

Year 8

RECIPE

SECTION



Practical work in Home Economics

Practical cookery is a popular and enjoyable part of Home Economics. The activities are part of the school curriculum. Everyone is expected to participate so they can learn from the experience of working with new foods. This recipe section has been designed to encourage creativity, experimentation and nutritional awareness.

The following guidelines are intended to help students organise themselves and prepare for practical lessons:

- ◆ Ingredients for practical cookery are provided by the student.
- ◆ School provides some ingredients e.g. seasoning, herbs, spices, cooking oil and sometimes some difficult to get ingredients - students will be advised of these.
- ◆ Students will be issued with a recipe book at the start of the school year - this is updated annually. Any suggestions would be welcomed.
- ◆ Students must come to class prepared - read the recipe and bring in necessary ingredients and appropriate containers.
- ◆ Ingredients should be weighed out at home especially for baked products. This can be done at break-time / lunchtime in school if necessary.
- ◆ School provides all the necessary equipment except for containers to carry the dish home. Dish-cloths, aprons and tea-towels are provided.
- ◆ Clearly label ingredients and containers before leaving them in the Home Economics rooms.
- ◆ Any students who have lost containers are expected to check the department regularly.
- ◆ Most of the recipes are intended to be flexible and can be adapted to suit individual tastes; students should discuss any problems with their teacher and a suitable compromise agreed.
- ◆ For health and safety reasons, all perishable foods **MUST** be stored in the refrigerators for the whole of the school day.
- ◆ Remember to reheat hot dishes thoroughly (until piping hot in the centre).

Red Rooster Smoothie

Make Between 2 - drink in school (bring in bottle)

Practical Skills - identifying and handling of equipment, safe use of food processor, stirring, good hygienic practice, organisation of work space, use of knife, measuring liquids.

Equipment

Smoothie machine/ food processor/ blender, vegetable peeler, green chopping board

Ingredients

1 Yoghurt (125mL Raspberry or Strawberry)

*250 ml Cranberry juice

1 Banana (optional)

* 50g Frozen Summer Fruits (provided by school)

Method:

1. Place all ingredients into a food processor and blend together until smooth and creamy.
2. Pour into a tall glass.
3. Drink up and enjoy.

Don't forget to bring in a plastic bottle just in case you want to bring a sample home for your family to try.

Fresh Fruit Salad - one each

Lunch box required

Practical Skills: identifying and measuring ingredients, identification and handling of equipment, preparing fruit, coring, peeling, cutting, chopping, slicing, mixing, good hygiene practice, organisation of workspace.

A MAXIMUM OF 4 PIECES OF FRUIT SHOULD BE BROUGHT INTO SCHOOL

Ingredients

Selection of fruit e.g.

1 apple

1 pear

1 orange

50g red/green grapes

4 strawberries/raspberries

1 unusual fruit of your choice e.g.

passion fruit/mango etc

250ml fruit juice*

Equipment

Mixing bowl

Green chopping board

Vegetable knife

Method:

1. Collect ingredients and utensils.
2. Pour juice into a large bowl.
3. Prepare fruit into bite size pieces e.g. cut apple into slices, slice pear, banana and orange.
4. Add sliced fruit to fruit juice.
5. Serve.

Tortilla Toastie (one each)

Lunch box required

Practical Skills: identifying and measuring ingredients, identification and handling of equipment, preparing vegetables, cutting, chopping, slicing, mixing, good hygiene practice, using the hob and organisation of workspace.

Ingredients

2 tortillas
25g sliced cheese, such as Cheddar or Emmental
1 spring onion, chopped
*10mL tomato-based sauce *
1 slice ham, chopped
 $\frac{1}{2}$ chilli, finely chopped (optional)

Equipment

Green chopping board
Vegetable Knife
Frying pan
Measuring spoons
White chopping board
Grater

Method

1. Prepare ham, spring onion and grate the cheese
2. Heat a frying pan and place one of the tortillas into the pan
3. Spread the tomato sauce or pesto over the tortilla and arrange the cheese, spring onion and ham on top
4. Cook for 3-4 minutes, until the cheese starts to melt. Put the second tortilla on top and flip the tortilla over and cook for another 3-4 minutes. Then simply cut into quarters and serve

Other options

Why not add mushrooms, tomatoes, red onion, green pepper, courgette, sweetcorn, herbs, chicken, sliced beef or tuna?

Fruit Crumble – one each

*School will provide a foil container for this dish

Practical Skills: identifying and measuring ingredients, safe and hygienic use of equipment, peeling, coring, chopping, identification and handling of equipment, organisation of workspace, safe use of oven, baking, good hygiene practice,

Ingredients

Choose ONE of the following for your filling:

- 2 small cooking apples + 50g caster sugar
- 1 small cooking apple + 50g blackberries +50g caster sugar

Topping

50g plain flour

*25g porridge (provided by school)

20g margarine

25g caster sugar

Method

1. Prepare fruit, place in base of dish and sprinkle with sugar.
2. Place flour in baking bowl, using fingertips rub in margarine until flour resembles breadcrumbs.
3. Add sugar and any other extras mix well and pour over fruit.
4. Bake in the oven at 180°C, gas mark 5 for 15 - 20 minutes.

Serving options:

Delicious served hot or cold. Serve by itself or with custard.

Omelette - one each, eat in class

Practical Skills: weighing ingredients, identification and handling of equipment, cooker management, good hygienic practice and organisation of work space.

Ingredients

2 medium eggs
*2 tsp cold water
1 slice lean bacon or thinly sliced ham
1 medium tomato
1 - 2 mushrooms
30g cheese
*1 tsp oil
*Salt and pepper

Equipment

Mixing bowl
Measuring spoon
White chopping board
Green chopping board
Omelette pan
Grater
Folk
Fish slice

Method

PRE-HEAT GRILL

1. Beat the eggs in a bowl with water. Lightly oil an omelette pan and heat.
2. When oil is hot pour in egg mixture and spread egg mixture all over pan, reduce heat cook for 2 minutes.
3. Place filling ingredients **except cheese** on top and put under a hot grill.
4. When cooked sprinkle with grated cheese and grill for a further 2 minutes.
5. Serve folded in half with wheaten / crust bread.

Scones -One each

Large Lunch box required

Practical Skills - Weighing, measuring, rubbing in method, kneading, oven management identification and handling of equipment, good hygiene practice, organisation of workspace

Ingredients	Optional ingredients	Equipment
225g self-raising flour	50g sultanas	Mixing Bowl
50g margarine	50g cherries	Sieve
150ml milk	50g grated cheese	Palette knife
2 tblsp. Caster sugar	50g dates	Measuring jug
		Flour dredger
		Baking tray

Method:

1. Collect ingredients and utensils.
2. Pre heat the oven to 200°C. Gas mark 7.
3. Sieve the flour into the mixing bowl.
4. Rub in margarine using fingertips.
5. Stir in the sugar and any extras. (if using cheese do not add sugar, add salt and pepper instead)
6. Mix in milk gradually using a palette knife. (you may not need all of your milk)
7. Once dough is formed knead on a floured surface. Flatten and shape into two rounds and flatten slightly. Cut each round into 4 triangles.
8. Place scones onto a baking tray.
9. Bake for 10 minutes.

Serving Suggestion: Serve with butter and jam

Christmas Shortbread- one each

(Lunch box required)

Practical skills: cooker management, weighing, measuring, good hygiene practice, beating, creaming, stirring, measuring and safe use of equipment.

Ingredients

125g/4oz butter

55g/2oz caster sugar, plus extra to finish

180g/6oz plain flour

Equipment

Baking bowl

Spatula

Palette knife

Baking tray

Cooling tray

Electric Beater

Method

- 1.Heat the oven to 190C/375F/Gas 5.
- 2.Beat the butter and the sugar together until smooth.
- 3.Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/ $\frac{1}{2}$ in thick.
- 4.Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
- 5.Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Mixed Bean Chilli

Ingredients

- *1 tblsp olive oil
- 1 red onion
- 1 yellow pepper
- $\frac{1}{2}$ tsp chilli, coriander and cumin
- 1X 410g cans mixed beans / pulses
- *1/2 can chopped tomatoes

Method

1. Prepare onion and yellow pepper.
2. Put oil in a saucepan and fry off red onion and yellow pepper.
3. Add spices, pulses, chopped tomatoes and stock.
4. Cover and simmer for 15 - 20 minutes.

Serving suggestion: Sprinkle with grated cheese and grill until cheese melted and bubbling

Top with soured cream and serve with potato wedges

Quick Tomato Sauce with Pasta-one each

Lunch box required

Practical skills: cooker management, preparing vegetables, good hygiene practice

Ingredients

*1tbsp olive oil (provided by school)
1 medium onion, sliced thinly
125g smoked bacon
400g can chopped tomatoes
3tbsp tomato puree
*2tbsp chopped basil (provided by school)
*2 teaspoons sugar (provided by school)
250g pasta shapes

Equipment

Green chopping board
Sharp knife
Wooden spoon
Kettle
Measuring spoons
Tin opener

Method:

1. Put pasta onto boil in medium saucepan
2. Finely dice onion and using kitchen scissors chop bacon.
3. Put oil in pan a saucepan with onion and bacon, cook on a low heat until onion is soft and bacon is thoroughly cooked.
4. Stir in undrained crushed tomatoes, tomato puree, basil and sugar
5. Simmer uncovered for about 5 mins until sauce thickens

Thai green curry (one each)

Lunchbox required

Practical skills: cooker management, preparing vegetables, good hygiene practice

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*
- 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 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.
8. Serve.

Top tips

- Use a range of different vegetables, such as broccoli, spinach or courgette.
- Use frozen vegetables, like peas, runner beans or soy beans.
- Serve with boiled rice - why not go for a mix of white, brown and wild

Sponge Cake- one each

Large Lunch box required

Practical Skills: identifying and measuring ingredients, safe and hygienic use of equipment, folding in, sifting, safe use of the oven, baking, good hygiene practice and organisation of workspace.

Ingredients

2 large eggs

50g caster sugar

*50g self raising flour (provided by school)

3 tblsp Jam

Chocolate sprinkles to decorate

Equipment

Baking bowl

Electric beaters

Sieve

Plate

Metal spoon

Cake tin (lined)

Cooling tray

Method:

1. Collect ingredients and utensils.
2. Preheat oven to 180°C.
3. Whisk eggs and caster sugar into a baking bowl using electric beaters for 10 minutes. Mixture should look like whipped cream.
4. Sieve flour.
5. Fold in flour using a metal spoon.
6. Pour into prepared cake tin and place in oven for 10 - 15 minutes.
7. When cake is cooked turn out onto a cooling tray and leave to cook.
8. When cool spread jam. Decorate.

Lazy lasagne

Foil container provided

Ingredients

250g lean minced beef
1 onion
1 clove of garlic
1 can chopped tomatoes
1 x reduced salt beef stock cube
1 x 5ml spoon (1 tsp) mixed dried herbs*
*handful of spinach
6 - 8 sheets 'no cook' lasagne sheets
1 egg
Small tub (150g) natural yoghurt
50g grated cheese

Practical skills: cooker management, preparing onion, making sauces and good hygiene practice

Method

1. Peel and chop the onion. Peel and crush the garlic.
 2. Add the minced beef, onion and garlic to a frying pan and dry fry until the meat has browned.
 3. Add the chopped tomatoes, stock cube and dried herbs and stir. Simmer for 10 minutes.
 4. Assemble the lasagne:
 - spoon half of the mince into the bottom of an oven proof dish
 - place the lasagne sheets on top so that they cover the mince
 - layer the spinach on top of the lasagne sheets
 - add another layer of lasagne sheets on top of the spinach
 - spoon the remaining mince over the lasagne
 5. Crack the egg into a mixing bowl and add the milk and yogurt. Whisk together using a fork.
 6. Grate the cheese. Add half of the cheese to the egg, milk and yogurt and whisk.
 7. Spoon the mixture on top of the mince. Sprinkle the remaining cheese on top.
 8. Bake in the oven for 25-30 minutes. (AT HOME)
- Serve with a salad and crusty bread

Flakemeal biscuits

(Lunch box required)

Practical skills: cooker management, weighing, measuring, good hygiene practice, beating, creaming, stirring, measuring, safe use of equipment.

Ingredients

75g porridge oats

100g margarine

75g plain flour

50g caster sugar

pinch tsp baking soda

*Pinch salt *

Method

1. Cream margarine and sugar together.
2. Add flour and baking soda and mix thoroughly.
3. Stir in porridge oats.
4. Turn out onto a lightly floured surface and flatten to 1 cm thick.
5. Sprinkle over some porridge oats and cut biscuits.
6. Bake in oven at 180c for 20 minutes.
7. Remove from oven sprinkle lightly with sugar and leave to cool.

OLSPCK FISH WEEK



Baked Asian Salmon Parcels (one each)

Lunchbox required

Practical skills: cooker management, preparing vegetables, good hygiene practice and working with fish

Ingredients

- 2 salmon fillets
- 1 red chilli
- * $\frac{1}{2}$ pkt fresh coriander (provided by school)
- 1 clove garlic
- * $\frac{1}{2}$ tblsp soy sauce (provided by school)
- 1 small lime
- *2 squares of tinfoil (provided by school)

Equipment

- Green chopping board
- Garlic crusher
- Baking tray
- Sharp knife
- Measuring Spoons

Method

1. Finely slice the red chilli and garlic. Chop the coriander.
2. Place each salmon fillet on a square of tinfoil. Top each with chilli, garlic, coriander, garlic, soy sauce and the zest and juice of $\frac{1}{2}$ a lime.
3. Wrap into two parcels and bake for 10 - 15mins at 180c.
4. Serve on a bed of spicy couscous salad.

Other serving suggestion: serve with noodles and extra soy sauce



Choc - chip Muffins (between 2)

(a large container with lid necessary)

Ingredients

Muffin cases

125ml milk

100mls vegetable oil

225g plain flour

*2tsp. baking powder (provided by school)

1 egg

100g caster sugar

100g choc chips

Method

1. Blend everything together
2. Divide mixture into muffin cases
3. Bake in a pre-heated oven 180c, gas mark 4 for 20 mins.