



Food for Life

Recipe Booklet

Year 8

Name:

Class of 20__



Pride

Passion

Positivity

WELCOME!

Welcome to your very own copy of the Year 8 recipe booklet, containing all the recipes you have made in Food Tech this year.

We hope that you will use these recipes **at home** and feel free to **experiment** and make them your own! Bring in a photo of your creations (and of you making them) and we will reward you with **+5 points** 😊

A few things to consider...

- Always **check with an adult** before you plan to cook.
 - **Read the recipe** and make sure you have everything you need.
 - Feel free to **experiment**, try adding different ingredients.
- Remember to **make a note** on the recipe of what you have done in case you want to recreate it!
- **Get together everything you need before you start** and **preheat the oven** if using.
 - Wear an **apron**, **Tie back** long hair and remove **Jewellery**.
 - Use **Oven gloves**.
 - **TIDY UP** at the end! **STACK - WIPE - WASH**

HAPPY COOKING!

Mrs Amodio, Mrs Cole, Ms Lloyd & Mrs Minnis

HANDY CONVERSION CHARTS

Tablespoon	tbsp	15ml
Dessert spoon	dsp	10ml
Teaspoon	tsp	5ml

<i>GAS MARK</i>	<i>ELECTRIC</i>	<i>ELECTRIC FAN</i>
1	140°C	120°C
2	150°C	130°C
3	170°C	150°C
4	180°C	160°C
5	190°C	170°C
6	200°C	180°C
7	220°C	200°C
8	230°C	210°C
9	240°C	220°C

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BREAKFAST OMELETTE

INGREDIENTS:	AMOUNT:
Eggs	2
Salt & pepper	pinch
Choose 1 of the following:	
Cheese	25g
Ham	Small slice
Choose 1 of the following:	
Mushroom	1
Tomato	small

Equipment:
Fork
Mixing bowl
Wooden spatula
Chopping board
Small knife
Cheese grater
Jug
Plate
Dish Cloth, Tea Towel & Oven-gloves

METHOD

1. Wash hands and put apron on. Wipe down work area. Collect equipment.
2. Prepare additional ingredients, grate cheese or chop ham into small pieces, thinly slice mushroom or tomato.
3. Break eggs into a basin add the salt and pepper, beat with a fork, add additional ingredients and continue mixing until all ingredients are combined.
4. Heat oil in a frying pan. When it is hot, pour in the egg mix, and as they cook, agitate them with a wooden spatula so that they cook evenly, pushing the cooked egg into the middle and allowing the raw egg to run into it's place.
5. When cooked, fold over and turn onto a serving plate.
6. **Stack - Wipe - Wash!**

Remember to stack the washing up at the dirty side of the sink.

Wipe your area and then **wash-up**.

Dry up and put the items on the clean work surface for checking.

Help others once you have finished.

BREAKFAST MUFFINS

INGREDIENTS	AMOUNT
Self Raising Flour	55g
Wholemeal SR Flour	55g
Bicarbonate of soda	$\frac{1}{2}$ tsp
Milled Linseed & berry mix	1 tsp
Soft Brown Sugar	50g
Low fat Natural Yoghurt	100ml
Egg (omega 3!)	1
Light Olive Oil	45g
Extra ingredients: choose from Dried fruit - sultanas, cranberries, apricots - or $\frac{1}{2}$ Banana, 1 small apple, blueberries, seasonal fruit etc	75g
Optional: Ground spices (cinnamon, ginger, mixed spice)	$\frac{1}{2}$ tsp

Equipment:

Muffin Tin
6 Muffin cases
Mixing bowl
Sieve
Teaspoon
Tablespoon
Measuring Jug
Fork
Cooling Rack
Dish Cloth, Tea Towel &
Oven-gloves

Oven: Fan 180 °C. Gas Mark 4

METHOD

1. Wash hands and put apron on.
2. Wipe down work area. Collect equipment.
3. Preheat the oven and put the muffin cases in the Muffin tray
4. Prepare any extra ingredients - e.g chop apricots, apple, banana..
5. Sieve the flours with the bicarb and spices into the mixing bowl. Add the bran left in the bottom of the sieve to the bowl!
6. Add the ground linseed & berry mix and the sugar and stir well.
7. In a jug, beat the egg and then add the yoghurt and the olive oil
8. Carefully pour the 'wet' ingredients onto the 'dry' ingredients
STIR VERY GENTLY WITH A TABLESPOON- DO NOT OVERMIX!
9. Add any extra ingredients and stir a few times to combine
10. Spoon the batter into the 6 muffin cases being careful not to drip it over the edges of the cases
11. Bake for 15 minutes

BANANA PANCAKES

INGREDIENTS	AMOUNT
Banana	1
Self raising flour	50g
Wholemeal self raising flour	50g
Baking powder	1 tsp
Cinnamon	Half tsp
sugar	1tbsp
egg	1
Milk	100ml
Oil for frying	

Equipment:

Chopping board
Sharp knife
Large bowl
Small bowl
Jug
Fork
Whisk
Tablespoon
Frying pan - large
Palette knife/ fish slice

~ Makes approx 10 small pancakes ~

METHOD

1. Peel and chop banana into bite size pieces.
2. Mix both types of flour, baking powder, cinnamon and sugar.
3. Break the egg into a small bowl, then add to the milk and beat with a fork.
4. Gradually add the milk and egg mixture and use a whisk to mix to make a soft batter.
5. Use a spoon to stir in the chopped banana.
6. Heat the oil in a large frying pan on a low to medium heat.
7. Add the batter in heaped tablespoonfuls (max 2 at a time) and fry until bubbles appear on the surface.
8. Turn over and cook briefly to colour the other side.
9. Repeat steps 7 and 8 until all your batter is used.

Serve with natural yoghurt and maple syrup or honey

MACARONI CHEESE

INGREDIENTS	AMOUNT
Macaroni	50g
Cheese	50g
Milk	250ml
Flour	25g
Butter or margarine	25g
Salt & pepper	30g
Mustard	pinch

Equipment

Rubbish Bowl
2 Saucepans & 1 lid
Wooden spoon
Grater
Plate
Ovenproof dish
Dish cloth, tea towel & oven gloves

METHOD

1. Wash your hands and put an apron on.
2. Collect all the equipment you will need. Don't forget a rubbish bowl!
3. Put on a pan of water to boil, back hob on high with a lid on if you have one.
4. Add a pinch of salt, and macaroni to the boiling water and cook until al dente (8 - 10 minutes). Leave the lid off the pan.
5. Make the cheese sauce. Melt the butter or margarine over a low heat and mix in the flour to form a paste (roux). Over the heat **gradually** add the milk, stirring all the time. The sauce will gradually thicken. When it is 'coating consistency' (covers the back of the spoon and a line can be drawn into it), take off the heat and Stir in $\frac{3}{4}$ of the cheese, saving a $\frac{1}{4}$ for the top.
6. Drain the macaroni when it is cooked (al dente), using a colander, then add the macaroni to the cheese sauce, stir, and then put into an ovenproof dish.
7. Sprinkle over the remaining cheese and brown under a hot grill.
8. **Stack - Wipe - Wash!**
Remember to stack the washing-up at the dirty side of the sink.
Wipe your area and then wash-up.
Dry up and put the items on the clean work-surface for checking.

FAJITAS

INGREDIENTS:

45g raw chicken

1/5 red pepper

1/5 green pepper

$\frac{1}{4}$ small onion

1 tortilla - white or wholemeal

20g cheese

Fajita spices

Sour cream & guacamole - optional

1 Tablespoon Sunflower or Olive Oil

Equipment:

Red Chopping Board

Green Chopping Board

Sharp Knife

Cheese Grater

Plate

Frying pan

Wooden Spatula

Dish Cloth, Tea Towel &

Oven-gloves

METHOD

1. Prepare your work area and get yourself ready for your practical lesson. Collect your equipment.
2. Cut chicken into strips on a red chopping board. Slice the peppers and the onion on a multi-purpose or brown/green chopping board.
3. Grate the cheese onto a plate.
4. Lightly fry chicken until white on a medium heat. Cut the largest piece in half - it must be white the whole way through.
5. Add onions, then after 1 minute add the peppers. Add 1 TEASPOON of spice and stir through well and then remove from the heat.
6. Heat the tortilla in the microwave for about 10 seconds until softened.
7. Place filling in the middle of the tortilla and fold up as shown.
8. **Stack, wipe** and then **wash-up**. Leave equipment out for checking.
9. Ensure that the sink and work surfaces are left spotless.

SPAGHETTI BOLOGNESE

INGREDIENTS	AMOUNT
Spaghetti	50g
Mince beef or Quorn mince	75g
Onion	$\frac{1}{4}$
Garlic	$\frac{1}{2}$ clove
Mushroom	1
Pepper	a slice
Tinned chopped tomatoes	75g
Stock cube	$\frac{1}{4}$
Tomato puree SP	1tsp
Mixed herbs	Pinch

Equipment

Rubbish Bowl
Green Chopping Board
Sharp Knife
Garlic Press
Frying pan
Wooden spatula
Saucepan
Colander
Plate
Foil Container or Similar
Dish cloth & tea towel

METHOD

1. Wash your hands and put an apron on
2. Collect all your equipment - don't forget a rubbish bowl!
3. Half fill a pan with water, add a pinch of salt and put on to boil.
4. Peel the onion and garlic clove, wipe the mushroom if required.
5. Chop the onion, pepper and mushroom into small, even pieces.
6. Once the pan of water is boiling, add your spaghetti -gently push it down under the water so that is fully submerged. Cook for 10-12 mins or until 'al dente'.
7. Meanwhile, 'Dry fry' the mince in a frying pan over a medium-high heat until brown (you will need 1tsp oil if using Quorn)
8. Add the onion and cook further for 3-4 mins, then add the other vegetables & garlic.
9. Once softened, add the tomato puree, tin tomatoes, herbs and stock cube and simmer gently for 10 mins. Add a splash of water if it looks too dry.
10. Drain spaghetti, over the sink using a colander
11. Arrange spaghetti in plate or bowl, and spoon your Bolognese sauce on top. Garnish with parmesan if desired.
12. Complete your tidying up - **STACK - WIPE - WASH!** Have your equipment checked.

DESIGN AND MAKE A HEALTHY SCONE

INGREDIENTS	AMOUNT
Self-Raising Flour	200g
Margarine or Butter	50g
Milk	125ml
Sugar (for sweet scones)	25g
Extra choice of ingredients: Cheese, onion, tomato, tomato puree, mixed herbs, olives, dried fruit, apple, orange zest etc	

Equipment:

Baking tray
Mixing bowl
Rolling pin
Sharp knife
Table knife
Chopping board
Cutters (fluted for sweet)

Oven: Fan 190 °C. Gas Mark 5

METHOD

1. Wash hands and put apron on.
2. Wipe down work area. Collect equipment.
3. Preheat the oven.
4. Sieve the flour into a bowl.
5. Rub in the margarine or butter until it resembles fine breadcrumbs (RUB, RUB DROP/FAIRY FINGERS!)
6. Add your fillings.
7. Combine the egg and milk.
8. Stir in enough milk to give a soft but not sticky dough. Use a table knife.
9. Handle the dough very lightly for best results!
10. Turn out the dough onto a lightly floured surface and roll it out as evenly as possible to 2cm thick.
11. Cut out 8 - 10 small scones. You may need to re-roll the dough to cut out all the scones.
12. Place the scones on the baking tray and brush the tops with milk.
Bake for 10 minutes until well risen and golden. Cool a little on a cooling rack.
13. **Stack, wipe and wash!** Stack all your dirty washing up at the dirty end of the sink, **wipe** the work surfaces, then **wash**, and dry all the equipment you have used. Don't forget to leave out the clean equipment for checking. Once your equipment has been checked put it back in the correct storage places.

MICROWAVE SPONGE PUDDING

INGREDIENTS	AMOUNT
Golden syrup or jam	2 tbsp
Soft Margarine	50g
Caster sugar	50g
Egg	1
S R flour, sieved	75g
Vanilla essence	$\frac{1}{2}$ tsp
1 - 2 tablespoons water	1 -2 tbsps

Equipment

Microwavable 500ml pudding basin
Tablespoon
Mixing bowl
Wooden spoon
Measuring jug
Fork
Sieve
Microwave oven
Dish cloth, tea towel & oven gloves

METHOD

1. Collect all the equipment you will need.
2. Put the jam or golden syrup into the bottom of the pudding basin.
3. Cream together the margarine and sugar in a mixing bowl. Mix until almost white in colour. The mixture should be soft and fluffy with no grittiness.
4. Crack the egg into a jug and add the vanilla essence -beat with a fork. Gradually add the egg to the margarine and sugar, beating well after each addition. If the mixture starts to curdle, add a tablespoon of the sieved flour.
5. Lightly fold in the flour using a metal spoon.
6. Add 1-2 tablespoons warm water to make a soft mixture.
7. Spoon the mixture into the pudding basin. Smooth the top with the back of a tablespoon. Sit the bowl on a plate in case of overflow!
8. Microwave on FULL for 2-3 minutes until cooked.
9. While the pudding is cooking, tidy up!
Remember to **stack** the washing-up at the dirty side of the sink.
Wipe your area and then **wash-up**. Dry up and put the items on the clean work-surface for checking.
****You can also make the pudding by the 'All in one' method!** Just put the margarine, sugar, beaten egg and flour into a mixing bowl and beat well for 2 - 3 minutes. Add 1 - 2 tbsp warm water to make a soft mixture and spoon into the pudding basin.**

FRIED RICE

INGREDIENTS:	AMOUNT:
Rice	75g
Bacon	1 rasher
Onion	$\frac{1}{2}$
Mushroom	2
Carrot	$\frac{1}{2}$
Sweetcorn	25g
Peas	25g
Egg	(optional)
Soy sauce	1 tbsp
Oil	

Equipment:

Rubbish Bowl
Chopping Board
Sharp Knife
1 Small Saucepan & lid
1 Frying Pan
Wooden Spatulas
Silver Foil Dish
Dish Cloth, Tea Towel &
Oven-gloves

METHOD

1. Put a pan of water (half full) on to boil, add rice. Keep checking to make sure it does not overcook. Follow pack instructions.
2. Prepare vegetables, dice onion, slice mushrooms and grate carrot.
3. Add a small amount of oil to a frying pan, cook bacon and onion, fry for a few minutes on a medium heat until onion is softened.
4. Add carrot and mushroom and cook for a further few minutes.
5. Add drained cooked rice to bacon and vegetables.
6. Add sweetcorn and peas and cook for a couple of minutes.
7. Finally season with soy sauce to taste.

Oven baked Scotch egg

INGREDIENTS:	AMOUNT:
Eggs	3
Thick sausages	2
Bread (slightly stale) or packet breadcrumbs	2 - 3 slices
Oil	1 tbsp
Flour	1 tbsp

Equipment:

Rubbish Bowl
Food processor (fresh bread only)
1 Small Saucepan
2 small bowls
Fork
Food scissors
Flour dredger
Dish Cloth, Tea Towel & Oven-gloves

METHOD

1. Half fill the saucepan with water and bring to the boil on the hob. Set the oven to 180 °C .
2. Add **TWO of the eggs** and boil for 8 - 9 minutes, uncovered.
3. Break the other egg into a small bowl and lightly mix with a fork.
4. Make the bread into breadcrumbs using the food processor, **YOU WILL NEED TO BE SHOWN AND SUPERVISED TO DO THIS** - you must ask. If you do not have a food processor, put 3 tablespoons of the dried breadcrumbs onto a clean plate.
5. Once the eggs have cooked for 8 minutes, turn off the heat and remove it from the pan using a slotted spoon. Run under cold water until it is cool enough to handle.
6. Remove the skin from the sausages using the food scissors, or a sharp knife - be careful.
7. Remove the shell from the cooled hard-boiled eggs and discard the shell.
8. Flour hands lightly and shape the sausage into an oval patty. Encase the egg in the sausage, sealing the edges well, or the case will burst open when cooked. Set aside. Wash hands in hot, soapy water.
9. Dip the sausage covered egg in the raw egg, then into the breadcrumbs. Repeat if you have enough crumbs.
10. Place onto the baking tray and bake for 15 to 20 minutes until golden brown.

May be served hot or cold. If served cold, it should be cooled and chilled at below 5 °C as quickly as possible after cooking.

