



# Home Recipe Book

<b>Food &amp; Nutrition</b>	Diet	Food Provenance
	Preparation Skills	Food Safety
	Food Science	<b>Year 9</b>

# Welcome to the Year 9 Home Recipe Book

Dear Student and Parent / Carer

As you are aware, Food & Nutrition forms part of our technology rotations at Key Stage Three. Over the next 13 weeks, your son/daughter will be making a wide range of different recipes, which will provide them with very valuable life skills in both food preparation and nutrition. All of the recipes we will cook over the next 13 weeks are featured in this recipe book.

It is important that all students are able to fully participate in all of their food lessons. If you have opted to provide your own ingredients for practical lessons, please use this book – together with the student workbook to look up the ingredients you will need for the next practical.

However, it is appreciated that this may not always be convenient. If this is the case, then school will provide ingredients at a cost of £30 per rotation (13 weeks). This includes apron hire, paper plates, foil dishes, seasonings etc.

All of the ingredients in this book can be easily doubled to make larger family meals at home.

I hope you enjoy using this book.

Thank you in advance for your cooperation.

Yours faithfully,

Mrs H Duncan  
Faculty Leader of Technology, Art & Computer Science

## Lemon Drizzle Cake



Ingredients	Equipment
100g unsalted butter softened	
100g caster sugar	
2 eggs	
100g self raising flour	
1 lemon	
<b>For the drizzle topping</b>	
1 lemon, juiced	
85g caster sugar	

Heat the oven to 180c /gas 4

### Method

1. Beat together butter and caster sugar until pale and creamy, then add eggs, one at a time, slowly mixing thoroughly
2. Sift in the self raising flour, then add lemon zest and mix well until well combined.
3. Line a tin with greaseproof paper, then spoon in the mixture and level the top with a spoon.
4. Bake for 25-30 minutes until a thin skewer inserted into the centre of the cake comes out clean.
5. While the cake is cooling in its tin, mix together the lemon juice and caster sugar to make the drizzle.
6. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely crisp topping.

## Chicken Stir Fry



Ingredients	Equipment
100g chicken	
50g vegetables	
50g noodles	
1 tbsp oil, for frying	
1 small piece of ginger	
1 tbsp tomato puree	
2 tbsp soy sauce	
2 tbsp sweet chilli sauce	

### Method

1. Break the pack of noodles in half and place in a bowl.
2. Cover with boiling water and leave.
3. Prepare the vegetables, thinly slice them so they cook quickly. Peel and slice the ginger thinly.
4. Cut the chicken into strips.
5. Mix the tomato puree, soy sauce and sweet chilli sauce in a measuring jug with 75ml water.
6. Once the noodles are soft, drain and place them back into the bowl.
7. Place the oil into the pan and place on a medium heat.
8. Add the chicken, be careful as the oil may spit. Let the chicken seal before stirring.
9. Once the chicken has turned completely white, add the vegetables and continue to stir for 5 minutes.
10. Add the noodles and sauce mix. Continue to stir for 2-3 minutes

## Spring Rolls



Ingredients	Equipment
1 x small carrot	Chopping Board
2 x spring onions	Vegetable knife
40g beansprouts	Vegetable peeler
25g frozen peas	Grater
1 x 15ml spoon oyster sauce	Mixing bowl
4 filo pastry sheets	Dessert spoon / pastry brush
Oil	Baking tray

### Method

1. Preheat the oven to 200oc or gas mark 6
2. Top, tail, peel and grate the carrot
3. Cut the spring onion into the mixing bowl
4. Lightly fry the vegetables and ginger on oil.
5. Add the beansprouts, peas and oyster sauce
6. Mix all ingredients together
7. Place the filo pastry sheets on the work surface.
8. Halve the pastry sheet and work on one half at a time.
9. Spoon a little vegetable mixture along the top edge of the pastry
10. Fold over twice
10. Fold in the two edges
11. Continue to roll up the spring roll
12. Place on the baking tray
13. Brush with a little oil
14. Bake for 15 minutes, until golden brown

## Vegetable Risotto



Ingredients	Equipment
1 x small onion	
50g peas	
25g spinach	
40g red pepper	
½ tsp garlic puree	
1 vegetable stock cube	
150 Arborio rice	
500ml water	
1 x 10ml fresh herbs	
1 x 5nl grated parmesan cheese	
1 x tbs oil	

### Method

1. Weigh out and prepare all the vegetables
2. Wash the rice in a sieve to wash away some of the starch
3. Lightly fry the onions and peppers in saucepan for 5 minutes
4. Prepare 500ml hot stock in a measuring jug
5. Add the rice to the pan for 1 minute
6. Add the peas, spinach and garlic to the rice
7. Slowly add the stock to the pan and it will be absorbed by the rice. PAN MUST BE ON A LOW HEAT
8. Add more stock as it is absorbed until all the stock has done (20-25 mins)
9. The rice will be soft and have a nutty bite
10. Remove from the heat, sprinkle with the parmesan cheese, black pepper and fresh herbs

## Sausage Chilli Cha Cha Cha



<b>Ingredients</b>	<b>Equipment</b>
1 x small onion	Vegetable knife
1 fresh red chilli or 1 x 5ml spoon chilli flakes	Chopping board
1 orange or yellow pepper	Large saucepan
1 x 15ml oil	colander
1 x 5ml spoon ground cumin	
450g pork chipolata sausages	
400g can chopped tomatoes	
400g can red kidney beans	
50g basmati rice	

### Method

1. Prepare the vegetables : peel and finely dice the onion. Cut the green chilli in half, lengthways, deseed and finely chop. Do not touch face or eyes and thoroughly wash and dry hands after touching raw chilli. Cut pepper in half, deseed and chop.
2. Heat the oil in a saucepan. Add the onion, chilli and ground cumin and cook for 2-3 minutes
3. Add the pepper and sausages and brown lightly on all sides
4. Drain and rinse the kidney beans and add to the pan with the chopped tomatoes
5. Bring to the boil, turn down to simmer and cover with a lid
6. Gently simmer for 30 minutes

## Thai Green Curry



Ingredients	Equipment
1 x 10ml spoon oil	2 x chopping boards
3 x spring onions	Vegetable knife
1 x clove garlic	Frying pan
80g sugar snap peas	Scales
1 x small chicken breast	Wooden spoon
2 x 15ml Thai green curry paste	
200ml coconut milk	
½ lime	
Small bunch of coriander	

### Method

**1.** Prepare the ingredients:

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. Thoroughly wash and dry your hands after touching the raw meat.

**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.



## Mac & Cheese



Ingredients	Equipment
100g macaroni	Scales
100g cheese	Pan stand
1 tomato	Saucepan
25g butter	Wooden spoon
25g plain flour	Grater
250ml milk	Measuring jug
Black pepper	White chopping board
Mustard	colander

### Method

1. Bring a pan of water to the boil and add the macaroni
2. Simmer for 8-10 minutes
3. Grate the cheese
4. Drain the macaroni
5. Weigh and measure the flour, butter & milk
6. Melt the butter on a low heat on the hob. Stir in the flour and remove from The hob
7. Add the milk gradually and stir until it disappears. Continue until all the milk has gone. Take the pan back on the hob, on a low heat stirring continuously until the sauce has gelatinised.
8. Bring to the boil, switch off and add the cheese. Keeping a small amount back for the top
9. Add the pasta to the sauce, stirring to coat each piece
10. Pour into the container, sprinkle with the remaining cheese and bake for 15 minutes

## Scones & Homemade Jam



Ingredients		Equipment
<b>Scones</b>	<b>Jam</b>	Large bowl/sieve
250g self raising flour	Fruit	Scales/pastry cutter
1 tsp baking powder	Sugar	Pan stand/Pan/Baking tray
Pinch of salt		Digital Probe
50g butter/margarine		Wooden spoon
25g caster sugar		Vegetable knife
125ml milk plus 2tbsp to glaze		Measuring jug
75g dried fruit		Chopping board
Mustard		colander

### Method - Scones

1. Sieve the flour, baking powder and salt into a mixing bowl. Place the margarine into the mixture and cut into small piece using the table knife.
2. Using your fingertips, rub the fat into the flour until the mixture looks like fine breadcrumbs – Wash you hands !
3. Add the sugar and the fruit into the mixture. Stir with a table knife
4. Make a well in the centre of the mixture and add  $\frac{3}{4}$  of the milk and stir. Place one hand on the side of the bowl and use the other to try and bring the mixture together
5. Lightly flour the table. Using the palm of your hand, press the dough into a round shape about 2cm thick. Using a cutter, cut into circles. Lightly flour a baking tray.
6. Using oven gloves, place in the oven for approximately 10-15 minutes until well risen and golden brown
7. When cooked, remove from the oven and place on cooling rack.

### Jam

1. Sterilise jar & lid in the oven for 10 minutes
2. Prepare fruit. Chop apples finely and place in a bowl of chilled water to prevent enzymic browning
3. Weigh fruit and add to pan
4. Add exactly the same amount of sugar to the pan and stir
5. On a very low heat, warm the mixture to allow the sugar to dissolve. Once melted and fruit is collapsing, turn up heat to moderate stirring all the time
6. One jam is boiling take the temperature and aim for 104oc using a digital probe
7. Use the plate technique to test if the pectin has been released and the jam will set
8. Remove from the heat and allow to cool. Transfer to a glass measuring jug. Pour into the sterilised jar, add a circle of greaseproof paper and the lid

## Beefburgers/Beanburgers



Ingredients	Equipment
Minced meat/Quorn/Soya	Food processor
½ onion	Vegetable knife
½ tsp herbs	Red chopping board
¼ tsp chilli powder	Measuring jug
¼ egg	Teaspoon
1 slice wholemeal bread	Large bowl
	Baking tray

### Method

1. Slice the onion using the food processor & place in a large bowl
2. Grate the bread using the food processor & place in a large bowl
3. Add the onion, breadcrumbs, meat, herbs & egg to a large bowl and mould into a ball of mixture
4. Cut, shape and mould.
5. Place on a baking tray (greased if using poultry, soya or quorn)
6. Bake for 15 minutes and check if cooked using the digital probe
7. **If you have made bread rolls, slice with a bread knife and assemble your burger with rocket)**

## Chicken Schnitzel



Ingredients	Equipment
Chicken Breast	Rolling Pin
1 tbsp grated parmesan	Clingfilm
50g flour	Tablespoon
½ egg	Teaspoon
1 tsp paprika	Fork
Oil	Frying Pan
Breadcrumbs	

### Method

1. Place a layer of clingfilm on your work surface and place the chicken on top. Cover with another piece of clingfilm and using a rolling pin, bash the chicken until it is 203mm thick.
2. Put the flour on a plate and season, then put egg on another plate.
3. Mix the breadcrumbs and parmesan cheese on a shallow bowl.
4. Dip the chicken in the flour to coat, then into the egg.
5. Toss the chicken in the mixture to completely coat in the crumbs.
6. Heat the oil in a large frying pan over a high heat. Sizzle them for 2-3 minutes each side until completely golden.
7. Lift out and drain on kitchen paper

## Rhubarb Crumble



<b>Ingredients</b>	<b>Equipment</b>
Rhubarb	Mixing bowl
1 tsp caster sugar	Tablespoon/teaspoon
1 tsp cinnamon (optional)	Scales
100g plain flour	Table knife
50g butter or margarine	Pan stand
25g porridge oats	Vegetable chopping board & knife
Breadcrumbs	Wooden spoon

### Method

1. Preheat oven to 180°C or gas mark 5
2. Add flour to the mixing bowl. Using a table knife cut the butter or margarine into small cubes and add to the flour. This will make the fat easier to rub in.
3. Using your fingertips, rub the margarine into the flour until the mixture resembles breadcrumbs. Stir in the sugar and oats using a wooden spoon.
4. Using a vegetable knife, slice the top and bottom off the rhubarb. Slice the rhubarb and place into a foil container. Stir in the sugar and cinnamon to sweeten.
5. Spoon the crumble mixture over the fruit until it is totally covered with an even layer. Place in the oven and bake for approximately 15-20 minutes until the topping is golden brown and the fruit is soft.

## Tandoori Chicken Kebabs



<b>Ingredients</b>	<b>Equipment</b>
1 Dessert spoon yoghurt	Mixing bowl
1 teaspoon lemon juice	Chopping board red & brown
1 teaspoon pasatta	Vegetable knife
1 teaspoon brown sugar	skewers
1 clove garlic	
1 piece ginger finely diced	
½ teaspoon curry powder	
Vegetables – peppers/onion	

### Method

1. Mix together the ingredients for the marinade and taste, adjust if necessary.
2. On a red chopping board for meat, dice the chicken.
3. Add the chicken to the marinade and mix.
4. On a brown chopping board dice the vegetables – peppers into cubes and onions into cubes.
5. Add the vegetables to the marinade and mx together.
6. Assemble onto 3 skewers and grill for 15 minutes turning regularly. Use a digital probe to check they are thoroughly cooked to 75% or above.