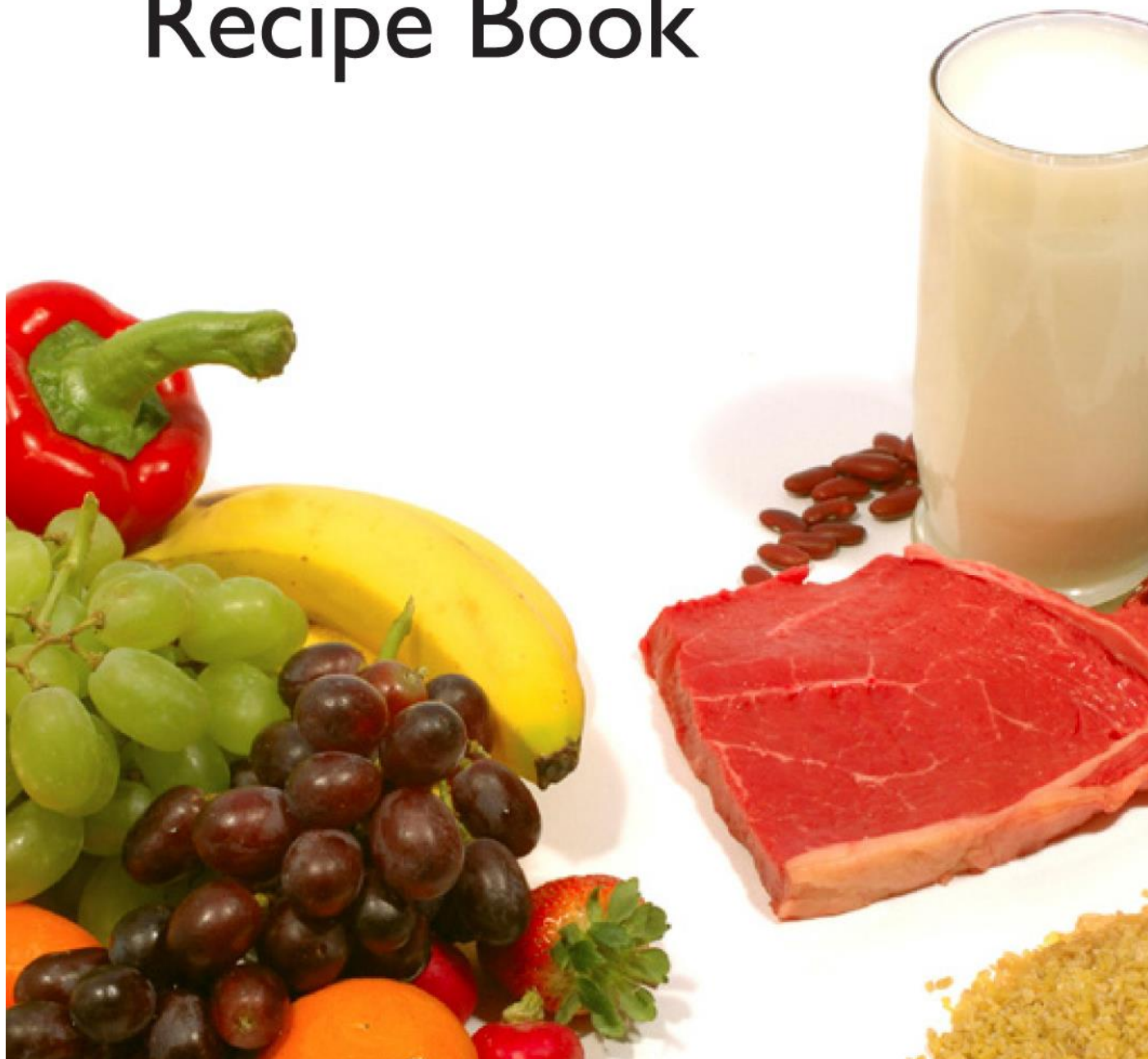


Food Technology

Year 9

Recipe Book



Portsmouth
High School

The following ingredients will be supplied by Portsmouth High School

Salt
Pepper
Vegetable oil (including olive oil)
Baking powder
Foil
Parchment paper
Cling film

Each week your daughter will need to bring in the following:

A shopping bag to hold all her ingredients.

Please ensure that the bag is **self-supporting** and will stand upright on a storage shelf. Please name the bag clearly.

The key ingredients needed for the recipe.

On the day your daughter cooks she will need to drop off her ingredients to the food technology room drop-off point before morning registration. She will be asked to leave non-perishable items in her bag and to put her perishable items in the pupil refrigerator.

Any alternative ingredients to allow for your daughter's dietary needs.

For example vegetarian alternatives, gluten or dairy free products when appropriate.

A selection of various sized named snap-closure storage containers.

These will need to be used to hold ingredients and to transport the finished dishes home at the end of the day. The snap shut containers are more secure and will help to avoid messy spillages. Sometimes you may be required to provide a cooking container if practical. Please refer to each recipe to note which size and type of container is needed.

Chicken or Vegetable Pie

Ingredients

15ml spoon vegetable oil

2 raw chicken breasts (1 large potato as an alternative)

6 mushrooms, sliced (more if you are making a vegetable pie)

1 onion, diced

25g peas, frozen (don't worry if these melt) (50g if you are making a vegetable pie)

15g sweetcorn (canned or frozen) (30g if you are making a vegetable pie)

1 tin of cream of chicken soup (cream of mushroom soup for vegetable pie)

1 pack of puff pastry

Deep overproof dish (big enough to bake a pie in)

Equipment

Measuring spoons, wooden spoon, flour dredger, palette knife, measuring jug, weighing scales, rolling pin, pie dish, knife, frying pan, saucepan, fork, pastry brush, chopping board
baking tray.

Method

1. Preheat oven to 200°C, gas mark 6.
2. Dice the onion and potatoes if you are using these.
3. Slice the mushrooms.
4. Remove any skin or fat from the chicken and dice into small chunks.
5. Fry onion with the oil for 5 minutes.
6. Add the chopped chicken or potato and fry for another 5 minutes.
7. Add the other vegetables (mushrooms, peas and sweetcorn). Cook for another 5 minutes.
8. Pour in the chicken or vegetable mixture into your pie dish.
9. Open the can of soup and pour this over your mixture.
10. Roll your pastry if necessary and place on top of your pie dish. Trim away excess from the edges.
11. Decorate with trimmings if you have time and make an air vent in the middle using a knife.
Brush with milk.
12. Bake for 20 – 25 minutes.

Penne Fiorentina

Ingredients

1 red pepper
1 onion
1 clove garlic
250g penne pasta
1 x 15ml spoon oil
1 x can chopped tomatoes
Fresh basil leaves or 1 x 5ml spoon dried basil
150g baby spinach
Black pepper
100g mozzarella
20g grated parmesan cheese
Ovenproof dish

Equipment

Chopping board, vegetable knife, garlic press, large saucepan, frying pan, wooden spoon, colander, shallow oven proof dish.

Method

1. Bring a large pan of salted water to the boil, add the pasta and cook for 10-12 minutes.
2. Deseed and chop the red pepper.
3. Peel and chop the onion.
4. Peel and crush the garlic.
5. Heat the oil in a frying pan, add the peppers, onion and garlic and cook gently for about 5 minutes until the peppers and onion are soft.
6. Stir in the chopped tomatoes and basil. Simmer for 5 – 10 minutes.
7. When the pasta is cooked remove from the heat and stir in the spinach and allow it to wilt.
8. Drain the pasta and spinach thoroughly and then return to the saucepan.
9. Stir in the tomato sauce and mix. Season with black pepper.
10. Place the pasta sauce in a shallow ovenproof dish. Slice the mozzarella cheese and lay on top of the pasta. Add the grated parmesan cheese.
11. Heat the grill. Place the dish under the grill and cook until lightly browned.

Dutch apple cake

Ingredients

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x 5ml spoon baking powder
1 eating apple
1 x 5ml spoon cinnamon
1 x 5ml spoon Demerara sugar
Cake tin/medium sized open proof dish or foil trays.

Equipment

Weighing scales, mixing bowl, electric hand whisk, spatula, pastry brush, cooling rack, small bowl, fork, sieve, spoon, knife, chopping board, measuring spoons, cake tin or foil trays.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and line the cake tin or foil trays.
3. Cream the sugar and margarine together, using an 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 into a bowl, or onto a plate or piece of greaseproof paper.
7. Fold the flour and baking powder into 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, and then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.

Tomato and Basil Tart

Ingredients

Shortcrust pastry

100g plain flour

50g butter or margarine

2-3 x 15ml spoons cold water

Filling

2 tomatoes

50g cheese, e.g. Mozzarella, Gruyere or Cheddar

Handful of basil leaves

2 eggs

125ml semi-skimmed milk

Black pepper

7 – 8" pie dish

Equipment

Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, Victoria sandwich tin, fork, chopping board, knife, grater, measuring jug, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry:
 - Sift the flour into the bowl;
 - Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs;
 - Add the cold water and start to mix together;
 - Mix to form a firm, smooth dough.
 - Roll out the pastry, on a lightly floured surface.
 - Line the sandwich tin.
 - Trim the edges of the pastry using the palette knife.
 - Prick the bottom of the pastry with a fork.
3. Slice the tomatoes.
4. Slice the cheese.
5. Whisk the eggs and milk together in the measuring jug using the fork. Tear the basil into the mixture, then add a few twists of black pepper.
6. Pour the egg mixture into the pastry shell
7. Arrange the tomato slices and cheese, over the top.
8. Place on a baking tray and bake for 30 minutes, until golden and firm.

Quick 'V' Lasagne

Ingredients

1 onion
1 garlic clove
1 carrot
2 celery sticks
1 x 10ml spoon oil
100g cooked green lentils
1 can chopped tomatoes (400g)
1 x 5ml spoon mixed herbs
1 x 15ml spoon tomato puree
200ml crème fraîche, reduced fat
25g parmesan, grated
100ml semi-skimmed milk
Black pepper
6 lasagne sheets
Medium, deep ovenproof dish

Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, wooden spoon, frying pan and lid, measuring jug, small bowl, spoon, baking tray, ladle.

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Peel and chop the onion.
3. Peel and crush the garlic.
4. Peel and slice the carrot.
5. Slice the celery.
6. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.
7. Add the lentils, tomatoes, herbs and tomato puree.
8. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
9. Blend the crème fraîche, half the grated cheese, milk and pepper together in a small bowl.
10. Place an oven proof dish on a baking tray and spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraîche sauce. Repeat this, finishing with the sauce on top.
11. Sprinkle the remaining grated cheese on top and **bake for 20 minutes at home.**

Spicy bean burgers

Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs

Medium container

Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice, palatte knife, baking tray, colander.

Method

1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs.
3. Pour these crumbs into the mixing bowl.
4. Cut away the top of the chilli, and then de-seed.
5. Peel the onion.
6. Drain the red kidney beans.
7. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor.
8. Blitz together to form a thick paste-like mixture.
9. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.
10. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
11. Grill the patties for 8 minutes, turning over after 4 minutes.

NB. Best served in a pitta with salad but can be served with rice or potato.

Fajitas (steak or vegetable)

Ingredients

1/2 lime
1 clove garlic
1/2 green chilli
Small bunch coriander
1 x 10ml spoon oil
1 small steak (tofu is an alternative)
1/2 onion
1/2 green pepper
1 tomato
25g Cheddar cheese
2 tortillas
1 x 15ml spoon guacamole (or salsa), optional
Medium container

Equipment

Juicer, garlic press, 2 chopping boards, 2 knives, small bowl, 2 spoons, weighing scales, grater, measuring spoons, frying pan, wooden spoon.

Method

1. Prepare the marinade
 - Squeeze the lime.
 - Peel and crush the garlic.
 - De-seed and slice the chilli.
 - Chop the coriander.
 - Stir everything together with the oil.
2. Cut the steak into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Slice the onion and green pepper.
4. Chop the tomato.
5. Grate the cheese.
6. Add the marinated steak to the wok or saucepan and stir-fry for about 4 minutes.
7. Add the onion and green pepper and continue to cook for a further 2 minutes.
8. Spread a little steak in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Ratatouille

Ingredients

1 onion
1 clove garlic
1 small aubergine
1 green pepper
1 courgette
2 cans chopped tomatoes (800g)
1 x 10ml spoon oil
1 handful fresh basil
Large container

Equipment

Chopping board, knife, garlic press, measuring spoons, saucepan and lid, wooden spoon, can opener.

Method

1. Peel and chop the onion.
2. Peel and crush the garlic.
3. Dice the aubergine.
4. De-seed and chop the green pepper.
5. Slice the courgette.
6. Fry the onion and garlic in the oil for 5 minutes.
7. Add the aubergine and fry for a further 5 minutes.
8. Add the pepper, courgette and tomatoes.
9. Stir in the torn basil leaves.
10. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20 – 30 minutes.

Homemade pasta (serves 3)

Ingredients

1 egg, beaten
1/2 teaspoon salt
140g plain flour
2 tablespoons water
Medium container

Equipment:

Pasta machine, mixing bowl, small glass bowl, fork, measuring spoon, palette knife, measuring scales, flour dredger.

Method

1. In a mixing bowl, combine flour and salt. Make a well in the flour.
2. In a small glass bowl slightly beat the egg with a fork.
3. Pour the egg into the well in the flour, and mix. The mixture should form a stiff dough. If needed, stir in 1 to 2 tablespoons water.
4. On a lightly floured surface, knead dough for about 3 to 4 minutes. With a pasta machine or by hand roll dough out to desired thickness. Use machine or knife to cut into strips of desired width.

To cook the pasta:

1. Bring a large pot of lightly salted water to the boil.
2. Add the pasta, and cook for 2 to 3 minutes.
3. Fresh pasta cooks very quickly. It will float to the surface when fully cooked.
4. Drain, and mix with a little vegetable oil to stop it sticking together.
5. Transfer to take-home container.

Koftas with side salad (salad recipe on the next page)

Ingredients

1 small onion
1 clove of garlic
1/2 red chilli
200g lamb mince (quorn mince)
1 x 5ml spoon cumin
1 sprig of parsley, mint and coriander
1 egg (if you are using the quorn mince)

Medium container

Equipment

Chopping boards, knife, fork, palatte knife, food processor, flour dredger, skewers.

Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz.
5. Add the mince, cumin and herbs and blitz together. You will need to add the egg now if you are using the quorn mince as an alternative.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 8 balls.
7. Thread the meat balls onto the skewers.
8. Carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking. (The meat balls should be thoroughly cooked – no pink.).
10. Serve in a pitta with salad.

French Dressing

- ¼ clove garlic
- 1 teaspoon Dijon mustard
- 2 tablespoons white or red wine vinegar
- 6 tablespoons extra virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

Jam jar with lid

Equipment

Chopping board, knife, garlic press, measuring spoon, jam jar with lid.

Method

1. Peel and finely chop ¼ of a clove of garlic.
2. Crush the garlic.
3. Put the garlic, 1 teaspoon of Dijon mustard, 2 tablespoons of white or red wine vinegar and 6 tablespoons of extra virgin olive oil into a jam jar with a pinch of sea salt and freshly ground black pepper.
4. Put the lid on the jar and shake well.

Rough-puff pastry and a Few Cheese Straws!

Ingredients

375g strong plain flour

1 tsp fine sea salt

375g butter, at room temperature, but not soft

About 225ml cold water

100g grated cheddar cheese (to make 250g of cheese straws with some of the pastry)

1 tsp of English mustard powder

Large container

Equipment

Mixing bowl, measuring spoons, measuring jug, scales, sieve, flour dredger, rolling pin, palette knife

Method

1. Preheat your oven to 200C.
2. Sift the flour and salt into a large bowl. Roughly break the butter in small chunks, add them to the bowl and rub them in loosely. You need to see bits of butter.
3. Make a well in the bowl and pour in about two-thirds of the cold water, mixing until you have a firm rough dough adding extra water if needed. Cover with cling film and leave to rest for 20 mins in the fridge.
4. Turn out onto a lightly floured board, knead gently and form into a smooth rectangle. Roll the dough in one direction only, until 3 times the width, about 20 x 50cm. Keep edges straight and even. Don't overwork the butter streaks; you should have a marbled effect.
5. Fold the top third down to the centre, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to three times the length. Fold as before, cover with cling film and chill for at least 20 mins before rolling to use.
6. Weight out 500g of pastry and freeze down for next week's lesson when we do sausage rolls.
7. With the remaining dough mix in the grated cheese and mustard powder.
8. Roll out to a thickness of 5mm and cut into strips.
9. Cook in a preheated oven for 15-20 mins.

Sausage rolls

(makes 16 small sausage rolls)

Ingredients

500g Rough-puff pastry

6 sausages (approx 400g) or 400g sausage meat

A small bunch of fresh sage or rosemary, or a mixture of the two

1 lemon

1 small apple

Sea salt and freshly ground black pepper

1 egg

a splash of milk

Large container

Equipment

Chopping board, knife, grater, mixing bowl, small bowl, flour dredger, pastry brush, fork, rolling pin, Baking tray

Method

1. Preheat the oven to 220°C/425°F/gas 7.
2. Using a small sharp knife, cut a slit in each of the sausages.
3. Rip off and discard the skins, put the sausage meat into a bowl.
4. Pick and finely chop the sage or rosemary leaves and add to the bowl.
5. Finely grate the zest of the lemon into the bowl. Halve and core the apple, then chop into rough 0.5cm chunks.
6. Add the apple to the bowl with a pinch of salt and pepper, then scrunch and mix everything together with your clean hands.
7. Roll your pastry out until it's about 25cm by 35cm (like a tea towel) and just under 0.5cm thick, dusting with flour as needed.
8. Cut the sheet of pastry in half lengthways so you have two long strips.
9. Divide the sausage stuffing into two and roll each half into a sausage shape.
10. Lay each sausage shape down the middle of the pastry strips.
11. Beat the egg with a splash of milk in a small bowl.
12. Use a pastry brush to egg-wash the pastry on both sides of the sausage meat, then fold it over so the edges join up. Use the back of a fork to mark and seal the pastry all the way along the join so it is tightly wrapped up, pinch the ends closed.
13. Egg-wash the top of each roll, then cut each one into 8 pieces.
14. Place on a baking tray and cook in the hot oven for around 20 minutes, or until golden, crisp, puffed up and the sausage meat is cooked through.

Healthy Baked Chicken Nuggets

Ingredients

450g boneless skinless chicken breast
120g flour
2 tbs Parmesan Cheese
1 tps ground paprika
1 tps salt
1/4 tps ground black pepper
2 large eggs
90g bread crumbs
Oil spray

Equipment

Baking tray, chopping board, knife, three shallow dishes, fork, tong

Instructions

1. Preheat the oven to 400°F (200°C). Lightly spray a baking tray with oil.
2. Pat your chicken dry and cut into chunks or strips.
3. Prepare three shallow dishes.
 - To the first dish add the flour, paprika, salt and pepper and mix until combined.
 - To the second dish add the egg and parmesan cheese and beat well.
 - To the third dish add the breadcrumbs.
4. Coat your chicken chunks first with the flour and shake off any excess. Then dip the chunks into the beaten egg and finally coat with the breadcrumbs. Discard any leftover breadcrumbs and flour.
5. Distribute the coated chicken pieces evenly on the baking tray and spray the tops of the breaded chicken chunks with oil.
6. Bake for 20 minutes, turning the chicken nuggets once halfway through.

Chicken nuggets Dipping Sauce

Ingredients

120ml mayonnaise

60ml ketchup

1/2 teaspoon garlic powder

1/4 teaspoon Worcestershire sauce

1/2 teaspoon freshly ground black pepper, or more to taste

Equipment

Small bowl, measuring spoon, metal spoon, scale

Method

1. Whisk mayonnaise, ketchup, and garlic powder together in a bowl; add Worcestershire sauce to the mayonnaise mixture and whisk until smooth.
2. Sprinkle enough black pepper over the surface of the mayonnaise mixture to cover; stir to incorporate. Repeat sprinkling and stirring of black pepper.
3. Cover bowl with plastic wrap and refrigerate until the seasonings have blended into the sauce, at least 2 hours.

Spaghetti Chicken Carbonara

Ingredients

200g dried spaghetti

1 tbsp vegetable oil

8 slices bacon, cut into 1/2-inch pieces

1 medium onion, chopped (1/2 cup)

1 garlic clove, finely chopped

200g cooked chicken

90g grated Parmesan cheese

120g cup whipping (heavy) cream

Large container

Equipment

Medium saucepan, colander, frying pan, wooden spoon, slotted spoon, chopping board, knife, weighing scale, grater, tong.

Method

1. Cook the dried spaghetti for 10-12 minutes in boiling water.
2. Drain spaghetti as directed on package.
3. While spaghetti is cooking, fry the bacon in 1 tbs of oil in a large saucepan over low heat 8 to 10 minutes, stirring frequently, until crisp.
4. Remove bacon from saucepan with slotted spoon.
5. Drain most of the fat from saucepan, but leave approximately 1 tbs in the saucepan.
6. Fry the onion and garlic in the oil over a medium heat about 3 minutes, stirring frequently, until onion is tender.
7. Stir in the cooked spaghetti, chicken, cheese and whipping cream.
8. Cook, stirring occasionally, until heated through.
9. Toss with bacon and serve.

Chelsea Buns

Ingredients

250g strong white flour
½ teaspoon salt
15g margarine (to make dough)
25g margarine (to brush over buns)
125ml milk
1 sachet of quick acting yeast
75g currants
25g mixed peel
25g demerara sugar
1 teaspoon mixed spices or cinnamon
Deep-sided roasting tin

Equipment

Mixing bowls, sieve, mixing spoon, small glass bowl, measuring jug, rolling pin, weighing scales, round or square cake tin, knife and pastry brush.

Method

1. Grease a deep-sided roasting tin or Swiss roll tin.
2. Sift the flour and salt into a bowl.
3. Rub in 15g margarine.
4. Add the yeast.
5. Warm the milk until lukewarm.
6. Warm the milk in a small glass bowl in the microwave and add it to the flour mixture.
7. Mix into a soft dough.
8. Knead the dough for 10 minutes until smooth and elastic.
9. Roll out into a square (25cm x 25cm).
10. Brush melted margarine over the dough.
11. Sprinkle the currants, mixed peel, spice and sugar over the dough.
12. Roll up the dough like a Swiss roll.
13. Cut into 9 slices.
14. Arrange slices in deep-sided roasting tin, cover and leave to rise (until doubles in size).

FINISH COOKING THESE AT HOME

Bake at home for 20 minutes in a preheated oven to 220°C, gas mark 7.