

YEAR 10

RECIPE



BOOK

INTRODUCTION

In Year 10 you will be building on and improving all the practical cookery skills you have acquired in years 8 and 9.

At the end of year 10 you will have learned:

- To develop new skills
- Know how to choose a good recipe
- To experiment with ingredients and flavours
- To appreciate the variations in cost and quality of food
- To be creative in your choice and presentation of food
- To show initiative and be responsible when cooking
- To plan ahead and work independently and efficiently when cooking

IMPORTANT PRACTICAL REMINDERS

1. Avoid wasting food:

- * Bring in **only** the quantities of each ingredient that you need
- * Think about how you will carry your dish home
- * Store ingredients safely both at home and in school
- * Remember that school will provide some of the ingredients
(marked with * on your recipe)
- * Share ingredients such as fresh herbs

2. Avoid wasting time:

- * Come to class prepared with ingredients weighed and measured (*this can be done in school before class i.e break-time*)
- * Read the recipe at home so that you understand what you will be doing before you come to class, this will improve your ability to plan ahead and work efficiently

3. Avoid unnecessary packaging:

Every year the H.E department disposes of plastic containers left behind by students. Plastic food bags are an efficient way of taking ingredient to and from school.

REMEMBER OUR SCHOOL IS A NUT FREE ZONE

One Pot Chicken Pilaff (container to take home)

Ingredients

*1 tsp vegetable oil (provided by school)

2 raw chicken fillets (or chicken thighs can be used)

1 medium onion

*1 tblsp curry paste (provided by school)

150g Basmati rice

500 ml Chicken stock

*100g Frozen mixed vegetables (provided by school)

Method

1. Chop onion, cut chicken into bite size pieces.
2. Heat oil in a medium saucepan, add onion and fry for 5 minutes until soften
3. Add chicken pieces, fry for 3 minutes, add curry paste and rice stir thoroughly and cook for 1 minute.
4. Add chicken pieces, fry for 3 minutes, add curry paste and rice stir thoroughly and cook for 1 minute.
5. Pour in stock, add frozen vegetables, bring to the boil, reduce heat, cover and leave to simmer for 10 minutes or until rice is tender.

Burger

Ingredients

100g lean minced steak
*1/8 onion (provided by school)
*1 tablespoon wholemeal breadcrumbs (provided by school)
*1 dessertspoon beaten egg (provided by school)
*salt and pepper (provided by school)
25g Edam cheese
1 wholemeal burger bap
(1 tomato - optional)

Method

- 1 Put minced steak in small bowl.
- 2 Peel and chop onion finely.
- 3 Add onion, breadcrumbs, salt, pepper and beaten egg to minced steak and mix well.
- 4 Dampen hands and shape mixture into a round flat cake. Preheat grill.
- 5 Place on a grill pan lined with foil. Grill under a medium heat for 10-15 mins turning over half way through cooking time.
- 6 Serve in a burger bap with cheese and a little tossed salad.

Suggested accompaniment

Potato Wedges

2 large baking potatoes, left unpeeled
*2 tablespoons sunflower oil
*1-2 tablespoons paprika
*salt

Method

1. Scrub the potatoes well, rinse under cold water and pat dry with a tea towel
2. Cut each potato length ways into 8 wedges
3. Place the potato wedges on a baking sheet
4. Drizzle over the oil and toss well to coat
5. Sprinkle over the paprika and season with salt
6. Place the potatoes in the top of a preheated oven - 220°C/gas mark 7 and roast for 35 minutes until tender and brown

Beef Enchiladas (container provided in school)

Ingredients

250g beef mince

1 onion

1 garlic clove

*200g tin chopped tomatoes (provided by school)

3 tablespoons tomato puree

*1/2 tsp dried oregano (provided by school)

*1/2 tsp ground cumin (provided by school)

*1 tsp crushed chilli (provided by school)

4 medium tortillas (wraps)

55g cheese

1. Brown mince.
2. Chop onion and garlic add to the mince.
3. Add the tomatoes, tomato puree, oregano, cumin and chilli.
4. Simmer for 15 minutes with a lid on.
5. Spread a little mince (approx. 2 dessertspoons) in the centre of each tortilla, turn in both ends and roll up and place in a baking dish. Top with the grated cheese and bake for 10 minutes until golden.

Serving suggestion

Serve with a side salad and soured cream.

Apple Scones

A large lunchbox is required to take this home

Ingredients

225g self-raising flour

50g margarine

4tblsp caster sugar

* $\frac{1}{4}$ tsp cinnamon (provided by school)

1 eating apple

125ml milk

Method

1. Pre-heat oven to 200c. Peel, core and dice apple.
2. Tip flour into a baking bowl, then rub in margarine using your fingertips until the mixture looks like fine crumbs.
3. Stir in sugar, apple and cinnamon.
4. Pour milk in gradually and using palette knife cut through the mixture, add enough milk to form a dough (be careful not to add too much milk).
5. Tip onto a floured surface and knead a few times. Shape into a round approx 3cm deep.
6. Using a 6cm cutter, cut the scones out and place on a baking tray. Brush with milk before placing in the oven.
7. Bake for 10 - 15 minutes until risen and golden.

Bolognese Sauce (container to take home)

A large lunchbox is required to take this home

Ingredients

150g lean minced beef

1 onion

50g mushrooms

1 green pepper

$\frac{1}{2}$ carrot

$\frac{1}{2}$ courgette

1 clove garlic, crushed

*1 tsp. oregano (provided by school)

1 X400g tin chopped tomatoes

4tblsp. Tomato puree

Method

1. Brown mince. Wash and prepare vegetables. Grate carrot.
2. Add chopped onion, sliced mushrooms, sliced pepper, carrot and courgette and all other ingredients. Mix thoroughly, bring to simmering point and leave to simmer for 40 mins. Season to taste.
3. Serve with pasta.

Chocolate Cake (made between 2)

A large lunchbox is required to take this home

Ingredients

150g self-raising flour

150g caster sugar

150g margarine

3 large eggs

25g cocoa

*1tsp. baking powder(provided by school)

Icing

200g icing sugar

45g margarine

2tblsp. cocoa

*3 tblsp. Milk(provided by school)

Method

1. Line 2 7" cake tins with grease-proof paper. Pre-heat oven to 180c
2. Place all ingredients into the baking bowl (except, of course for the icing ingredients) and beat well using electric beaters for 2 mins.
3. Spoon mixture into prepared tins and bake in the oven for 20 - 25mins.

To prepare the icing:

- Put the margarine, milk and cocoa powder into a small saucepan and simmer on the hob for 10 mins.
- Meanwhile sieve your icing sugar onto a tin plate and LEAVE Aside.
- After 10 mins take mixture off the hob and stir in icing sugar.
- Ice and decorate both cakes when they are cooled.

Banoffe Cheesecake

(container provided in school)

Ingredients

200g crushed digestive biscuits
100g margarine
1 carton toffee flavoured yogurt
200g **full fat** Philadelphia cheese
50g soft brown sugar
125ml whipping cream
2 bananas

Method

1. Melt margarine, add crushed biscuits mix well and press into dish / cake tin. Refrigerate.
2. Whip the cream, then add sugar, cheese and yoghurt and whip until mixture is smooth.
3. Thinly slice the bananas and arrange on top of biscuit base.
4. Pour the cream mixture over the base and chill to set.

Chicken chow Mein (container to take home)

Ingredients

150g dried noodles

*1 tblsp oil (provided by school)

2 chicken fillets

1 green pepper

1 carrot

1 celery stick

4 spring onions

*1 tsp sweet chilli sauce (provided by school)

*1 tblsp soy sauce (provided by school)

Method

1. Place noodles in red bowl and cover with boiling water from the kettle.
2. Wash and slice green pepper, wash and chop celery, peel carrot and using a veg peeler cut carrot into ribbons.
3. Cut chicken into strips.
4. Heat oil in wok, add chicken strips and fry for 5 minutes, stirring all the time.
5. Add the pepper, carrot and celery and spring onions. Stir fry for 3 minute. Using your sieve drain your noodles.
6. Add sugar, soy sauce and sweet chilli sauce, stirring for 1 minute.
7. Stir in noodles.

Lemon Drizzle Cake (container provided by school)

Ingredients

100g soft margarine
100g caster sugar
100g self-raising flour
1 small egg
Rind of a lemon
Juice of $\frac{1}{2}$ a lemon

Glaze ingredients

Juice of $\frac{1}{2}$ lemon
*2 tblsp sieved icing sugar(provided by school)

} *mix*
} *together*

Method

1. Preheat oven to 190c.
2. Rind the whole lemon and juice $\frac{1}{2}$ lemon.
3. Put flour, sugar, margarine, egg, lemon rind and half the lemon juice
4. Beat mixture for 3 minutes.
5. Place mixture in lined loaf tin.
6. Bake for 25 - 30 minutes , when cooked a skewer stuck in the cake will come out clean.
7. Juice the other $\frac{1}{2}$ lemon and mix with icing sugar, leave to the side and do your dishes.
7. When the cake is ready, prick the cake all over using a skewer and pour over glaze.

British Heart Foundation Chicken Curry (container to take home)



Ingredients

- * 1 tblsp veg oil (provided by school)
- 1 large onion
- 2 cloves garlic
- 1 tin chopped tomatoes
- 1 medium chilli
- * $\frac{1}{4}$ tsp coriander (provided by school)
- * $\frac{1}{4}$ cumin powder (provided by school)
- * $\frac{1}{4}$ tsp tumeric powder (provided by school)
- 250g or 2 / 3 chicken fillets

Method

1. Chop onion, and chop chicken into bite size pieces. Put onion and chicken in saucepan with olive oil and cook until chicken turns white
2. Peel and crush garlic, de-seed and chop chilli. Open tinned tomatoes.
3. Add spices and chilli and cook for 1 minute.
4. Add garlic and tomatoes and leave to simmer on a medium heat, then add yoghurt stirring slowly. Season with black pepper and simmer for a further 5 minutes.

Serve with basmati rice and spoonful of natural yoghurt

Fajitas (container provided in school)



Ingredients

- $\frac{1}{2}$ lime
- 1 clove garlic
- $\frac{1}{2}$ green chilli (use more if you like spicy food)
- Small bunch of fresh coriander (optional)
- *1 tblsp oil (provided by school)
- 1 chicken breast
- $\frac{1}{2}$ onion or 1 spring onion
- $\frac{1}{2}$ green or red pepper
- 25g cheddar cheese
- 2 medium tortillas

Optional to serve: 1 tomato, guacamole, salsa or natural yoghurt

Method

1 Prepare the marinade:

In a bowl - Squeeze the lime, peel and crush the garlic, de-seed and chop the chilli, chop the coriander and mix all together.

2. Cut chicken into strips and mix in with the marinade. If you have the time you should cover and put in the fridge until you are ready to cook.
3. Slice the onion and pepper, grate the cheese.
4. Heat a little oil in a wok and add chicken, stir fry for 3 minutes.
5. Add onion and pepper and cook stir fry until chicken is thoroughly cooked.
6. To serve spread a little chicken down the centre, add cheese, tomato, salsa etc as you prefer. Roll up and serve.

**** To marinade meat means to mix it with the marinade, cover and refrigerate for as long as you can. This is so all the flavours can mingle and mature.**

OLSPCK FISH WEEK



Chilli and Lime Fish Kebabs

A large lunch box is needed

Skewers will be provided by school

Ingredients

Chilli and Lime Glaze (provided by school)

- | | |
|--|------------------------------|
| *1 tbsp vegetable oil (provided by school) | *juice of $\frac{1}{2}$ lime |
| 1 fillet of Pollock or similar white fish | *1 tbsp sweet chilli sauce |
| $\frac{1}{2}$ yellow pepper | * $\frac{1}{2}$ tbsp honey |
| $\frac{1}{2}$ red onion | |
| 2 cherry tomatoes | |
| *Salt and pepper(provided by school) | |

Method

1. Preheat oven to 200°C
2. Line baking tray with foil and brush lightly with oil
3. Place skewers in a tray of warm water to soak
4. Juice $\frac{1}{2}$ lime and pour $\frac{1}{2}$ into large bowl, add sweet chilli sauce and honey and mix
5. Chop yellow pepper and red onion into chunks and place on plate
6. Chop Pollock into chunks and add to large bowl to glaze
7. Thread fish and vegetables alternately onto prepared skewers
8. Place skewers on lined baking tray and drizzle with remaining glaze.
9. Place tray in preheated oven and cook for 10 minutes, turn skewers and cook for a further 5-10 minutes or until cooked.
10. Place the fromage frais in a small bowl and add chopped coriander and the remainder of the lime juice mix well. Place in serving bowl
11. Serve the fish kebabs with choice of dip.

Carb Loading Carbonara (container to take home)

Pasta Carbonara

Ingredients

- 100g smoked bacon
- 1 garlic clove
- *15ml olive oil (provided by school)
- 250g dried pasta
- 150ml single cream
- 50g parmesan cheese
- 3 - 4 Spring onions

Method

1. Fry the diced bacon, spring onion and garlic in olive oil until crisp
2. Set to one side and leave to cool
3. Cook the spaghetti according to the packet instructions
4. In a bowl, mix single cream and two tablespoons of grated parmesan (Carbonara sauce)
5. Once combined, add the cooked bacon and pan juices
6. Drain the cooked pasta, return to the pan and immediately pour in the carbonara sauce
7. Toss the pan to coat the pasta
8. Dish up onto plates
9. Sprinkle the remaining parmesan on top

Mini Carrot Muffins (made between 2)

A large lunchbox is necessary.

Ingredients

12 muffin cases

200g self raising flour

*1 tsp ground mixed spice (provided by school)

* $\frac{1}{2}$ tsp cinnamon powder (provided by school)

100g caster sugar

75ml veg. oil

100ml skimmed milk

1 large egg, lightly beaten

125g carrots, peeled and grated

**25g sultanas (optional) provided by school*

Method

1. Heat oven to 190c. Line patty tins with bun cases.
2. Put the flour, mixed spice and sugar into a baking bowl and stir.
3. Add oil, milk, egg and carrots. Stir to combine.
4. Spoon into bun cases and bake in oven for 10 - 15 minutes.