



**Outwood Academy Portland
Y8 Food and Nutrition- Recipe book**



Food Technology

Name _____

Tutor Group _____

DT Teacher _____



Rules and Procedures for Food Lessons

- Wear a **clean apron** when doing any practical work (these are provided by school)
- Store coats, blazers, bags away. Do not put them on the tables.
- Keep nails short and clean.
- **Tie up** long hair.
- **Wash** hands thoroughly before you commence any practical work.
- Walk and **do not run** in the food room.
- Stop and **listen** when the food teacher gives the signal to do so.
- If you are **unable** to bring ingredients into the lesson you must inform your teacher at least one full day BEFORE you are due to cook.
- **No equipment needed from home unless requested by the teacher.**

Procedure for the day of your practical lesson

- Leave your ingredients in containers in the fridge.
- **Bring your ingredients correctly weighed out in a large cake tin or plastic container with your Name and Technology Group clearly labelled.**
- Cooked and uncooked food left in the fridge for longer than 24 hours will be **thrown away** for health, safety and space reasons.
- If you are allergic to any ingredients please discuss with your teacher or parent and provide a suitable alternative that requires the same skill of preparation as the original ingredient.

Parents:

- Please note that the recipes printed in this booklet have been planned according to the New National Curriculum on **Food Preparation and Nutrition** which encourages lifelong healthy eating.
- Most homework will be of a scientific nature to introduce the students to **Food Science** which is part of the new GCSE curriculum.

Parent signature and date:

Pupil signature and date:

Cook 1

Jam Tarts (Shortcrust Pastry)

Ingredients:

- 100g soft plain flour
- 50g margarine
- Pinch of salt
- Approx. 5 teaspoons of water (this may vary)
- Jam
- Plate

Equipment.

- Container to take home in.

Method:

- Turn on oven Gas 7 or 210c.
- Place flour and salt into a mixing bowl.
- Rub in margarine until the mix resembles breadcrumbs.
- Add water slowly a teaspoon at a time, mixing with a table knife. Add sufficient water to make soft (but not sticky) dough.
- Place the dough on a lightly floured surface.
- Flour rolling pin, then start to roll out pastry. (BE GENTLE)
–REMEMBER- roll forwards, lift the rolling pin, and turn the pastry around clockwise. (NEVER TURN THE PASTRY AROUND)
- Roll pastry until it is 3mm thick.
- Place pastry on top of plate and trim edges.
- Add jam to the pastry case.
- Cook the jam plate pie 15 minutes until golden brown
- Take tin out of the oven wearing oven gloves and place on a pan stand to cool.

Cook 2

Bolognaise Sauce

Ingredients:

- 1 onion
- 1 clove garlic
- 1 celery stick (optional)
- 250g lean minced beef
- 400g canned chopped tomatoes
- 1 x Tablespoon spoon tomato puree
- 100ml water
- 1 x Teaspoon spoon mixed herbs
- Black pepper

Equipment.

- Container to take home in.

Method:

- Dry fry the meat and cook until the mince is lightly browned.
- Prepare the vegetables:
- Peel and chop the onion;
- Peel and crush the garlic;
- Finely slice the celery.
- Add the onion, garlic and celery to the meat
- Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
- Bring to the boil, then simmer for 20 minutes.
- Pour your sauce into a container and clean up.

Cook 3

Potato Wedges

Ingredients:

- 2 large potatoes
- 2 tablespoons oil
- Seasoning (chilli, garlic, pepper, herbs)

Equipment.

- Container to take home in.

METHOD:

- Preheat the oven to Gas 8, Electric 220c.
- Put on a pan of water to boil.
- Wash and then chop potatoes into long wedges, do not peel.
- When the water is boiling, place the potatoes into the pan and part cook (blanche) for about 5 minutes.
- Place the oil and seasonings on the baking tray.
- When the potatoes are ready, drain and add them to the baking tray covering them with the seasoning.
- Bake for around 20 minutes until golden brown, turning them over after 10 minutes.

Cook 4

Parma Chicken

Ingredients:

- 2 small chicken fillet
- 2 slice Parma ham or thin bacon slices
- Either A little grated parmesan cheese or any grated cheese
- 2 teaspoon pesto or mixed herbs (optional)
- BBQ sauce

Equipment.

- Container to take home in.

Method:

- Turn oven onto electric 200c Gas 7.
- Flatten chicken fillets gently with a rolling pin
- Spread parmesan cheese and herbs or pesto / BBQ sauce over top of fillet then cover with Parma ham or bacon.
- Place chicken - Parma ham side up on a baking tray and bake for 15-20 minutes until brown and the juices run clear.
- Test with fork, juices should run clear.

Cook 5

Bread plait

Ingredients:

- 7g fast action dry yeast
- 1 tbsp. oil
- 125ml warm water
- 200g Strong Flour
- ½ tsp Salt

Equipment.

- Container to take home in.

Method:

- Mix yeast into the flour and salt.
- Add the oil and enough water to form a soft dough
- Knead for 10 mins.
- Divide into 3 equal pieces
- Shape into a plait and place on a greased tray
- Glaze with egg wash and poppy or sesame seeds
- Place in a cold oven
- Heat oven to 210°C / Gas Mark 8
- Bake until risen, brown and sounds hollow when tapped.
- Leave to cool

Cook 6

Oat Cookies

Ingredients:

- 50g Plain Flour
- 50g Caster Sugar
- 100g Rolled Oats
- 100g Margarine
- 50g Dried Fruit e.g. Raisins, Sultanas,
- Cherries or mixed fruit

Equipment.

- Container to take home in.

Method:

- Heat oven to 160°C Gas mark 4
- Grease a baking tray
- Mix the sugar and margarine together until creamy
- Add the oats, flour and raisins and stir well
- Lightly flour hands and work surface,
- Divide the dough equally into about 12, roll lightly into balls and flatten
- Place on a baking tray and bake for 15 to 20 minutes until golden brown