**Hinchingbrooke School**



Year 8 Recipes

2015-16

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| http://designandtechnology.weebly.com/uploads/4/6/3/4/4634986/3685358_orig.jpg?78 | **2 Star Chef**  **Award** |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Form: \_\_\_\_\_\_\_

Food Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is this Scheme of Work about?

In Food you will design and make healthy meals from food. In this unit we want to introduce you to learn lots of different cooking skills so that you become confident in designing and making meals. There is an emphasis on savoury foods and understanding the sensory and functional properties of ingredients (raising agents and starches such as flour and pasta).

** Practical 1: Pizza Dough**

**DON’T FORGET A LIDDED CONTAINER TO TAKE THEM HOME**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients** **Suggested Toppings Equipment**

7g Quick Acting Yeast Olives Large mixing bowl

150ml warm water Pepperoni Weighing scales

150g Strong Bread Flour Salami Wooden spoon or palette knife

100g Wholemeal Plain Flour Chicken Measuring jug

½ tsp salt Mushrooms Baking tray

½ tsp sugar Peppers

1 tsp Dried Milk Powder Tuna

**Method**

1. Heat the oven to 220˚C. Lightly grease a baking tray.
2. In a large mixing bowl, mix the flour and salt together and rub in the butter. Stir in the yeast.
3. Make a well in the centre of the flour mixture and using a wooden spoon or a palette knife, gradually add the warm water to form a soft dough.
4. Turn the dough onto a lightly floured work surface and knead until the dough is smooth and elastic, about 10-15 minutes. Roll out into a rough circle and place on a baking sheet.
5. Add the tomato sauce, cheese and topping(s) of your choice onto the pizza dough.
6. Bake in the oven for, about 30 minutes until the cheese is melted.

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| **Skills** |  |  |
| Weighing/Measuring | Mixing/Combining | Kneading |
| Rolling out | Spreading/Garnishing | Using the oven |

As this is the first cooking practical for year 8, the ingredients for the Pizza base are provided by the school, but if your child could bring in **50p to buy the bread bags** used to make the base this would be appreciated.

**Practical 2: Soup – choose from either -**

**Leek and Potato Soup**

**DON’T FORGET A WATERTIGHT CONTAINER TO TAKE THIS HOME**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients Equipment**

½ tbsp oil ***(from school)*** Chopping board

1 onion Saucepan

1 clove garlic Wooden spoon

1 leek Vegetable knife

1 medium potato Blender

1 Stock cube Measuring jug

300ml water Colander

Salt and pepper to season ***(from school)***

**To garnish** (finishing technique)

Snipped chives or chopped parsley

**Method**

1. Dice the onion. Heat the oil in a pan, add the onion and sweat for 5 minutes over a low heat.
2. Crush the garlic and add to the pan.
3. Trim the leek and discard the tough outer layer. Cut the leek in half lengthways and slice it.   
   Wash it thoroughly in a colander and drain well. Add the leeks to the saucepan
4. Peel and dice the potato into small chunks.
5. Add the potatoes, 300ml of water and stock cube to the saucepan. Stir with a wooden spoon.   
   Bring to the boil then simmer for 20 minutes or until the potatoes are soft.
6. Season with salt and pepper.
7. Put the soup into a blender – leave it to cool a little first – and blend to a purée.
8. Return the soup to the saucepan and reheat gently, tasting to check the seasoning. Add a swirl of cream or crème fraiche before serving and sprinkle with freshly snipped chives or parsley.

Nutritional Information

![](data:None;base64,)

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| **Skills** |  |  |
| Using a knife | Claw grip | Bridge hold |
| Using the hob | Boiling/Simmering | Blending |
| Seasoning | Garnishing |  |

**or Tomato Soup**

**DON’T FORGET A WATERTIGHT CONTAINER TO TAKE THIS HOME**

**Ingredients**

**Equipment**

Chopping board

Saucepan

Wooden spoon

Blender

Measuring jug

Vegetable knife

½ tbsp oil ***(from school)***

1 onion

1 clove garlic

1 can chopped tomatoes

1 medium potato

1 stock cube

200ml water

salt and pepper to season ***(from school)***

**To garnish** (finishing technique)

Ripped basil or chopped parsley

**Method**

1. Peel and dice the onion. Heat the oil in a pan and sweat the onion for 5 minutes over a low heat.
2. Crush the garlic and add to the pan.
3. Add the tin of tomatoes and stir well.
4. Peel and dice the potatoes into small chunks. Add to the saucepan and stir with a wooden spoon.
5. Season with salt and pepper.
6. Add the water and stock cube, stir with a wooden spoon. Bring to the boil then simmer for 20 minutes or until the potatoes are soft.
7. Put the soup into a blender – leave it to cool a little first – and blend to a purée.
8. Return the soup to the saucepan and reheat gently, tasting to check the seasoning. Add a swirl of cream or crème fraîche before serving and sprinkle with freshly ripped basil or parsley.

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| **Skills** |  |  |
| Using a knife | Claw grip | Bridge hold |
| Using the hob | Boiling/Simmering | Blending |
| Seasoning | Garnishing |  |

Nutritional Information

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**Practical 3:Dutch Apple Cake**

**DON’T FORGET A LIDDED CONTAINER TO TAKE THESE HOME**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients**

100g Caster Sugar Baking Tin (20cm round or square)

100g Soft Margarine Electric Hand Whisk

2 Eggs Mixing Bowl

100g Self-raising Flour Small Bowl

1 tsp Baking Powder Sieve

1 Eating Apple Metal Spoon

1 tsp Cinnamon Spatula

1 tsp Demerara Sugar Cooling Rack

Knife

Chopping Board

**Method**

1. Preheat the oven to 180°C
2. Grease and line the baking tin with baking paper, or foil trays if using. (See Top Tips)
3. Cream the caster sugar and the margarine together using the electric hand whisk until light and fluffy.
4. In a small bowl beat the eggs with a fork.
5. Add the beaten egg a little at a time to the margarine and sugar.
6. Sieve the flour and baking powder onto a plate.
7. Fold the flour and baking powder to the mixture a spoonful at a time.
8. Spread the mixture in the cake tin.
9. Core the apple and slice thinly.
10. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for about 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.

**Top Tips**

* When lining a baking tin, it is only necessary to line the bottom of the tin. The sides can be greased with oil.
* For a tasty alternative, try pear and ginger.

Nutritional Information

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| **Skills** |  |  |  |
| Using the oven | Weighing | Creaming Method | Lining a tin |
| Claw grip | Bridge hold |  |  |

 **Practical 4: Spaghetti Bolognaise** serves 2-3

Don’t forget a suitable lidded container to take this home

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients Equipment**

1 Onion Chopping Board

1 Clove Garlic Knife

1 Carrot Garlic Press

1 Stick Celery (optional) Measuring Spoon

1 x tbsp spoon Oil ***(from school)*** Saucepan

250g Minced Beef Weighing Scales

400g Tin Chopped Tomatoes Measuring Jug

1 tbsp Tomato Puree Wooden Spoon

100ml Water Colander

1 tsp Mixed Herbs ***(from school)***

Black Pepper ***(from school)***

150g Spaghetti

**Method**

1. Put a saucepan of water onto boil. When boiling add the spaghetti and cook for 10-12 minutes or until the spaghetti is al denté (tender).
2. While the spaghetti is cooking prepare the vegetables –

Peel and chop the onion. Peel and crush the garlic. Peel and dice the carrot. Finely slice the celery.

1. Once the spaghetti is cooked drain the boiling water away into the sink using a colander. Put aside in your container to take it home.
2. Put the oil in the same saucepan and add the vegetables. Cook for 5 mins.
3. Add the meat and cook until brown.
4. Add the tinned tomatoes, tomato puree, mixed herbs and water. Mix all the ingredients together then add a few twists of black pepper.
5. Bring to the boil, then turn down the heat and simmer for 20 minutes.
6. To serve, place the spaghetti onto a plate and pour some the sauce over it.

**Top Tips**

* Try serving the Spaghetti Bolognese with Parmesan cheese and fresh basil.
* For a vegetarian option, swap the minced beef with veggie mince or lentils.

Nutritional Information

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| Skills |  |  |  |
| Using the hob | Weighing | Mixing/combining | Boiling/Simmering |
| Claw Grip | Bridge Hold | Peeling | Draining |
| Frying |  |  |  |

[](http://www.google.co.uk/url?url=http://realfood.tesco.com/recipes/chicken-korma-curry.html&rct=j&frm=1&q=&esrc=s&sa=U&ei=-5mSVfm4BY2p7AbFgauQAQ&ved=0CBYQ9QEwAA&usg=AFQjCNE40BErWeHB__IB3FX1Qxq6dDkAEg)**Practical 5: Chicken Korma** serves 3-4

Dont forget a suitable lidded container to take this home

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ingredients Equipment**

1 Clove Garlic Red Chopping Board

2 Chicken Breasts or 4 thighs Chopping Board

1 Stock Cube- Chicken or Vegetable Knife

100ml Water Measuring Spoon

½ Small Cauliflower ***(optional)*** Saucepan

½ Green Chilli Wooden Spoon

1 x 125ml Pot of Plain Yoghurt Measuring Jug

1 tbsp Fresh Coriander ***(optional)***

***The following ingredients are provided by school:-***

1 Clove

1 Black Peppercorn

1 Cardamom Pod

1 tbsp spoon Oil

½ tsp spoon Turmeric

½ tsp spoon Ground Cumin

½ tsp spoon Chilli Powder

Pinch black Pepper

**Method**

1. Prepare the vegetables. Peel and crush the garlic. Cut the top off the chilli and remove the seeds by gently rolling it on the chopping board, then slice. Break the cauliflower into florets.
2. Mix the turmeric, chilli powder, pepper and cumin in a small bowl.
3. On a RED chopping board, using a clean knife cut the chicken into cubes.
4. Put 1 tbsp oil in a saucepan, add the chicken and cook until white.
5. Add the clove, peppercorn and cardamom, garlic and chilli to the pan and fry for 1 min.
6. Add the cauliflower (if using) and stir to coat.
7. Pour in 100ml of water and add the stock cube. Stir, cover and cook for about 10 minutes.
8. Increase the heat and stir in the yoghurt to the pan.
9. Allow to cook for a further 10 minutes then thicken with the cornflour if necessary.
10. Chop the coriander and stir into the korma.

Nutritional Information

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| Skills |  |  |
| Using the hob | Weighing | Mixing/combining |
| Claw Grip | Bridge Hold | Measuring |
| Handling Raw Meat | Frying |  |

![C:\Users\wjb\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96Z0O957\MC900388806[1].wmf](data:None;base64,)**Practical 6: Sweet Scones** Makes 8-12

**DON’T FORGET A LIDDED CONTAINER TO TAKE THESE HOME**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Ingredients** | **Equipment** |
| 200g Self Raising Flour | Mixing bowl |
| Pinch of salt ***(from school)*** | Palette knife |
| 50g Margarine or Butter | Grater |
| 20g Caster Sugar | Measuring jug |
| 75ml Milk | Baking tray |
|  | Flour dredger |
|  | Medium cutter |
|  | Weighing scales |
|  | Cooling rack |

**Method**

1. Preheat the oven to 220˚C.
2. Mix the flour and salt together, then rub in the margarine or butter.
3. Add enough milk to form a soft dough.
4. Knead lightly on a floured surface and using the heel of your hand lightly flatten the dough to about 2.5cm thickness.
5. Using a small or medium size cutter cut into rounds. Gather together any left-over dough and repeat process.
6. Place the scones on a greased baking sheet, brush the tops with a little egg and milk and bake in the oven for 10 minutes or until golden on top.
7. Remove from the baking sheet and place the scones on a cooling rack to cool.

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| **Skills** |  |  |
| Weighing/Measuring | Mixing/Combining | Kneading |
| Using a knife | Claw grip | Bridge hold |
| Rubbing in method | Dividing/Shaping | Using the oven |

Nutritional Information

