



YEAR 8 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 vegetable knife
- Chopping board
- Greased and lined baking tray
- Fork
- Serving plate
- Flour shaker
- Spatula

PRACTICAL SKILLS

- Knife skills
- Chopping and slicing vegetables (bridge and claw)
- Rolling out and shaping
- Using the oven
- Presentation and food styling skills

MARKS UP

TRY OUT OTHER INTERESTING WAYS OF PRESENTING YOUR TART SUCH AS ROLLING IT UP INTO A LARGE SAUSAGE STYLE ROLL, CUTTING THE PASTRY INTO 2-3CM PINWHEELS AND THEN BAKE IN THE OVEN.

Mouth-watering MEDITERRANEAN TART

SERVES 3-4 — ONE LESSON

Make a delicious Mediterranean vegetable tart using this easy to follow recipe and simply top with your favourite vegetables and cheeses.



INGREDIENTS

- 280g ready-rolled light puff pastry
- One red, yellow or green pepper, finely sliced
- 1 small red onion, very finely chopped or sliced
- 1-2 garlic cloves, finely sliced or grated
- 8 cherry or sun dried tomatoes, halved
- 1 small jar of sundried tomato paste or tomato puree
- 200g Mozzarella, Cheddar or goats' cheese, crumbled
- Fresh basil
- Olive oil

Optional extra toppings:
black olives, sundried tomatoes, chorizo, pancetta, Quorn

NUTRITION

- ✔ Carbohydrate
- ✔ Protein
- ✔ Vitamin A, B & C
- ✔ Calcium

METHOD

1. Preheat oven to 200°C/gas mark 6.
2. Add a tablespoon of olive oil to a frying pan and cook the onion and peppers over a medium heat for 5 minutes until slightly softened.
3. Prepare any vegetable or cheese toppings on the correct chopping board.
4. Roll out the pastry to the same size and shape as your baking tray. Mark out a crust about 2cm wide. Fork the base gently to stop the middle of the pastry ballooning up.
5. Using a spatula spread the tomato or sun dried tomato paste thinly over the inside of pastry base, taking care not to go over the 2cm outer crust.
6. Add the cheese and any extra topping you have chosen.
7. Put in the oven to bake for 20-22 minutes, check it is cooked and leave it for a little longer if necessary. The bottom needs to be cooked, and the crusts browned and puffed up.
8. Remove from the oven and place on a presentation plate or board.
9. Garnish with fresh basil and drizzle over a little olive oil over before serving.
10. Present for photography and assessment
11. Start your washing up, wipe down all workstations and complete end of lesson routine.



Gorgeous GARLIC DOUGH BALLS

SERVES 4-6 — TWO LESSONS

Serve a board of these delicious warm dough balls with plenty of garlic butter. This easy recipe makes a great shared starter for your family and friends.

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EQUIPMENT NEEDED

- Ingredients tray
- Mixing bowl
- Rolling pin
- Measuring jug
- Ovenproof baking tray or pizza tin
- Assorted chopping boards
- Cooling rack
- Serving board

PRACTICAL SKILLS

- Weighing and measuring
- Bread making
- Kneading and shaping dough
- Knife skills
- Chopping and slicing vegetables
- Using the oven safely
- Presentation and food styling skills

MARKS UP

STUFF YOUR GARLIC DOUGH BALLS WITH A MOZZARELLA AND GARLIC BUTTER FILLING, AND ADD A TOPPING OF FRESH HERBS

INGREDIENTS

Doughballs

- 250g strong bread flour
- 25g extra for kneading
- 150ml warm water
- 25ml of olive oil
- 10g sugar
- 5g salt
- 7g or one sachet dried yeast

Garlic Butter

- 2 or 3 cloves of garlic, crushed
- 75g butter

Optional herbs

- Parsley
- Basil

NUTRITION

- ☑ Carbohydrate
- ☑ Energy
- ☑ Vitamin B
- ☑ Calcium

METHOD

1. Preheat oven to 210 °C/gas mark 7. Grease an ovenproof tray.
2. Sift the strong flour into a large mixing bowl.
3. Add the oil, sugar, salt, and dried yeast into the bowl and mix well with the flour.
4. Make a well in bowl and add the warm water, a little at a time until the dough forms a soft and elastic ball and comes away clean from the sides of the bowl.
5. Knead the dough for 5-10 min on a lightly floured surface. Divide mixture into 8-12 small balls. Roll out and shape the dough into small flat circles, 5cm in diameter.
6. Mix together butter and garlic and place small spoon of mixture in the middle of each circle. Bring the edges up and pinch them together to form a small dough ball.
7. Cover and leave to prove in a warm place until doubled in size. This will take approximately 15-18 minutes.
8. Bake in the oven for 20-22 minutes until golden brown, tap gently underneath and if the bread is firm and sounds hollow it's cooked. Leave to cool.
9. Serve with extra garlic butter poured over the top and fresh herbs.
10. Start your washing up, wipe down all workstations and complete end of lesson routine.



EQUIPMENT NEEDED

- Ingredients tray
- Sharp vegetable knife
- Chopping board
- Large saucepan
- Measuring jug
- Wooden spoon
- Liquidiser or stick blender
- Serving bowl
- Pan stand
- Kettle
- Waste plate

PRACTICAL SKILLS

- Weighing and measuring ingredients
- Knife skills
- Chopping and slicing vegetables (bridge and claw)
- Using the hob safely to stir fry
- Temperature control on hob
- Presentation and food styling skills

MARKS UP

MAKE SOME HOMEMADE GARLIC CROUTONS OR BREAD AND SPRINKLE OVER THE SOUP FOR THAT RUSTIC FEEL AND SERVE.

Thai chicken and sweet potato soup

Ingredients

- 2 garlic cloves, chopped
- 1 red chilli, or a pinch of dried chili
- 2cm chunk root ginger, chopped
- 1 x 25g pack coriander or tbsp. of dried coriander
- 2 tbsp red or green Thai curry paste
- 750ml chicken stock (made with 2 stock cubes)
- 1 small can (160ml) coconut cream/milk
- 500g sweet potato, peeled and roughly chopped
- 1 skinless chicken breasts, sliced

Method

1. Heat the oil in a large saucepan. Add the garlic, chilli, ginger, coriander and curry paste and cook for 2 - 3 minutes until the aromas are released.
- 2 Add the chicken stock, coconut cream and sweet potatoes and cook for 15 minutes or until the potatoes are soft.
3. Cut the chicken into very small pieces.
4. Add the chicken to a lightly oiled frying pan and cook gently for 5 - 10 minutes or until the chicken is cooked through.
5. After the sweet potato mix is soft carefully blend using a hand blender in the saucepan. The mixture should be smooth. At all times be mindful of the hot liquid splattering out of the pan. Blend over the sink if possible
6. Stir in the chicken pieces
7. Scatter with the coriander leaves and serve.



Mighty MEATBALLS

INGREDIENTS

- 1 tablespoon olive oil
- 2 onions chopped
- 4 cloves of garlic, crushed
- 400g tin of chopped tomatoes
- 3-4 tablespoons tomato puree
- 1 teaspoon dried Italian herbs (e.g. basil, oregano)
- 500g lean minced beef (alternatively use minced soya, Quorn or vegetables of choice)
- One egg yolk
- 30g white breadcrumbs
- 1 tablespoon chopped parsley
- 150g tagliatelle/spaghetti

Grated Parmesan and chopped fresh herbs to serve

METHOD

Prepare all meat and vegetables using the correct chopping board at your workstation.

Make your tomato sauce

1. Place half the chopped onion and half the garlic into a saucepan with a little oil and fry gently for 5 minutes until soft.
2. Add the tomatoes, tomato puree and herbs. Bring to the boil and simmer for 12-15 minutes until the sauce has thickened and reduced.

Make your meatballs

1. In a large bowl, mix the minced beef, parmesan, garlic, onion, egg yolk, breadcrumbs and parsley.
2. Season, then mould into 10 meatballs weighing roughly 50g each.
3. Heat the oil in a large frying pan on a medium heat. Cook for 5 minutes, shaking the pan to ensure the meatballs are browned all over.
4. Add the meatballs to the pan that has the tomato sauce in, cover, and cook on a medium heat for 15-18 minutes until the meatballs are cooked through.
5. Use a temperature probe to check the inside of the meatballs have reached 75°C.

EQUIPMENT NEEDED

- Ingredients tray
- Sharp knife
- Chopping boards
- 2 large saucepans
- Large frying pan
- Pan stand
- Mixing bowl
- Colander
- Grater
- Wooden spoon
- Temperature probe

PRACTICAL SKILLS

- Weighing and measuring
- Knife skills preparing meat and vegetables
- Reduction sauce
- Using the hob safely
- Presentation and food styling skills

MARKS UP

TRY USING A MIXTURE OF BEEF AND PORK MINCE, ADD A LITTLE FINELY CHOPPED CHILLI AND SERVE WITH HOMEMADE FOCACCIA OR GARLIC DOUGH BALLS.

NUTRITION

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



Gluten Free CHOCOLATE BROWNIES

These irresistibly fudgy brownies are completely gluten free, so everyone can enjoy them as a tasty after school treat.



EQUIPMENT NEEDED

- Ingredients tray
- Saucepan and pan stand
- Bowl
- Tablespoon
- Wooden spoon
- Spatula
- Cooling rack
- Ovenproof brownie tin
- Ovenproof tray (approx. 30cm x 20cm)
- Baking paper

PRACTICAL SKILLS

- Weighing and measuring
- Melting method of cake making
- Using the hob and oven safely
- Presentation and food styling skills

INGREDIENTS

- 250g unsalted butter or soft spread, cubed
- 200g dark chocolate, roughly chopped
- 80g cocoa powder
- 4 large eggs, beaten together in a small bowl
- 350g caster sugar
- 65g gluten-free plain flour, sieved
- 1 teaspoon baking powder
- ½ teaspoon salt

Optional extras

- 150g milk or white chocolate, roughly cut into chunks
- Orange zest

NUTRITION

- Carbohydrates
- Protein
- Fat
- Iron in dark chocolate (small amount)
- Vitamin A & D

METHOD

1. Heat oven to 180°C/gas mark 4. Grease a 30cm x 20cm non-stick tin with butter and line the base with non-stick baking paper.
2. Fill a small saucepan a third full of water, bring to a simmer and put a heatproof bowl on top of it.
3. Add the butter and dark chocolate to the bowl and gently melt over a low heat, stirring occasionally.
4. Remove from the heat and leave to cool a little. Beat together the eggs in a small bowl
5. Add the cocoa powder, gluten free flour, baking powder, salt and sugar to the melted mixture and mix well.
6. Add the beaten eggs gradually and mix thoroughly to a form a smooth consistency.
7. Add extra chunks of chocolate and orange zest if using and fold through the brownie mixture carefully.
8. Carefully spoon the brownie mixture into the lined baking tray and bake for 30-35 minutes. The mixture should come out slightly squidgy.
9. Leave to cool a little in the tin before cutting into 12 squares. Best served fresh and slightly warm.
10. Start your washing up, wipe down all workstations and complete end of lesson routine.

MARKS UP

TRY ADAPTING YOUR RECIPE TO MAKE IT SUITABLE FOR VEGANS BY USING DAIRY FREE CHOCOLATE, SPREAD AND SOYA MILK.

