

PRACTICAL 5: Pizza

Ingredients ~ serves 4

- Pizza base mix
- 3 tbsp passata sauce or 1 tbsp tomato puree
- 2 mushrooms
- 1 tomato
- ½ green pepper
- 25g sweetcorn
- 50g cheese, e.g. Mozzarella or cheddar
- 1 tsp dried herbs*
- *Ingredients provided by school



Method

1. Preheat the oven to 200°C or gas mark 6
2. Put the flour into a bowl and add one tsp of yeast
3. Slowly add the hot water and mix until the mixture forms a dough
4. Flatten out the dough on a floured surface to form a large circle. Transfer the dough to the baking tray.
5. Spread the passata sauce over the dough using the back of a spoon.
6. Prepare the vegetables: slice the mushrooms; slice the tomato; Slice pepper
7. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.
8. Grate or slice the cheese.
9. Sprinkle or place the cheese and herbs over the top of the pizza.
10. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

PRACTICAL 6: Sweet Tartlets

Ingredients— makes 8

Pastry

- 150g plain flour
- 75g butter
- 1 tbsp. of caster sugar
- 1-2 tbsp cold water*

Filling

- 60g fruit jam



Challenge: If you were doing this at home add slices berries

*Ingredients provided by school

Container to take them home in

Method

1. Preheat the oven 200°C or gas mark 6
2. Make the pastry: Rub in the butter into the flour in a large mixing bowl until it resembles breadcrumbs.
3. Mix in 1 tablespoon of caster sugar.
4. Then add all 1-2 tablespoons of cold water and mix to make a dough.
5. Roll out pastry on a floured work surface.
6. Use cookie cutters and cut pastry. Make sure you grease the bun tin. Prick the base with a fork. Then with the scraps cut out 12 little shapes (star).
7. Add 1 teaspoon of jam to each pastry case (if you were cooking this at home you would add the sliced berries here) Then add the star on top.
8. Put bun tray into the hot oven and cook for 15 minutes.

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Name

Design Group

Teacher

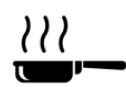


Recipe Book

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: Swiss Roll

Ingredients – makes 6

- 3 eggs
- 75g plain flour
- 75g caster sugar
- 2 tbsp strawberry jam

Large tub to fit your Swiss Roll home in.

Method

1. Set the oven to 220°C / Gas 7
2. Line a Swiss roll tin
3. Whisk eggs and sugar in a clean bowl until an 8 can be drawn.
4. Sieve in the flour and gently fold it into the mixture.
5. Pour mix into the tin and bake for 7 – 9 minutes
6. Remove from the oven and place on sugared baking parchment.
7. Spread with the jam.
8. Roll the Swiss roll and trim the edges.



PRACTICAL 2: Sweet and Sour Chicken

- Ingredients** Serves 3 or 4
- 100g chicken **or** pork **or** Quorn **or** vegetables
 - 200g tinned chopped tomatoes
 - 1 tablespoon tomato puree
 - 1 small tin of pineapple with juice
 - 1/2 pepper
 - 1/2 onion
 - 1 teaspoon vinegar
 - 1 tablespoon sugar
 - 1 teaspoon cornflour

A container to take home in



Method

1. Chop the chicken into bite sized pieces
2. Add some oil to the frying pan.
3. Start cooking the chicken,
4. Wash, peel and slice vegetables into thin strips.
5. Once the chicken is coloured white on the outside...
6. Add the vegetables and cook until softened.
7. Add 200g chopped tomatoes, 1 tbsp tomato puree and small tin (200g) of pineapple slices cut into chunks with all the juice
8. Add 1tbsp sugar, and 1 tsp vinegar and 1 tsp cornflour to the frying pan.
9. Let the sauce simmer for 10-20 minutes until reduced, check chicken is cooked.

PRACTICAL 3: Quiche

Ingredients— serves 6

Pastry:

- 1/2 packet of short crust pastry

Filling:

- 40g grated cheese
- 1 egg
- 70ml milk
- Pinch salt and pepper
- Pinch of mixed herbs*

Possible fillings (choose 2/3)

- 1/4 onion
- 1/4 pepper
- 25g rashers of bacon
- 25g ham
- 25g goats cheese
- 1 tomato



Method

1. Preheat oven to 200°C/Gas 6
Roll out the pastry until it is a pound coin thick, and then press into the base of the tin. Put your round tin onto a baking tray
2. Chop all vegetables, grate cheese and chop meat.
3. Mix egg and milk together in a jug with a fork.
4. Place filling into the pastry case. Pour over milk and egg mixture. (don't overfill the case!!!)
5. Bake for 20 – 25 minutes
6. Place onto a wooden mat to cool.

*Ingredient will be provided by school

PRACTICAL 4: Mac and Cheese

Ingredients-serves 2- 3

75g precooked pasta (please do this at home.)

- 250ml milk
- 25g flour
- 25g butter
- 50g grated cheese



- Optional 1 x tin of tuna or 1/4 chorizo sliced
- 1/4 tsp mustard powder*
- 1 clove of garlic

***Ingredients provided by school**

Bring in an oven proof dish to cook it at home.

Method

- 1) Preheat oven to 200°C/Gas mark 6.
- 2) Boil half a saucepan of water.
- 3) Add pasta for 10-12minutes until soft (al dente).
- 4) Grate the cheese.
- 5) Drain the cooked pasta with a colander .
- 6) Prepare the white sauce - melt the butter in the saucepan and then mix in the flour, mustard powder and diced garlic clove off the heat and then the milk bit by bit to the saucepan.
- 7) Heat the sauce gently, stirring all the time.
- 8) Stir the sauce until it thickens, when boiling cook for a further 2 mins
- 9) Add the grated cheese.
- 10) Combine the pasta and sauce in the ovenproof dish.
- 11) Bake for 15-20minutes.

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

Swiss Roll	Pizza	Cheats Millefeuille
S&S Chicken	Sweet Tartlets	Sausage Rolls
Quiche	Focaccia	
Mac & Cheese	Chelsea Buns	

PRACTICAL 12: Sausage Stroganoff

Pasta

Ingredients- serves 2

- Olive Oil*
- 3 pork sausages
- 175g mushrooms
- 1 level tsp of smoked paprika*
- 150ml soured cream
- 1 tsp of mustard
- 1 beef stock cube
- 200g precooked pasta shapes (please do this at home)
- 1 tsp dried parsley*

*Ingredients

provided by school

Container to take it home in.



Method

1. Half fill saucepan with tap water and put on to boil and then add pasta shapes when boiling. Cook for 12 mins until al dente.
2. Slice mushrooms.
3. Slice sausages open and take off the skin, break them into chunks and add to a frying pan with a splash of olive oil.
4. Start cooking the sausages then add the mushrooms.
5. Once cooked on the outside add paprika and sour cream and mustard.
6. Stir through.
7. Measure 75ml of water and add to the frying pan with the beef stock cube. Mix it in.
8. Drain pasta in colander when ready.
9. Bring Sausage Stroganoff to simmer then add S&P.

Yr9

Name
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Recipe Book
2nd Food Rotation

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PRACTICAL 7: Focaccia

Ingredients—serves 6

200g Strong bread flour

¼ tsp Salt*

40ml Olive Oil plus extra for drizzling and kneading

1 sachet fast action yeast

150ml Tepid water*

1 tbsp. Fresh rosemary sprigs*

1 tsp Coarse sea salt*

Decorative items of your choice — e.g. pepper, tomatoes, herbs, onions, olives, spinach etc.

*Ingredients provided by school.

Container big enough to take it home in.

Method

1. Pre-heat oven to 200°C/gas mark 6
2. Combine flour with the salt; add yeast, chopped rosemary and oil.
3. Using a palette knife add enough of the tepid water to make a soft, slightly sticky dough.
4. Turn onto an oiled work surface and knead until very smooth approx. 10 mins.
5. Return the dough to the bowl, cover and place in the grill compartment of the cooker and leave to rise.
6. Prepare toppings by chopping into bite size pieces.
7. Remove dough from bowl and place in the centre of a well-oiled baking tin, pressing down with your finger tips to give a dimpled appearance.
8. Now add the toppings of your choice.
9. Drizzle with oil, sprinkle with coarse salt then bake for 20-25 mins. Until golden.



PRACTICAL 8: Chelsea Buns

Ingredients— makes 6

125 ml milk

1/2 sachet dried yeast

200g of strong plain flour

50g of butter

25g dried fruit (raisins etc)

25g sugar and 1 tsp for the yeast



Method

1. Add the flour into a large mixing bowl, add 1/2 sachet of dried yeast and rub in half the butter.
2. Add a good pinch of sugar.
3. **Warm** the milk in a saucepan, **DO NOT BOIL**. Add the milk and mix in with a wooden spoon.
4. Knead the enriched dough on a floured work surface for 5 minutes. Roll out into a rectangle. Spread the remaining butter evenly over the dough.
5. Sprinkle with the dried fruit and sugar.
6. Roll them up firmly like a Swiss roll. Cut 3-4 cm along.
7. Put them into the greased round cake tin.
8. Put them into a cold oven and heat oven to 200°C /gas 7.
9. Bake the buns for 20 minutes until risen and golden in colour.
10. Finally, break the buns apart when cool, and enjoy!

PRACTICAL 9: Cheats Mille-feuille

Ingredients—serves 3

1 ready roll of puff pastry

1 pot of double cream (270ml/300ml)

2 tbsp of sugar

Knob of butter

1 Punnet (150g) of soft fruit (strawberries or Raspberries or Black berries or Blueberries.)

A container to take home in.



Method

1. Preheat oven to 180C/ gas mark 4. Unroll puff pastry and cut it into thirds and then cut each of those thirds into 3, so you have 9 rectangles in total and put them with space on your lined baking tray.
2. Melt the butter in a small mixing bowl for 15 seconds in the microwave.
3. Using a pastry brush, brush butter on the puff pastry and spring half of your sugar over the top as equally as you can.
4. Put in the oven for 10 mins until golden and puff pastry has risen.
5. Whisk cream with remaining sugar until stiff peaks and put into a piping bag.
6. Wash soft fruit. And slice if strawberries.
7. Cool puff pastry slices on a colling rack.
8. Stack puff pastry slice, piped cream and berries and then the next puff pastry, until three layers of puff pastry and no cream or berries on top.
(At home you could make a icing sugar glaze over the top with 4 tbsp of icing sugar to 1 tsp of water.

PRACTICAL 10: Sausage Rolls

Ingredients—makes 24 cocktail sausage rolls.

1 egg

A roll of ready rolled puff pastry
200g sausage meat or sausages or a vegan/vegetarian alternative

Extra seasoning or ingredients of your choice (chorizo, apple, apricots, paprika, oregano etc.)

Container to take home in



Method

1. Preheat the oven to 220°C or Gas mark 7
2. Crack the egg into a small mixing bowl and beat with a fork.
3. Use the greaseproof paper wrapped around the pastry to line the baking tray. Roll out the puff pastry into a large rectangle then cut into lengthways in half.
4. Place the sausage meat down the long edge of the rectangles, brush one end of the rectangle with beaten egg and roll up to make one long sausage roll
5. Cut the long sausage roll into small cocktail sausage rolls, using a table knife.
6. Brush the sausage roll with the beaten egg.
7. Place on a baking tray lined with greaseproof paper.
8. Bake in the oven for 20-25 minutes until golden brown.