

My Practical days are:
Week 1: _____ Week 2: _____

BELPER SCHOOL
Design & Technology: Cooking and Nutrition
Recipe book



YEAR 9 RECIPE BOOK

NAME _____

Tutor Group _____ **Technology Group** _____

Practical ingredients should be weighed out at home prior to your lesson. Preparation of your cooking ingredients is set as homework – if you have any issues with supplying ingredients please speak to your teacher!

During the lesson

Hygiene	Safety
<ul style="list-style-type: none"> • Wash your hands before beginning practical work • Tie back long hair • Do not wear nail varnish • Remove jewellery • Always wear an apron • Do not cough or sneeze on food • Do not lick your fingers • Make sure utensils and cutlery are washed and dried thoroughly • Clean all worktops at the end of the lesson 	<ul style="list-style-type: none"> • Do not run • Take care when using knives • Mop up spills immediately • Take care with electricity • Turn pan handles to the side • Use oven gloves to remove food from the oven • Be aware of the emergency exits and the procedure should there be a fire • Report any problems to your teacher • If you are not involved in practical work you should not sit near pupils who are preparing food <p style="margin-left: 20px;">Do not wear open toed sandals in practical lessons</p>

Week	Your choices	Date you need to bring ingredients	How did it turn out? & Next steps
1	Swiss roll (Whisking Method)		
2	Chilli OR Ratatouille (Working with high risk products / knife skills)		
3	Brownies OR flapjack (Melting Method)		
4	Popcorn chicken OR fish fingers OR vegetable kebabs (Coating and use of food processors)		
5	Short crust pastry (jam or lemon curd tarts) (Rubbing in method)		
6	BBQ Chicken OR Vegetable Couscous (Marinades and knife skills)		
7	Pitta Pockets and Hummus (Bread making and use of food processors)		

Objectives

We are learning to: Use the whisking method, with air as the raising agent in a recipe. Use the electric whisks safely.

What I'm looking for:

Must: Produce a sweet product using the whisking method with safe use of the electric whisk (DAEP)

Should: Produce a finished product, using the correct equipment at all times. The swiss roll will be neatly presented (MAEP)

Could: Produce a finished product which has excellent presentation and an even bake. The filling will be neat and there will be no burnt edges on the sponge. Work has been completed independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Swiss Roll (whisking method)

Ingredients List :

- 75g plain flour
- 75g caster sugar
- 3 eggs

- 200g jam
- 2 tsp caster sugar

Oven temperature: Gas Mark 6,
200°C

Bring from home:

- Airtight container

Preparation at home:

- Weigh and measure all ingredients

Cooking time: Bake for 8-10
minutes

Method:

- Heat the oven to 200°C/Gas 6.
- Grease and line a Swiss roll tin.
- Crack the eggs into a large clean mixing bowl, add the sugar.
- Whisk with an electric mixer until the sugar and eggs are pale & fluffy and "leave a trail" when the beaters are lifted out of the dish.
- Sieve in the flour and fold it in using a metal spoon or plastic spatula.
- Pour the mixture into the prepared tin, and bake for 8-10 minutes until golden brown.
- Meanwhile place another piece of greaseproof paper (A4 size) on the worktop. Sprinkle one teaspoon of sugar all over it.
- Turn the baked sponge out onto the sugared greaseproof paper.
- Use a sharp knife to trim away 1 cm from each edge of the sponge (this part often cracks when we try to roll it!)
- Spread the jam evenly over the sponge (to within 1cm of the edge).
- Roll the sponge and sprinkle the remaining 1 tsp of caster sugar along the top edge of the Swiss roll.

Storage - Allow to cool then place in an airtight container.

Extension task: Sainsbury's Active Kids Awards

Key words / terms:

Whisking
'leaves a trail'
Fold

Objectives

We are learning to: Safely prepare and cook a high-risk product (meat)

What I'm looking for:

Must: Produce a finished product demonstrating safe use of the cooker. (DAEP)

Should: Produce finished product, using the correct equipment at all times (avoiding cross-contamination) (MAEP)

Could: Produce a finished product, using accurate knife skills and working independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Chilli Con Carne

(Safe preparation of raw meat / knife skills)

Ingredients List:

- 225g lean minced beef
- 1 onion
- 1 tsp chilli powder
- 2 tbsp tomato puree
- 150 ml beef stock (made with 1 stock cube)
- 400 g can chopped tomatoes
- 200 g can kidney beans (drained)
- 1 pepper
- 1tbsp Worcestershire sauce

Bring from home:

Airtight container

Preparation at home:

Weigh and measure all ingredients

Why not change this recipe to a vegetarian recipe by changing the minced beef to Quorn for use soy sauce instead of Worcestershire sauce

Method:

- Peel and chop the onion.
- Wash the pepper and remove seeds. Chop.
- Crumble the stock cube into a measuring jug and add 150ml of boiling water from the kettle.
- Place the minced beef, onion and chilli powder in a large saucepan and heat on '8' for 5 - 10 minutes, until all the meat is brown.
- Add the tomato puree, the stock, chopped pepper and tomatoes and simmer for 10-15 minutes, stirring occasionally.
- Mix in the drained kidney beans and Worcestershire sauce. Allow to simmer for a further 5 minutes until the sauce has thickened.

Extension task: Sainsbury's Active Kids Awards

Key Words:

Simmer
Stock

Objectives

We are learning to: Safely prepare and cook a vegetarian dish using safe and accurate knife skills.

What I'm looking for:

Must: Produce a finished product demonstrating safe use of the cooker. (DAEP)

Should: Produce finished product, using the correct equipment at all times. (MAEP)

Could: Produce a finished product, using accurate knife skills and working independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Ratatouille (Knife skills)

Ingredients List :

- 60ml olive oil
- 1 medium onion
- 2 garlic cloves
- 1 red/green pepper
- 1 aubergine
- 1 courgette
- 2 tsp oregano
- 1 tsp sugar
- $\frac{1}{4}$ tsp salt
- 1 x 400g tin of tomatoes
- 2 tbsp tomato puree

Bring from home:

- Airtight container

Preparation at home:

- Weigh and measure all ingredients
- Chop onion

Method:

- Peel and chop the onion and crush the garlic cloves.
- Place the oil, onion and garlic in a large saucepan and gently fry for 5 minutes.
- Wash and chop the pepper (into 2.5cm pieces), slice the courgette, and chop the aubergine into 2.5cm chunks.
- Add the pepper, courgette and aubergine to the onions and cook for a few more minutes, stirring occasionally during cooking - until the aubergine and courgette are slightly softened.
- Add the tomatoes to the aubergine mixture.
- Stir in the oregano, sugar, salt and tomato puree.
- Cook for 15-18 minutes or until the vegetables are tender and the sauce has thickened slightly.

Storage - Allow to cool, cover and refrigerate.

Key words:

Aubergine
Courgette
Oregano
Tender

Extension task: Sainsbury's Active Kids Award

Objectives

We are learning to: Produce a sweet product using the melting method.

What I'm looking for:

Must: Produce a finished product, demonstrating safe use of the cooker hob. (DAEP)

Should: Produce an evenly baked product, needing little assistance. (MAEP)

Could: Produce a brownie or gingerbread product showing high levels of independent working (clearly demonstrating an understanding of the recipe) (DAEP)

Brownies (melting method)

Ingredients List :

- 100 g Margarine
- 40g cocoa powder
- 200g caster sugar
- 2 eggs beaten
- 1 tsp vanilla essence
- 50 g self raising flour
- 50 g chocolate chips or chopped walnuts(optional)

Cooking time: Bake for 25 - 30 mins

Bring from home:

- Airtight container
- 28 x 18 cm tin (if you have one - also available in school)

Preparation at home:

- Weigh and measure all ingredients

Method:

- Heat the oven to 180°C/Gas 4.
- Grease and line a tin 28 x 18 cm.
- Put the margarine in a large saucepan and allow to melt on a medium heat.
- Once the margarine has melted, remove from the heat and stir in the cocoa.
- In a separate bowl beat the eggs, sugar and vanilla essence until frothy and pale with a balloon whisk.
- Stir in the cocoa and margarine.
- Sieve in the flour and fold in gently
- Add the chocolate chips / chopped nuts.
- Pour the mixture into the tin and bake for about 25-30 minutes until the top is crispy and the inside soft.
- Leave in the tin until cold before cutting into squares. (once cooled turn out on to the table and cut up into squares)

Storage - Allow to cool then place in an airtight container.

Key words:

Melt
Cocoa
Vanilla essence

Flapjacks

Objectives

We are learning to: Produce a sweet product using the melting method.

What I'm looking for:

Must: Produce a finished product, demonstrating safe use of the cooker hob (DAEP)

Should: Produce an evenly baked product, needing little assistance. (MAEP)

Could: Produce a flapjack showing high levels of independent working - may have also chosen to add additional ingredients or decorated the flapjack with melted chocolate. (clearly demonstrating an understanding of the recipe) (EAEP)

Ingredients List:

- 200 g margarine or butter
- 100 g demerara sugar
- 4 x tbsp spoon golden syrup
- 250 g porridge oats
- 50 g plain flour
- Optional 50g dried fruit

Oven temperature: Gas Mark 4,
180°C

Bring from home:

- Airtight container

Preparation at home:

- Weigh and measure all ingredients

Cooking time: Bake for 15 - 20 minutes

Method:

- Heat the oven to 180°C, gas mark 4.
- Melt margarine/butter, sugar and syrup over low heat, stirring until dissolved.
- Remove from heat.
- Mix in porridge oats and flour (& dried fruit)
- Press into a well greased shallow tin.
- Bake for 15-20 minutes until golden brown.
- Mark into bars.
- Leave to cool before removing from tin.

Storage - Allow to cool then place in an airtight container.

Key words:

Demerara
Melting Method

Extension Task - Sainsbury's Active Kids Award

Objectives

We are learning to: To prepare and cook a savoury dish using one or more ingredients that provides a source of protein

What I'm looking for:

Must: Produce a finished product demonstrating safe use of the food processor. (DAEP)

Should: Produce a finished product with a dip, using the correct equipment at all times. Work is completed on time. (MAEP)

Could: Produce a finished product with a dip, using accurate knife skills and working independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Popcorn chicken

(To prepare and cook a savoury dish using one or more ingredients that provides a source of protein)

Ingredients

- 25g salted popcorn
- 85g breadcrumbs (or 100g breadcrumbs if not using popcorn)
- 1 tsp smoked paprika
- 50g plain flour
- 1 large egg
- 2 skinless chicken breasts

From home

- A tupperware style container

Preparation at home

- Weigh and measure all ingredients

Method

- Preheat the oven to 190C & grease an oven proof tray
- Cut the chicken in long thin strips on a RED chopping board. (Wash hands after handling raw meat).
- Put the popcorn, bread or breadcrumbs in a food processor and blend until finely chopped. Place onto a paper towel.
- Whisk the egg with a fork in a bowl
- In a separate mixing bowl mix the flour and the paprika
- Dip the chicken strips first into the seasoned flour, then into the egg mixture, and finally into the popcorn breadcrumbs - press the crumbs onto the chicken to help them stick. Continue until all the chicken pieces are coated
- As they the chicken is coated place it on the oven proof tray.
- Bake for 10-12mins until the breadcrumbs turn golden brown and the centre of the chicken reaches 75+°C on a temperature probe.

Storage - Chicken is a high risk food. It must be chilled and stored in a fridge.

Key words

Chicken
Paprika
Coriander

Objectives

We are learning to: To prepare and cook a savoury dish using one or more ingredients that provides a source of protein

What I'm looking for:

Must: Produce a finished product demonstrating safe use of the food processor. (DAEP)

Should: Produce a finished product with a dip, using the correct equipment at all times. Work is completed on time. (MAEP)

Could: Produce a finished product with a dip, using accurate knife skills and working independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Fish Fingers

(To prepare and cook a savoury dish using one or more ingredients that provides a source of protein)

Ingredients

- 100g bread
- 500g skinless salmon fillet
- 3tbs plain flour
- 2 eggs

From home

- A tupperware style container

Preparation at home

- Weigh and measure all ingredients

Method

- Preheat the oven to 220°C & grease an oven proof tray
- Whiz the bread into crumbs in a food processor.
- Cut the salmon fillets into equal-sized fingers. Depending on the size of the fillets, you should be able to make 6-8 fingers from each.
- Measure the flour onto a paper towel.
- Break the eggs into a shallow bowl and beat lightly with a fork until the yolk and white are combined.
- Place the breadcrumbs onto a paper towel.
- Season the flour with black pepper to taste (if using).
- Take each of the salmon fingers in turn and firstly roll them in the flour, then in the beaten egg and finally in the breadcrumbs, evenly coating each one.
- Arrange the coated fish fingers on the oiled baking tray and wash your hands after touching the raw fish.
- Bake in the oven for 8-10 minutes, turning halfway through cooking, until crisp and golden.

Storage -Fish fingers must be chilled and stored in a fridge.
(They can be frozen too!)

Key words

Skinless
Fillet
Breadcrumb

Objectives

We are learning to: To prepare and cook a savoury dish using one or more ingredients that provides a source of protein

What I'm looking for:

Must: Produce a finished product demonstrating safe use of the food processor. (DAEP)

Should: Produce a finished product with a dip, using the correct equipment at all times. Work is completed on time. (MAEP)

Could: Produce a finished product with a dip, using accurate knife skills and working independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Haloumi Kebabs

(To prepare and cook a savoury dish using one or more ingredients that provides a source of protein)

Ingredients

1 pack Haulomi
1 courgette, thickly sliced
5 mushrooms, halved
1 yellow pepper, thickly sliced
8 cherry tomatoes, whole
1x tbsp spoon oil
1 garlic clove, crushed
1x tsp spoon mixed herbs
6 x bamboo skewers

From home

- A tupperware style container

Preparation at home

- Weigh and measure all ingredients

Method

- **Method**

Soak bamboo skewers in cold water before use in order to reduce the risk of them burning.

- 1. Cut the haulomi cheese into large cubes.
- 2. Prepare the vegetables using a white chopping board.
 - Thickly slice the courgette (1cm thick)
 - Halve the mushrooms
 - Cut the yellow pepper into chunks
- 3. Thread the haulomi and vegetables onto kebab sticks.
- 4. Mix the oil with the herbs and garlic.
- 5. Brush the oil over the haulomi and vegetables.
- 6. Barbeque, grill or oven bake until brown, turning occasionally (10-15 minutes).
-

.Storage - kebabs should be chilled and stored in the fridge.

Key words

Barbeque
Haulomi
Bamboo
Skewers

Objectives

We are learning to: Prepare a sweet and a savoury product using pastry made from fresh ingredients compared to using a standard component (pre-bought pastry)

What I'm looking for:

Must: Prepare jam or lemon curd tarts and neatly cutting out pastry and not overfilling with jam or custard. (DAEP)

Should: Produce tarts, streusel or current slice, using correct equipment at all times. (MAEP)

Could: Produce a finished product which has excellent presentation and an even bake. The filling will be neat and pastry thinly rolled. Work has been completed independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

Jam/Lemon-Curd Tarts

(rubbing in method, rolling, shaping & baking pastry)

Sweet recipe:
Make your own
pastry

Ingredients List :

- 200g plain flour
- 50g margarine (or 100g margarine & NO lard)
- 50g lard or white cooking fat
- 4 tbsp cold water*

1 jar of jam/lemon-curd

Oven temperature: Gas Mark 6,
200°C

Bring from home:

- Airtight container

Preparation at home:

- Weigh ingredients.

Cooking time: Bake for 10
minutes

Method:

- Heat the oven to 200°C/Gas 6.
- Sieve the flour into a large bowl.
- Cut the margarine and lard into small pieces using a palette knife, and add to the flour. Stir with the palette knife.
- Rub in the mixture with fingertips, until it resembles fine breadcrumbs.
- Collect cold water in a measuring jug then take from this 4tbs cold water to add to your mixing bowl. Stir with a palette knife.
- Bring together into a dough with your hands (some more water may be needed).
- Roll and cut out the pastry.
- Put the pastry into pate tins, and place one tsp of jam in each pastry case (you may need to stir the jam first to soften it).
- Bake for 10 minutes until pastry is firm.
- Remove from the oven and allow to cool before moving them. (Be careful - hot jam sticks and burns badly!)

Storage - Allow to cool then place in an airtight container and refrigerate.

Extension:

Sainsbury's Active Kids Award

Key words / terms:

Pastry

Plain flour

Margarine

Objectives

We are learning to: make a dish including a homemade sauce

What I'm looking for:

Must: Preparation of the product, following the instructions and demonstrating the correct method (DAEP)

Should: Prepare the product, using the correct equipment at all time. Follow hygiene guidelines for preparing a high-risk product (MAEP)

Could: Produce a finished product which has excellent presentation. Work has been completed independently whilst demonstrating excellent hygiene and safety throughout. (EAEP)

"Barbecued" chicken

(this recipe has been adapted from www.jamieshomecookingskills.com)

Ingredients

1 orange
1 dried chilli*
1 heaped teaspoon smoked paprika*
1 teaspoon English mustard *
2 tablespoons runny honey
2 tablespoons tomato ketchup
olive oil *
freshly ground black pepper*
2 x 125g chicken breasts,

From home

Container to take them home in

Preparation at home

Weigh & measure ingredients



BBQ chicken is not a full meal - you need to make accompaniments!

1. Finely grate half of orange zest into a mixing bowl & squeeze in the juice from 1 half of the orange.
2. Crumble in the dried chilli (Chilli is an irritant WASH YOUR HANDS after handling)
3. Add the paprika, mustard, honey, tomato ketchup and a splash of olive oil.
4. Season with black pepper and mix well to make a barbecue sauce .
Add the chicken breasts to the bowl of marinade. Turn them over in the marinade so they're well coated.
5. Collect a frying pan and place it on the hob on HIGH (8).
6. Put your chicken breasts into the pan. Cook until golden and cooked through (add more of the orange sauce if your pan looks very dry - Baste the chicken).
7. Check that the centre of the chicken reaches 75C using a temperature probe.

Storage - Chicken is a HIGH RISK food, once cooled store in the fridge.

Extension task: Sainsbury's Active Kids Award

Key Words
Marinade
Baste / basting

Objectives

We are learning to: Prepare a savoury dish (To investigate what happens when rice & other carbohydrate foods are cooked/prepared.)

What I'm looking for:

Must: Prepare the product, follow the instructions & demonstrate the correct safe use of knives (DAEP)

Should: Prepare the product, using the correct equipment at all time. The vegetables will be cut into consistent sized pieces & students work independently. (MAEP)

Could: Produce a finished product which has excellent presentation. Work has been completed independently whilst demonstrating excellent hygiene and safety throughout. Students make their own salad dressing. (EAEP)

Vegetable Couscous Salad

(taken from licence to cook)

Ingredients

175ml water, boiling*
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
 $\frac{1}{2}$ cucumber
 $\frac{1}{2}$ yellow pepper
4 dried apricots (optional)
1 x 15ml spoon parsley
2 x 15ml spoons low fat dressing
OR make your own salad dressing using...
3tbs lemon juice / lime juice
3tbs extra virgin olive oil
Salt & pepper

*Available from school

Bring from home

- A "tupperware" style container

Preparation at home

- Weigh and measure all

This is an easy recipe, if you think you will have time, why not make your own salad dressing?

All you need to do is put equal quantities of lemon or lime juice and olive oil in a jam jar with a sprinkle of salt and pepper. Fasten the lid well & shake hard!



Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressina.

Store the couscous salad in the fridge.

Key Words

Couscous
Dissolving
Cucumber

Extension Task - Sainsbury's Active Kids Award

Hummus in pitta pockets

Objectives

We are learning to: make a healthier option main meal dish or snack which shows the use of a food processor

What I'm looking for:

Must - make the two elements of the dish safely & successfully. (DAEP)

Should follow the recipe and use the food processor fairly independently. (MAEP)

Could follow the recipe with no help. Complete practical work, help others and complete the extension task. (EAEP)

Ingredients

- 400 g tin chick peas
- salt and pepper*
- 1 tsp ground cumin*
- 1 clove garlic* (crushed)
- juice of 1 lemon
- 4 tbsp olive oil
- a pinch of cayenne pepper*
- 30p for your pitta bread ingredients

Salad leaves (optional) and your choice of salad ingredients

From Home

Airtight container e.g. 1 litre
Tupperware type

Preparation at Home

Weigh and measure all ingredients

*available from school

Method

1. Preheat the oven to 200 °C & grease a baking tray.
2. Add 70ml of WARM water into the mixing bowl with the flour, salt, dried yeast and olive oil. Stir with a palette knife.
3. Knead for 5 minutes to form a soft dough.
4. On a lightly floured surface, divide it into 3 equal pieces and shape into balls.
5. Place a baking tray in the oven to heat up whilst you shape the dough
6. Roll out each ball of dough in turn to an oval about 5mm thick and 15cm long. (it should look like the sole of a shoe)
7. Place 3 pitta breads on the baking tray and bake for 4-6 minutes, or until puffed up; they do not need to brown.
8. Put all of the ingredients for the hummus in a food processor, and blend until smooth.
9. Serve with warmed pitta bread - add mixed salad.

Next Steps - have a go at the Sainsbury's Active Kids Award

Storage - When it has cooled - in a refrigerator.