



Y9 Outwood Academy Portland Y Food and Nutrition- Recipe book



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

Cheese Scones or Fruit Scones

Ingredients:

- 200g self-raising flour
- 50g margarine (not low fat)
- 125ml (1/4 pint) milk
- Variations
- 50g grated cheese plus 1 teaspoon dry mustard (Cheese scones)
- 50g sugar (fruit scones)
- 50g Dried Fruit e.g. Raisins, Sultanas,
- Cherries or mixed fruit (fruit scones)
- Wholemeal: use 200g wholemeal self-raising or 200g wholemeal plain flour plus 4 level teaspoons of baking powder.

Equipment.

- Container to take home in.

Method:

- Preheat the oven to 210c or gas mark 7.
- Grease a baking tray
- Rub the margarine into the flour until it resembles breadcrumbs.
- Add all other dry ingredients and mix.
- Make a well in the middle of the flour and carefully add a little of the milk and mix with a knife. Keep adding milk to form a soft but not sticky dough.
- Place the dough on a lightly floured work surface.
- Roll out the dough to about 1½cm thick.
- Shape the scones using a cutter.
- Place the scones on a baking tray and brush each top with a little milk.
- Bake for 12-15 minutes, until golden brown.

Cook 2

Sandwich's or Wraps

Ingredients

- 4 Slices of bread or 2 wraps.
- For a selection of afternoon tea sandwiches.
- Butter or margarine for spreading on bread or wrap.
- 2 Slices of ham
- Cheese
- Tuna
- Salad or any other filling of your choice.

Cook 3

Swiss Roll

Ingredients

- 75G Self raising flour
- 75G Sugar
- 2 Eggs
- Jam for the middle

Equipment needed

- Container to take home in

Method:

- Turn the oven on to Gas mark 5 (Gas Oven) or 180 degrees (electric oven)
- Put eggs and sugar into a bowl and whisk until it is thick and nearly white in colour.
- Put the flour into the mixture folding-in gently using a tablespoon.
- Pour the mixture into a tray and put in the oven.
- Cook for 8-10 minutes until set.
- When cooked, remove from the oven and take out the tray. Tip the sponge onto a sugared greaseproof paper quickly.
- Spread the jam on top of the sponge.
- Roll up using your grease proof paper to help and hold for 10 seconds.

Cook 4

Pizza Pretzel

Ingredients

- Bread dough
- 200g Strong flour
- 7g Fast acting yeast
- 1 tablespoon oil
- 125ml warm water (from school)
- ½ teaspoon salt (from school)

Filling

- 2 tablespoons tomato puree
- 100g cheese
- ½ tea spoon mixed herbs (from school if none at home)

Equipment

- A Container big enough to fit your pretzel in to take home

Method

- Turn the oven on to 200 degrees (electric Oven) or Gas mark 7 (gas oven)
- Put all dry ingredients into a large mixing bowl
- Add the oil to the mixture
- Add the lukewarm water a bit at a time while stirring with a butter knife to form a dough.
- Once kneaded out, roll the dough out to a long rectangle shape
- Add tomato puree and the fillings
- Roll into a long sausage shape
- Shape into a pretzel
- Place on a baking tray and cook for 15 minutes

Cook 5

FLAPJACK

Ingredients

- 200g Oats
- 100g Margarine
- 50g Sugar
- 2 Tablespoon of golden syrup
- 50g Dried fruit, cherries or choc chips.

Equipment

- Container to take home in.

Method

- Turn the oven on to 180 degrees (electric oven) Gas Mark 5 (Gas oven)
- Put margarine, sugar and golden syrup into a saucepan.
- Put on a gentle heat, and melt together until a liquid, keep stirring all the time
- Remove from heat.
- Add the oats and any other dried ingredients, stir well.
- Put in a baking tin and press down.
- Bake for 10-15 minutes until golden brown.
- Take out the oven and leave to cool.

Cook 6

Cheese or Sausage rolls

Ingredients

- 1 packet of puff pastry
- 1 packet of sausages or sausage meat / grated cheese
- 1 egg
- Tomato Puree, Pesto, or any other flavouring of your choice

Equipment

- A container big enough to take your food home in.

Method

- Turn the oven onto 200 degrees (electric oven) Gas mark 7 (gas oven)
- Lay your puff pastry out onto the work surface
- Cut the pastry in half
- Put your filling onto the pastry on both halves
- Fold the pastry over the filling and seal the edges
- Snip along the top of the pastry for air holes
- Brush with Milk or egg wash
- Bake for around 15-20 minutes

Cook 7

Cheesecake

Ingredients

- 200g Digestive biscuits
- 50g Icing Sugar
- 200g creamed cheese
- 800ml Double cream (Half a tub of 142ml double cream)
- Flavours / decorations / chocolate / Vanilla essence / Lemon / Maltesers / Blueberries etc.

Equipment

- Dish/pot to make the cheesecake in / Container to take home in

Method

- Place biscuits into a plastic bag, and crush with a rolling pin.
- Melt the butter in a pan.
- Mix the biscuit crumbs into the melted butter.
- Pour into the baking tin, and press down with a spoon.
- Pour the cream into a bowl, and whisk until thick.
- Put the cream cheese into a separate bowl, and beat with a wooden spoon until soft.
- Mix the cream cheese with fresh double cream and icing sugar, and add any flavouring and fruit.
- Pour mixture onto the biscuit base, and spread evenly.
- Chill in the fridge until set.

Cook 8

Muffins

Ingredients

- 1 egg
- 70ml Vegetable oil
- 125ml Milk
- 100g Sugar
- 200g self-raising flour
- 50g Flavouring e.g. Chocolate chips / raisins etc.

Equipment

- Container to take home in

Method

- Put the oven on, 200 degrees (electric oven) Gas mark 6 (Gas oven)
- In a bowl, beat the eggs lightly
- Add in the oil and milk and mix until combined
- Add sugar and whisk until smooth
- Stir in the flavourings
- Fill the bun cases with the mixture, and cook for 20 minutes.

Cook 9

Sweet and sour chicken

Ingredients

- 2 chicken breasts
- 1 onion
- 1 clove of garlic
- 1 red or orange pepper
- 1 small tin of pineapple (chunks or rings)

Sauce

- 250ml Water (from school)
- 2 Tbsp. Vinegar
- 2 Tbsp. Tomato sauce
- 2 Tbsp. sugar
- 2 Tsp. corn flour

Equipment

- Container to take home in.

Method

- Peel and chop veg
- Cut chicken into small cubes
- Put all sauce ingredients into a jug
- Open any tins that need opening
- In the wok put a small amount of oil, and then add the chicken
- Wash your hands
- When the chicken is cooked, add the veg
- Cook for 5 minutes, then add your sauce and pineapple.
- Cook on a medium heat for 15 minutes.

Cook 9

Chicken Curry

Ingredients

- 1 or 2 chicken breast
- 1 onion
- 1 clove of garlic
- 1 fresh chilli
- 25g margarine or butter
- 125ml water (from school)
- 1 small carton of natural yoghurt
- Half a jar of curry paste

Equipment

- Container to take home in

Method

- Cut the meat into small pieces
- Put into the pan, with the margarine on a medium heat, stir occasionally.
- Peel and chop onion, garlic and chilli
- Wash your hands
- When the chicken is cooked, add the curry paste, chilli, garlic and stir.
- Add 125ml water, boil and then simmer for 15-20 minutes
- Add the yoghurt, stir well, and then carefully put into your container.

Cook 10

Tomato soup

Ingredients

- 2 Tbsp. Olive oil
- 1 onion
- 1 clove of garlic
- 1 Tbsp. tomato puree
- 400g tinned chopped tomatoes
- 600ml Milk

Equipment

- Container to take home in

Method

- Heat the oil into the saucepan, and add onion and garlic, cook until soft. (approx. 5 minutes)
- Stir in the tomato puree and put in the chopped tomatoes
- Bring the mixture to the boil, then turn down the heat, and simmer for 15 minutes.
- Add the milk, and bring to the boil
- Then blend in the food processor