



Year 8 Food Recipe booklet 2023 24

Name:

Form Group:

DT Group:

Food Teacher:

c.norman@millfield.lancs.sch.uk

Date of practical:

Type of container needed:

Vegetable couscous

Ingredients

- 160ml boiling water (at school)
- 1 x sachet of any flavoured couscous
- 1 red onion
- 1 red pepper
- 100g canned chickpeas or other protein food(see top tips)
- 2 x 15ml spoons parsley(optional)
- 50g raisins(optional)

Complexity: medium



Equipment

Kettle, measuring jug, spoon, large bowl, fork, chopping board, sharp knife, can opener, sieve.

Method

1. Pour the boiling water over the couscous in a large bowl.
2. Fluff with a fork and leave to stand for 5 minutes.
3. Prepare the other ingredients:
 - peel and finely dice the onion;
 - deseed and finely dice the red pepper;
 - drain the chickpeas;
 - chop the parsley.
4. Mix the onion, pepper, chickpeas and raisins with the couscous.
5. Sprinkle the parsley on top to serve.

Top tips

- Vary the vegetables in the couscous dish, e.g. celery, spring onion, sweetcorn, peas, olives, mushrooms.
- Replace the chickpeas with chopped cooked chicken, ham, tuna or chunks of feta cheese.
- Add chopped apricots and omit the raisins.
- Stuff the couscous mixture into a deseeded pepper, sprinkle with cheese and grill until the cheese has melted

Food skills	
<ul style="list-style-type: none">• Weigh.• Measure.	<ul style="list-style-type: none">• Peel, dice and chop.• Grill.• Mix.

Date of practical:

Type of container needed:

Classic tomato ragu

Ingredients

1 onion
1 clove garlic
1x15ml spoon oil(provided)
1 x 200g canned chopped tomatoes
Handful of fresh basil(provided)
Black pepper (provided)

100g dried pasta shapes

Complexity: low-medium



Equipment

Knife, chopping board, garlic press, tablespoon, saucepan, wooden spoon, large saucepan.

Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta if so:

1. After 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente;
2. Drain in a colander over the sink.
3. Mix the cooked pasta and tomato sauce together.

Top tips

- Use dried herbs if you do not have fresh.
- Add $\frac{1}{2}$ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna.
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

Food skills	
<ul style="list-style-type: none">• Measure.• Peel.• Chop.	<ul style="list-style-type: none">• Fry.• Simmer.• Boil (if serving with pasta).

Date of practical:

Type of container needed:

Quick bread buns

Ingredients

250g strong white flour
1 x level 5ml spoon salt(provided)
1 sachet of quick acting dried yeast(provided)
150ml warm water (at school)
1 x 15ml spoon oil(provided)
1 x 5ml spoon sugar(provided)

Complexity: medium



Equipment

Weighing scales, sieve, mixing bowl, measuring spoons, measuring jug, mixing spoon, greased baking tray

Method

1. Preheat the oven 220 °C or gas mark 7.

2. Collect ingredients and equipment. Weigh out ingredients.

It is vital that the weighing is accurate. Liquid measurement in particular.

3. Put flour and salt into bowl. Add the sugar. Mix ingredients together with a wooden spoon.

Disperse ingredients throughout mixture. Salt strengthens the gluten but take care, it can destroy the yeast. Gluten forms the framework of the bread.

4. Add yeast and stir.

Use quick acting dried yeast, it reduces the proving time and is almost fool proof. Any additions, such as sundried tomatoes, cheese, dried fruit, should be added at this point.

5. Add oil to warm liquid (150ml) and add enough to flour mixture to make a soft dough. Mix with a spoon at first and then use one hand to bring together as a dough. Use the other hand to hold onto the bowl.

Any added fat gives a richer dough, can extend the shelf life, but can also slow down fermentation. If a very quick product is required, the oil can be omitted. Bring the ingredients together by hand, feel what is happening. The dough must be soft but not sticky. The water should be quite warm (37C) for the quickest rise.

6. Knead the dough firmly for ten minutes.

This makes the gluten (protein) elastic. The dough will become stretchy. The

Date of practical:

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kneading action also distributes the yeast evenly throughout the mixture.

7. Cut the dough into six equal pieces. Shape each into a bread shape and arrange in the lightly greased tray.

In industry, it is essential that each roll is the same weight, if not the consumer will not be satisfied and in the cooking process some will cook quicker than others.

8. Place in the top oven/grill area. The main oven will be preheating and as hot air rises the top oven/grill area will be warm.

In the warm temperature the bread shapes rise and the mixture grows in size. This is a shortened proving but it does work. Traditionally, the dough would be covered in a large polythene bag and left to rise until doubled in size.

9. Place in the main oven and bake for 10-15 minutes until golden brown.

The high cooking temperature destroys the yeast and expands the gas. Traditionally, the temperature is reduced to allow time for the gluten to set, to allow the starch to absorb the liquid and to create the colour of the crust (dextrinization).

10. Test for readiness by tapping the bottom. It should sound hollow.

Indicates gluten framework is set.

11. Allow to cool.

This allows the moisture to evaporate and avoids a soggy product.

Top tips

- Add chopped nuts, seeds, diced fresh fruit or vegetables or chopped dried fruit before you add the liquid. Mix thoroughly to distribute the ingredients throughout the dough.
- Form the dough into a variety of shapes such as knots, small cottage loaves, sticks, twists or plaits.
- Use egg yolk, egg white or a mixture of both for different glaze finishes.

Food skills <ul style="list-style-type: none">• Weigh.• Measure.	<ul style="list-style-type: none">• Mix.• Knead.• Form and shape.• Bake
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Date of practical:

Type of container needed:

Pizza (yeast dough)

Ingredients

250g strong white flour
1 x level 5ml spoon salt(provided)
1 sachet of quick acting dried yeast(provided)
150ml warm water (at school)
1 x 15ml spoon oil(provided)
1 x 5ml spoon sugar(provided)

Complexity: medium



Topping:

1 small jar tomato pizza sauce-
(or equal amounts of ketchup/ puree mix)
A handful of fresh basil(optional)
1 x small ball mozzarella cheese or 100g grated cheese.
6 slices of pepperoni or similar topping of your own choice.

Baking tray

Equipment

Weighing scales, baking tray, mixing bowl, sieve, measuring spoons, measuring jug, rolling pin, spreading knife, sharp knife, chopping board, grater.

Method

1. Preheat the oven to 220 °C or gas mark 7.
2. Grease /line one baking tray.
3. Put the flour, salt and sugar into a mixing bowl and mix.
4. Stir in the yeast.
5. Measure the warm water in a measuring jug and add in the oil. Add this gradually to the dry ingredients to mix into a soft dough.
6. Knead the dough for 5-10 minutes on a lightly floured work surface.
7. Roll out and shape the dough into a round disk.
8. Place the dough base onto baking tray.
9. Spread the pizza sauce over the base.
10. Place the pepperoni over the pizza sauce (with other toppings).
11. Slice the mozzarella cheese.
12. Arrange the slices of cheese over the tomato sauce.
13. Chop the basil and sprinkle over the pizza.
14. Place in the oven and bake for 10-15 minutes.

Date of practical:

Type of container needed:

Top tips

- You may wish to make a calzone, which is a folded pizza. Roll and shape the dough into a round disk. Rest half of the dough base on a greased baking tray. Place the sauce, toppings and cheese on half of base (which is on the tray). Brush water around the edge of the circle. Fold over the remaining half to form a semi-circle. Fold back the edges with your fingers and place in a pre-heated oven.
- Try different combinations of toppings, including plenty of vegetables, e.g. spinach, peppers, tomatoes, mushrooms, onion.

<p>Food skills</p> <ul style="list-style-type: none">• Weigh.• Measure.• Stir and mix.• Knead.• Prove.	<ul style="list-style-type: none">• Divide.• Roll out.• Spread.• Chop and slice.• Decorate.• Bake.
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Date of practical:

Type of container needed:

Mini carrot cakes

Ingredients

75g butter or soft baking spread
125g carrots
100g caster sugar
100g self-raising flour
1x 5ml cinnamon (optional)
1x 5ml baking powder (provided)
1 large egg
60g sultanas (or other dried fruit)

Complexity: medium



Equipment

Chopping board, knife, waste bowl, vegetable peeler, grater, measuring spoons, weighing scales, small jug, mixing bowl, wooden spoon, sieve, muffin tray, 12 muffin cases, 2 large spoons, fork.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the butter/soft baking spread in a small saucepan.
4. Top and tail, and then peel and grate the carrots.
5. Combine the carrots, sugar and melted fat in the mixing bowl.
6. Sift in the flour, cinnamon and baking powder.
7. Beat the egg in a small jug, and then add to the mixture.
8. Mix in the sultanas.
9. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons.
11. Bake for 15 minutes, until golden.
12. Allow to cool on a cooling rack.

Top tips

- When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g reduced fat cream cheese and 25g icing sugar together.

Food skills <ul style="list-style-type: none">• Weigh.• Measure.• Melt.• Trim.• Peel.	<ul style="list-style-type: none">• Grate.• Mix, stir and combine.• Sift.• Beat.• Divide.• Bake.
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Date of practical:

Type of container needed:

Raisin and banana cookies

Complexity: low-medium

Ingredients

- 85g butter or soft baking spread
- 80g light brown soft sugar
- A few drops of vanilla extract(provided)
- 1 large egg
- 1 small ripe banana
- 175g self-raising flour
- 85g raisins
- 16 banana chips (optional to decorate)



Equipment

Mixing bowl, wooden spoon, metal spoons, fork, plate, baking tray, fish slice.

Method

1. Preheat the oven to 180°C or gas mark 5.
2. Grease or line a baking tray.
3. In a large bowl combine the butter/soft baking spread, sugar and vanilla extract and beat together with a wooden spoon until light and fluffy.
4. Beat the egg and add to the bowl.
5. Peel and mash the banana on a plate and add.
6. Mix all the ingredients together.
7. Add in the flour and the raisins.
8. Mix well until all the flour is incorporated.
9. Using a spoon divide the mixture into 16 equal amounts and place on the baking tray leaving space in between each to allow for spreading during cooking. (Top each cookie with a banana chip.)
10. Bake in the preheated oven for 10 minutes or until golden brown.
11. Remove from the oven and leave to cool for 2-3 minutes.
12. Use a fish slice to transfer to taking home container.

Top tips

- These will store for 1-2 days in an airtight container.
- Try different fruit flavours

Food skills <ul style="list-style-type: none">• Weigh.• Measure.• Beat.• Peel,	<ul style="list-style-type: none">• Mash.• Mix.• Divide.• Decorate.• Bake.
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Date of practical:

Type of container needed:

Macaroni cheese

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato(optional)
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Black pepper (provided)

Complexity: Medium



Equipment

Two saucepans, weighing scales, grater, chopping boards, knife, colander, measuring jug, wooden spoon, wooden spoon.

Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 - 12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce:
 - place the fat and flour into a small saucepan and stir until a paste(roux) is formed;
 - take off the heat and GRADUALLY add the milk, stirring all the time;
 - put the sauce on the heat and stir with a wooden spoon in a figure of 8 to avoid lumps forming;
 - bring the sauce to a simmer, stirring all the time until it has thickened;
 - turn the heat off and stir in 75g of the grated cheese.
4. Drain the boiling hot water away from the macaroni into a colander in the sink.
5. Place the drained macaroni into an ovenproof dish (or foil tray), pour the cheese sauce over the top and add a few twists of black pepper.
6. Arrange the tomato slices over the macaroni.

Top tips

- Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

Food skills <ul style="list-style-type: none">• Weigh.• Measure.• Boil and simmer.	<ul style="list-style-type: none">• Drain.• Grate.• Slice.• Stir.• Garnish.
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