



Year 9

Recipe book 2023 24

Name:

Form Group:

DT Group:

Food Teacher:

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Date:

Container needed:

Spinach, potato and chickpea curry

Ingredients

- 1 onion
- 1 clove garlic
- 1 x 5ml spoon oil(provided)
- 2 x 15ml spoons curry paste
- 300ml water(at school)
- 1 large potato
- 400g can chopped tomatoes
- 410g chickpeas, canned
- 3 handfuls of fresh spinach (add just before serving)

Complexity: medium



Equipment

Knife, chopping board, garlic press, saucepan, measuring spoons, measuring jug, wooden spoon, can opener.

Method

1. Prepare the ingredients:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cube the potatoes.
 - drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
- 3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

Top tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook - freeze portions for a rainy (busy) day.

Food skills	
<ul style="list-style-type: none">• Measure.• Peel.• Slice.	<ul style="list-style-type: none">• Crush.• Dice.• Drain.• Fry.

Date:

Container needed:

Dutch apple cake

Ingredients

- 100g caster sugar
- 100g butter or soft baking spread
- 2 eggs
- 100g self-raising flour
- 1 x 5ml spoon baking powder(provided)
- 1 eating apple
- 1 x 5ml spoon cinnamon(provided)
- 1 x 5ml spoon demerara sugar(provided)

Complexity: medium



Equipment

Baking tin (20cm square), wooden spoon, mixing bowl, measuring jug, sieve, metal spoon, measuring spoons, knife, green chopping board.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and/or line the baking in or foil trays.
3. Cream the caster sugar and butter together, using a wooden spoon, until light and fluffy.
4. In a measuring jug, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the butter and caster sugar.
6. Sift 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, use the back of a metal spoon to level out.
9. Core the apple and slice thinly on a green chopping board.
10. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and demerara 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.

Top tips

- When lining baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.
- For a tasty alternative, try pear and ginger.

Food skills	
<ul style="list-style-type: none">• Weigh.• Measure.• Sift.• Cream• Beat.	<ul style="list-style-type: none">• Mix, stir and combine.• Fold.• Core.• Slice.• Bake.

Date:

Container needed:

Quiche

Ingredients

Lesson 1:

Short crust pastry

100g plain flour

50g butter or baking **block** margarine

2-3 x 15ml spoons water (at school)

Lesson 2:

Filling

2 eggs, large

125ml semi-skimmed milk

50g reduced fat cheddar cheese or similar

1 tomato

2 slices of ham (or 3 mushrooms(sliced) and 1x5ml spoon oil)

Small cake tin/pie dish/foil dish

Complexity: medium



Equipment

20cm foil dish, or sandwich tin, sieve, mixing bowl, palette knife or mixing spoon, rolling pin, measuring spoons, chopping boards, knife, measuring jug, grater, fork.

Method for lesson 1

1. Preheat the oven to 170°C or gas mark 4.
2. Grease a foil dish or a sandwich tin.
3. Make up the shortcrust pastry:
 - sift the flour into a bowl;
 - cut the fat into cubes and add to the flour;
 - rub the fat into the flour until the mixture resembles breadcrumbs;
 - add the water a spoonful at a time and mix until the dough comes together.
4. Place in a freezer bag with name on it and put in fridge to chill ready for the next lesson.

Date:

Container needed:

Method for lesson 2

1. Roll out the pastry, on a floured surface, and line the foil dish/sandwich tin.
2. Prick the bottom of the pastry with a fork.
3. Cut up the ham on a yellow chopping board (fry the chopped mushrooms in the oil for 2-3 minutes).
4. Place the ham/mushrooms around the pastry base.
5. Grate the cheese on a white chopping board and whisk the eggs and milk in a measuring jug. Add the grated cheese to the jug.
6. Pour the egg/cheese mixture over the pastry base.
7. Slice the tomatoes and place on top.
8. Bake for 25-30 minutes, until golden brown and firm.

Top tips

- The quiche is ready when the filling doesn't wobble.
- Add canned tuna or smoked salmon bits and chopped cooked asparagus for a fancy dinner.
- Change the cheddar for goats' cheese and add sliced red pepper instead of ham for a veggie quiche.

Food skills <ul style="list-style-type: none">• Weigh.• Measure.• Sift.• Cut and slice.• Rub in.	<ul style="list-style-type: none">• Mix.• Roll out.• Grill.• Grate.• Bake.
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Date:

Container needed:

Piri piri burgers (Meat option)

Ingredients

1 lemon
450g lean minced beef
1 x 15ml spoon English mustard
1 x 15ml spoon tomato ketchup
2 x 15ml spoon chilli sauce
1 x 15ml spoon fresh thyme leaves(provided)
Black pepper(provided)

Complexity: medium-high

Equipment

1x baking tray, grater, weighing scales, measuring spoons, large bowl.

Method

1. Pre-heat the oven 180°C or Gas Mark 4.
2. Grease or line the baking tray.
3. Zest the lemon, using the small side on a grater.
4. In a bowl mix the minced beef with the English mustard, tomato ketchup, chilli sauce, lemon zest and fresh thyme.
5. Season with black pepper, mix well and shape into 4 burgers.
6. Place the burgers on a baking tray.
7. Place the burgers into the oven and cook for 20-25 minutes-check to see if cooked (use the food probe).



Top tips

- Serve in a burger bun with garnishes of your own choice.-this can be done in school(recipe makes 4).
- Add chopped onion or grated cheese to the burger
- Use a spice to change the burger flavour

Food skills

- Weigh.
- Measure.
- Zest.

Date:

Container needed:

Spicy chickpea and mushroom burgers (Vegetarian option)

Ingredients

- 1 slice of bread
- 1 large clove of garlic
- 125g mushrooms
- 1 x 5ml spoon smoked paprika(provided)
- 1 x 15ml vegetable oil(provided)
- 200g chickpeas

Complexity: medium



Equipment

Food processor, garlic press, sharp knife, chopping board, measuring spoon, small saucepan, can opener, large mixing bowl, fork, baking tray, fish slice.

Method

1. Pre-heat the oven 180°C or Gas Mark 4.
2. Grease or line the baking tray.
3. Blitz the bread in a food processor to make breadcrumbs.
4. Peel and crush the garlic.
5. Finely chop the mushrooms.
6. Using the oil, fry the mushrooms gently with the garlic and paprika for five minutes until soft.
7. Drain the chickpeas and mash with a fork.
8. Mix all the ingredients together in a mixing bowl.
9. Shape into 4 even sized burgers.
10. Place the burgers on to the baking tray and cook for 10-15 mins.

Top tips

- Swap the chickpeas with different beans, e.g. borlotti beans, kidney beans, butter beans.
- Add cooked mashed vegetables to the burger mixture, e.g. sweet potato, carrot, butternut squash.
- Use different herbs and spices, e.g. basil, chilli flakes or curry powder.
- Use granary bread for the breadcrumbs for added texture.

Food skills	
<ul style="list-style-type: none">• Crush• Cut and chop• Fry• Mash	<ul style="list-style-type: none">• Mix and stir• Divide and shape• Bake

Date:

Container needed:

Sweet and Sour Chicken/Quorn

Ingredients

- 250g chicken breast(diced) or Quorn pieces
- 1 onion
- 1 pepper
- 1 small can pineapple chunks in juice
- 150ml stock (1 stock cube mixed with 150ml boiling water at school)

- 30ml (2 tablespoons) oil (provided)
- 30ml (2 tablespoons) cornflour (provided)
- 30ml (2 tablespoons) white wine vinegar (provided)
- 10ml (2 teaspoons) soy sauce(provided)
- 30ml (2 tablespoons) tomato ketchup(provided)
- 5ml (1 teaspoon) sugar(provided)

Complexity: medium



Equipment

Chopping boards, knife, large pan, wooden spoon, measuring jug, measuring spoons, metal spoon, can opener.

Method

1. Prepare ingredients. Dice chicken into small chunks on a red chopping board.
2. Wash hands after handling chicken and wash knife thoroughly.
3. Chop vegetables (Quorn if using) on a brown chopping board.
4. Add chicken(Quorn), onions, pepper and oil to the pan and fry until chicken is cooked.
5. In a measuring jug, blend cornflour, soy sauce, tomato ketchup, vinegar, sugar and stock (stock cube with 150ml of boiling water)
6. Once chicken is cooked add the cornflour mixture to the pan and stir well until it thickens
7. Add pineapple chunks and juice and stir.
8. Remove from heat, allow to cool and place into a container.

Top tips

- Change the chicken for diced pork
- Add different vegetables e.g. sugar snap peas, baby corn, sliced carrots
- Serve with boiled rice or as a filling in a jacket potato
- Use to create a sweet and sour chicken pie with a filo pastry lid

Food skills	
<ul style="list-style-type: none">• measure• chop and dice• simmer	<ul style="list-style-type: none">• fry• blend• thicken

Date:

Container needed:

Mexican burritos

Ingredients

- 1 medium onion
- $\frac{1}{2}$ x 5ml spoon dried chilli flakes
- 1 red pepper
- 400g can chopped tomatoes
- 50g hard cheese, e.g. Cheddar cheese
- 225g lean beef mince
- 2x 15ml spoon tomato purée
- 4-6 flour tortillas

Complexity: medium



Equipment

Vegetable knife, chopping board, sieve, grater, saucepan, colander.

Method

1. Prepare ingredients:
 - peel and dice the onion;
 - deseed and finely dice the pepper;
 - open the can of tomatoes and drain the juice using a sieve;
 - grate the cheese.
2. Dry fry the mince in a saucepan with the onion until the meat is browned. Thoroughly wash and dry hands if touched the raw meat. Carefully drain off any excess liquid using a colander.
3. Add the chilli flakes, red pepper, tomato purée and drained chopped tomatoes and stir well.
4. Cover the saucepan and simmer for 15 minutes.
5. When cooked, place half the mixture in a line down the centre of the tortilla and sprinkle with cheese. Fold each side and top and bottom to make a parcel.

Top tips

- To make your dish go further, add some canned red kidney beans after the chopped tomatoes.
- Serve with a mixed salad and Mexican dips of your choice.

Food skills

- | | |
|------------|--------|
| • Fry. | Grate. |
| • Simmer | Peel. |
| • Portion. | Dice. |

Date:

Container needed:

Swiss roll

Ingredients

75g self-raising flour
3 eggs
75g caster sugar
2-3 x 15ml spoons jam
extra sugar for rolling up

Complexity: low-medium



Equipment

Swiss roll tin, electric hand mixer, weighing scales, greaseproof baking paper, pastry brush, palette knife, sieve, mixing bowl, large metal spoon, cooling rack and sharp knife.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Line and grease a Swiss roll tin, 18cm x 30cm with greaseproof paper.
3. Sift the flour.
4. Crack the eggs into the mixing bowl. Add the sugar.
5. Whisk the eggs and sugar together until thick, creamy and white.
6. Gently fold in the flour, using a metal spoon, a little at a time.
7. Pour the mixture into the Swiss roll tin.
8. Bake for 8 - 10 minutes, until golden brown and firm to the touch. Do not overcook.
9. While the Swiss roll is baking, place a piece of greaseproof paper on the work surface and sprinkle the extra sugar on top. Mix jam with a metal spoon to make it easier to spread.
10. When the Swiss roll is cooked, tip it onto the sugared paper. Peel off the lining paper from the cake.
11. Spread the warm jam over the cake with a palette knife.
12. Roll the cake, using the paper and a tea towel to help you.
13. Place on a cooling rack.

Top tips

- This recipe uses a ratio of 1 egg to 25g sugar to 25g flour. Therefore, you could make the recipe above with 2 eggs and 50g sugar and 50g flour.
- Experiment with flavours and fillings. Substitute 25g of flour with cocoa powder to make a chocolate Swiss roll and substitute the jam with cream.
- Alternatively, add a few drops of lemon flavouring while whisking the egg and sugar mixture and spread with lemon curd.

Food skills

Whisk	Bake
Fold	Weigh and measure
Sift	Spread

Date:

Container needed:

Own food idea (assessment)

Ingredients

Equipment

Method

Top tips

- Know exactly what you are going to do
- Practice the product at home beforehand if you can