

Food Technology

Year 9 Recipe Book

Name _____

Form 9 .

- Please ensure all ingredients are weighed and measured out at home. YOU SHOULD BE DOING THIS FOR YOURSELF)
- Please remember to bring with you the correct (labelled) container tub or dish to take your dish home in every practical lesson.
- Please label your tub and ingredients before you come to school. (things sometimes get mixed up)
- Please put high risk foods in the fridge before morning registration.
- Please **DO NOT** deviate from these recipes (do not double ingredients!)

Number	Date (write in pencil in case of changes)	Dish
1		Savoury Cheesy Straws
2		Ratatouille
3		Spanish tortilla/omelette
4		Swiss Roll
5		Fish Cakes
6		Quick lasagne
7		Jam tarts or fruit pies
8		Lemony layered desert
9		Pasties or a pie (<u>own development savoury</u>)
10		Nann breads
11		Rogan Josh Curry
12		Smoothie

SAVOURY CHEESEY STRAWS

Ingredients

- **Container to take cheese straws home**
- 150g self raising flour
- 75ml milk
- 1 egg
- pinch of salt
- Seasoning: optional herbs/spices
- 30g butter
- 25g mature cheddar cheese, grated
- 25g of either or a mixture of: Spring onion, Chopped ham, olives, sundried tomatoes

Equipment you will need

- Baking tray
- Large bowl
- Grater
- Measuring jug
- Knife
- Chopping board

Method

1. Heat the oven to 220°C
2. Lightly grease a baking sheet.
3. Mix together the flour and salt and rub in the butter.
4. Stir in the cheese any herbs/spices and then the milk to get a soft dough.
5. Add additional/optional ingredients.
6. Turn on to a floured work surface and knead very lightly. Pat out to a square 2cm thick. Then cut into straws approx 2cm wide, twist and put on the baking tray. Lightly knead together the rest of the dough and cut out more straws to use it all up.
7. Brush the tops of the straws with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack.

Don't forget a container to take cheese straws home in.

RATATOULLE

INGREDIENTS

- Container to take ratatouille home**
- Half to a whole aubergine (depending on size) or 6 mushrooms
- 1 or two courgettes
- 1 orange, green or yellow pepper
- 2 large ripe tomatoes
- 2 tbsp olive oil
- Small bunch basil or dried herbs.
- 1 medium onion, peeled and thinly sliced
- 2 garlic cloves, peeled and crushed
- 1 tbsp red wine vinegar
- 1 tsp sugar
- Tin chopped tomatoes

Equipment you will need

- Knife
- Chopping board
- Bowl
- Large pan
- Can opener
- Wooden spoon

METHOD

Prepare the veg:

1. Wash everything! Cut the aubergines in half lengthways. Place them on the board, cut side down, slice in half lengthways again and then across into 1.5cm chunks. Cut off the courgettes ends, then across into 1.5 cm slices. Or half the mushrooms. Peel the pepper from the stalk to bottom. Hold upright, cut around the stalk, then cut into 3 pieces. Cut away any membrane, then chop into bite-size chunks. Place in a bowl and put to one side.
2. Score a small cross on the base of each tomato, then put them into a heatproof bowl. Pour boiling water over the tomatoes, leave to soak.
3. Peel and chop the onion.

Start cooking.

4. Set a large sauce pan over medium heat and pour in 2 tbsp olive oil. Cook the onion in the sauce pan for 5 minutes until clear and a little caramelized (browned).
5. Then remove tomatoes carefully from the hot water. Leave to cool whilst stirring the onion.
6. Add the aubergines, mushrooms, courgettes and peppers to the pan stirring constantly for about five minutes. (Don't overcook the vegetables at this stage, as they have some more cooking left in the next step.) If they won't all fit in at once do them in two or three batches putting the cooked ones in a bowl.
7. Add the garlic and fry for a further min. Stir in the vinegar and sugar.
8. Tip in the tin of chopped tomatoes
9. Then peel the tomato skins off. Quarter them, scrape away the seeds with a spoon, and then roughly chop the flesh. Simmer in the pan for ten-15 minutes until everything is softened.
10. Tear up the basil leaves and sprinkle on.

Don't forget a container to take RATATOULLE home in!

SPANISH OMELETTE

INGREDIENTS

- 300g small potatoes such as Charlotte or new potatoes
- Knob of butter
- 1 onion finely sliced
- 1 red pepper finely chopped or a courgette or a handful of mushrooms
- 6 eggs
- 1 x 25g pack chives or dried herbs and or paprika of your choice.
- Container to take your omelette home in. (BIG PLASTIC TUB)**

Equipment you will need

- Knife
- Chopping board
- Large pan
- Frying pan
- Measuring jug
- Fork
- Fish slice

METHOD

1. Thinly slice the potatoes. Put the potatoes in a pan of boiling water boil for 15 mins to soften, when cooked through drain well in a colander.
2. Finely slice the onions and chop the red pepper, removing the seeds. Cut the potatoes into roughly 1/2cm slices.
3. Heat a knob of butter or tablespoon of oil in a frying pan over a low heat and cook gently for 10 - 15 mins until starting to go brown, add the peppers and cook for a further 5 mins.
4. Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in alternatively use dried herbs of your choice.
5. Pre-heat the grill. Add a little more butter to the frying pan and add the potatoes. Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath - you can use a fish slice to lift the omelette up and check. Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.

**** DON'T FORGET A CONTAINER TO TAKE YOUR OMELETTE HOME ****

SWISS ROLL

Ingredients.

- A container to take swiss roll home**
- 2 medium eggs
- 50g/2oz castor sugar
- 50g/2oz plain flour
- Filling
- 2 Tblsp. Jam or lemon curd

Equipment you will need

- Large glass bowl
- Electric hand whisk
- Sieve
- Table spoon
- Swiss roll tin

METHOD

1. Light oven gas 7/220°C
2. Grease and line a swiss roll tin
3. Whisk eggs and sugar (+1 tblsp. Boiling water) until light and creamy and leaves a trail.
4. Sieve all flour (and cocoa) on top and fold in GENTLY with a metal spoon.
5. Pour into prepared tin and bake 7-10 mins until golden brown and spongy to touch.
6. Whilst it is cooking prepare a damp tea towel and grease proof paper, dredge with castor sugar.
7. When cooked, turn on to grease proof paper.
8. Trim off edges and spread with jam or lemon curd and Roll up immediately.

**** Don't forget a container to take your Swiss Roll home in ****

FISH CAKES

INGREDIENTS

- Bring a baking tray to cook them on and transport them home on! (or a tub)**
- Tin of tuna or 250g of **cooked** salmon cod or haddock (note please don't get tinned salmon that has tons of bones in!) You could swap the fish for sweetcorn and peas or diced cooked chicken or strips of ham.
- 250g potatoes (**these can be cooked and mashed at home to save time if you like or you could buy ready-made mashed potato**)
- 25g margarine or butter
- 1 tsp. lemon juice
- 1 egg (**The coating**)
- Breadcrumbs (either shop bought or home-made or 4 slices of toasted bread ready to turn into crumbs in school)
- (**The garnish**) Lemon chunks and parsley. (optional)

Equipment

- Large pan
- Plate x 3
- Glass bowl
- Fork
- Potato masher
- Knife
- Baking tray

METHOD

1. Prepare and boil the potatoes in salted water (1 level tsp. salt) until soft.
2. Cook the fish in boiling salted water for approx. 5 mins (1/2 level tsp. salt) or steam between 2 plates above the potatoes.
3. When the fish is cooked remove the skin and bones and flake finely.
4. Cream the potatoes with the marg and add a few shakes of pepper.
5. Mix together the fish, potatoes, lemon juice.
6. Allow to cool then turn out on to a floured table.
7. Shape into a neat roll and divide into 6 portions.
8. Reshape each portion into a neat, flat, round cake.
9. Coat each cake with flour then beaten egg and then breadcrumbs.
10. Bake on a greased baking tray for 10-15 mins turning Half way.
11. Serve and garnish.

**** DON'T FORGET TO FETCH A TUB TO TAKE FISHCAKES HOME ****

Quick lasagne

Ingredients

- Medium to large sized OVEN PROOF DISH to cook it in/take it home in.**
- 250g lean minced lamb, beef or pork or turkey or Quorn.
- 1 onion chopped
- Garlic and herbs (optional)
- 1 tin chopped tomatoes
- Small tin of peas (optional)
- 1 tblsp tomato puree
- Pack of Lasagne sheets
- 1 medium egg, beaten
- 200g low fat Greek yoghurt **or** a tub of Philadelphia and 150ml milk.
- 75g Cheddar cheese, grated.

Equipment you will need

- Chopping board
- Knife
- Tin opener
- Large pan
- Measuring jug
- Grater

Method

1. Fry the mince and onion in a large saucepan for 5 mins.
2. Add the tin of tomatoes any garlic and herbs and tomato puree and cook for 5 mins.
3. Put a layer of meat sauce in your oven proof dish. Then a layer of lasagna sheets then a layer of meat sauce then a layer of pasta sheets.
4. Mix together the egg and yoghurt and spread over the top of the lasagne sheets.
5. Sprinkle over the cheese.
6. Wrap up and take it home.

7. Once at home bake for 40-45 mins at 190 degrees C until the pasta is tender and the food is piping hot.

DON'T FORGET AN OVENPROOF DISH

SHORT CRUST PASTRY TARTS OR FRUIT PIES OR MINI QUICHES.

Ingredients for approx. 12 tarts/pies:-

Pastry

- 200g plain flour
- 50g block marg
- 50g lard or white fat(trex)
- Water to mix

Fillings

Sweet

Tin of pie filling i.e. apple or cherry

Or jar of jam or lemon curd

Or stewed fruit

Or mince meat (for mince pies)

Savoury (Cheese & Onion) or change to other flavours

150g grated cheese

3 spring onions or 1 small onion or grated or finely chopped

1 egg

METHOD

1. Prepare oven gas mark 6/ 200°C.
2. Sieve flour and rub in fat to resemble breadcrumbs.
3. Mix with enough cold water to make dough.
4. Roll out and cut pastry shapes using large cutter.
5. Line bun trays
6. Add filling
7. Cook for 10-15 mins . gas mark 6/ 200°C.

Don't forget a container to take tarts home in!



LEMONY LAYERED DESERT

Ingredients

- You will need a 7" flan dish pie dish or cake tin.

For the base

- 100g digestive biscuits
- 50g butter

For the filling

- $\frac{1}{4}$ pt double cream
- 150g condensed milk (comes in a tin)
- 2 large lemons

For the topping

- Fresh fruit of own choice strawberries and kiwi fruit look great! (optional)

Equipment you will need

- Rolling pin
- Saucepan
- Spoon
- Grater
- Lemon juicer
- Electric hand whisk

METHOD

1. Crush digestive biscuits with a rolling pin.
2. Melt butter in pan, add sugar then blend in biscuit crumbs, mix well.
3. Turn mixture into a 7" flan dish pie dish or cake tin and press down biscuit mixture with the back of a spoon then place in fridge to set.
4. Finely grate the lemon rind.....only the yellow the white is bitter
5. Mix together cream, condensed milk and finely grated lemon rind.
6. Slowly beat in lemon juice adding a little at a time.
7. Pour mixture into the case.
8. Decorate with fresh fruit.
9. Chill for several hours until firm.

**** DON'T FORGET A FLAN DISH ****

Own Development Work

SHORT CRUST PASTRY PASTIES OR A PIE

Ingredients for approx. 12 tarts/pies:-

- A tub or pie dish to cook and take them home in.

Pastry (same as when making fruit/jam pies/tarts)

- 200g plain flour
- 50g block marg
- 50g lard or white fat(trex)
- Water to mix
- egg to glaze (optional)

Fillings of own choice /design.

Equipment you will need

- Sieve
- Large glass bowl
- Measuring jug
- Knife
- Rolling pin
- Chopping board

Ideas : Use tinned meat or veg to save time.

Cheese and onion backed beans and sausage, tuna tomato and sweetcorn, corned beef onion and gravy, ham and creamy mushrooms

- _____
- _____
- _____
- _____
- _____

METHOD

1. Prepare oven gas mark 6/ 200°C.
2. Sieve flour and rub in fat to resemble breadcrumbs.
3. Mix with enough cold water to make dough.
4. Roll out and cut pastry to size/shape using a plate for semi-circle pasties or rectangle for square pasties or the pie dish for a pie.
5. Make/prepare fillings
6. Open tins, /chop/grate/ make gravy or white/roux sauce.
7. Fry/boil meat/veg? Ensure fillings are cooked and cooled before putting into pastry (or the butter and lard/trex in the pastry melts.)
8. Add filling to pastry shape pasties/trim edges of pies. Stab a vent hole in the middle. Glaze with milk or egg
9. Cook for 10-25 mins depending upon size at 200°C.

**** DON'T FORGET A CONTAINER OR PIE DISH ****

NAAN BREAD

Ingredients you will need:

- Tub to take it home in
- 60ml milk
- 200g strong flour
- 1x5ml spoon baking powder
- $\frac{1}{2}$ sachet instant yeast
- 1x15ml spoon plain yogurt
- 1x15ml spoon oil

Equipment you will need

- Baking tray
- Saucepan
- Sieve
- Glass bowl
- Wooden spoon
- Rolling pin
- Measuring jug

Method

1. Preheat the oven to 250C or gas mark 8. Put the baking tray in the oven.
2. Warm the milk (either in a saucepan or microwave).
3. Sift the flour and baking powder into a bowl. Stir in the yeast.
4. Add the yogurt, oil and warm milk.
5. Mix into a soft dough.
6. Knead for 10 minutes.
7. Leave the dough to prove (rise) for around 30-60 minutes.
8. Knead the dough and divide into 4.
9. Roll out each piece of dough into a 'tear' shape (oval).
10. Cook the nanns on the heated tray for 3-4 minutes, until puffed up and brown.

Tips

* To make them extra special, brush the naans with melted butter and sprinkle with poppy or sesame seeds before baking.

* Dried fruit, coconut and spices could be added to the naan mix before baking.

Garlic and coriander could be added to the mix before cooking

* Make a meal out of your naan. Once baked, stuff with your favourite curry.

TOP TIP...FREEZE THEM AND HAVE THEM WITH NEXT WEEKS ROGAN JOSH!

**** DON'T FORGET A CONTAINER TO TAKE THE NAAN BREAD HOME ****

QUICK ROGAN JOSH

Ingredients you will need:

- Tub to take it home in
- 225g CUBED lean lamb, beef, chicken, turkey or Quorn
- 2 x 15ml spoons Rogan Josh curry paste (or similar ie. tikka)
- 1 onion
- 1 clove garlic, crushed
- 200g can chopped tomatoes
- 2 tomatoes, cut into wedges
- 1 x 15ml spoon fresh coriander, chopped or 1 tsp dried
- Optional-tin chick peas or normal peas

Equipment you will need

- Knife
- Chopping board
- Large saucepan
- Can opener
- Spoon
- Garlic press

Method

1. Cube the meat, slice the onion and cut the tomatoes.
2. Heat the oil in a large pan and add the lean lamb. Cook for 3-4 minutes.
- 3 Add the Rogan Josh curry paste, sliced onions and garlic. Cook for a further 2-3 minutes.
4. Add the canned and fresh tomatoes and cook for further 2 minutes.
5. Stir in the fresh coriander.
6. Serve.

Tips

- * Serve with boiled rice, naan bread and a side salad.
- * Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- * Batch cook - freeze portions for a rainy (busy) day!

**** DON'T FORGET A CONTAINER TO TAKE THE ROGAN JOSH HOME ****

Own development work: Smoothie Ideas

REMEMBER TO BRING A BOTTLE TO TAKE IT HOME IN

Vitamin booster smoothie. Ingredients

- 1 orange, peeled and roughly chopped
- 1 large carrot, peeled and roughly chopped
- 2 sticks celery, roughly chopped
- 50g mangoes, roughly chopped
- 200ml water

Method Put all the orange, carrot, celery and mango in the blender, top up with water, then blitz until smooth

Equipment you will need

- Knife
- Peeler
- Chopping board
- Measuring jug
- Electric blender
- Colander
- plate

Heart helper smoothie. Ingredients

- 2 small raw beetroots, peeled and roughly chopped
- 1 small apple peeled, quartered and cored
- 50g blueberries
- 1 tbsp grated ginger
- 300ml water

Method Put the beetroot, apple, blueberries and ginger in a blender, top up with water then blitz until smooth.

Breakfast smoothie Ingredients

- 1 small ripe banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
- apple juice or mineral water, optional
- runny honey, to serve

Method Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.

**** DON'T FORGET A CONTAINER TO TAKE YOUR SMOOTHIE HOME ****