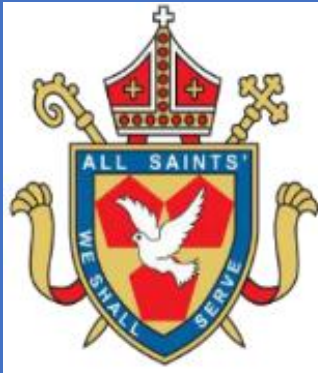


Y9 HT 6 Recipe Book



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.

Seasonal Vegetable Gratin

Serve as a tasty side for your favourite meat dish or as an impressive vegetarian main. You will develop your sauce making skills here - try to get a smooth, glossy finish. An easy to adapt recipe - using any vegetables and changing the flavour of the sauce.

Ingredients

For the cheese sauce:

- 50g **butter**
- 50g **plain flour**
- 500ml **milk**
- salt and pepper
- 150g mature **cheese**

Garnish

- 50g **breadcrumbs**
- 50g **cheese**
- Fresh herbs of your choice



Equipment to bring from home

Oven proof dish

No more than 2 seasonal vegetables of your choice e.g. Broccoli, Cauliflower; Leeks; Carrots; Courgette; Butternut squash; Savoy cabbage, Brussel sprouts

Method

1. Prepare self, ingredients and equipment.
2. To make the sauce, add butter until melted, stir in flour and **gradually add the milk a small saucepan**.
3. Over a **medium heat / low heat**, stir the sauce continuously with a wooden spoon until the sauce thickens and coats the back of the spoon.
4. Remove from the heat onto a pan stand and add grated cheese and seasoning. Stir well.
5. Prepare the vegetables
6. Fill a saucepan $\frac{1}{2}$ full of cold water, add the vegetables and bring to the **boil for 4-5 mins**.
7. When ready (slightly under cooked) drain in a colander and place into your dish
8. Pour on the thickened cheese sauce and mix carefully - **DON'T MASH THE VEG!**
9. Garnish with the breadcrumbs, cheese and herbs.
10. WASH UP - make sure you leave your work area as you found it!



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