

Mark Rutherford School



Year 9 Recipe Booklet Module 1

Student Name:

Food Teacher

Group

Recipe	Practical dates
Savoury Pinwheels	
Stir Fry	
One Pot Pasta choose option 1 or 2	
Enchiladas	
Berry Crumble Cake	
Focaccia Bread	
Free Choice	
Lasagne/Moussaka choose option 1 or 2	
Lemon Drizzle Cake	
Christmas Cooking – Stem Ginger Biscuits	
Truffles and Fudge	

To get ready for cooking lessons:

- Please bring in the ingredients that you will need. It will be easier if they have already been weighed out.
- Also, some recipes will need an ovenproof dish, as well as a container to take the food home in.
- It will help to have the recipe booklet to look at whilst cooking.

Expectations in Food Technology rooms:

- When you arrive in the food technology room, please use the cubbyhole shelves for any schoolbag, coats, PE kits and jumpers. (Jumpers need to be taken off in cooking lessons.)
- Stools should not be taken out for cooking lessons; they need to be stacked out of the way.

Before starting to cook:

- Please put an apron on, tie long hair back and wash your hands.
- Collect ingredients from the fridge.
- Clean your work area, use antibacterial spray.

**Please bring a container to take your food home
in!**

Savoury Pinwheels

Ingredients

200gms self raising flour

50gms block margarine

100ml milk

Topping

2 tablespoons tomato puree

75gms grated cheddar cheese

Seasoning (from school)

Then choose 1 of the following to add

1-2 rashers cooked bacon

1 slice of ham

2-3 mushrooms or ½ a pepper

½ small onion



Equipment

Mixing bowl; weighing scales;
palette knife; Rolling pin;
sharp knife; baking tray;
cooling tray

You will need a
container to take
your work home in.

Method

1. Light the oven gas mark 6 Electric 200C
2. Prepare toppings. Grate cheese; finely dice onion/peppers/mushrooms
3. Cut ham/bacon/olives into small pieces if using.
4. Put the flour into the bowl and rub in the fat until it looks like fine breadcrumbs.
5. Add enough milk to form a soft damp dough.
6. Knead lightly and roll out to 30cmx20cm
7. Spread the tomato puree onto the dough
8. Sprinkle on chopped vegetables/meat and grated cheese
9. Roll dough up into a sausage shape and cut into 10 even sized pieces
10. Place onto tray cut side down onto a baking tray almost touching.
11. Bake for 10-12 mins until well risen and golden brown.

Stir Fry



You will need a container to take your work home in.

Ingredients:

1tbsp vegetable oil
200g chicken / beef / Quorn
1 clove garlic
½ red chilli
½ red onion **or** 2 spring onions
½ pepper
3 mushrooms
1 pak choi
100g cooked rice **or** noodles (50g if raw)

Pick 2 flavourings:

1 Oxo Cube
1 tbsp light soy sauce
½ tsp Chinese 5 spice
¼ tsp ginger
1-2 tsp honey or brown sugar
1-2 tbsp black bean or yellow bean sauce
1-2 tbsp Hoi or sweet chilli sauce

Method:

1. Boil water in a small saucepan for the rice/noodles.
2. Cut the chicken into strips on a red chopping board.
3. If using the noodles remove from heat and drain using a colander.
4. Heat the oil in a pan or wok and add the meat and stir-fry for 5 minutes until browned on all sides. Place the red chopping board on the sink and wash the knife with warm soapy water.
5. Meanwhile peel, slice, dice and shred all vegetables on a green chopping board. Remove rice from heat and drain the water.
6. Crumble an Oxo stock cube over the meat and stir-fry for a further 3 minutes.
7. Add the stir-fry vegetables and soy sauce, then continue to stir-fry for a further 5 minutes until the vegetables are just tender.
8. Add the noodles or rice and cook for 2-3 minutes.

One Pot Pasta

Here are two options for this practical which you can adapt, or you can find another recipe if you wish. The focus for this should be a pasta dish which is made and must contain a minimum of 2 vegetables and some protein. The dish has to be served in one dish rather than as separate components.

BACON AND MUSHROOM PASTA

INGREDIENTS

200gm Penne or other tubed pasta
125gms mushrooms
4 rashers streaky bacon
1 red pepper
2 tspn pesto
100ml crème fraîche
A few fresh basil leaves

METHOD

1. Cook the pasta in boiling water in a large non-stick saucepan for 15mins
2. Meanwhile, slice the mushrooms, peppers and snip the bacon into bite-size pieces with scissors or a sharp knife
3. Reserve a few drops of the cooking water in a cup or bowl, then drain the pasta and set aside.
4. Fry the bacon, mushrooms and peppers in the same pan until golden, about 5 mins. Keep the heat high so the mushrooms fry in the bacon fat, rather than sweat.
5. Tip the pasta and reserved water back into the pan and stir over the heat for 1 min.
6. Take the pan off the heat, spoon in the pesto and crème fraîche and most of the basil and stir to combine. Sprinkle with the remaining basil to serve.

You will need an oven proof dish

SPICY SAUSAGE PASTA

INGREDIENTS

1 tspn Olive Oil
1 medium onion
1 clove garlic (available from school)
1tsp chilli powder (available from school)
1 tin tomatoes
150gms pasta
4 pork sausages

METHOD

1. Cook the pasta in boiling water in a large non-stick saucepan for 15mins
2. Chop the sausages into chunks, peel and chop onion and garlic.
3. Fry the sausages until golden brown all over.
4. Reduce the heat and add onions and garlic, cook until softened.
5. Stir in the chili powder and tomatoes and cook for 5 mins.
6. Drain the pasta and add to the tomato mixture and stir.

To add extra flavour when you reheat this, add some grated parmesan to the top of the dish.

You will need a plastic tub with a lid



Enchiladas

Ingredients:

200g beef mince/ chicken strips/ Quorn stripes
1/2 onion, finely chopped
1 garlic clove, chopped
2 tablespoons tomato puree
1/2 teaspoon ground cumin
4 flour tortillas
1/4 teaspoon chilli powder, or more to taste
4 flour tortillas
1/2 (200g) tin chopped tomatoes
1/2 teaspoon dried oregano
Salt, to taste
55g grated cheese

Method:

1. In a large frying pan, brown mince or chicken add the onion and fry for 2minutes.
2. Add the garlic and fry for 1 minute, and then add the tomatoes, tomato puree, oregano, cumin and salt. Add the chilli powder, and simmer for 15 minutes.
3. Preheat the oven to 190 C / Gas 5.
4. Spread a little mince in the centre of each tortilla, roll up and place in a baking dish. Top with the grated cheese and bake for 10 minutes, or until golden.
5. Wash up, tidy your work area and pack away your equipment.
6. Remove the Enchiladas from the oven using oven gloves and place on a wooden pan stand.

Serving suggestion

Serve with a side salad or garlic bread.

You will also need to bring a medium oven proof dish.

Berry Crumble Cake



Ingredients:

120g butter
120g caster sugar
2 medium sized eggs
120g self raising flour
100g blackberries, mixed berries,
raspberries or equivalent

For the crumble topping:

50g self-raising flour
25g butter or margarine
25g caster sugar

Also needed:

Muffin Cases

You will need a plastic tub with a lid

Method

1. Place the butter in a mixing bowl and add in the sugar and beat until light and fluffy.
2. Add the eggs, one at a time, beating in well with each addition.
3. Fold in 120g self-raising flour.
4. Spoon the mixture into the muffin cases, evenly. Top with blackberries, evenly.
5. Place 100g plain flour in a bowl. Add the butter and rub with your fingertips until the butter is absorbed and the mixture resembles crumbs. Mix in the sugar.
6. Sprinkle the mixture over the fruit. Bake for 25 minutes approximately until golden brown.
7. Wash up and tidy your work area.
8. When cooked, remove from the oven and place on a cooling rack.

Focaccia Bread



Ingredients:

- 200gms strong plain flour
- ½ tsp salt (available from school)
- 1 tsp easy blend yeast (available from school)
- 120ml warm water
- 1 tbsp oil (available from school)

Toppings:

You will be making two focaccia. You can vary the toppings on each if you wish, or have both of them the same. For each focaccia choose 1 or 2 of the following:

- 50gms grated cheese
- ½ chopped onion
- A few chopped sun dried tomatoes
- Sprinkle of garlic seasoning (available from school)
- Sprinkle of basil/mixed herbs (available from school)

Method:

1. Light the oven gas mark 8, electric 220°C.
2. Oil 2 Victoria Sandwich tins.
3. Put the flour into a mixing bowl, add salt and yeast and stir.
4. Measure warm water and pour a well into the middle of the flour.
5. Mix with a wooden spoon and then use your hand to form dough.
6. Knead lightly for 5 -10mins on a floured table. Divide into 2 equal pieces roll each piece into a circle and put into tins.
7. Place in a warm place to rise and wash up.
8. Press holes into the surface of bread with a wooden spoon handle.
9. Sprinkle flavouring over the two focaccia and spray or brush with oil.
10. Bake for 15 mins until golden brown. Remove from the tin and place on a wire tray.

Bring a container to take your food home in.

Free Choice

Ingredients

Method

You will need a container to take your food home in

Moussaka Option 1

You will need an oven proof dish.

Moussaka

500g (1 ½ lb) potatoes

Meat sauce

2 onions

250-450g minced lamb or beef or Quorn mince

200 ml water

1 stock cube

1 tbsp. tomato puree

1 tin tomatoes

½ tsp basil/oregano/mixed herbs

2 eggs

Seasoning

100ml milk

1. Peel and slice potatoes and put into a pan to par boil.
2. Peel and chop onions and mushrooms for meat sauce.
3. Dry fry meat until brown, add vegetables and fry for 2-3 minutes.
4. Then add tomatoes and puree, stock cube herbs and seasoning.
5. Bring to the boil, stirring continuously, then reduce heat and simmer for 20 minutes.
6. Grate cheese for sauce.
7. Check consistency of meat sauce, add water if it is not fairly runny.
9. Put layers of meat sauce and potatoes into dish, finishing with potatoes.
10. Beat the eggs with the milk and add half the cheese.
11. Pour over meat and potatoes..
10. Sprinkle with remaining cheese
11. Bake in oven 180 oC or gas 4 for 30 minutes until golden brown



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Lasagne (serves 3-4) Option 2

Ingredients

For the meat sauce:

- 200g mince or Quorn
- Medium onion
- 1 clove garlic
- 1 teaspoon plain flour
- 1 tin of tomatoes
- 1 tablespoon tomato puree
- Pinch of mixed herbs & seasoning

For the cheese sauce:

- 25g butter
- 25g plain flour
- 300ml milk
- 50-100g grated cheese
- Seasoning & mustard powder
- 4 sheets lasagne

Method

1. Chop onion and garlic
2. Place mince, onion and garlic into the frying pan and dry fry for 5 minutes
3. Add flour and blend well
4. Stir in the other ingredients for meat sauce, bring to the boil and simmer for 20 minutes. Taste and adjust seasoning. Adjust consistency with water.
5. Make the white sauce by melting the butter in the small saucepan, stir in flour and cook for 1 minute, add milk a little at a time stirring constantly, bring sauce to a boil stirring constantly until the sauce thickens and becomes glossy. Remove from the heat and add most of the cheese, mustard powder and season with salt and pepper
6. In your serving dish add half the meat sauce, cover with lasagne and coat with 1/3 cheese sauce, add the remaining meat sauce, cover with lasagne and pour over the remainder of the white sauce
7. Sprinkle remaining cheese on top
8. Bake electric 170/gas 5 for 45-50 minutes

Notes

Make sure your sauce ingredients are weighed out exactly and stir the sauce constantly while it is cooking

Try adding different types of vegetables to your meat sauce – such as mushrooms, peppers, carrot



Equipment

- Frying pan or wok
- Chopping board
- Sharp knife
- Small saucepan
- Wooden spoon x2
- Tablespoon

You will need a container to take your food home in



Lemon Drizzle Cake

Ingredients

- 2 eggs
- 125g self-raising flour
- 125g (caster sugar
- 125g softened butter
- ¼ tsp baking powder
- Finely grated zest and juice of 1 small lemon
- 1tbsp milk approx (School will provide this)
- 1 Victoria sandwich tin, greased and lined

For the crunchy lemon icing:

50g granulated sugar

Juice of 1 lemon

Method

1. Preheat the oven to 180°C, gas 4.
2. Beat together the eggs, flour, caster sugar, butter, baking powder and lemon zest until smooth in a large mixing bowl and turn into the prepared tin.
3. Bake in the pre-heated oven for about 25 mins, or until golden brown, shrinking away from the sides of the tin and springy to the touch.
4. While the cake is still warm, make the lemon drizzle topping. Mix together the sugar and lemon juice, and pour over the warm cake.
5. Leave to cool a little and loosen the sides of the cake, then lift the cake out of the tin.

You will need a container to take your food home in



Christmas Cooking

Ginger Biscuits

Ingredients

175g Self raising flour
40g Golden Syrup
1 egg beaten
½ tbsp ground ginger
½ tsp bicarbonate of soda
15g stem ginger drained and finely chopped
100g caster sugar
60g butter



Method

1. Preheat oven to 170 degrees/gas mark 3.
2. Line one baking tray with parchment paper.
3. Gently melt the butter with syrup in a pan with low heat and set aside until barely warm.
4. Beat the egg in a bowl.
5. Finely chop the stem ginger.
6. Sift the flour, stem ginger, bicarbonate of soda and sugar in a mixing bowl.
7. Pour the butter, syrup and other dry ingredients into a bowl.
8. Add the beaten egg and stem ginger, mix with a wooden spoon.
9. When all the ingredients are combined, roll the mixture into 24 almond sized balls using your hands.
10. Arrange onto a prepared baking sheet, spacing them apart to allow for spreading.
11. Bake in the oven for 15-20minutes until golden brown.

Leave the biscuits to cool on the baking tray for a couple of minutes before transferring to a wire rack. Store in an airtight container.



Chocolate Truffles and Chocolate Fudge

CHOCOLATE TRUFFLES

Ingredients



500 g Oreo biscuits
250 g cream cheese, softened
400 g milk chocolate
100 g white chocolate

Preparation method

1. In a blender, crush cookies.
2. Pour into a bowl, add cream cheese and mix until there are no traces of white.
3. Using a teaspoon, roll mixture into balls, place on a baking paper lined tray and refrigerate for 45 minutes.
4. Break milk chocolate into pieces and pop in a microwaveable container, melt gradually stirring every 20 seconds until smooth.
5. Coat balls thoroughly with melted chocolate, place back into fridge to cool.
6. Finally melt remaining white chocolate and using a fork, drizzle melted white chocolate over balls.

CHOCOLATE FUDGE

Ingredients



115g butter, softened
1 tsp vanilla extract
405 g condensed milk
115 g plain chocolate broken into squares
800 g icing sugar, sifted

Method

1. Place the butter in a large bowl and beat in the vanilla extract and condensed milk.
2. Place the chocolate squares in a bowl and set it over a pan of barely simmering water. Leave it to melt, remove from the heat and stir with a wooden spoon.
3. Allow the chocolate to cool and then beat it in, gradually, to the butter mixture. Beat in the icing sugar, a little at a time. When it has all been incorporated you should end up with a soft, dough-like mixture.
4. Line a 20 x 30 cm shallow baking tin with baking parchment paper. Press the mixture into the tin, ensuring that the surface is even. Using the tip of a sharp knife, mark the fudge into about 80 pieces and then place it in the fridge for at least 4 hours to set.
5. When the fudge has set, use the edges of the paper to lift it from the tin on to a large chopping board and cut it into the marked pieces. Wrap the fudge to give as gifts.

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

Recipe Abbreviations

approx. = approximate

tsp or t = teaspoon

tbsp or T = tablespoon

pt = pint

wt = weight

oz = ounce

lb = pound

g or gms = gram

kg = kilogram

vol = volume

ml = millilitre

L = litre

fl oz = fluid ounce

in. or " = inches

°F = degree Fahrenheit

°C = degree Celsius or centigrade