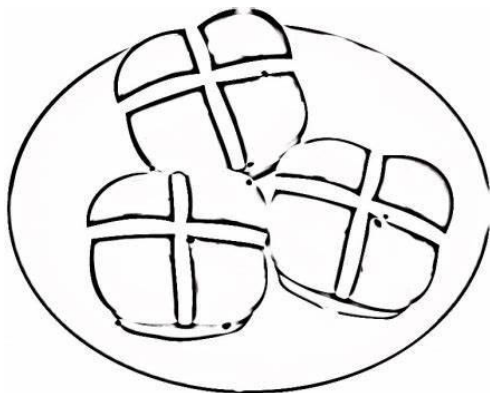
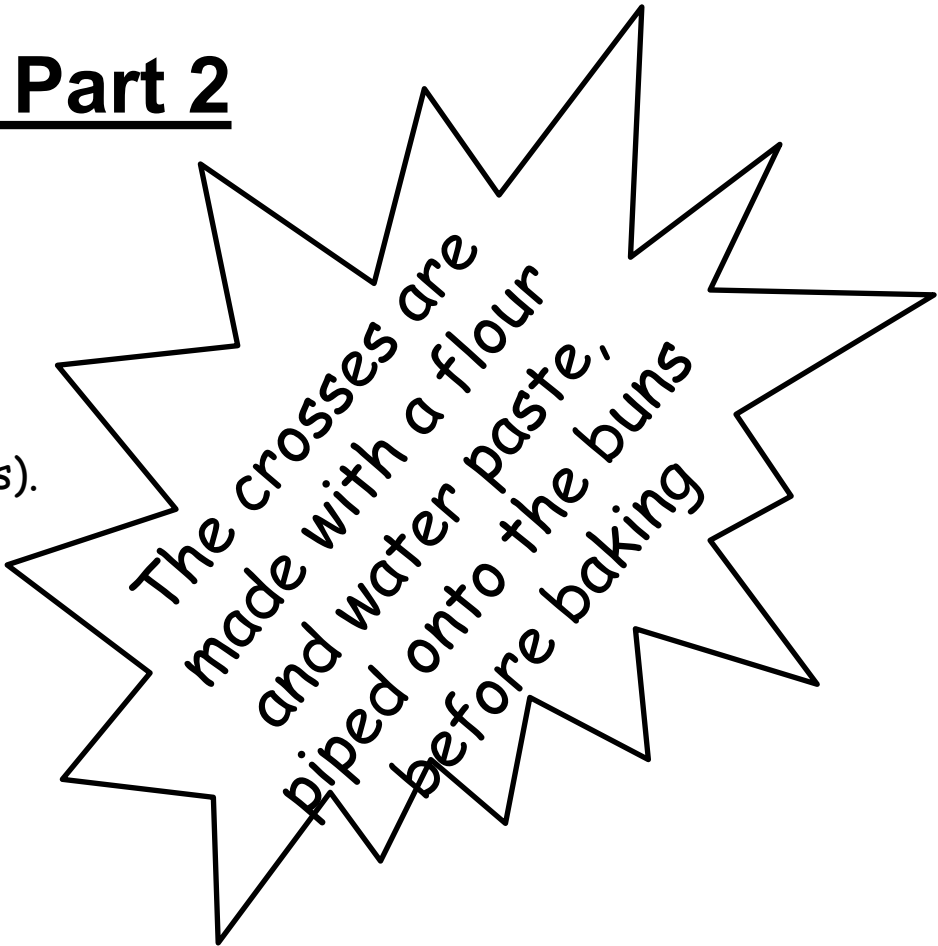
Ingredients

School will provide **flour** and water to make the paste (to pipe the crosses), and will also provide jam (to glaze the cooked buns).

- ☐ Large airtight, named container to take 16 hot cross buns home in

Method

- Preheat oven to 180°C
- Line two baking trays with baking paper
- Knead your dough for a couple of minutes
- Divide the dough into 16 equal pieces and shape into round balls. Place the balls on the baking sheets and flatten slightly.
- Place 25g strong white bread flour in bowl add 1 tbsp water at a time until you have a smooth paste (you will need 2-3 tbsp water). It should be thin enough to pipe, but not too runny.
- Put the paste in a piping bag and snip off the bottom of the bag. Pipe crosses on the buns.
- Bake for 15-20 minutes.
- As soon as they come out of the oven, brush the warmed apricot jam glaze over the buns with a pastry brush. Place on a cooling rack to cool.



Left over hot cross buns can be used to make a variation of a bread and butter pudding. Enriched bread doughs are used to make brioche, Chelsea buns, challah, stolen and pannettone. They take longer to rise as the increased sugar and fat content slows yeast fermentation, but give a softer crust and a more tender crumb.

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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