



YEAR 9 FOOD RECIPIES

September 2022



- Ingredients tray
- 1 baking tray
- Large mixing bowl
- Sieve
- Wooden spoon
- Wire cooling rack
- Flour shaker
- Serving plate

PRACTICAL SKILLS

- Weighing and measuring accurately
- Rubbing in method
- Using cutters accurately
- Using the oven
- Presentation and food styling skills

CHEESE BISCUITS

Make these easy biscuits in just 25 minutes.
They're perfect for an afternoon tea or a weekend treat.

INGREDIENTS

- 100g Self raising flour
- 50g margarine
- 75g cheese/Cheddar
- 1 egg beaten
- Pinch salt

8/10 biscuits

Cooking time 10-15 minutes

NUTRITION

Carbohydrate Energy
calcium
Fibre

METHOD

1. Heat oven to 180 c
2. Line baking tray with paper
3. Mix together flour salt mustard
4. Using your finger tips Rub in the Margarine to make a breadcrumb mixture
5. Using a fork stir in the cheese(leave some to sprinkle over the top)
6. Whisk the egg and gradually add to make a stiff Dough
7. Roll out on a flat surface and cut out the biscuits using a round cutter
8. Sprinkle any excess cheese on top
9. Bake for 10 mins until slightly brown
10. Place on a cooling rack



EQUIPMENT NEEDED

- Ingredients tray
- Sharp knife
- Assorted chopping boards
- Fork
- Wok or large frying pan
- Wooden spoon
- Temperature probe
- Pan stand

PRACTICAL SKILLS

- Chopping and slicing vegetables (bridge and claw)
- Using the hob safely
- Temperature control on hob
- Prevention of cross contamination
- Presentation and food styling skills

MARKS UP

GARNISH WITH FINELY CARVED VEGETABLES IN INTERESTING SHAPES SUCH AS LOTUS FLOWERS AND SERVE UP IN A BOWL WITH HOMEMADE DIPPING

A Mean CHOW MEIN

SERVES 2-3 — ONE LESSON

INGREDIENTS

- 250g chicken breasts cut into small chunks or Quorn
- 100g cooked noodles, any type
- 4 spring onions or 1 finely chopped red onion
- 1 tablespoons oil
- 2 cloves of garlic crushed
- 25ml vegetable oil

Choose a selection of the following vegetables:

- 1 small pepper, sliced
- 50g mushrooms, sliced
- 50g mange tout or sugar snaps
- 50g baby sweetcorn
- 50g fine green beans

For your sauce, choose and make one of the following:

- **Readymade** sauce of choice such as sweet chilli, hoisin, sweet and sour
- **Hoisin** - 2 tablespoons soy sauce, 1 tablespoon hoisin sauce
- **Lime and Honey** - Juice of 2 limes, 1 tablespoon honey, 1 tablespoon soy sauce

METHOD

1. Make up your sauce by mixing the ingredients well in a bowl.
2. Marinate the chicken or Quorn in half of the sauce for 5 minutes (or marinate the night before at home). Wash hands.
3. Wash and prepare vegetables slicing them finely and keeping them to a similar size.
4. Heat the oil in wok or frying pan. Add the chicken and stir fry for 2 minutes.
5. Add the spring onions and stir fry for another minute.
6. Then add the hardest vegetables e.g. carrot, green beans, peppers and stir fry for 2 minutes. Keep the ingredients moving in the wok.
7. Add rest of vegetables and stir fry for another 2 minutes.
8. Add the sauce, stir well and cook for a further 2-3 minutes. Add cooked noodles. Stir and cook for a further few minutes until heated through.
9. Check the chicken is thoroughly cooked by cutting the largest piece in half and ensuring there are no signs of undercooking or pink in the middle. Use a temperature probe to check the meat is cooked to 75°C.
10. Present and serve.
11. Start your washing up, wipe down all workstations and complete end of lesson routine.

NUTRITION

- ✓ Protein
- ✓ Carbohydrate
- ✓ Fat
- ✓ Vitamin A, B & C
- ✓ Fibre



EQUIPMENT NEEDED

- Ingredients tray
- Wok
- Wooden spoon
- Pan stand
- Assorted chopping boards
- Ovenproof tray
- Colander
- Serving board and dish

PRACTICAL SKILLS

- Knife skills
- Chopping and slicing vegetables (bridge and claw)
- Using the hob safely
- Temperature control on hob
- Presentation and food styling skills
- Shaping the spring rolls or samosas

MARKS UP

TRY MAKE YOUR OWN HOME MADE DIPPING SAUCES TO ACCOMPANY YOUR DISH. TRY RAITA, MANGO CHUTNEY OR SWEET CHILLI.

Saucy SPRING ROLLS / Spicy SAMOSAS

SERVES 4 — ONE LESSON

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INGREDIENTS

Pastry

- 4 sheets readymade filo pastry
- 25g butter

Samosas

- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 150g potato, finely diced
- 100g carrot, finely diced
- 100g frozen peas
- 2 teaspoons curry powder or your own spices according to taste

METHOD

Preparing the samosas

- Add the potatoes and carrots to a pan half-full of boiling water and cook for 8-10 minutes. Drain well.
 - Stir fry the onion, garlic and spices for 5 minutes. Add the potatoes, carrots and cook for a further 5 minutes. Add the peas and stir to combine.
 - Cut the pastry sheets in half and brush all over with melted butter.
 - Stick 2 of the halves together, then arrange 1/4 of the vegetable filling in the middle.
 - Fold into triangles up sealing off the ends, then repeat. Brush with melted butter.
3. Transfer onto a baking sheet and bake for 15-20 minutes until golden and crisp.
 4. Present and serve with a green salad and the sauce of your choice.
 5. Start your washing up, wipe down all workstations and complete end of lesson routine.

NUTRITION

- ✓ Protein
- ✓ Carbohydrate
- ✓ Fat
- ✓ Vitamin A, B, & C
- ✓ Fibre



EQUIPMENT

- Ingredients tray
- Sharp knife
- Chopping boards
- Measuring jug
- 1 saucepans
- 1 frying pan
- Large oven proof dish**
- Wooden spoon
- Potato masher
- Pan stand
- Colander

PRACTICAL SKILLS

- Weighing and measuring
- Knife skills preparing meat and vegetables
- Cooking a reduction sauce
- Making creamy mashed potatoes
- Using the hob safely
- Presentation and food styling skills

Added benefits

USE A POTATO RICER TO MAKE YOUR CREAMY MASH TOTALLY LUMP FREE AND NEATLY PIPE IT ON TO MAKE IT LOOK EVEN TASTIER. GARNISH WITH GRATED CHEESE OR FRESH HERBS.

DELIGHTFUL SHEPHERDS PIE

SERVES 3-4 — TWO LESSONS

INGREDIENTS

- 250g lean minced lamb, beef, Quorn, soya or puy lentils
- 1 onion
- 100g mushrooms
- Or pepper
- 2 Tbsn Frozen Peas
- ½ teaspoon mixed dried herbs
- 1 large or 2 small carrots
- 25g of gravy granules
- 750g potatoes approx
- 25g butter
- 75ml of milk

Large oven proof dish

Optional Toppings

- 150g grated cheese

NUTRITION

- ✓ Protein
- ✓ Carbohydrate
- ✓ Fat
- ✓ Vitamin A, B, C & D
- ✓ Calcium
- ✓ Iron
- ✓ Fibre

METHOD

1. Prepare potatoes and vegetables at your workstation. Heat the oven to 180°C/gas mark 4.
2. Half fill a saucepan with water and bring to boil. Add the potatoes to the boiling water and reduce the heat a little.
3. Boil the potatoes for 20 -25 minutes until soft and tender.
4. Place the onions and beef mince into a saucepan with a little oil. Fry for 5 minutes or until the meat turns brown.
5. Add the carrots, sliced mushrooms if using, and sprinkle in the beef stock cube. Cook for a further 1 minute, stirring with a wooden spoon
6. Add seasoning and herbs. Bring to the boil and simmer on a medium heat for 20-25 minutes.
7. Start your washing up. Wipe down all work surfaces and table.
8. Now make the mash. Drain the potatoes thoroughly, then mash with the butter and milk until there are no lumps and the consistency is creamy.
9. Thicken the mince with the gravy granules and season if required.
10. Spoon the mince into an ovenproof dish, top with the mash and decorate top with a fork. Add a topping of grated cheese.
11. Bake either at school or at home at 180°C or gas mark 5 for a further 20-25 minutes until golden brown.
12. Garnish with some chopped parsley and serve with seasonal vegetables.
13. Start your washing up, wipe down all workstations and complete end of lesson routine.



EQUIPMENT NEEDED

- Ingredients tray
- Sharp knife
- Chopping boards
- Measuring jug
- 2 large saucepans
- Whisk
- Large ovenproof dish
- Wooden spoon
- Grater

PRACTICAL SKILLS

- Weighing and measuring
- Knife skills
- Reduction sauce
- All in one method of sauce making
- Using the hob safely
- Layering and assembling lasagne
- Presentation and food styling skills

MARKS UP

TRY MAKING YOUR OWN ROUX SAUCE AND SERVE YOUR LASAGNE WITH SALAD AND HOMEMADE FOCACCIA OR GARLIC DOUGHBALLS.

Lovely LASAGNE

SERVES 3-4 — TWO LESSONS

INGREDIENTS

Bolognese Sauce

- 250g lean minced beef (or soya, Quorn or vegetables of choice)
- 1 onion, chopped
- 1 red, yellow or green pepper, chopped
- 100g sliced mushrooms (optional)
- 1 stock cube, beef or vegetable
- 2 cloves of garlic, chopped
- 1 x 400g tin of chopped tomatoes
- 3-4 tablespoons tomato puree
- 1 tsp. dried or a bunch of fresh herbs e.g. basil/oregano

White Sauce

- 500ml of semi skimmed milk
- 50g plain flour or corn flour
- 50g butter or soft spread
- Salt and pepper to season
- 1 packet of fresh or dried lasagne sheets
- 100g grated mozzarella or cheddar cheese
- Basil to garnish and decorate

NUTRITION

- ✓ Protein
- ✓ Carbohydrate
- ✓ Fat
- ✓ Vitamin A, B, C & D
- ✓ Calcium & Iron
- ✓ Fibre

METHOD

Prepare all meat and vegetables using the correct chopping board at your workstation and put oven onto 180°C/gas mark 5

Make the Bolognese sauce

1. Place the chopped onion and garlic into a saucepan with a little oil and fry gently for 5 minutes until soft. Add the minced beef, soya or Quorn and cook until the meat turns brown.
2. Add the red pepper and sliced mushrooms (if using) and sprinkle the beef stock cube over the mixture. Cook for a further 5-8 minutes, stirring with a wooden spoon.
3. Add the tomatoes, tomato puree and herbs. Bring to the boil and simmer for 15-20 minutes.
4. Start your washing up. Wipe down all work surfaces and table.

Make the sauce

5. Pour cold milk into a saucepan and whisk in the flour, ensuring you have no lumps.
6. Add the butter and place onto a medium heat, bring to the boil whisking all the time until the sauce thickens.
7. Grease your ovenproof dish and add your ingredients in layers. First cover the base with a layer of Bolognese sauce, then add a layer of lasagne sheets, then cover the sheets with a layer of white sauce. Repeat the three layers and top with grated cheese.
8. Bake for 35-40 minutes either at school if time permits or home and serve with garlic bread and a fresh salad.
9. Start your washing up, wipe down all workstations and complete end of lesson routine.



EQUIPMENT NEEDED

- Ingredients tray
- Mixing bowl
- Swiss roll tin (approx. 33cm x 23cm)
- Sharp vegetable knife
- Assorted chopping boards
- Two mixing bowls
- Whisk
- Sieve
- Serving plate

PRACTICAL SKILLS

- Weighing and measuring
- Lining a Swiss roll tin
- Whisking method of cake making
- Rolling up a Swiss roll sponge
- Chopping and slicing fruit
- Safe use of electric mixer
- Presentation and food styling skills

MARKS UP

TRY TURNING YOUR SWISS ROLL INTO A LUXURY ROULADE BY ADDING CREAM TO THE FILLING AND DECORATING WITH FRESH FRUIT AND CHOCOLATE SCULPTURES.

Swish SWISS ROLL

SERVES 4 — ONE OR TWO LESSONS

Making a Swiss roll is a real technical challenge but using this foolproof recipe makes it look easy and produces a cake fit for family gatherings and special treats.

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INGREDIENTS

- 75g self-raising flour
- 75g caster sugar
- 3 medium eggs

Filling

100g strawberry
or raspberry jam

For Summer Roulade option

250ml double cream or lower
fat equivalent

Decoration

- 200g of summer fruit
of choice: Strawberries,
raspberries, blueberries
- 100g white, milk or dark
chocolate

NUTRITION

- ✓ Carbohydrate
- ✓ Fat
- ✓ Vitamin C
- ✓ Protein
- ✓ Vitamin A, B & D
- ✓ Iron

METHOD

1. Preheat the oven to 210°C/gas mark 7.
2. Grease and line a Swiss roll tin with greaseproof paper.
3. Put the eggs and sugar into a mixing bowl, whisk together until the mixture is very thick pale and fluffy.
4. Sift the flour into the mixture and fold it in gently using a metal spoon.
5. Pour into the tin and gently tap to spread mixture evenly.
6. Bake for 8-10 minutes until the sponge is a pale brown and springs back when pressed gently.
7. Whilst the cake is cooking, prepare a sheet of greaseproof paper with a light covering of caster sugar.
8. Warm the jam in the microwave for 30 seconds.
9. When the cake is cooked, turn it out onto the prepared paper, trim the edges and score approximately 2cm from one end.
10. Spread the warm jam evenly over the cake and roll it up gently using the greaseproof paper. Your teacher will demonstrate the best way of doing this.
11. Leave to cool on a wire rack for 10 minutes then place on a presentation plate for decoration.
12. Once the cake is cooled completely, add or pipe on the topping of your choice.