

PRACTICAL 5: Chicken Nuggets

Ingredients ~ serves 1

- 1 chicken breast, halloumi or tofu
- 2 slices of white bread (breadcrumbs)
- 1 egg
- 2 tablespoons (tbsp) plain flour
- 1 tablespoon (tbsp) oil*
- Salt & pepper*
- *Ingredients provided by school

Method

- 1) Tip flour into a small bowl, season with salt & pepper
- 2) Crack the egg into another small bowl and whisk with a fork, add 1 tsp water and whisk again.
- 3) Roughly shred bread slices by hand and use food processor to make breadcrumbs, put into a large bowl.
- 4) Chop chicken into bite sized pieces (nuggets)
- 5) Coat the chicken pieces in FLOUR then EGG then BREADCRUMBS.
- 6) Place the breaded chicken nuggets into the frying pan and cook until white on the inside.
- 7) Make sure chicken is cooked the whole way through (white inside)



* Ingredient will be provided by school

PRACTICAL 6: Healthy Burger

Ingredients— makes 4

- 250g lean minced meat
- or Quorn mince
- 1 egg (2 eggs if using Quorn)
- 2 slices of bread (to make into breadcrumbs)
- 1/2 (half) onion
- Salt & pepper *
- At home you will need burger baps and any additional fillings e.g. cheese, lettuce, ketchup etc.



*Ingredients provided by school

A container to take home in

Method

1. Make breadcrumbs in the food processor
2. Finely dice onion
3. Crack the egg into a bowl and whisk vigorously with a fork
4. Add the minced meat, salt, pepper and any additional herbs/spices
5. Combine all the ingredients and mix thoroughly
6. Wet hands and roll into balls, flatten balls into patties
7. Put into a frying pan and cook for 8 minutes each side, until they are brown
8. Check minced meat is cooked thoroughly (check meat is brown and not pink in the middle)
9. Place in tub and fill burger buns once at home

Vegetarian: Ingredients: 1 large potato instead of meat and a small amount of grated vegetables e.g. 1/2 a carrot and finely chopped coriander

Method: Half fill saucepan with water, bring to the boil. Peel potato and slice into large chunks. Par boil for 10 min. Add to bowl with grated ingredients, season well and mash with potato masher. Shape into 2x patties and place on backing tray. Bake for 15-20min turning half way.

Yr8

Name
Design Group
Teacher



Recipe Book

1st Food Rotation

- Bring the required ingredients every practical lesson. If for some reason you cannot bring in the ingredients, please could you bring in a note/ message on satchel:one and speak to your Food Teacher.
- **Label all your ingredients and containers with your name**
- **Make sure you tell your Food teacher if you have any food allergies or special requirements regarding food e.g. Vegetarian, religion etc.**
- **Weigh all ingredients at home.** If you haven't got weighing scales at home, you are welcome to use some before school
- Bring ingredients to the food rooms **at the start of the school day.** Do not carry your ingredients around in your school bags all day for **safety reasons**
- All **food items will be disposed of at 4pm on Friday**, please notify your teacher if you have a club which affects you collecting your food. **All Tupperware/tins etc. will be taken to the charity shop at the end of every term if they have not been collected**
- If you have any queries, please contact your Food Technology teacher

Reheating food safely				
Grill	Microwave	Pan Fry	Oven	Saucepan
Reheating means cooking again, not just warming up. Always reheat food until it is piping hot all the way through i.e. above 75°C for at least 30 seconds. Food should only be reheated once. If ovens or grills are used for reheating, make sure they are preheated. If you re reheating food in a microwave, stir it regularly to make sure the centre of the food is thoroughly heated.				

PRACTICAL 1: Bread

Ingredients – makes 6

- 250g strong plain flour
- 1 tsp. salt*
- 1 tbsp olive oil*
- 1 sachet easy blend yeast
- 100-150ml warm water*
- Milk or egg wash*

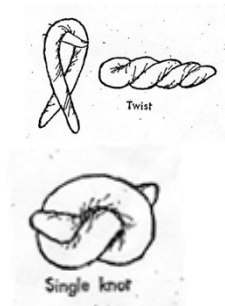


*Ingredient will be provided by school

Large tub to take bread rolls home in.

Method

- 1) Do not preheat oven (this is a quick bake method)
- 2) Add the flour and $\frac{1}{2}$ a sachet of yeast to a large bowl.
- 3) Add 1 tablespoon of oil.
- 4) Add a good pinch of salt.
- 5) Add 125mls of **warm** water.
- 6) Stir with a wooden spoon.
- 7) Then knead dough on work surface.
- 8) Shape the dough into 6 bread rolls, place onto a greased baking tray covered with a light sprinkling of flour.
- 9) Glaze with a milk or egg wash.
- 10) Now turn on the oven to 200°C/ gas mark 6, put your baking tray into the oven and they will prove whilst the oven is warming up.
- 11) Bake for 15-20mins until lightly golden and hollow sounding when knocked.



PRACTICAL 2: Stir Fry

Ingredients Serves 2

- 100g pre cooked noodles or pre cooked rice
- 3 spring onions/ $\frac{1}{2}$ onion

Choose 2 items from below:

$\frac{1}{2}$ pepper, 3 mushrooms, 50g peas or sweet corn, a handful of beansprouts or green beans, or mangetout.

Choose 1 item: 1 chicken breast, 100g pork, 100g tofu

- 1 clove of garlic
- 1-2 tablespoon soy sauce
- 2 tbsp oil*
- Chinese 5 spice*

*Ingredients provided by school

A container to take home in



Method

1. Prepare vegetables & meat by chopping into bite sized pieces
2. Peel the clove of garlic & dice very finely
3. Heat up the oil in the frying pan
4. Add the onions & garlic first to flavour the oil in the pan
5. Add the meat, poultry & vegetables in order of which takes the longest to cook
6. Add the precooked rice or noodles.
7. Once all the ingredients are cooked add the soy sauce & season
8. Serve

*Ingredient will be provided by school

PRACTICAL 3: Sausage Casserole

Ingredients— serves 2

- 4 sausages
- $\frac{1}{2}$ onion
- 75g mushrooms
- 1 tin of chopped tomatoes
- 2tsp tomato puree
- Small tin of baked beans
- Pinch of mixed herbs*
- Container to take it home in.



Method

1. Turn oven on 200C/ gas mark 6.
2. Place sausages on a baking tray and cook in the oven for 20 minutes until cooked.
3. Chop the onions and mushrooms and open cans.
4. Fry onions in a little oil until soft, add the mushrooms and cook for a 5 minutes.
5. Add the tomatoes, beans, tomato puree and herbs. Add the cooked sausages
- 5 Simmer for 5 minutes.
6. Season to taste.

*Ingredient will be provided by school

PRACTICAL 4: Chilli Con Carne

Ingredients-serves 2- 3

- 1 small onion or $\frac{1}{2}$ a large one
- 250g lean minced beef
- or** Quorn mince
- 400g tin chopped tomatoes or passata
- Small tin of kidney beans
- 1 clove garlic
- 1 tablespoon tomato puree
- 1 beef stock cube
- 1 teaspoon chilli powder*
- *Ingredients provided by school**
- A container to take home in**

Optional to add at home: Rice, A bunch of fresh coriander, a lime, a small tub of crème fraiche
1 or 2 Corn Tortillas (For Nachos)

Method

1. Dice onion
 2. Peel, crush & finely dice the garlic
 3. Fry the onion, garlic and minced meat on a medium temperature until the meat is completely browned.
 4. Add the tomato puree, tomato passata/chopped tomatoes, stock cube & stir.
 5. Add the rinsed kidney beans & 1 teaspoon chilli powder.
 6. Heat up to boiling & then simmer for 5-10 minutes.
 7. At home cut your tortillas into 8 portions, place onto baking tray and bake for 8-10 minutes until light brown and crispy
- At home serve with a squeeze of lime, some fluffy rice and a handful of freshly chopped coriander.



PRACTICAL 11: Practical Assessment
 Choose one of the recipes **you have made already** this year. You will need to make this recipe again in class under exam conditions. You will be graded on:

- Being able to **use skills for food preparation and cooking**
- **Demonstrate** safe & hygienic working practices to prepare self & environment for cooking
- **Demonstrate** how to follow recipes
- **Demonstrate** cooking skills
- **Demonstrate** safe use of equipment and utensils
- **Demonstrate** safe and hygienic cleaning and storage of equipment and utensils

Select your dishes **carefully and thoughtfully**. Higher grade dishes will include:

- High level skills
- Considered complimentary flavours
- Contrasting colours
- Good portion control
- Garnishes

Bread	Chicken Nuggets	Curry
Stir Fry	Healthy Burger	Lamb Koftas and mint sauce
Sausage Casserole	Vanilla Cheesecake	
Chilli Con Carne	Coleslaw	

PRACTICAL 12: Catherine Wheel Bread Rolls
Ingredients- makes 6 bread rolls
 250g strong plain flour
 1 sachet easy blend yeast **OR**
 15g fresh or dried yeast
 2 tbsp tomato puree
 20g of grated cheese
 1 tsp salt*
 100-150ml warm water*



Method

1. Lightly grease baking tray then dredge flour onto it.
2. Put the flour into a mixing bowl.
3. Add the easy blend yeast and 1 tsp salt to the flour.
4. Add in 100ml of water gradually to make a soft dough, if dough is a bit dry slowly add up to 50ml more.
5. Flour the surface and knead for 5 minutes.
6. Cut into 6 and shape into a long sausage and then flatten so it looks like a ruler.
7. Along your ruler like shape dough spoon on some pesto and some cheese. Bring the dough together into a sausage shape and then create a Catherine wheel shape.
9. Place on baking tray and put into a cold oven and heat oven to 210°C or gas mark 6
10. Bake for 15 minutes (rolls) in the oven / remove when golden brown and hollow sound heard when base knocked.
11. Team tidy up

Yr8

Name
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Teacher



Recipe Book
2nd Food Rotation

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PRACTICAL 7: Vanilla Cheesecake

Ingredients—serves 6

170g biscuits
100g Unsalted butter
300ml double cream
100g icing sugar
200g cream cheese
1 tsp vanilla essence



From home: 18cm cake tin (ideally springform)

Challenge: You could make this recipe gluten free by using 'gluten free' biscuits. You could choose to be creative by using an alternative flavour such as ginger biscuits or even orange instead of lemon. At home you could decorate with fruit and/or berries.

Method

- 1) Line your cake tin with baking paper on the base.
- 2) Place butter in saucepan and melt
- 3) Place biscuits in metal bowl and crush with rolling pin add melted butter to biscuits
- 4) Press biscuits evenly into the base of the tin with the back of a tablespoon, put in the fridge while you prepare the filling.
- 5) Whisk the double cream in a plastic bowl until it forms **soft peaks**. Sift in the icing sugar and add the cream cheese, 1 tsp of vanilla essence. Fold the mixture until thoroughly combined.
- 6) Remove the cheesecake base from the fridge and spoon on the cream mixture, scrape the mixture out with a spatula. Smooth the top with the back of a tablespoon.
- 7) Cover and return to the fridge for 2 hrs 30mins or until fully set. Gently remove the cheesecake from the tin and serve.

PRACTICAL 8: Coleslaw and homemade mayonnaise

Ingredients— serves 6

¼ red or white cabbage, shredded
½ small red onion, finely sliced
1 small carrot, grated
1 tbsp lemon juice
1 tsp white wine vinegar
1 tbsp Dijon mustard
pinch sugar, to taste
salt and freshly ground black pepper, to taste

Mayonnaise:

125ml sunflower oil
1 egg
1 tsp Dijon mustard
1 tsp white wine vinegar or lemon juice
Salt & pepper to season*
Leak proof container to take home in



Method

1. Chop the cabbage, carrot and onion and put into a large mixing bowl.
2. Put all mayonnaise ingredients into a jug and using a hand blender start from the bottom and pull it up to the top slowly and then back to the bottom again.
3. In a smaller bowl, mix 3tbsp mayonnaise, lemon juice, vinegar and wholegrain mustard. Season with salt and freshly ground black pepper and stir to thoroughly combine.
4. Pour over the vegetables.
5. Toss the slaw with the dressing.
6. Serve immediately or cover and leave in the fridge for up to 2 days until ready to use.

* Ingredient will be provided by school

PRACTICAL 9: Chicken Curry

Ingredients—serves 2

25g butter or margarine
1 sliced onion
1 diced pepper
250g cubed chicken
1 tbsp. cornflour
1-2 tsp. curry powder*
1 tsp. ginger*
1 stock cube dissolved in 75ml hot water
125ml milk
1 tbsp. mango chutney
A container to take home in.



Method

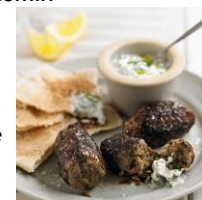
1. Melt the butter / margarine in a large saucepan. Add the onion and pepper and sauté.
2. Add the chicken pieces stirring all the time until the chicken is white right through.
3. Add in the flour, curry powder and ginger.
4. Cook for 1 minute, stirring all the time.
5. Add in the stock and milk, stir.
6. Add the mango chutney and stir.
7. Leave to simmer for 15 minutes to cook through.
8. Serve with 200g cooked rice.

* Ingredient will be provided by school

PRACTICAL 10: Lamb Kofta and Mint Sauce

Ingredients—serves 3

250g minced lamb
1/2 teaspoon ground cumin*
1 garlic clove
1/2 teaspoon mint
Oil for brushing*
Container to take home in.
2 tbsp Greek Yoghurt
2tsp Mint Sauce
¼ cucumber
2 containers to take home in.



Method

1. Crush and finely dice the garlic.
2. Put the minced lamb, cumin, garlic and mint into a large mixing bowl and mix together with hands. Season well with salt and pepper.
3. Bind the kofta mixture into small balls.
4. Shallow fry the koftas in a frying pan with some oil—gently turn the koftas as they can break up easily.
5. Make sure the minced lamb koftas are cooked in the middle.
6. Make the mint Sauce in a small mixing bowl—grate the cucumber, Greek yoghurt and mint sauce.

* Ingredient will be provided by school