

Year 9 Recipes

Food
Technology

Mushroom Risotto

Ingredients

150g chestnut mushrooms
1 onion
2 cloves garlic
1 x 15ml spoon olive oil
250g risotto rice
1 x 5ml spoon vegetable stock powder
1-1.5 litres water, boiling
1 x 15ml spoon parmesan, grated
1 x 10ml spoon thyme, chopped

Equipment

chopping board,
knife,
garlic press,
scales,
measuring spoons,
pan,
wooden spoon,
kettle,
measuring jug.



Method

1. Prepare the vegetables:
 - ◆ peel and chop the onion;
 - ◆ slice the mushrooms;
 - ◆ peel and crush the garlic.
2. Fry the onion and garlic in the oil until softened.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir in the parmesan and thyme into the rice.

Top tips

- ◆ Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- ◆ Use different herbs and spices e.g. basil, parsley or chilli

Penne Fiorentina

Ingredients

1 red pepper
1 onion
1 clove garlic
350g penne pasta
1 x 15ml spoon oil
2 x 400g cans chopped tomatoes
Fresh basil leaves or 1 x 5ml spoon dried basil
200g baby spinach
Black pepper
100g mozzarella
20g grated parmesan cheese

Equipment

Chopping board
vegetable knife
garlic press
large saucepan,
frying pan
mixing spoon
colander
ovenproof dish

Method

1. Deseed and chop the red pepper.
2. Peel and chop the onion.
3. Peel and crush the garlic.
4. Bring a large pan of water to the boil, add the pasta and cook for 10-15 minutes.
5. Heat the oil in a frying pan, add the peppers, onion and garlic and cook gently for about 5 minutes until the peppers and onion are soft.
6. Stir in the chopped tomatoes and basil. Simmer for 5 – 10 minutes.
7. When the pasta is cooked remove from the heat and stir in the spinach and allow to wilt.
8. Drain the pasta and spinach thoroughly and then return to the saucepan.
9. Stir in the tomato sauce and mix. Season with black pepper.
10. Place the pasta sauce in a shallow ovenproof dish. Slice the mozzarella cheese and lay on top of the pasta. Add the grated parmesan cheese.
11. Heat the grill. Place the dish under the grill and cook until lightly browned.
- 12.

Vegetable curry

Ingredients

1 onion
1 carrot
1 leek
1 pepper
1 celery stick
3 mushrooms
1 x 5ml spoon oil
100ml passata (or chopped tomatoes)
1 tbsp curry paste

Equipment

Chopping board
vegetable knife
garlic press
large saucepan,
mixing spoon

Method

1. Top and tail the carrot, then peel and finely dice.
2. Remove root from leek, (wash well), then slice.
3. Dice the pepper.
4. Slice the celery.
5. Peel and dice chop the onion.
6. Heat the oil in a saucepan and fry the onions for 1 – 2 mins
7. Add the peppers and leeks. Fry for another minute.
8. Stir in the remaining vegetables and add the curry paste.
9. Fry for another minute then stir in the passata.
10. Add a little water and allow to boil, covered with a lid, until the carrots are cooked.
11. If the curry is too runny, boil without the lid until thickened, if too dry, add a little more water.

Top tips – Vary the vegetables to make the most of seasonal foods.

Increase the protein in the recipe by adding chickpeas, beans or other pulses.

Vegetable spring rolls

Ingredients

1 carrot
 $\frac{1}{4}$ cabbage or pak choi
1 pepper
1 garlic clove
1cm piece of fresh ginger
 $\frac{1}{2}$ red chilli
1 x 15ml spoon groundnut oil
1 x 5ml spoon reduced salt light soy sauce
1 x 5ml spoon rice wine vinegar
2 sheets filo pastry
Oil

Equipment

Chopping board,
vegetable peeler,
knife,
garlic press,
wok or saucepan,
wooden spoons,
sieve,
bowl,
baking tray,
oven gloves.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare vegetables for stir-frying:
 - peel and finely chop carrot;
 - finely slice cabbage;
 - deseed and finely slice peppers.

3. Finely chop garlic clove, grate or finely chop fresh ginger and deseed and finely chop the red chilli.
4. Heat the wok over a high heat and add the oil, garlic, ginger and chilli, then stir-fry for 30 seconds. Add the mixed vegetables, light soy sauce and vinegar and cook for 1 minute. Spoon the vegetables into a sieve over a bowl and allow to cool slightly.
5. Cut each sheet of filo pastry into 4 rectangles - approximately 15cm x 12cm.
6. Place a spoonful of the cooked vegetable mixture mix at one end of a filo rectangle, in the centre. Roll the filo around the vegetable mixture until halfway along the filo sheet, then fold each side of unfilled pastry into the centre. Continue rolling into a cylinder and lightly brush with oil to seal.
7. Place the rolls on a baking tray and lightly brush with oil. Repeat with the remaining pastry sheets.
8. Bake for 15-20 minutes until golden and crisp.

Top tip

You could use the vegetable curry as a filling for samosas.

Thai Green Chicken Curry

Ingredients

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



Equipment

Two chopping boards, two knives, garlic press, frying pan, weighing scales, wooden spoon, can opener, juicer.

Method

1. Prepare the vegetables:
 - slice the spring onions;
 - cut sugar snap peas in half;
 - crush the garlic.
2. 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.

Top tips

- Serve with boil rice – why not try a mix of white, brown and wild?
- For a vegetarian curry, replace the chicken with quorn pieces, chickpeas and/or mushrooms?
- Try different vegetables, try frozen peas, runner beans or soy beans.

Chilli con carne

(Serves 4)

Ingredients

400g Lean Minced Beef
1 onion finely chopped
1 green pepper, chopped
1 small tin tomatoes
1 small tin red Kidney Beans
 $\frac{1}{2}$ teaspoon chilli powder

To serve

75g – 100g long grain rice
 $\frac{1}{2}$ teaspoon salt

Equipment

2 Saucepans
Wooden spoon
Chopping board
Vegetable knife



Method

1. Half fill saucepan with water and bring to the boil. Add salt and rice and cook for approximately 12 mins.
2. Dry fry the meat and onion together in a saucepan for 4-5 mins. Drain off excess fat into glass basin.
3. Stir in tin of tomatoes, green pepper, chilli powder, and kidney beans. Simmer in a covered pan for 15-30 minutes, stirring occasionally. (If the mixture appears to becoming too dry, add a drop of water).
4. Drain and rinse rice, placing in a serving dish.
5. Pour Chilli in the centre of rice and garnish.
6. Serve with salad and crusty bread.

Top tip – try making it vegetarian by using diced vegetables and mixed beans.

Making Butter

Ingredients	Equipment
Double cream	Bowl Whisk Muslin cloth

1. Pour the cream into a clean bowl.
2. Whisk using an electric whisk until the cream forms peaks.
3. Keep whisking and you will see the cream start to separate.
4. Whisk until you have a lump of butter in the clear ‘buttermilk’ liquid.
5. Place the butter into a piece of muslin and twist the cloth to squeeze out more liquid,

This butter will only keep for 2-3 days (stored in the fridge). To make a butter that will keep longer you should ‘churn’ the cream and then work it to remove excess liquid.

Swiss roll

Ingredients

75g self raising flour
3 eggs
75g caster sugar
2-3 x 15ml spoons jam extra sugar for rolling up

Equipment

Swiss roll tin, electric hand mixer, weighing scales, greaseproof paper, pencil, scissors, pastry brush, palette knife, sieve, mixing bowl, large metal spoon, cooling rack and sharp knife.

Method

1. Preheat oven to 200C, gas mark 6.
3. Sieve the flour.
5. Gently fold in the flour, using a metal spoon, a little at a time.
7. Bake for 8-10 minutes. Do not over cook.
9. When cooked, tip the Swiss roll onto the sugared paper. Peel off the paper.
11. Roll up the cake.
2. Line and grease a Swiss roll tin.
4. Whisk the eggs and sugar together until thick and creamy.
6. Pour the mixture into the Swiss roll tin.
8. While cake is baking, sprinkle sugar on greaseproof paper. Warm the jam.
10. Spread the warm jam over the cake.
12. Place on a cooling rack.



Chicken tagine with apricots

Ingredients

2 medium onions
2 garlic cloves
10 ready-to-eat dried apricots
300ml stock – reduced salt
2 x 15ml spoons oil
8 small chicken thighs
large pinch saffron threads, crushed (optional)
1 x 15ml spoon ground ginger
1 x 15ml spoon ground cumin
1 x 15 ml spoon ground cinnamon
1 lemon
2 x 15ml spoons honey
Small handful chopped coriander
4 x 15ml spoons flaked almonds, toasted (optional)
Couscous to serve
Fresh mixed herbs, chopped

Equipment

Chopping board,
vegetable knife,
garlic crusher,
lemon squeezer,
measuring jug,
kettle,
large saucepan,
wooden spoon

Method

1. Peel and chop the onions.
2. Peel and crush the garlic.
3. Cut the dried apricots into quarters.
4. Juice the lemon.
5. Make up 300ml of stock.
6. In a large saucepan heat 1 x 15ml spoon of the oil.
7. Season the chicken and brown on both sides. Remove from the pan and set aside.
8. Add the remaining oil, onions, garlic and some pepper. Sauté for 10 minutes until softened and golden.
9. Add the spices, sauté for 1 minute, then add the chicken, apricots, lemon juice, honey and half the coriander.
10. Pour in the water or stock and cook on a low heat for 30 minutes or until the chicken is tender and cooked through.
11. Cut into a thick chunk of chicken to check that it is cooked through.
12. Sprinkle with the almonds and remaining coriander and serve with warm herby couscous.

Quiche

Ingredients

Shortcrust Pastry

100g plain flour
50g block margarine or butter (or 25g butter, 25g lard)
pinch salt
2-3 tablespoons water

Filling

1 egg
100ml milk
50g Cheddar cheese
Pepper
Oil, for greasing

Optional ingredients

2 slices boiled ham (sliced)
1 large mushroom (sliced)
 $\frac{1}{4}$ onion (finely sliced)
Peppers (diced)

Method

1. Preheat oven to 170°C or gas mark
2. Lightly grease a flan ring or sandwich tin.
3. Sieve the flour into a bowl.
4. Cut the butter (and lard, if using) into small pieces.
5. Using fingertips, rub the fat into the flour until it resembles fine breadcrumbs.
6. Add water, a spoon at a time, mixing with a table knife until a soft dough is made. Do not make it too sticky.
7. Wrap the dough in film and refrigerate whilst preparing the filling.
8. Beat the egg and milk together and season with a little pepper.
9. Grate the cheese and prepare any additional filling ingredients.
10. Roll out the pastry on a lightly floured work surface and use to line the flan ring.
11. Place any optional ingredients around the pastry base.
12. Sprinkle over the cheese.
13. Pour over the beaten egg and milk.
14. Place sliced tomatoes on the top.
15. Place on a baking tray and bake for 25-30mins until golden brown.
- 4.