

YEAR 10



2021 - 2022

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

Healthier cooking tips

Cooking healthier involves just a few changes to what we normally do. Consider the four principles listed below when you're cooking.

Here's a few examples:

Swapping

- Go for lower salt, fat and sugar alternatives (read the label).
- Swap to wholemeal or brown bread.
- Go for brown rice and pasta.
- Use spray oil, you'll use less when you cook.
- Try spelt, quinoa, buckwheat or other wholegrains.
- Use balsamic vinegar on salads rather than an oil based dressing.

Adding

- Add extra fruit and veg into recipes.
- Use herbs and spices instead of salt.
- Add salad to sandwiches.
- Stir in beans or lentils into a cottage pie base.
- Have a side salad with your meal.

Changing the cooking method

- Grill, don't fry.
- Bake, don't fry.
- Poach an egg, don't fry.
- Steam or microwave vegetables.
- Barbeque when the weather is good.

Removing or reducing

- Trim the visible fat off meat.
- Remove the skin from chicken.
- Don't add salt to a recipe.
- Don't add butter in a jacket potato if you've a 'wet' filling, e.g. baked beans.
- Reduce the amount of fat or sugar in a recipe, e.g. scones.
- Make a white sauce using milk and cornflour, no fat needed.
- Butter one side of bread for a sandwich.
- If you've a 'wet' sandwich filling, don't butter the bread.
- Dry fry meat, such as beef mince.
- Check your portion size.
- Reduce the amount of cheese used, grate it so that it goes further or use a strong flavoured cheese – you won't need so much.



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

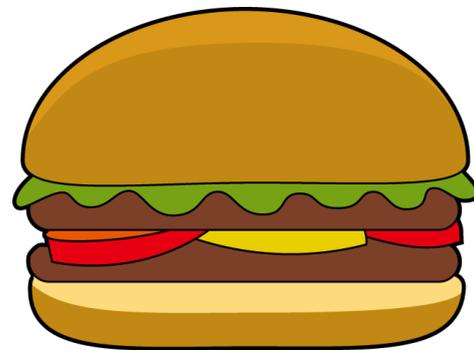
400 ml Chicken stock (bring in 1 chicken stock cube or 1 chicken stock pot)

*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 (Each Person)



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 (or other cheese of your choice)
- 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.

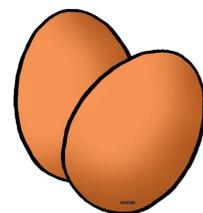
Suggested accompaniment - not to be made in school.

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



Activity Sheet - the role of ingredients.

Eggs on toast.

ALL INGREDIENTS ARE PROVIDED IN SCHOOL

Scramble, poach, boil or fry eggs on toast. Explain how the ingredients change. Use the ideas bank to help you.

Cook eggs	Explain how the ingredients change.
<p><u>Scrambled Eggs</u> Beat 2 eggs and 2 tablespoons of water together with a pinch of pepper</p> <p><u>Poached Eggs</u> Fill bottom of Poaching saucepan with boiling water (from kettle). Crack eggs into poaching cups. Place back on hob. Watch eggs until white become solid and opaque.</p> <p><u>Fried Eggs</u> Spray oil onto frying pan and crack egg onto pan. Put pan on preheated ring.</p> <p><u>Boiled eggs</u> Put eggs into small saucepan. Cover with cold water. Bring to the boil and simmer for required time. Use a timer.</p> <ul style="list-style-type: none"> - 4 minutes for slightly set yolk and set white - 5 minutes for firmer yolk and white - 6 minutes for hard boiled with lightly soft yolk - 7 minutes for firmly hard boiled 	
Preheat grill and toast bread.	

What's happened?

Think about the ingredients used and cooking/preparation method.

Pale Yellow, Liquid, Sets, Hard, Dark Yellow, Crispy, Soft, Crunch, Coagulation, Permanent, Denaturation, Maillard Reaction

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. Add chopped onion, crushed garlic and pepper. Wash and chop courgette and slice mushrooms, peel and grate the carrot.
2. Add sliced mushrooms, carrot and courgette and chopped tomatoes, tomato puree and oregano. Mix thoroughly, bring to simmering point and leave to simmer for 40 mins. Season to taste.

AT HOME: Serve with pasta.



Apple Scones

A large lunchbox is required to take this home

Ingredients

225g self-raising flour

50g margarine

4tblsp caster sugar

1 eating apple

100ml milk

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

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.



Chicken chow Mein (container to take home)

Ingredients

150g dried noodles

2 chicken fillets

1 green pepper

1 carrot

1 celery stick

4 spring onions

*1 tblsp oil (provided by school)

*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 at the sink.
6. Add sugar, soy sauce and sweet chilli sauce, stirring for 1 minute.
7. Stir in noodles.

Rocky Road Traybake

Each person. A container will be provided by school.



Ingredients

- 200g digestive biscuits (Rich Tea can also be used)
- 75g or margarine
- 200g dark cooking chocolate
- 3 tbsp golden syrup
- 100g mini marshmallows (chopped regular marshmallows work too)
- Icing sugar or dessicated coconut to dust

Optional (up to 100g)

- raisins, dried cranberries or any dried fruit
- glace cherries

Method

1. Collect your tinfoil tray
2. Place 200g digestive biscuits into your green bowl and break them up with the end of a rolling pin. They should be broken into a mixture of everything between dust and 50p-sized lumps. Set aside.
3. In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.
4. Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients (dried fruit, popcorn, honeycomb), if you like, and stir into the chocolate mixture until everything is completely covered.
5. Tip the mixture into the tin foil tray and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

Bean Quesadillas



<https://www.youtube.com/watch?v=4OpxGzYhchq>

A suitable container to bring home.

Ingredients

1 red pepper

100g Cheddar Cheese (30% less fat)

1 400g can mixed beans

100ml water

4 Wholemeal tortillas (wraps)

- * Tomato Salsa
- * 1 Tbsp coriander leaves
- * Spray oil
- * Pinch of Quesadilla spice mix (blended paprika, cumin, onion powder, salt, oregano, black pepper and cayenne)

Method

- Prepare the ingredients.
- Deseed and chop the peppers, chop the coriander leaves and grate the cheese.
- Add a few squirts of oil to the frying pan and heat. Add the peppers and cook for 2 - 3 minutes.
- Drain the beans and add to the frying pan with 100ml water and quesadilla spice mix.
- Simmer for 2 - 3 minutes then add the coriander. Place in a bowl.
- Heat the frying pan again, on a low-to-medium heat, adding a few squirts of oil.
- Add a tortilla and spread over a spoon of salsa. Spoon over $\frac{1}{2}$ of the bean mixture and sprinkle over some cheese.
- Place another tortilla over on top.
- Press down with a spatula until the cheese starts to melt.
- Repeat with the other tortilla.

Macaroni Cheese

Tinfoil dish provided by school

For the cheese sauce

500ml milk

40g margarine

*40g plain flour

150g strong cheddar cheese or 100g cheddar + 50g Parmesan

* 1 teaspoon dried mustard

*salt and freshly ground black pepper

For the rest

150g macaroni

4 smoked bacon rashers

2 tomatoes

Optional extra

1 leek

Method

1. Bring a medium saucepan of water to boil, add macaroni and simmer for 8 - 10 minutes (or according to instructions). Drain and leave to one side.
2. Cut bacon rashers into small pieces. In a medium saucepan melt margarine and fry off bacon until crispy.
3. Remove from heat. Add flour, dried mustard, salt and pepper, stir in to form a roux (paste).
4. Gradually add milk stirring all the time to avoid lumps forming. When milk is all added return to the cooker.
5. Place saucepan on a high heat and stir all the time, when sauce begins to thicken reduce temperature and add half the grated cheese. Stir until cheese has melted. Remove from heat.
6. Stir in cooked pasta. Garnish with sliced tomato and sprinkle with remaining grated cheese.

AT HOME: Bake in oven at 180c for 15 minutes.



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. Cook the spaghetti according to the packet instructions.
2. Prepare the bacon and spring onions
3. Fry the diced bacon, spring onion and garlic in olive oil until crisp.
4. Set to one side and leave to cool.
4. In a bowl, mix single cream and two tablespoons of grated parmesan. This is your Carbonara sauce.
5. Once combined, add the cooked bacon and pan juices.
6. Drain the cooked pasta, and immediately pour in the carbonara sauce.
7. Toss the pan to coat the pasta.

AT HOME: Dish up onto plates, sprinkle the remaining parmesan on top and serve.

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
- 1 courgette
- Handful (6 - 8) cherry tomatoes
- 1 yellow pepper
- 250g or 2 / 3 chicken fillets
- * $\frac{1}{4}$ tsp coriander (provided by school)
- * $\frac{1}{4}$ cumin powder (provided by school)
- * $\frac{1}{4}$ tsp turmeric powder (provided by school)

Method

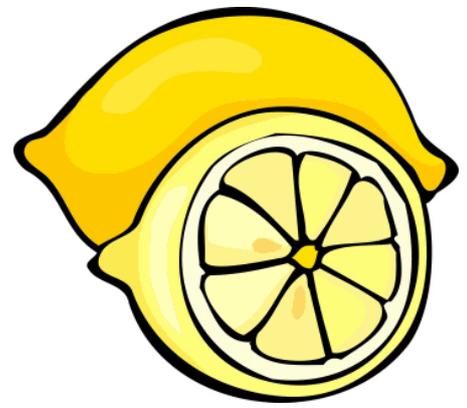
1. Chop onion, and chop chicken into bite size pieces. Put onion and chicken in saucepan with olive oil and cook until chicken turns white
2. Peel and crush garlic, de-seed and chop chilli. Open tinned tomatoes.
3. Add spices and chilli and cook for 1 minute.
4. Add garlic and tomatoes and leave to simmer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

AT HOME: *Serve with basmati rice and spoonful of natural yoghurt.*

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 in baking bowl.
4. Using electric beaters 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.

OLSPCK FISH WEEK



Chilli and Lime Fish Kebabs

A large lunch box is needed

Skewers will be provided by school

Ingredients

*1 tbsp vegetable oil (provided by school)

*juice of $\frac{1}{2}$ lime

*1 fillet of cod or similar white fish (provided by school)

Chilli and Lime Glaze (provided by school)

*1 tbsp sweet chilli sauce

* $\frac{1}{2}$ tbsp honey

*Salt and pepper (provided by school)

Ingredients provided by students

$\frac{1}{2}$ **yellow pepper**

$\frac{1}{2}$ **red onion**

2 cherry tomatoes

Method

1. Preheat oven to 180°C.
2. Pour lime juice into large bowl, add sweet chilli sauce and honey and mix.
3. Chop yellow pepper and red onion into chunks.
4. Chop fish into chunks and add to large bowl to marinate.
5. Thread fish and vegetables alternately onto prepared skewers
6. Place skewers on foil dish provided and drizzle with remaining glaze. Place any extra veg on tray also and drizzle with glaze.
7. Place tray in preheated oven and cook for 10 minutes, turn skewers and cook for a further 5-10 minutes or until cooked.

Serving suggestion

AT HOME: Place natural yoghurt in a small bowl and add chopped coriander and the remainder of the lime juice mix well. Place in serving bowl. Serve the fish kebabs with dip.

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.

Cupcakes



Made between 2. Remember your container.

Ingredients

12 Muffin cases

125g Margarine

125g caster sugar

2 eggs

125g self-raising flour

To decorate

Betty Crocker Vanilla Buttercream Style icing (400g tub)

Decorations of your choice

Method

1. Pre-heat the oven to 190°C.
2. Put the muffin cases in the tray.
3. Whisk the margarine and sugar together using an electric hand whisk until pale and creamy.
4. Gradually whisk in the eggs and flour until combined and fluffy.
5. Divide between the cases (2 tbsp) and bake in the oven until golden and risen.
6. Transfer cupcakes to a cooling rack for 10-15 mins.
7. While waiting, put the buttercream into a piping bag with a large star nozzle.
8. Pipe a large swirl, on to the top of each cupcake. Scatter over the sugar strands and finish each with a piece of flake.

**Enjoy your summer treat - remember your
GDA's**