



# Recipe Booklet:

# Year 8

Name of Dish	Practical Date
Healthy Tortilla Wraps	
Layered Salad	
Chicken Dippers	
Spaghetti Bolognese	
Marble Pear Cake	
Carrot Cake	
Free Choice	
Spring Rolls	
Thai Green Curry	
Apple and Raisin Crumble	
Tuna and Broccoli Pasta	

Yule Log or Mince Pie	
-----------------------	--

**Student Name:** \_\_\_\_\_

**Group:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**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.

## Tortilla Wrap



### Ingredients

2 tortilla Wraps (these are available from the school. Please bring in £1)

Vegetable fillings- choose 2-3

1 carrot grated

1 tbsp sweetcorn

Handful lettuce leaves

1 tomato

2 spring onions chopped

½ avocado

¼ red, green, or yellow peppers

1 stick celery chopped

Protein filling- choose 1

1 slice ham chopped

1 slice bacon cooked at home

25g grated cheese

25g cooked chicken chopped at home

25g tuna

2 tbsp mixed beans

Bring a container to take your food home in.

### Method

1. Prepare self and sanitise work surfaces.
2. Prepare the fillings by washing and chopping the vegetables, chopping the meat and grating cheese. Use the correct colour chopping board – Yellow for cooked meat, green for vegetables and white for cheese.
3. Spread the tortilla wrap with the dressing, provided from school.
4. Sprinkle the protein and vegetable toppings evenly over the wrap, do not over fill. Fold as demonstrated, carefully.
5. Cut the wrap in half and serve.
6. Place in the fridge to chill.

## Layered Salad



### Ingredients

- 150g pasta
- 1 small onion or 4 spring onions
- ¼ cucumber or sml tin of sweetcorn
- ½ pepper or 2 tomatoes
- 4 slices of cooked meat or sml tin of tuna
- 50g cheese (Cubed) Optional
- 1-2 tbsp dressing/salad cream (School provides)

### Equipment

- Medium sized saucepan
- Wooden spoon
- Green Chopping board
- Vegetable knife
- Colander
- Tablespoon

### Method

1. Place a saucepan with water in it to boil.
2. Once the water is boiling add the pasta and cook for 10-12 mins.
3. Using a green chopping board, prepare your vegetables as demonstrated.
4. Drain your pasta using a colander over the sink.
5. Spoon pasta and prepared vegetables into your container, stir gently.
6. Add your dressing and mix thoroughly.
7. Place in the fridge to chill.

Bring a container to take your food home in.



## Chicken Dippers

### Equipment

Mixing bowl, knife, red chopping board, plastic food bag, baking tray, cooling rack, measuring jug, fork, plate

### Ingredients

2 Chicken Breasts  
25g Plain Flour  
¼ Teaspoon Salt  
Pepper  
1 Egg  
50-100g Dried Breadcrumbs  
Oil – for greasing  
Additional Flavourings – Optional

### Vegetarian version:

2 Quorn Fillets or 2 Courgettes or 200g Mushrooms

### Flavourings

Choose 1 or 2 of the following flavourings to the breadcrumbs:

- ¼ tsp garlic powder
- ¼ tsp black pepper
- Grated rind of a Lemon
- ½ tsp dried herbs
- 10g grated parmesan cheese
- ½ tsp curry spice

You will need an oven proof dish and a container to take your food home in

Turn over for the method.

### **Method**

1. Put the oven on GAS Mark 6, 200C (190C for fan ovens)
2. Cut the chicken into strips or cubes on a red chopping board
3. Combine flour, salt and pepper in a plastic bag. Add the chicken
4. Toss the chicken in the bag and remove from the bag, empty excess flour into the bin.
5. Put breadcrumbs and any flavourings into the plastic bag
6. Beat the egg with a fork in a measuring jug
7. Place a sheet of parchment paper on a baking tray
8. When all the chicken is coated and on the tray, brush with oil
9. Bake in the oven for 15-20 minutes
10. Put onto the cooling rack to cool down
11. Put into a container & store in the fridge
12. Eat cold or reheat until piping hot and serve with sauce.

Bring a container to take your food home in.

## Spaghetti Bolognese

### Ingredients

200g minced beef or vegetarian mince

1 small onion

100g mushrooms

1 green pepper

2 tablespoons oil

1 medium can tomatoes

100ml water

1 stock cube

Salt and pepper



### Method

1. Peel and chop onion and pepper. Wash and slice the mushrooms.
2. Heat oil in a large pan. Fry onions, pepper, and mushrooms for 5 minutes.
3. Add the mince and fry until it's brown.
4. Stir in flour, tomatoes, and stock cube. Add water if it seems necessary, then add salt and pepper.
5. Bring to boil, then simmer very gently with the lid on, stirring occasionally, for 30 minutes.
6. Pour sauce into your container and serve.

Bring a container to take your food home in.

## Marble Pear Cake

### Ingredients

- 100g caster sugar
- 100g soft margarine/Butter
- 2 eggs
- 100g self-raising flour
- 1 x 15ml spoon cocoa powder
- 1 x 5ml spoon baking powder
- ½ pear



### Equipment

Baking tin (20cm square) or foil tray, weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, chopping board, knife.

### Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and line the cake tin.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the cake mixture into the tin.
10. Stir in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.

Bring a container to take your food home in.

## Mini Carrot Cakes

### **Ingredients:**

75g margarine  
125g carrots  
100g sugar  
1 large egg  
100g flour  
1 x 5ml cinnamon  
1 x 5ml baking powder  
60g sultanas



### **Equipment:**

Green or white chopping board, knife, vegetable peeler, grater, measuring spoons, weighing scales, small bowl, mixing bowl, wooden spoon, sieve, muffin tray, 12 muffin cases, 2 large metal spoons

### **Method:**

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the margarine in the microwave.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and margarine in the mixing bowl.
5. Sift in the flour, cinnamon and baking powder.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas.
8. Divide the mixture equally between the muffin cases, using the two metal spoon.
9. Bake for 20 minutes.
10. Whilst the cakes are in the oven, wash and dry up, put away equipment and tidy your work area.
11. When your cakes are ready, remove them from the oven and place on a cooling rack.

Bring a container to take your food home in.

## Free Choice/Signature Dish

Choose a dish which can be prepared and cooked within the hour, if you wish, it may be a dish already cooked, but adapted.

Ingredient amount

Equipment

Method

Bring a container to take your food home in.

## Spring Rolls and Samosas (makes 4)



### Spring Roll Ingredients

8 Filo pastry sheets for the casing (these are available from school, you will need to bring the £1 contribution)

#### Filling

200g mixed vegetables

Some ideas: - spring onion, grated carrot, sliced mushrooms, garlic, sliced peppers, sweetcorn, Chinese leaves, bean sprouts or other vegetables of your choice.

**Spices:** - ½ tsp ground ginger or fresh ginger, Chinese five spice, star anise

#### Other flavourings

1 tbsp Chinese style sauce or soy sauce

### Samosa Ingredients

8 Sheets of filo pastry (these are available from school, you will need to bring the £1 contribution)

#### Filling

1 large potato (diced and cooked)

15g peas

5g sweetcorn

5g curry powder or curry paste

Half an onion, finely chopped

1tsp fresh coriander chopped (can use parsley or mint)

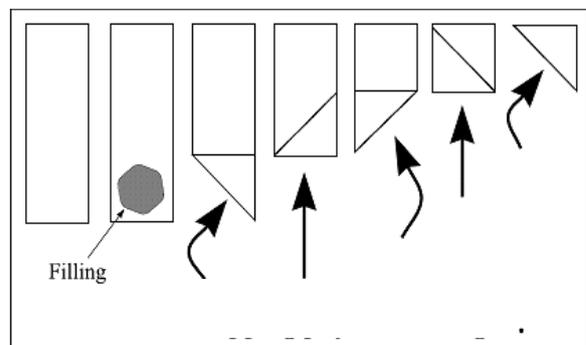
**Spring Rolls Method**

1. Light oven at 200 degrees Celcius or Gas Mark 6.
2. Prepare vegetables by cutting into thin strips about 50mm long. Mix with the other flavourings used.
3. Remove 2 strips of pastry. They should be about 125 mm wide, keep the other pastry not in use covered over to prevent it drying.
4. Lay the 1<sup>st</sup> sheet on the table and brush with fat. Lay the 2<sup>nd</sup> on top.
5. Brush the top of the pastry with fat.
6. Fold in the side edges approx. 15mm, as shown in the diagram.
7. Place on the filling. Make sure it is levelled, so the vegetables do not stick through the pastry. See diagram.
8. Roll the spring roll up and place on a baking tray.
9. Brush with more fat and bake for 20-25 minutes.

**Samosa Method**

1. Turn oven onto gas mark 6, or 200 degrees Celsius for electric.
2. Finely chop the ingredients for the filling and mix with the seasonings.
3. Take a strip of pastry, cover the others to prevent drying, brush with fat.
4. Fold the strip in half lengthways.
5. Brush the top with fat and place on top of some of the filling, as shown in the diagram.
6. Fold into a triangle, fold over as shown in the diagram.
7. Place on a baking tray and brush with a little fat.
8. Bake for 15-20 minutes until golden brown.

**Samosa Rolling Method**



Bring a container to take your food home in.

## Thai green chicken curry



### Ingredients

1 x 10ml spoon oil  
3 spring onions  
1 clove of garlic  
80g sugar snap peas or green beans  
1 small chicken breast  
2 x 15ml Thai green curry paste  
200ml coconut milk (reduced fat)  
1/2 lime  
Small bunch of coriander

### Method

1. Prepare the vegetables: slice the spring onions; cut the sugar snap peas in half; crush the garlic.
2. On a separate clean chopping board, and using a separate clean knife, cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. Serve.

Bring a container to take your food home in.

## Ingredients

100g plain flour  
50g butter or margarine  
50g oats  
25g sugar  
2 eating apples  
50g sultanas

## Apple and raisin Crumble

Bring an oven proof dish and a container to take your food home in.

## Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.

## Top tips



- Try changing ingredients to different fresh or dried fruit.
- Try adding nutmeg or cinnamon to the crumble topping.



## Method

1. Preheat the oven to 190°C or gas mark 5.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly
5. Sprinkle the crumble topping over the apple slices.

Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

Serve

## Tuna and Broccoli Pasta

### Ingredients and Equipment

100g rigatoni  
 40g cheese  
 100g broccoli  
 100g canned tuna (in water) drained  
 25g soft margarine  
 25g plain flour  
 250ml semi-skimmed milk  
 1 x 5ml spoon dried oregano  
 50g sweetcorn (canned or frozen)  
 Black pepper

### Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish.

Bring an oven proof dish and a container to take your food home in.



### Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 – 12 minutes, until al dente.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce: place the butter or margarine, flour and milk into a small saucepan; bring the sauce to a simmer, whisking all the time until it has thickened; reduce the heat, stir in the oregano, and allow to simmer for 2 minutes;
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Preheat the grill.
6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink. Pour the drained pasta and vegetables into the sauce. Stir in the canned tuna Sprinkle the cheese over the top, and add a few twists of black pepper.
7. Place under a hot grill until the cheese is bubbling and golden brown.



## Christmas Recipes – Choose either Yule Log OR mince Pie Please!



### Yule Log



#### Yule log Ingredients

1 medium/large ready- made Swiss roll with a jam filling only.  
50g butter  
200g icing sugar  
25g cocoa powder  
Icing sugar and a chocolate flake to decorate  
Cake board or a large plate

#### **Equipment**

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.

#### **Method**

1. Soften the butter first in the mixing bowl then sift in the icing sugar together with the cocoa powder. Mix to a smooth paste with a few drops of milk and vanilla extract.
2. Cut a thick diagonal slice from one end of the log. Lift the log on to a plate, then arrange the slice on the side with the diagonal cut against the cake to make a branch.
3. Spread the icing over the log and branch (don't cover the ends), then use a fork to mark the icing to give the effect of tree bark. Sprinkle with sifted icing sugar to resemble snow and decorate with the chocolate flake for texture.





**Or choose**



## **Mince Pies**

### **Ingredients**

1 packet of short crust pastry  
(Defrosted)  
1 bottle of mincemeat



**Bring a container to take your food home in.**

### **Method**

1. Roll out the pastry onto a lightly floured surface, thickness of a pound coin approximately.
2. Using the large biscuit cutters cut out rounds and place into the bun tin.
3. Scoop 1 level teaspoon of the mincemeat into the center of the cut out round
4. Using a shaped festive cutter (Star, Christmas tree) place this on top of the mincemeat, glaze with egg or milk and sprinkle with demerara sugar
5. Bake for 15/20 mins until golden brown.



## Gas Mark Conversions

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  
 No. or # = number (e.g., #3)  
 in. or " = inches  
 °F = degree Fahrenheit  
 °C = degree Celsius or centigrade