

Name:

Class:

Year 9 Recipe Booklet



Cooking contents

This year you will be making a range of different exciting dishes. You will also have the opportunity to make some dishes of your choice. You will always watch a cooking demonstration. The recipes in the booklet are the recipes I will be demonstrating and it is made clear if you have the option to select your own recipe rather than follow the recipe provided.

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16. Festival Dish of choice

Curried Chicken and Rice

Ingredients

1 onion
1 red pepper
1 tomato
2 tbsp. oil
150g long grain rice
2 chicken breasts
Handful of peas
550ml water
1 vegetable stock cube
 $\frac{1}{2}$ tsp chilli flakes
 $\frac{1}{2}$ tsp turmeric
1 tsp curry powder

Equipment

Chopping board
Knife
Measuring jug
Saucepan
Wooden spoon
Scales
Table spoon

Skills

Simmering
Seasoning
Chopping
Frying

Method

1. Prepare your vegetables: dice the onion, dice the pepper and chop the tomato. Chop the chicken into large chunks
2. Add 1 tbsp.of oil to the saucepan, add the onions and fry for 5 minutes until softened.
3. Add the chicken, turmeric, curry powder and chilli flakes. Cook for another 5 minutes,
4. Add the pepper and rice. Stir until covered in the seasoning.
5. Add the water and when boiling add the stock cube, chilli flakes and curry powder and lower the heat
6. Season with salt, pepper and some more chilli if needed
7. Simmer for 15min until the rice is cooked, stirring frequently. Stir the tomato's through in the last few minutes.

Enchiladas

Ingredients

4 wraps
1 pepper
1 onion
1 can of black beans
2 Chicken breasts
Optional: Small chilli
100g grated cheese

For the sauce:

Tomato Passata
Salt
½ tsp Chilli powder
½ tsp Paprika
½ tsp Ground cumin
Pinch of mixed herbs

Method

1. Slice the onions, peppers and chicken into strips.
2. Fry the chicken or mince for a few minutes until seared, then add the onions, peppers and seasoning. Stir well so all the ingredients are covered with the seasoning. Cook for a few minutes until soft.
3. Stir through the beans and heat thoroughly. Switch off and leave to one side.
4. In a saucepan mix together the passata and seasoning, bring to the boil.
5. In your wrap, add a spoonful of the tomato mixture, followed by the enchilada mixture and a sprinkle of cheese. Place in the baking tray. Repeat with the remaining wraps.
6. Cover with the remaining sauce and cheese and bake in the oven until bubbling and golden brown.

You are welcome to make a Mexican dish of your choice, for example fajitas, burritos or nachos.

Sausage Pasta

Ingredients (serves 2)

1 onion
1 carrot
1 stick of celery
4 sausages , (250g in total)
1 tsp dried oregano
Optional: dried chilli flakes
1 tsp dried rosemary
4 cloves of garlic
2 tablespoons balsamic vinegar
1 tin of chopped tomatoes
300 g dried penne
olive oil

Equipment

Grater
Fork
Bowl
Chopping board
Knife
Frying pan
Wooden spatula
Saucepan

Method

1. Fill up a pan half way with water and put on the hob to the boil. When the water is boiled add the pasta.
2. Finely chop the onion, celery and garlic. Grate the carrot.
3. Heat up the oil in the pan and squeeze out the sausage meat from the skins. Add the oregano, rosemary and dried chilli flakes if using.
4. Cook for 5 minutes and then add the chopped vegetables and garlic.
5. Add the can of chopped tomatoes, fill the can up half way with water and add to the mixture. Leave to simmer for 10 minutes. Stir through the balsamic vinegar.
6. When the pasta is cooked add to the sauce and mix thoroughly. Serve with grated parmesan.

You are welcome to follow this recipe, make a chilli con carne or a spaghetti Bolognese.

Mushroom and Parsley Risotto

Ingredients

One large white onion
Two celery sticks
1 garlic clove
15g butter
250g mixed mushrooms
½ pack of fresh parsley
1 vegetable stock cube
400ml boiling water
200g risotto rice
50g grated parmesan

1. Finely dice the onion, finely slice the celery and mince the garlic. Pick the parsley leaves off the stem and finely chop.
2. Soften the onion, garlic, celery and parsley stalks in oil for 10 minutes.
3. Meanwhile cut the squash into chunks and put the squash, if using or mushrooms onto a baking tray. Drizzle with oil and roast for 20 minutes.
4. Make the stock by putting the stock in a jug and adding the boiling water. Stir until the stock cube dissolves.
5. Add the rice to the frying pan with the onions and fry for a few minutes. Add the stock in a ladle at a time, stirring as you add until it is absorbed. Repeat until the rice is cooked.
6. Chop up half the roasted vegetables and add to the rice along with the parmesan, butter and chopped up parsley.
7. Serve with the remaining vegetables on top.

Tomato risotto

Ingredients

One large white onion
Two celery sticks
1 garlic clove
15g butter
1 red pepper
½ can chopped tomatoes
100g chorizo
1 vegetable stock cube
300ml boiling water
200g risotto rice
50g grated parmesan

1. Finely dice the onion, finely slice the celery and mince the garlic. Dice the pepper into 2cm size pieces.
2. Soften the onion, garlic and celery for 10 minutes.
3. Make the stock by putting the stock in a jug and adding the boiling water. Stir until the stock cube dissolves and add the tomatoes.
4. Add the rice and pepper to the frying pan with the onions and fry for a few minutes. Add the stock in a ladle at a time, stirring as you add until it is absorbed. Repeat until the rice is cooked.
5. Stir through the butter and parmesan. Serve.

Shepherds/Cottage Pie

Ingredients

For the filling:

200g minced beef/lamb
1 onion
1 carrot (grated)
1 stock cube
1 tbsp flour

For the mash:

300g potatoes
10g butter or margarine
50ml milk

Optional:

25g grated cheese for top
Baked beans
Sweetcorn
Gravy granules

Equipment:

Sauce pan, chopping board, knife,
wooden spoon, jug, sauce pan,
grater, peeler, masher

Skills:

Simmering, seasoning, chopping,
mashing, frying,

Method

1. Peel and chop potatoes evenly. Just cover with fresh cold water. Add 1 level tsp of salt. Bring potatoes to boil and then simmer for 20 minutes (time them from when they come up to boil).
2. Chop the onions finely. Grate the carrot.
3. Gently fry the onions until translucent and soft. Add the mince and cook. Once the mince is browned add the grated carrot.
4. Add stock cube and 200ml water to the mixture and bring to boil, stirring in the stock cube.
5. When potatoes are cooked, drain through a colander and mash them finely, adding butter and milk to soften and give a creamy consistency. Add pepper if wanted.
6. Place meat sauce into an ovenproof dish. Place mashed potatoes evenly over the meat. Smooth and then fork mixture round, following the shape of the dish.
7. Cover with grated cheese. Cook for 25 minutes.

Mini bake well tarts

Ingredients

Pastry:

50g margarine
85g almond flour or self
raising flour
20ml cold water

Filling:

50g margarine
50g caster sugar
50g self raising flour
1 egg

6 tsp. jam

Equipment

Wooden spoon
Knife
Small bowl
Jug
Tablespoon
Table spoon
Rolling pin
Pastry tin

Method

For the pastry

1. Weigh out the butter and plain flour. Rub together until it looks like breadcrumbs.
2. Add the water little by little until it combine to a stiff dough
3. Roll out thinly and place it in the round pastry tin and cut off excess edges

For the sponge:

1. Filling; Cream butter and sugar together and then add the egg and beat together
2. Add flour and mix well

To construct

1. Add a layer of jam
2. Spoon the filling on top of the jam
3. Bake in the oven 15-20min

Thai Green Curry

Ingredients

2 Chicken breast
1 Carrot
1 Onion
1 clove of garlic
1 tbsp. oil
4 tsp curry paste
1 tin of coconut milk
Optional: Fresh Chilli

Equipment

Knife
Chopping board
Wooden spoon
Wok
Teaspoon
Can opener

Skills

Slicing
Seasoning
Frying

OPTIONAL
VEGETABLES: There
are so many different
vegetables you can use
in Thai green curry such
as....

Courgette, pepper, green
beans, mangetout baby
corn, broccoli and
mushrooms.

Instead of chicken you
can use....

Pork, beef, lamb, fish or
prawns.

Method

1. Peel and chop the onion into slices. Chop the carrot into julienne style pieces. The garlic should be chopped finely.
2. Cut your chicken into thin strips.
3. Start heating oil in the pan, when hot, add your chicken.
always make sure the pan is sizzling hot when your cooking with a wok
4. Fry for a few minutes until the outside is white. Add the vegetables and fry for another few minutes.
5. Add the curry paste and stir well.
6. Add the coconut milk and simmer for a couple of minutes. * always check the chicken is cooked through before serving (white, no pink)
7. Serve instantly with some basmati rice.

You are welcome to make an Asian dish of your choice.

Lasagne

Ingredients

6 Lasagne sheets

Sprinkle of cheese for the top

1 tomato

For the Filling

250g Mince Meat

1 onion

1 tin of tomatoes

Salt, pepper, herbs

For the Sauce

30g butter

30g flour

300 ml Milk

60g Cheese

Equipment

Chopping board, knife, jug,
grater, whisk, wooden spoon,
frying pan, sauce pan

Skills

Chopping, dicing, mincing, frying,
seasoning, weighing, measuring,
making a bechamel sauce,
portioning, baking.

Method

1. Chop onion and garlic
2. Start frying the onion and garlic add the meat.
3. When meat is cooked, add the tomatoes and simmer until thickened, add seasoning
4. Making the sauce: in the saucepan melt the butter and flour.
5. When melted switch off the heat and add the milk, little at a time then mixing in.
6. When ALL the milk is mixed in then switch the heat on and constantly whisk until its thickened (boiling point). Switch off and stir through the cheese.
7. **CONSTRUCTION – ½ mince, pasta, ½ cheese sauce. Repeat: ½ mince, pasta, ½ cheese sauce.**
8. Add your remaining grated cheese on top and a sliced tomato.
9. Bake for 40 minutes.

Vegetarian lasagne

Ingredients

6 Lasagne sheets
Sprinkle of cheese for the top
1 tomato

For the filling:

1 pepper
1 onion
1 courgette
1 can lentils
1 can chopped toms

For the sauce:

30g butter
30g flour
300 ml Milk
60g Cheese

Equipment

Saucepan, weighing scales, grater, chopping board, measuring jug, wooden spoon, whisk, ovenproof dish

Skills

Chopping, dicing, mincing, frying, seasoning, weighing, measuring, making a bechamel sauce, portioning, baking.

Method

1. Finely dice the onion.
2. Slice the courgette and chop the pepper into large squares.
3. Gently fry the onion until translucent. Add the peppers and courgette and fry for another 5 minutes.
4. Add the lentils, chopped tomatoes and seasoning. Mix well and leave to simmer on a low temperature.
5. Making the sauce: in the saucepan melt the butter and flour.
6. When melted switch off the heat and add the milk, little at a time then mixing in.
7. When ALL the milk is mixed in then switch the heat on and constantly whisk until its thickened (boiling point). Switch off and stir through the cheese.
8. **CONSTRUCTION – ½ filling, pasta, ½ cheese sauce. Repeat: ½ filling, pasta, ½ cheese sauce.**
9. Add your remaining grated cheese on top and a sliced tomato.
10. Bake for 40 minutes.

Tuna Pasta Bake

Ingredients

100g macaroni
100g Cheddar cheese
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper
1 can of tuna
1 small can of sweetcorn

Equipment

Saucepan, weighing scales,
grater, chopping board,
measuring jug, wooden spoon,
whisk, ovenproof dish

Skills

Grating, mixing, weighing,
seasoning, making a roux sauce,
slicing

Method

1. Pre-heat the oven to 180C. Grate the cheese, slice the tomato and measure the milk.
2. Melt the butter and flour until mixed into a paste.
3. **Switch the heat off.** Add the milk a tiny bit at a time, only adding more once its all mixed in
4. **Switch the heat on.** Bring the sauce to a simmer, whisking it all the time until it has thickened. Stir through $\frac{3}{4}$ of the cheese.
5. Mix in the pasta and season with salt and pepper. Pour into an oven proof dish.
6. Cover with grated cheese and sliced tomato. Bake in the oven for 20-25 minutes until golden brown.

You are welcome to make a pasta bake of your choice.

Carrot Cake

Ingredients

75g margarine
1 carrot
100g sugar
1 large egg
100g plain flour
½ tsp. Mixed Spice



Equipment

Grater, measuring scales, mixing bowl, wooden spoon, sieve, sauce pan, jug, fork

Skills

Grating, melting, mixing, weighing
baking

Method

1. Heat the oven to 180degrees.
2. Grate the carrot into the bowl. Weigh out the sugar and add to the carrot.
3. Melt the margarine on the hob in a sauce pan and add to the carrots and sugar. Mix well.
4. Sift in the flour, mixed spice and baking powder.
5. Beat the eggs in a jug, and then add to the mixture.
6. Mix until all the ingredients are combined.
7. Transfer the mixture to a small tin or muffin cases (makes about 6 large muffins).
8. Bake for 15-20 minutes.

You are welcome to make any cake or tray bake of your choice but it must include fruit.

Brownies

Ingredients

100g butter

110g dark chocolate (it MUST be dark)

Extra chocolate chunks of your choice to go into the mix

2 eggs

75g Sugar

50g muscovado sugar

75g plain flour

Equipment

Saucepan, metal bowl, spoon, jug, weighing scales, baking tin

Skills

Melting, using a bain-marie, mixing, baking

Method

1. Place margarine, muscovado sugar and chocolate in the bowl and place on top of sauce pan with water.
2. Leave until melted and stir well.
3. In a separate bowl, mix eggs and caster sugar well.
4. Stir in the chocolate mix.
5. Add the flour and mix until all the flour is combined.
6. Add mixture to a greased baking tray
7. Bake in the oven 30-35min until shiny and does not wobbly when shaken.

Build your own Kebab

Ingredient choices:

Protein

Chicken

Beef

Lamb

Pork

Haloumi

Tofu

Carbohydrates

Pasta

Couscous

Rice

Bulgar Wheat

Quinoa

Vegetables (pick 3)

Mushrooms

Cherry Tomatoes

Onion

Courgette

Pepper

Marinade of your choice (we will also provide a range of marinades).

Equipment

Chopping board, knife, baking tray, baking paper, saucepan.

Skills

Developing and adapting a recipe, chopping, roasting, seasoning, boiling.

Method

1. Preparing the protein and the vegetables and marinating. These will be put onto skewers and roasted and served with your choice of carbohydrate.

You are welcome to adapt this recipe. You can also prepare a salad of your choice or bring in ingredients to add to your carbohydrate side. Be creative!

Homemade chips and curry sauce

Ingredients

1 onion
1 garlic clove
2.5cm ginger
1 teaspoon soy sauce
100 - 200ml coconut milk
300ml water
1 tsp turmeric
2 tbsp curry powder
1 tbsp plain flour
1 stock cubes
1-2 large potatoes
Olive oil
Salt and pepper

Equipment

Chopping board
Knife
Frying pan
Wooden spoon
Sieve
Baking tray

Method

1. Prepare your vegetables: Cut your potato, skin on into wedges or fries, finely dice the onion, mince the garlic and ginger.
2. Put the potato wedges/fries onto a baking tray lined with baking paper. Drizzle with oil, salt and pepper and roast for 30 minutes, turning once.
3. Fry your onion, garlic and ginger in 1 tbsp oil for 5 minutes.
4. Add the curry powder, turmeric and cook for a few more minutes.
5. Add the flour and mix. Add your stock cube and slowly add the water, constantly stirring. Then slowly add the coconut milk, constantly stirring.
6. Add 1tsp sugar and soy sauce, mix thoroughly.
7. Sieve your sauce before serving with your wedges/chips.

Pizzas

Ingredient

200g strong white bread flour,
plus extra for dusting

50g ground semolina (or extra
flour)

1 tsp salt

1 tsp dried yeast

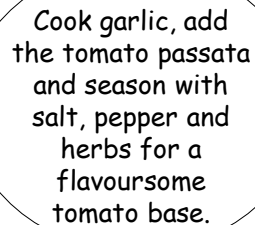
1 tbsp oil

100-125ml warm water

Toppings of your choice

Grated cheese

Tomato passata



*Cook garlic, add
the tomato passata
and season with
salt, pepper and
herbs for a
flavoursome
tomato base.*

Equipment

Knife, chopping board, wooden
spoon, bowl, jug, grater, rolling
pin, cookie cutter

Skills: Rich yeast dough,
kneading, baking, grating,
shaping,

1. Pre-heat the oven to 200°C Weigh flour and add to a bowl, add yeast and salt and oil
2. Create a well in the middle of the flour and add the oil, then gradually add the warm water and mix (**make sure not to add all at once or the dough will be too wet**)
3. When smooth, work the dough on the worktop until elastic and smooth, set aside to rise while preparing the filling (if you have plenty time, leave your dough in a warm place to prove for around an hour).
4. Wash, peel, slice your vegetables, grate the cheese.
5. If using any meat – prepare that too.
6. When all is prepared, roll out the dough thinly on a baking tray covered with baking paper.
7. Add the tomato sauce, toppings and cheese.
8. Bake until crispy (10-15min)