

# YEAR 9

## HOME ECONOMICS

### Recipe Section



NAME: .....

TUTOR GROUP: .....

TEACHER: .....

*Students should leave all ingredients **CLEARLY LABELLED** in the H.E department at the beginning of the day.*

*All dairy, meat, fish and chicken should be placed in the fridges in the classroom.*

*All other ingredients should be placed in an allocated cupboard.*

## INTRODUCTION

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

At the end of year 9 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**

## 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?

## 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  
\*1tsp oil (provided by school)  
\*Salt and pepper(provided by school)

### Equipment

Mixing bowl  
Measuring spoon  
White chopping board  
Green chopping board  
Omelette pan  
Grater  
Fork  
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.

## **Fruit Crumble – one each ( Teacher will demonstrate custard)**

\*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.

## Quick Yeast Bread

Between 2 You need a container or clean tea-towel and bag

### Ingredients

\*500g strong plain flour (provided by school)

\*1tsp salt

\*50g margarine

\*7.5 g dried yeast

\*300ml WARM water

### Method

1. Place flour and salt in a bowl.
2. Rub in margarine
3. Add yeast, Mix thoroughly
4. Mix with water until soft consistency.
5. Knead for 10 minutes.
6. Shape into 2 plaits or 2 small loaves.
7. Prove in a warm place, until twice their size.
8. Glaze and sprinkle with seeds.
9. Bake at 220c for 25 - 30 minutes.

## **Sweet & Sour Chicken**

(large lunchbox with tight fitting lid)

### **Ingredients**

2 chicken fillets

1 carrot

1 green pepper

1 small onion

1 tin pineapple chunks

\*2 tsp sugar (1 dessertspoon honey) (provided by school)

\*2 tblsp vinegar (provided by school)

\*2 tsp. cornflour (provided by school)

\*2 tblsp tomato ketchup (provided by school)

\*cooking oil (provided by school)

### **Method**

1. Wash and prepare veg. Slice carrots into strips, slice peppers, chop onion. Open tin of pineapples and reserve the juice.
2. Add pineapple juice to vinegar mixture and make up to 250 mls.
3. Fry the chicken in a wok until thoroughly cooked.
4. Add the veg and cook for 3 - 5 mins.
5. Add the jug of sauce ingredients and stir until thickened.
6. Stir in pineapples.
7. Serve on a bed of rice.

## **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

<b>Ingredients</b>	<b>Optional ingredients</b>	<b>Equipment</b>
225g self-raising flour	50g sultanas	Mixing Bowl
50g margarine	50g cherries	Sieve
150ml milk	50g grated cheese	Palette knife
	50g dates	Measuring jug
		Flour dredger

### **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



## Vegetarian Lasagne

### Ingredients

1 onion  
1 garlic clove  
1 carrot  
2 celery sticks  
\*100g green lentils ( 1 can between 2)  
1 can chopped tomatoes  
1tblsp tomato puree  
\*1 tsp mixed herbs  
6 lasagne sheets  
Vegetable oil

### White Sauce

50g cheese  
\* 2 tblsp flour  
300ml milk  
\*Salt & pepper  
\* pinch of mustard powder  
25g margarine or butter

Lacto-ovo vegetarians are the most common kind of vegetarian

These are people who do not eat beef, pork, poultry, fish, shellfish, or animal flesh of any kind, but do eat eggs and dairy products.

### Method

1. Prepare the vegetables, peel and chop onion, peel and crush garlic. Peel and chop carrot and wash and slice celery.
2. Fry onion, garlic, carrot and celery in veg oil until soft (5 minutes)
3. Add lentils, tomato puree and chopped tomatoes, herbs (and a little water).
4. Bring to the boil and reduce heat cover and simmer for 15 minutes.

### White sauce

Place margarine, flour, seasonings, milk in a saucepan.  
Bring to the boil stirring all the time, when the sauce bubbles reduce heat to 1.  
Add a little grated cheese.

**Assembling Lasagne** - pour half of vegetable mixture into foil dish

- Place 2 lasagne sheets on top -ensuring you cover the mixture
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- Pour 2<sup>nd</sup> half of vegetable mixture on top
- Place lasagne sheets on top - ensuring you cover the mixture
- Pour white sauce over ensuring all lasagne sheets are covered, sprinkle with cheese

**Place in oven for 15 minutes.**



**Yule Log** (large lunchbox with tight fitting lid)

### **Ingredients**

3 large eggs

50g self raising flour

25g cocoa powder

75g caster sugar

125ml whipping cream

*Extra = Festive decorations*

### **Method**

1. Using electric beater whisk together eggs and sugar for 10 minutes, until thick and creamy.
2. Sieve flour and cocoa, then fold into creamy mixture using a metal spoon.
3. Pour into a greased and lined swiss roll tin.
4. Bake in the oven for 10 minutes, until springy to touch.
5. Remove from oven, turn out onto prepared greaseproof paper, roll the yule log with the greaseproof paper. Leave to cool.
6. Whip cream, be careful not overwhip cream.

Unroll yule log and spread over cream. Roll up again and sprinkle with sieved icing sugar.



## Chilli con Carne

Large lunchbox with lid to take home

### Ingredients

- 300g ~~300g~~ 250g lean mince
- 1 red pepper
- $\frac{1}{2}$  carrot
- 1 onion
- 2 garlic cloves
- \* 1 tsp hot chilli powder (provided by school)
- \* 1 tsp paprika (provided by school)
- \* 1 tsp ground cumin (provided by school)
- 400g can chopped tomatoes
- \* 1 tsp sugar (provided by school)
- 2 tblsp tomato puree
- 1 small can kidney beans

### Method

1. Prepare the vegetables, chop onion, peel and crush garlic, wash and dice pepper. Wash and grate carrot.
2. Open kidney beans and using a sieve rinse and drain.
3. Place mince in a medium saucepan and brown on the hob.
4. When meat is browned add onion, garlic, pepper and carrot. Stir thoroughly.
5. To the saucepan add, tinned tomatoes, tomato puree, spices and sugar.
6. Bring saucepan to the simmering point, reduce heat to 1 and leave to simmer.
7. Add in drained kidney beans and leave to simmer.

*Serving suggestion: Serve on a bed of rice with a dollop of either crème fraiche or natural yoghurt on top.*

## **Funky flapjacks** (airtight lunchbox and lid).



### **Ingredients**

250g margarine

75g sugar

2 - 3 tblsp runny honey

350g porridge oats

100g sultanas / raisins/ currants

50g pumpkin seeds

### **Method**

1. Pre-heat oven to 180c, grease and line a baking tray.
2. Put sugar, margarine and honey in a saucepan and melt over a low heat, stirring continuously.
3. Stir in oats, sultanas and seeds.
4. Spread the mixture into a prepared baking tray.
5. Bake in oven for 20 - 25 minutes.
6. Remove from oven and while still hot cut into twelve, then leave to cool in tray.

## **Pizza Margherita** (dough is made between 2) (large lunchbox)

### **Ingredients**

- \*300g strong bread flour
  - \*1 tsp. instant yeast (from a sachet or tub)
  - \*1 tsp. salt
  - \*1 tblsp olive oil
- } (provided by school)

### **For the tomato sauce**

- \*50ml passata (provided by school)
- \*Handful fresh basil **OR** 1 tsp. dried basil (provided by school)
- 1 garlic clove

### **For the topping**

- 125g ball mozzarella
- 25g parmesan cheese
- Handful of cherry tomatoes

### **Method**

1. **Make the base:** Put the flour in a large bowl, then stir in yeast and salt. Make a well, pour in 200ml of luke warm water and olive oil. Bring together with palette knife.
2. Turn out onto a lightly floured surface and knead for 5 minutes.
3. Return to bowl, cover with a clean tea towel and leave to rise.
4. **Make sauce:** Crush garlic and tear basil leaves. Mix both in with passata.
5. **Make topping:** Tear mozzarella into thin slices and half the cherry tomatoes.
6. **Shaping the dough:** Give the dough a quick knead, divide into two balls. On a floured surface roll into 2 large rounds using a rolling pin. The dough needs to be very thin as it will rise in the oven..
7. Add sauce and toppings and bake in oven at 220c for 10minutes.



## Leek and Potato Soup

(Made between 2)



(large lunchbox with tight fitting lid)

### Ingredients

2 medium or 4 small potatoes

2 leeks

1 onion

2 vegetable stock cubes

\*1 l boiling water (provided by school)

\*Salt and pepper (provided by school)

### Method

1. Peel and dice potatoes, chop onion. Wash and chop leeks.
2. Put everything into a saucepan and bring to the boil, leave to simmer for 20 minutes, or until potatoes are cooked.
3. Using a potato masher, mash the soup, season to taste.

## **Mediterranean Bread (large lunchbox)**

### **Ingredients**

\*200g soda bread flour (provided by school)

50g sundried tomatoes

\*1tsp dried or fresh thyme (provided by school)

25g parmesan cheese, grated

125 ml milk

\* $\frac{1}{2}$  tsp dried mustard (in school) (provided by school)

\* $\frac{1}{4}$  tsp cayenne pepper (in school) (provided by school)

### **Method**

1. Chop the sun dried tomatoes and crumble feta cheese.
2. Sieve flour into a baking bowl, add the vegetables and cheese and stir.
3. Add the thyme, mustard and cayenne pepper.
4. Add the milk and mix until forms a soft dough. Knead lightly.
5. Shape into a flat round and place on a floured baking tray.
6. Bake at 200c for 20 - 25 minutes.

Wrap in a clean tea-towel and place on a cooling rack.



## **Spicy Rice (large lunchbox)**

### **Ingredients**

- \*1 tblsp veg oil (provided by school)
- 1 garlic clove
- 125g Basmati rice
- 200g can chickpeas
- 350 ml veg stock
- \*2 tblsp sultanas (provided by school)
- A good handful baby leaf spinach
- \*2 tsp curry paste / powder (provided by school)
- Pepper

### **Method**

1. Crush garlic, drain chickpeas, boil kettle and make 350mls stock.
2. Heat oil in a saucepan, then fry garlic and curry paste over a medium heat for 1 minute, until it smells toasty.
3. Tip the rice into the pan with stock, chickpeas and raisins and stir to stop the rice from clumping. Season with pepper, bring to the boil and place a tight fitting lid on top and turn the heat off. The rice will absorb all stock.
4. After 12 - 15 minutes all the liquid will be absorbed and the rice will be tender.
5. Tip the spinach into the saucepan and mix thoroughly.



# OLSPCK FISH WEEK

(large lunchbox with tight fitting lid)



## Oven baked Fish & Chips

### Ingredients

- 1 thick sustainable white fish fillet
- \*50g breadcrumbs (provide by school)
- \*2tblsp fresh parsley (provided by school)
- \*2 tblsp oil (provided by school)
- 1 scrubbed medium potato

### Method

1. Pre-heat oven to 200c. Cut potatoes into wedged and lay in a single layer on a baking tray. Drizzle with half the oil and season with salt. Cook for 40 mins, turning after 20, so they cook evenly.
2. Mix the breadcrumbs with parsley. Top the fish evenly with breadcrumb mixture, then drizzle the remaining oil. Put on a baking tray and bake in oven for 10 minutes.



## Fair Trade Banana Bread



(Loaf liner provided in school, Lunchbox needed)

### Ingredients

75g margarine  
75g fair trade caster sugar  
1 egg  
100g self-raising flour  
1 large fair trade banana

### Method

1. Mash bananas
2. Cream flora, sugar, egg and sugar until light and fluffy.
3. Stir in mashed banana.
4. Spoon into greased, lined 250g-loaf tin.  
Bake at gas mark 4/180c for 30 - 40 mins. Leave to cool.

### AT HOME

*Suggested serving: toffee frosting: Mix mascarpone cheese and muscavado with a spatula sugar until smooth.*

# Fifteens

## Ingredients

- 15 digestive biscuits
- 15 marshmallows
- 15 glacé cherries, cut in half
- about 200ml condensed milk
- 100g desiccated coconut, to coat



## Method

1. Crush the digestive biscuits in a food processor or in a plastic bag with a rolling pin, then put them in a large mixing bowl. Chop each marshmallow into 4 pieces and add to the bowl with the cherries and 175ml condensed milk. Mix until the ingredients are well combined and you have a sticky mixture. If it's too dry, add a splash more condensed milk.
  2. Sprinkle most of the coconut over a large piece of cling film (or foil). Tip the mixture onto the coconut and shape into a long sausage, about 30 x 5cm. Sprinkle more coconut over the top of it and wrap the cling film tightly around, twisting the ends together. Leave in the fridge to chill for 4-6 hrs, then cut into 15 slices and serve. Will keep in the fridge for up to 1 week wrapped in cling film.
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