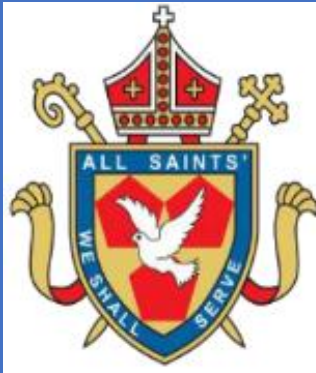


Y9 HT 5 Recipe Book



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.

Chicken Schnitzel

Ingredients

- ☐ 1 **egg**, beaten
- ☐ 140g **breadcrumbs** (or 2 slices of **bread**)
- ☐ 1tsp dried mixed herbs
- ☐ 1 chicken breast (jointed in the lesson)
- ☐ 2 tbsp oil

- ☐ LEAK PROOF and NAMED container to take a chicken schnitzel home in

Using a meat mallet
tenderises the
meat and enables it
to cook quicker

Alternatives

- Quorn strips
- Vegetable strips eg. pepper
- Drained tofu
- Halloumi

Think about how you could flavour the flour and breadcrumbs. **Choose any** of the below as ideas:

- 1 tsp Dried herbs or spices eg. Smoked paprika * oregano, mixed herbs
- Salt and pepper
- A large sealable plastic container.
- A piece of greaseproof paper.

Method

1. Flatten your chicken breast with a meat mallet on a red chopping board until it is evenly flat and thin - about the thickness of a pound coin. Try not to break it
2. On the chopping board cut the chicken into portions roughly the size of your largest finger.
3. If needed, use a food processor to blitz your slices of bread into breadcrumbs and **add any flavourings** or seasonings.
4. Mix breadcrumbs and any seasoning on a plate.
5. Break and beat the eggs onto another plate.
6. Start dipping - keep one hand behind your back. Dip a piece into the flour. Then into the egg. Finally, into the breadcrumb mixture.
7. Warm the oil in a frying pan, and fry the coated chicken breast until golden brown and crispy on one side, then flip.
8. Check the schnitzel is cooked to 75°C in the middle.

Alternatively, these can be baked. *Bake for 20-25 minutes on 190°C or gas mark 5*

A schnitzel is a German dish, consisting of a flattened piece of meat coated in breadcrumbs and pan fried. It can be made from chicken, pork or traditionally veal. Other countries have similar dishes, such as French escalope and Italian Milanese.

If you would like to bring in a meat alternative to use, please do.

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

Boned and Stuffed Chicken Thighs



Main Ingredients

- 4 chicken thighs - skin on and bone in
- 8 streaky bacon rashers (smoked or unsmoked) or pancetta slices

OR

- 2 large courgettes thinly sliced lengthways

Filling Ideas

- 25g ball **mozzarella**, torn into pieces,
- 50g **mature cheddar**, grated,
- 1 tbsp wholegrain **mustard**

OR

- 170g tub garlic **cream cheese**

OR

- Small box stuffing mix (or you could find a recipe to make your own)

Equipment to bring from home

A sealable container

Method

1. Prepare self, ingredients and equipment.
 2. Mix the two cheeses and mustard / pesto together in a small bowl OR open packet of garlic cream cheese OR make up stuffing mix according to packet instructions.
 3. Skin and debone the chicken thighs. Flatten and coat with the filling of your choice then roll up. Wrap each stuffed chicken thigh with 2 bacon rashers (or pancetta) - not too tightly, but enough to hold the chicken together.
 4. Season as required and place into your container. Put the lid on, label and place into the fridge.
 5. **WASH UP** - make sure all equipment and worksurfaces are spotlessly clean and hygienic.
- **At home** : You need to bake the stuffed thighs in the oven at 200°C for 30 minutes until the chicken is cooked all the way through and the juices run clear (temp probe 75°C or above for 2 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
✓	✓	✓				✓					

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Chicken Wings

Chicken Wings

Chicken Wing Marinade

Ingredients (for ~1 kg chicken wings)

- 4 tbsp olive oil (or rapeseed oil)
- 2 tbsp apple juice (unsweetened) or water (*adds mild sweetness without allergens*)
- 1 tbsp lemon juice (*optional—omit if citrus sensitivities are a concern*)
- 1 tsp salt
- 1 tsp paprika (sweet, not smoked if unsure)
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp black pepper

Instructions

1. **Mix marinade:** Combine all ingredients in a bowl and whisk until blended.
2. **Prep chicken:** Place chicken wings in a large container or food-safe bag.
3. **Marinate:** Pour marinade over the wings, toss to coat evenly.
4. **Chill:** Cover and refrigerate for at least **1-2 hours** (up to overnight for more flavor).
5. **Cook:** Bake at 200°C (fan 180°C) for 35-45 minutes until fully cooked and crispy, or grill if appropriate.

Cooking Steps for Air Fryer

1. Preheat air fryer.
2. Set to 180°C and preheat for about 3-5 minutes.
3. Arrange wings. Place wings in a single layer in the basket.
4. Leave space between them for airflow (cook in batches if needed).
5. Cook Air fry at 180°C for 18-20 minutes.
6. Turn & crisp Flip wings halfway through cooking (around 9-10 minutes).
7. For extra crispiness, increase to 200°C for the last 5-8 minutes.

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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Chicken Tikka Naan-wich

Flatbreads are cooked all over the world from Mexican tortillas to Indian chapatis. They are great served soft, filled with slaw or falafels, or baked until crisp and served with dips, soups or stews.

Ingredients

For the chicken tikka

- 200-350g chicken breast (or alternative e.g. quorn)
- 1 small pot **plain natural yoghurt**
- 1 tblsp garam masala powder



Equipment to bring from home

A sealable container

You will need the flatbreads for this recipe - see page 17

For the sauce :

- 2 tbsp. oil
- 2 garlic cloves
- Small piece of ginger
- 1 onion
- 1 $\frac{1}{2}$ tbsp. tomato puree
- 150ml **double cream**

The school will provide these sauce ingredients:

- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ tsp cumin
- 1 tsp ground coriander
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{4}$ tsp dried chili flakes

Method

1. Prepare self, ingredients and equipment. **Heat the oven to 200°C**
 2. Cut the chicken (or alternative options) into 3cm pieces and put into a large glass bowl.
 3. Add the yoghurt and the gara masala spice to the chicken and stir well
 4. Put the chicken mixture onto a lined baking and bake for 20 minutes checking the temperature when cooked is above 75°C - use a food probe!
 5. Peel and finely dice the onion and garlic. Peel and grate the ginger,
 6. Put oil in a small saucepan and heat on number 3 then add the onion, garlic and ginger and stir with out stopping for 5 minutes or until the onions are soft.
 7. Now add the spices and cook for 30 seconds on number 2. Add the tomato puree and cream, bring to a gentle simmer.
 8. When the chicken is cooked turn off your cooker and hob, use OVEN GLOVES to put the tray on a pan stand.
 9. Place the chicken into your container and pour over the sauce.
 10. Wash up, clean down the sides and sink making sure the plug holes are clean.
 11. Spray and wipe down the cooker and sink.
- **At home:** Place a flatbread onto a plate and top with the curry mix. You could sprinkle fresh coriander over the surface with a drizzle of yoghurt and mango chutney. Serve with rice.
 - The flatbreads can be reheated in the oven - 180°C / gas mark 4 for 5 mins. To reheat the curry - return to a saucepan on a medium heat and reheat until steaming and piping hot.

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

Quick Flatbreads

Flatbreads are cooked all over the world from Mexican tortillas to Indian chapatis. They are great served soft, filled with slaw or falafels, or baked until crisp and served with dips, soups or stews.



Ingredients

- 200g **plain or wholemeal flour**
- 200g plain **yoghurt**
- $\frac{1}{4}$ tsp salt

Equipment to bring from home

A sealable container

Method

1. Place the flour and salt in a large bowl. Pour in the yoghurt.
2. Mix together well - stirring all the time with a **table knife**.
3. Pull the dough together using your hands and turn out onto a lightly floured surface.
4. Knead the dough for **5 mins** - you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
5. Divide the dough into **six balls**.
6. On a clean surface, **roll each ball** of dough one at a time using a rolling pin. Don't worry if they aren't perfect circles!
7. Heat a large frying pan - add a little oil and heat for a minute on a medium/high heat (heat 4/5)
8. Cook each flatbread for about **2 minutes on one side** - it should puff up a little. Flip the flatbread over using a spatula and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown.
9. Remove the flatbreads and stack onto the metal plate - **place greaseproof paper in between** the layers to prevent sticking.
10. Store your flatbreads in your container. 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
✓			✓	✓		✓			✓		

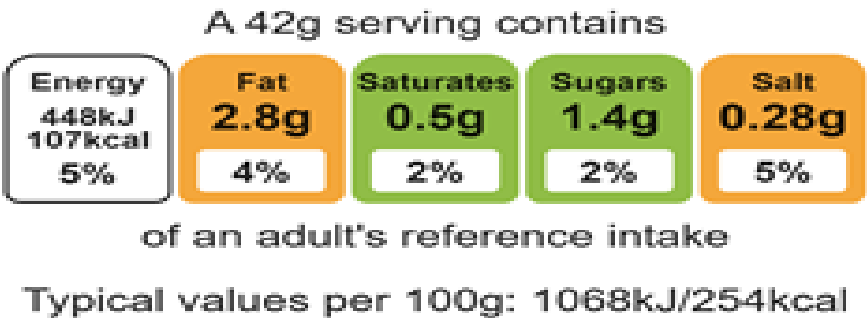
Allergens

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- ☐ Molluscs
- ☐ Mustard
- ☐ Nuts
- ☐ Peanuts
- ☐ Sesame
- ☐ Soya
- ☐ Sulphites

Samosas

Ingredients

- 1 onion
- ½ chilli
- ½ potato
- ½ carrot
- 1x15ml spoon fresh coriander
- 1x5ml spoon garam masala
- 1x5ml spoon tumeric
- 2-3x 15ml spoons water
- 60g peas (frozen)
- 2-3 x 15ml spoon water
- 1 pack **filo pastry**
- Oil (for brushing)



Equipment

Weighing scales, flat baking tray, chopping board, sharp knife, frying pan, measuring spoons, pastry brush.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Prepare the filling:
 - peel and finely dice the potato;
 - peel and finely dice the carrot;
 - peel and finely dice the onion;
 - deseed and finely dice the chilli;
 - chop the coriander.
3. Par-boil the potatoes for 5-8 minutes.
4. Fry the onion in the oil for 4-5 minutes.
5. Add the chilli and spices and cook for a further 1 minute.
6. Drain the potatoes and carrots in a colander.
7. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
8. Add the peas and coriander.
9. Remove from the heat and allow to cool.
10. Lay 2-3 sheets of filo pastry on the work surface.
11. Cut into 10 cm wide strips.
12. Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
13. Place on a baking sheet and repeat the process.
14. Lightly spray the samosas with oil, or brush with oil, and bake for 10 minutes

Top tips:

- Vary your protein: Try this recipe using 125g of lamb or beef mince. Fry the mince with the onion and chilli.
- Turn up the flavour: Try a new flavour combination by adding150g smoked haddock, cooked and flaked and 1 x 10ml spoon mild curry powder to the samosas recipe.
- Be careful when preparing the fresh chilli. Use a fork to hold the chilli when cutting or wear gloves. Thoroughly wash and dry your hands and do not touch your face or hands.
- Save your pennies: The samosas can be frozen in advance of a party or celebration.
- Reduce food waste: Use up any leftover vegetables e.g. peppers, sweetcorn or spinach.

You may need to modify the recipe accordingly. For example, if following a vegan or vegetarian diet, use a meat alternative.

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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☒ Eggs

☐ Fish

☐ Lupin

☒ Milk

Molluscs

☐ Mustard

☐ Nuts

☐ Peanuts

☐ Sesame

☐ Soya

☐ Sulphites

Vegetable samosas (In pairs)



Equipment - Knife, chopping board, saucepan with lid, frying pan, wooden spoon, pastry brush, baking tray with parchment paper, timer.

1
Pre-heat oven.
200°C/gas mark 6



Boil water in pan.



2
Finely slice,
julienne and then
dice ½ a carrot and
½ a potato.

This
size
or
less



3
Par-boil (partly
cook) carrot and
potato in boiling
water for 6-7 mins.



4
Finely chop ½ an
onion



5
De-seed and chop
½ a red chilli



Chop 4 sprigs of
coriander



6
Fry onion in 5ml oil



7
Add 5ml garam
masala and red
chilli to onion and
fry for 3 minutes



8
Drain potatoes and
carrots



Add to the onions.

Fry for 2 mins.

9
Add 25g peas and
coriander



10 Stuff and fold samosa. Brush with oil. Bake in oven 10 mins.

