

Name:

Class:

Year 8 Recipe Booklet



Cooking contents

What will you be cooking this year?

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2. Dutch Apple cake
3. Sausage rolls
4. Chilli-con-carne
5. Marble Cake
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8. Adapt your mac and cheese recipe
9. Banana pancakes
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11. Apple crumble
12. Tomato and basil quiche
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16. Chocolate orange cookies
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18. Creamy chicken pie
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Stir Fry

Ingredients (serves 2)

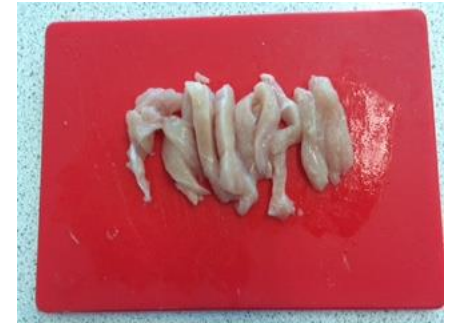
1 chicken breast
1 pepper
1 onion
1 garlic clove
1 carrot
Small piece of ginger
Tsp mixed spice
Splash of soy sauce
 $\frac{1}{2}$ chilli
Tbsp oil
2 nest of noodles

Equipment

Knife
Chopping board
Wooden spoon
Wok

Skills

Slicing
Frying
Seasoning



1. Cut the onion and the pepper into thin slices. Chop your carrot into thin match stick style slices.

2. Cut the skin from the ginger and cut into small pieces. Cut the garlic into small pieces.

3. Cut your chicken in long strips. Put water on for the noodles. When boiled cook for 4 mins.



4. Heat the oil and add the chicken, cook until the outside has turned white. Then add the ginger, garlic and chilli



5. Add your vegetables and cook for a couple of minutes.



6. Add your soy sauce, salt and pepper. Fry for another few minutes.

Tip:
Don't over cook the dish as stir fry should be slightly crunchy.

Serve with egg noodles or rice.

Dutch Apple Cake

Ingredients

110g Sugar
110g Margarine
110g Self Raising Flour
1 Apple
1 tsp. Cinnamon
1 tsp. Demerara Sugar
2 eggs

Equipment

Chopping board, Knife,
Measuring scales, Mixing bowl,
Wooden spoon, Sieve, spatula,
jug, 6 muffin cases

Skills

Grating
Creaming method
Mixing
Weighing
Baking
Seasoning
Slicing

Method:

1. Beat butter and sugar until pale and creamy.
2. Whisk the eggs in a jug and add the egg little by little.
3. Add the flour and fold until combined.
4. Evenly divide your mixture between 6 cupcake cases.
5. Thinly slice or dice your apple. Mix the cinnamon and sugar together.
6. Arrange the apple slices on the cake and sprinkle over the sugar cinnamon mix. Bake for 20 minutes until golden and well risen.

Sausage rolls

Ingredients

375g pack of sausage meat
OR pack of 12 sausages
1 ready rolled puff pastry
1 egg
Salt and pepper
Mixed herbs

Optional extras:

Cheddar cheese
1 red pepper
1 red onion
2 garlic cloves
4 rashers bacon
2 celery sticks

Equipment

Frying pan, spatula, mixing bowl, chopping board, knife, grater, baking tray, egg brush and bowl, scraps bowl.

Skills

Frying, seasoning, portioning, baking.

Method:

If you are not adding any extras start from step 3:

1. Half and thinly slice any vegetables you are using, Mince your garlic and slice the bacon. Grate the cheese
2. Fry any vegetables until soft, fry the bacon until slightly crisp. Mix the fried vegetables and bacon with the sausage meat.
3. Add salt, pepper and mixed herbs to your sausage meat. Make sure you season it well.
4. Roll out your pastry and cut in half horizontally. If you are using cheese, sprinkle the cheese on the pastry.
5. Split your sausage meat in half and lay out half on each half of the pastry. Brush the edge with water, fold the pastry and seal.
6. Brush with egg and cut into bite size pieces. Place on a baking tray with baking paper and cook for 20 minutes until golden.

Extension: Try plaiting the pastry around the sausage meat for a decorative look.



Chilli-con-carne

Ingredients

250g-500g minced beef or
quorn mince

1 onion

1 pepper

1 carrot

2 garlic cloves

Can of chopped tomatoes

Can of kidney beans

1 stock cube

2 tbsp tomato puree

2 tsp chilli powder

1 tsp paprika

1 tsp ground cumin

1 tsp mixed herbs

Equipment

Chopping board, knife, grater,
frying pan, spoon, tea spoon,
table spoon.

Skills

Chopping, frying, grating,
seasoning.

Method:

1. Prepare all the vegetables; dice the onion, and pepper, grate the carrot and mince the garlic.
2. Meanwhile, heat a small amount of oil in your frying pan and fry the onions until softened, around 10 minutes. Add your garlic, peppers. Grated carrot and seasoning.
3. Leave to cook for around 5 minutes and then add your mince. Cook the mince until it is all brown (no pink).
4. Add the chopped tomatoes, 200ml of water, stock cube, drained kidney beans and 2 tbsp of tomato puree.
5. Stir well, turn down the heat and simmer for 15-20 minutes stirring occasionally

Practical Assessment 1: Marble Cake

Ingredients

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 x 15ml spoon coco powder

Equipment

Mixing bowl
Measuring bowl
Measuring scales
Wooden spoon
Jug
Fork

Skills

Creaming
Weighing
Baking



1. Cream the butter and sugar together until light and fluffy.



2. Crack the eggs in a jug and beat with a fork.



3. Add the egg to the mixture a little bit at a time until all the egg is mixed in.



4. Fold in the flour.



5. Place half the mixture into the tin, leaving space for the chocolate mixture.



Mix chocolate powder into the remaining cake mixture. Fill the gaps in the cake tin with the chocolate mix and swirl lightly together.

Chicken nuggets

Ingredients

1 chicken breast
1 egg, whisked
Handful of breadcrumbs
Handful of plain flour
Salt and pepper
oil



1. Cut the chicken into bite size chunks.

2. Whisk the egg in a jug or bowl.

3. Have your breadcrumbs and flour ready, either on the board or in bowls.

Equipment

Chopping board
Knife
Jug
Whisk
Frying pan



4. Dip the egg in the flour, egg and then the breadcrumbs. Coat all the chicken chunks.



5. Fry the chicken in some oil until the chicken is cooked through and golden.

Skills

Frying
Coating
cutting

Macaroni Cheese

Ingredients

100g macaroni
100g Cheddar cheese
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper



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.

Equipment

Saucepan
Weighing scales
Grater
Chopping board
Measuring jug
Wooden spoon
Whisk
Ovenproof dish



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.

Next lesson you will make your own adapted macaroni cheese recipe

Skills

Grating
Mixing
Weighing
Seasoning
making a roux sauce
slicing

Chocolate Banana Pancakes

Ingredients (makes 5)

1 banana mashed with a fork
1 egg
70g self-raising flour
1tbsp light brown sugar
OR chocolate chips
60ml milk
25g melted butter

Equipment

Frying pan
Jug
Bowl
Spoon
Spatula
Fork

Skills

Weighing
Mixing
Whisking
Melting
frying

Method

1. Combine all ingredients together
2. Cook until brown on both sides in some melted butter.



Layered vegetable pasta bake

Ingredients

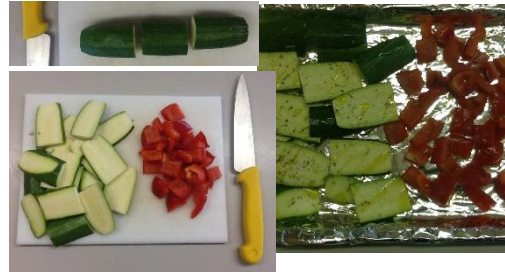
150g pasta
1 can chopped tomatoes
1 tbsp. tomato puree
1 courgette
1 pepper
2 garlic cloves
1 onion
2 handfuls spinach
1 ball mozzarella
Mixed herbs
Salt and pepper
oil

Equipment

Chopping board
Knife
Saucepan
Frying pan
Wooden spatula
Mixing bowl

Skills

Seasoning
Boiling
Frying



1. Fill up a pan half way with hot water and put on to boil. When boiling add the pasta. Pre-heat your oven to 200C.

2. Slice your courgette and pepper into long strips. Put on a baking tray with oil and seasoning and roast in the oven for 15 minutes.

4. Finely chop your garlic and onion. Fry in a little oil, until softened.



5. Add the tomatoes and a tablespoon of tomato puree. Half fill your empty tomato can with water and add this too. Add salt, pepper and mixed herbs. Simmer for 5 minutes.

6. When the pasta is cooked, drain using a colander, then put $\frac{1}{4}$ in the oven proof dish, followed by the roasted courgette.

7. Ladle over $\frac{1}{3}$ of the tomato sauce.



8. Add another $\frac{1}{4}$ layer of pasta, then add the roasted peppers and a layer of sauce.



9. Add another layer of pasta, then add the spinach and a layer of sauce.



10. Add the final layer of pasta and sauce and top with slices of mozzarella. Bake in the oven for 20 minutes until the cheese has melted and gone golden

Apple Crumble

Ingredients

100g Flour
50g sugar
50g margarine
1 cooking apple or
two small apples



Equipment

Chopping board
Knife
peeler
Bowl
wooden spoon
Scales
tinfoil container

1. Peel and slice the apple and place in a oven proof dish

2. Put the margarine and flour into a mixing bowl.

3. Rub the margarine into the flour until it looks like breadcrumbs.



Skills

Chopping
Peeling
Weighing
Rubbing in method

4. Add the sugar and stir well.

5. Pour the crumble mixture over the apple.

5. Bake for 20-25mins on Gas 5 / 180°C until the crumble is golden brown.

Practical assessment 2: Tomato and basil quiche

Ingredients

100g plain flour
50g butter or margarine
2tbsp cold water
1 tomato
Handful of basil leaves
2 eggs
125ml semi-skimmed milk
50g cheese

Equipment

Bowl
Weighing scales
Spoon
Jug
Chopping board
knife

Skills

Weighing
measuring
Rubbing in method
Seasoning



1. Pre-heat the oven to 180°C. Rub the butter and flour together until it resembles bread crumbs.



2. Add the water gradually until the pastry comes together into a ball.



3. Roll out the pastry and line your dish.



4. Mix the eggs, milk, mixed herbs and seasoning in a jug.



5. Pour the egg mixture into the pastry shell.



6. Slice the tomatoes and cheese and lay over the top of the tart. Bake in the oven for 30 minutes.

Lemon Drizzle Cupcakes

Ingredients

110g butter

110g sugar

110g self raising flour

2 eggs

Zest of $\frac{1}{2}$ lemon

Drizzle:

Juice of 1 lemon

50g sugar

Equipment

Chopping board, knife,
jug, grater, bowl,
wooden spoon, cake tin,
sieve, scales

Skills

Weighing

1. Beat butter and sugar until pale and creamy.
2. Whisk the eggs in a jug and add the egg little by little.
3. Sift in the flour and lemon zest and fold until combined.
4. Evenly divide your mixture between 6 cupcake cases.
5. Make the drizzle; mix sugar and the lemon juice.
6. When the cakes are ready, prick the top with cocktail stick and pour over the drizzle.

Meatballs

For the meatballs:

250g mince
 $\frac{1}{2}$ onion
2 tbsp breadcrumbs
1 egg



For the meatballs:

1. Finely chop the onion and put in a bowl.



2. Add the egg, breadcrumbs and mince. Mix well with your hands.

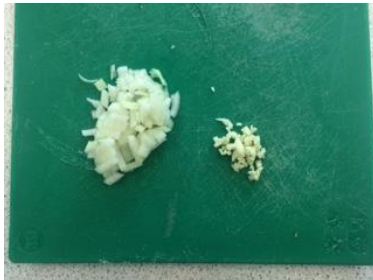


3. Divide into even round shapes and place on a baking tray with a drizzle of oil. Cook for 20 minutes.

Optional
200g cooked pasta

Equipment

Knife
Chopping board
Bowl
Baking tray



For the sauce:

4. finely chop the onion and garlic.



5. Gently fry for a few minutes. Then add the can of tomato's and herbs.



Serve with spaghetti and parmesan cheese on top.

6. Allow to simmer for 10 minutes. Stir through the meatballs when they are cooked.

Skills

Weighing
Chopping
Seasoning
Baking
Frying

Next lesson you will make a pasta dish of your choice.

Chocolate orange cookies

Ingredients

125g butter, softened
100g light brown soft sugar
125g caster sugar
1 egg, lightly beaten
225g self-raising flour
200g chocolate chips
1 orange

Equipment

Weighing scales

Bowl

Spoon

Baking tray

jug

Skills

Weighing

Whisking

Shaping

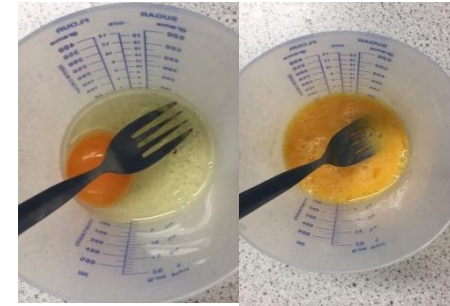
Baking



1. Pre-heat the oven to 190C. Weigh out the butter and the sugar.



2. Cream the butter and sugar together.



3. Mix the egg in a jug and add a little at a time to the butter mixture.



3. Add the flour and chocolate chips and orange zest. Mix well.



4. Split the mixture into 12 even balls, 6 per tray. Bake for 10 minutes until golden on the edges and soft in the middle.

You can change this recipe to make:
-Chocolate orange cookies
-Cranberry and white chocolate cookies
-Peanut butter cookies

Jambalaya

Ingredients

1 pepper
1 onion
1 garlic clove
 $\frac{1}{2}$ can chopped toms
125g rice
250ml boiling water
1 vegetable stock cube
1 chicken breast
Salt
Pepper
paprika



1. Chop the onion, pepper and garlic. Cut the chicken into cubes



2. Heat the oil, add the chicken, onion and garlic. Cook until the onions are soft and the chicken is white.



3. Add the paprika and mix so its all coated.

Equipment

Pan
Spoon
Knife
Chopping board
Jug
Kettle



4. Cut the pepper into chunks.



5. Add the peppers and rice and stir.



6. Mix the stock cube with 250ml until it is dissolved.

Skills

Seasoning
Frying
Chopping



7. Add all the stock and cook for around 10 minutes.



8. Add half the can of tomatoes and stir until the water has soaked into the rice.



9. Once the rice is cooked and the liquid has gone stir through the sweetcorn and cook for a couple of minutes.

Practical Assessment 3: Creamy chicken pie

Ingredients

1 onion
2 chicken breasts
Optional: 4 rashers
of bacon
90g cream cheese
Stock cube
4 large potatoes
Salt and pepper
Splash of milk
Tbsp butter

Optional vegetables (choose at least 1)

Mushrooms
Leek
Sweetcorn

Equipment

Saucepan
Masher
Knife
Red chopping board
White chopping board
Frying pan
Wooden spoon
Pie dish

Method

1. Fill a saucepan just over half way with water and put onto boil. Pre-heat the oven to 180°C.
2. Prepare your vegetables: dice the onion, slice your vegetables and cut your potatoes into chunks. Dice the chicken.
3. When the water has boiled, add your potatoes and cook for around 20 minutes until soft.
4. Fry the onions and chicken for 10 minutes, until the onions are translucent and the chicken white.
5. Add the vegetables and cook for another 3-5 minutes. (Leeks will take 5 minutes longer than mushrooms or sweetcorn).
6. Stir through the cream cheese, half the stock cube and season with and salt and pepper.

Beef Burgers

Ingredients (makes 2)

500g mince (of your choice)
1 small onion OR 2 spring onions
1 tablespoon of breadcrumbs
1 egg yolk
1 teaspoon of herbs of your choice
2 bread rolls

Optional:

Chilli
Cheese

To serve:

Salad
2 Cheese slices
Sauce of your choice (ketchup, mayonnaise etc.)

Equipment

White chopping board
Mixing bowl
Knife
Fork
Teaspoon
Scraps bowl
Baking tray
Greaseproof paper
Spatula

Skills

Chopping
Dividing
Baking



1. Preheat oven to 200c. Add mince to your mixing bowl.

2. Chop the chilli in half and using a teaspoon scrape out seeds and discard. Finely chop onion and chilli.

3. Add onion and chilli to mince. Add 1 teaspoon of herbs. salt and pepper



4. Add 1 tablespoon of bread crumbs and your egg. Mix well using a fork.

5. Half the mixture and shape into 4 patties. Place directly onto baking tray.

6. Grill on either side until cooked through (no pink).

Bean burgers

Ingredients

1 small onion
1 clove of garlic
1 teaspoon cumin
Can of mixed beans (in water not sauce)
1 tbsp. plain flour
Salt and pepper
Tbsp oil
Optional: chilli
Bread rolls OR salad to serve

Equipment

White chopping board
Mixing bowl
colander
knife
Fork
flour dredger
Scraps bowl
Frying pan
spatula

Skills

Chopping
Dividing
frying



Drain and rinse beans using a colander. Empty beans into mixing bowl and mash using a fork.



Finely chop garlic and onion. And chilli if using



Add garlic and onion (and chilli) to the mashed beans and mix. Then add 1 tablespoon of flour, 1 teaspoon of cumin and salt and pepper. Mix well.



Lightly flour your chopping board. Then divide your mixture into 6 patties (OR 2 larger patties) they should be flat not round.



Add a small amount of oil to your pan. Cook until golden brown on both sides. Whilst they are cooking you do not need to keep poking them or they will break up in the pan.



Add a paper towel to your container to soak up any extra grease. Serve in a bread rolls or with salad.