



WYMONDHAM  
COLLEGE



# Core Food Recipe Booklet Year 9

Class of 20\_\_\_\_\_

# WELCOME!

**Welcome** to your very own copy of the Year 9 Core 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

# Contents

Potato Wedges

Egg Fried Rice

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Pancakes

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Burgers

Pizza

# POTATO WEDGES

## INGREDIENTS:

1 Large Potato or Sweet Potato

1 Tablespoon Sunflower or Olive Oil

Choice of:

Spices .e.g. Paprika, Curry powder  
or Pinch Mixed Herbs

Salt and Pepper

## Equipment:

Brown or Green Chopping Board

Sharp Knife

Mixing Bowl

Tablespoon

Baking Tray lined with Silver Foil.

Dish Cloth, Tea Towel &

Oven-gloves

Oven: Fan: 200°C. Gas Mark 8

## METHOD

1. Prepare your work area and get yourself ready for your practical lesson.  
Collect the equipment you will need and don't forget to put on the oven!
2. Wash the potatoes and on a brown or green board, cut them into wedges.
3. Put them in the mixing bowl. Add 1 tablespoon of olive or sunflower oil.
4. Toss the potatoes in the oil, adding any flavouring as desired.
5. Place the potato wedges onto a baking tray and put in the preheated oven.
6. Bake the wedges for approximately 30 - 40 minutes until crisp and golden.
7. While the potato wedges are cooking, stack, wipe and wash!  
Put all your dirty washing-up by the sink, clean the work surfaces and 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.
10. Complete the extension activity.
11. Put your wedges in a container to take-away.
12. Wash-up and dry the baking tray. Put the baking tray back in the correct storage place once it has been checked.
13. Ensure that the sink and work surfaces are left spotless.  
Place dirty dishcloths and tea towels in the laundry basket. Thank you!

# 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.

# SPAGHETTI PUTTANESCA

Just like mama use to make!

INGREDIENTS	AMOUNT
Spaghetti	50g
Olive Oil	$\frac{1}{2}$ tbsp
Garlic Clove	$\frac{1}{2}$
Anchovy Fillet - Optional	1 tbsp
Tin Chopped Tomatoes	125g
Tomato Purée	1 tsp.
Dried Chilli Flakes	Pinch
Capers, rinsed	1 tsp
Green & Black Olives, pitted	25g
Fresh Parsley or other fresh herbs .e.g. Rosemary, Basil, Thyme	$\frac{1}{2}$ tbsp
Salt & Black Pepper	
To Serve:	
Freshly Grated Parmesan	

## Equipment:

Large Pan & Lid  
Sharp Knife  
Chopping Board  
Measuring Jug  
Kitchen Scissors  
Frying Pan  
Wooden Spatula  
Garlic Press  
Colander  
Dish to Serve

~ Serves 1 ~

## METHOD

1. Bring a large pan of salted water to the boil.
2. Slice the olives; either in half or in rings and finely chop the parsley - You can do this in a measuring jug with a pair of kitchen scissors!
3. Once the water is boiling, add the spaghetti to the pan, stir to separate and push it down so it is fully submersed in the water and cook for approximately 10 minutes until it is just tender; al denté.
4. Meanwhile heat the oil in a frying pan over a medium heat, crush in the garlic and anchovy (if using) and cook for 1 minute, stirring and mashing the anchovy into a paste. Watch point: Careful the garlic doesn't burn!
5. Add the tomatoes, tomato purée and the chilli and simmer for about 7 minute until the sauce is glossy and thickened, stirring occasionally.
6. Stir in the capers, olives and parsley and cook for one minute longer.
7. Drain the spaghetti, but not too thoroughly, return it to the saucepan, add the sauce and toss. Add black pepper and a little salt if necessary.
8. Transfer to a serving dish and serve immediately with a little sprinkling of parmesan over the top.

~ Serve with a side salad and crusty bread ~

Bon Appetito!!

# MINCEMEAT STARS

INGREDIENTS	AMOUNT
Puff pastry - defrosted if frozen.	1/3 <sup>rd</sup> of a block
Sweet mincemeat	3 teaspoons
Egg to glaze	$\frac{1}{2}$
Icing sugar	3 tablespoons
Silver balls to decorate	6

**Equipment:**  
Waste bowl  
Fork  
Jug  
Sharp Knife  
Rolling pin  
Pastry brush  
Teaspoon  
Baking Tray

Oven: **Electric 220°C:**  
Fan 200 °C: Gas Mark 7

## Method

**Tie hair up, apron on, wash hands, Collect equipment**

1. Preheat oven to 200°C Fan or Gas mark 7
2. Dredge the worktop lightly with flour. Prepare egg wash by beating the egg in a jug with a fork and adding a drop of water.
3. Roll the pastry out with a **rolling pin**, to make an oblong. Cut into 3 squares, using a **sharp knife** to the size shown on the other side of this paper. Cut the diagonal lines, also as shown opposite. **KEEP EDGE TRIMS.**
4. Place a **teaspoon** of mincemeat in the centre. Wash the edges *lightly* with egg wash, using a **pastry brush**.
5. Fold every other corner to the centre as shown.
6. Cut 3 small stars from the pastry trimmings to place in the centre.
7. Continue to lightly use the egg wash as a glue, or the stars will unfold in cooking - do not overdo it; you do not want coagulated egg on top!
8. Place on a **baking tray** and cook for about 10 minutes, until puffed and golden. Remove using a **palette knife** and cool on a **wire rack**.
9. Once cooled these can be decorated with drizzles of glaze icing (mix icing sugar with a **small** amount of water to form a smooth paste) and silver balls.

# CHILLI CON CARNE WRAPS

INGREDIENTS	Single	Pair
Minced beef	50g	100g
Cheddar cheese	15g	30g
Small onion	$\frac{1}{4}$	$\frac{1}{2}$
Kidney beans	1 tbsp	2 tbsp
Tinned chopped tomatoes	100g	150g
Tomato puree	1 tsp	2 tsp
Red pepper	$\frac{1}{2}$	$\frac{1}{2}$
Beef stock cube crumbled	$\frac{1}{2}$ teaspoon	1 tsp
Chilli powder	$\frac{1}{2}$ teaspoon	1 tsp
Tortilla wrap	1	2

## Equipment:

Green Chopping Board  
Sharp Knife  
Frying pan  
Wooden spatula  
Teaspoon  
Grater  
Ovenproof Dish

## Method

1. Get yourself ready by putting on an apron and washing your hands. Get out all the equipment you need.
2. Peel and chop the onion into small pieces. Wash, de-seed and chop the pepper into bite size pieces.
3. Put the Mince and onions into a frying pan, heat gently and stir until the onions are transparent.
4. Keep the mince moving to prevent clumps and sticking.
5. Add the pepper and cook for 2 minutes or until softened, remove the pan from the heat.
6. Open and drain the kidney beans in a sieve, over a sink, rinse.
7. To the minced beef add the tomatoes, tomato puree, crumbled stock cube, chilli powder and kidney beans and mix. Put the pan onto a medium heat to bring up to simmer, and then reduce the heat. Keep the pan simmering, covered, whilst you start to clear away. It will need to simmer for about 15 minutes, but must not dry out. If it starts to dry or stick then stir in 2 tablespoon of water. CONTROL YOUR HEAT as this will burn easily.
8. Grate the cheese using the large holes of the cheese grater.
9. Set the grill to medium.
10. Place the tortilla wrap onto a baking tray. Spoon the chilli mix into the centre, fold over the right and left sides, then roll from the front to the back. Sprinkle over the cheese, taking care not to get it on the baking tray.
11. Place the filled tortilla wrap under the grill for approximately 1 minute until the cheese has melted.

# MUG PANCAKES

## (Crepes)

INGREDIENTS	AMOUNT
Plain Flour	100g*
Egg	1
Milk	180ml*
Oil for frying	
Lemon and sugar to serve	

### Equipment:

Large bowl  
Small bowl  
Fork  
Jug  
Balloon Whisk  
Frying pan - small  
Palette knife/ fish slice  
Plate to serve  
Spoon - to eat with!



\*This is equivalent to 2/3 coffee mug of plain flour



\* This is equivalent to 2/3 coffee mug of Milk

Handy to know if you do not have any scales or a measuring jug to hand!

~ Makes approx 6 pancakes ~

### METHOD

1. Break the egg into a small bowl, then add to the milk and beat with a fork.
2. Gradually add the milk and egg mixture to the flour, use a whisk to mix to make a soft batter.
3. Pour the batter from the bowl into a jug.
4. Heat the oil in a small frying pan on a medium heat.
5. Pour the batter in to the centre of the pan (about the size of a drinks mat) and swirl round to coat the pan.
6. Fry until bubbles appear on the surface.
7. Turn over and cook briefly to colour the other side.
8. Eat your pancake whilst your partner cooks theirs.
9. Continue swapping over to cook and eat your pancakes (remembering to wash your hands in between!)

Serve with lemon juice and sugar

# THAI GREEN CHICKEN CURRY

INGREDIENTS:	AMOUNT
Oil	10ml
Spring onion	1
Garlic	1 clove
Sugar snap peas/mangetout	40g
$\frac{1}{2}$ Chicken breast <b>or</b> 1 thigh <b>or</b> 75g Quorn chunks	
Thai green curry paste	1 heaped tsp
Coconut milk	100ml
Lime juice	1 tbsp
Coriander -roughly chopped	1 tbsp
Rice	50g

## Equipment:

Red Chopping Board  
Green Chopping Board  
Two sharp knives  
Garlic press  
1 large & 1 small pan  
Tablespoon  
Wooden spatula  
Tin opener  
Dish Cloth, Tea Towel  
Sieve

## METHOD

1. Wash hands and put apron on and collect all your equipment
  2. Half fill a large a pan with water and bring to the boil.
  3. Prepare the vegetables on a green board - Slice the spring onions and cut the sugar snap peas in half;
  4. On a red chopping board, cut the chicken into small chunks.
  5. Once the water is boiling, add the rice, stir and reduce heat slightly.
  6. In the small pan, heat the oil and crush in the garlic clove, add the spring onions and chicken and fry for 3 - 4 minutes.
  7. When the chicken has turned 'white' stir in the green curry paste.
  8. Pour in the coconut milk and simmer gently for 6 - 8 minutes.
  9. Once the rice is cooked, drain using a sieve and return to the pan. Leave OFF the heat, with a lid on top whilst you finish the curry.
  10. Add the sugar snap peas to the curry and cook for a further 3 - 4 minutes.
  11. Once the chicken is cooked through, take off the heat, and stir through the lime juice and coriander
  12. Place the rice on the serving plate/dish and spoon the curry on top or next to it.
- Complete the tidying up. Remember to stack, wipe, wash. Dry up and put the items on a clean work-surface for checking.

## Top tips

- Use a range of different vegetables, such as broccoli, spinach or courgette.
- Use frozen vegetables, like peas, green beans or soya beans.
- Serve with a rice 'timbale'- why not try using authentic Thai Jasmine rice and use a mould to present it ?

# BEEF BURGER

INGREDIENTS	AMOUNT
Lean minced beef	100g
$\frac{1}{4}$ onion	25g
Dried mixed herbs	pinch
Garlic clove	1/2
Beef stock cube	1/4
Salt & pepper	pinch
Bread roll	1
Processed Cheese	1 slice
Tomato	1 small slice
Lettuce leaf	1

## Equipment:

Chopping Board  
Sharp knife  
Garlic press  
Grater  
Mixing bowl  
Tablespoon  
Metal cutter  
Bread Knife  
Dish Cloth, Tea Towel &  
Oven-glove

## Method

1. Grate the onion and place in a mixing bowl. Crush the garlic and add to the onion. Season with salt and pepper.
2. Add the minced beef to the bowl and using your hands, thoroughly mix the ingredients together.
3. Fill the metal cutter to shape your patty.
4. **WASH YOUR HANDS THOROUGHLY with hot water and soap. Dry thoroughly.**
5. Place the burger onto a foil lined baking tray and grill for 8 to 10 minutes on each side on a medium setting, until dark brown and thoroughly cooked through.
6. Place the lettuce and tomato on the bottom half of your roll and top with your burger.
7. Put the cheese slice on the other half of your roll, and then place both on top.
8. STACK ~ WIPE ~ WASH

**Food Safety** - minced beef **must be** cooked thoroughly to avoid the risk of food poisoning. Particularly Ecoli 0157.

**Portion control** - the cutters act as a mould for the size & shape of the burger.

**Serve** - in homemade bread rolls with a mixed salad and paprika potato wedges.

# BASIC PIZZA

## INGREDIENTS:

125g strong plain flour +  
extra for dusting

1 tsp fast acting, easy blend yeast

1tsp sugar

1 dsp oil

Approx 65ml **warm** water

## Toppings

1 tbsp tomato topping (homemade or from a  
jar - a standard component)

50g cheese (+ extra for stuffed crust)

$\frac{1}{2}$  teaspoon mixed dried herbs

## Equipment:

Baking tray

Mixing bowl

Teaspoon (tsp)

Dessertspoon (dsp)

Wooden spoon

Measuring jug

Rolling pin

Flour dredger

Cheese grater

Fish slice

Pizza wheel

Oven: Electric 200°C:

Gas Mark 6

## METHOD

1. Wash hands and put apron on. Wipe down work area. Collect equipment. Set the oven to 200C, gas mark 6.
2. Put the yeast into a large mixing bowl. Measure the warm water And add the oil
3. Put the flour and sugar into the bowl with the yeast, mix then add the warm water/oil gradually. You may not need all of it.
4. Stir together until you have a soft dough.
5. Sprinkle flour on the work surface and knead the dough well, until it is smooth and stretchy.
6. Clear your work area.
7. Grate the cheese.
8. Line your baking tray.
9. Shape your dough and **place on the tray**. **Stuff the crust as shown, using 1/3 of the cheese.**
10. Spread the tomato ragu sauce onto the pizza base and sprinkle over the herbs.
11. Add the rest of your grated cheese.
12. Place your pizza in the oven, using oven gloves, for 15 minutes or until the base is golden brown. *Make a note of the time to check your pizza.* Remove from the oven using oven gloves.