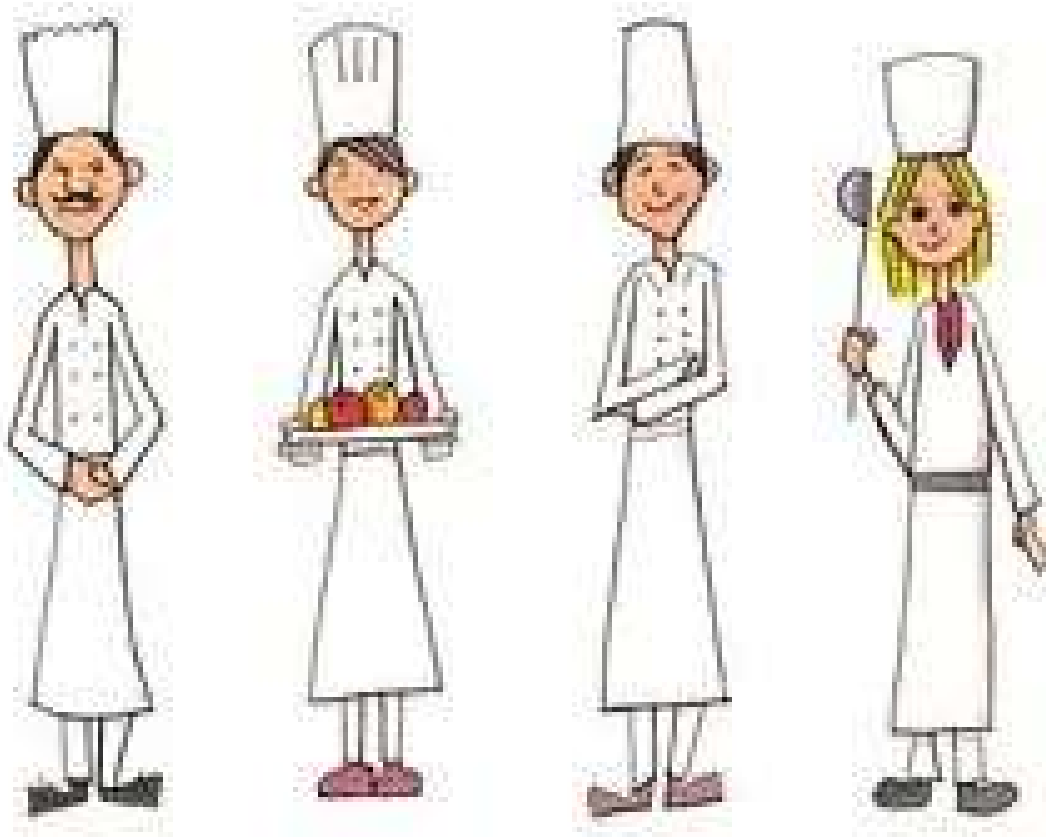


Food Preparation & Nutrition

Year 10 Recipe Booklet 1

2023 - 2024



Walton High School

Introduction

In Food Technology you will be making a variety of products and will be looking into the nutritional aspect of the ingredients. As you work through key stage 3 (years 7-9) you will build up your skills and knowledge of food. We have tried to include as many practical activities as possible.

All of the recipes in this booklet can be completed within the time of the lesson, including the clearing up of the work area. The clearing up at the end of the lesson is an important part of your learning and you are constantly assessed by your teacher on your time management, hygiene and safety practices.

Your teacher will go through the recipes in time for your next practical lesson, so that you can organise your ingredients to bring into the lesson. To help there is also a list of dates below showing when each product will be made. Please note that these dates may have to change but we aim to give students at least a weeks notice for ingredients needed. Participating within the practical lessons is compulsory. You may not make all of the recipe's during your Food module, however we have included some that you may wish to try at home. We have been mindful to keep the cost of the recipes within this booklet as low as possible. For some recipes contributions for ingredients have been paid for at the start of the school year. Therefore school will provide these ingredients. These are clearly stated below and in the recipes, and will only cover the ingredients stated.

In the department we encourage students to adapt recipes/ingredients to suit individual preferences. E.g. to be suitable for different diets and / or lower the cost further. Adaptations that can take place will be discussed within lessons.

Nut Free—we have made all of our recipes nut free, therefore please don't bring any nuts into the department. We ask that all parents check through the recipe booklet and inform the school if there are any ingredients that your child may be allergic to.

For hygiene and safety reasons all students are expected to tie up long hair. Students are not allowed to wear nail varnish or jewellery in practical lessons.

We hope that you enjoy the course.
Mrs T.Stevens

Practical dates

PLEASE SEE THE BACK PAGE FOR DATES OF ALL PRACTICALS

DO's	DON'Ts
Bring ingredients every week	Don't collect food between lessons
If there is a problem providing ingredients, see your teacher before the day of the lesson	Don't wear jewellery or nail varnish in a practical lesson
Store perishable foods in the refrigerator	Don't guess with measurements - always measure accurately.
Remind your teacher if you have a food allergy at the beginning of the module	Don't double ingredients. There is not enough space in the oven to cook more. Remember there are only 6 cookers for the whole class.
Tie your hair back	Bring in any ingredients containing nuts.
Bring something to carry your completed dish home in e.g. plastic container/large tin etc.	Don't lose this recipe book. No spares will be given. You will have to download one from the school website.
Enjoy the practical lesson	Don't forget your homework

A word about measurements

Metric measurements have been used for the recipes in this booklet but because not everyone uses metric, imperial measurements have been added.

Generally in cooking - **1 ounce (oz) = 25 grams (g)**

1oz = 25g

2oz = 50g

3oz = 75g

4oz = 100g

8oz = 200g

12oz = 300g

Liquids are measured in litres - parts of litres are millilitres. Imperial measurements are measured in pints - parts of pints are fluid ounces.

1 fluid ounce = 30ml (millilitres)

$\frac{1}{4}$ pt = 5 fluid oz = 150ml

$\frac{1}{2}$ pt = 10 fluid oz = 300ml

tsp = teaspoon

tbsp. = tablespoon

Oven temperature conversion chart

Degrees Celsius	Gas Mark
100	1
120	2
140	3
160	4
180	5
200	6
220	7
240	8

Caesar Salad

Ingredients

2 chicken breasts
4 slices bacon
1 garlic clove
Juice of $\frac{1}{2}$ lemon or 1 **TBSP** juice
3 **TBSP** natural yoghurt or mayonnaise
4 **TBSP** olive oil
50g parmesan or hard cheese
A small romaine lettuce or salad leaves

Equipment from home

*Container to carry home in

Method

- Collect equipment, organise work area
- On a red chopping board slice the chicken and bacon into bitesize pieces.
- Place 1 **TBSP** oil into a pan and add the meat. Fully cook and put to one side to cool.
- Make the salad dressing. Crush the garlic and juice $\frac{1}{2}$ lemon. Finely grate the cheese.
- In a small bowl place the garlic, lemon juice, yoghurt / mayonnaise, olive oil and parmesan (save a little for on top) and mix well.
- Prepare the lettuce leaves and place in container to take home.
- Add half the dressing to the leaves and coat well. Add the chicken and bacon. Complete by drizzling more dressing over the meat and add the rest of the grated cheese.
- Wash up, clean area and check equipment



Meatballs and Tomato Sauce

Ingredients

For Meatballs

250g minced beef
60g halloumi cheese diced (optional)
1 **tsp** dried oregano
 $\frac{1}{2}$ **tsp** paprika

For Sauce

1 **TBSP** oil
1 onion
2 cloves garlic crushed
2 **tsp** dried oregano
Salt & pepper to season
400g can chopped tomatoes
2 **TBSP** tomato puree
Handful of fresh basil leaves (optional)

Method

- Collect equipment, organise work area
- Pre-heat oven 200C/Gas 6
- Mix together the minced beef, diced cheese, oregano, paprika being careful not to over mix.
- Divide the mixture into 10- 12 portions and roll them into meatballs.
- Place on a lined baking tray and cook for 20 - 30 minutes or until the meatballs are fully cooked.
- Whilst meatballs are baking make the sauce.
- Place the oil and onion in a pan and cook until turn translucent.
- Add the garlic and then the rest of the ingredients (oregano, salt, pepper, tomatoes, tomato puree.
- Bring to boil and then simmer on the heat until sauce has reduced and is of required consistency. If it becomes too thick add a little water.
- Remove the meatballs from the oven when cooked and pour over the sauce. Sprinkle with fresh basil if using.
- Wash up, clean area and check equipment

Equipment from Home

- *Large oven proof dish with cover
- *Container to carry home in

Oven Temp 220C
Gas 7

Time 30 minutes



Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.

Lemon Cheesecake

Ingredients

9 large digestive biscuits
50g margarine
1 lemon or orange
300g Philadelphia
50g caster sugar
125ml whipped cream
2 TBSP lemon curd - optional
Fruit to decorate

Provided by school:

$\frac{1}{2}$ packet unflavoured gelatine

Equipment from Home

*6 $\frac{1}{2}$ inch or 16cm loose
bottomed tin
*container to carry home in



The gelatin is provided by school from payment made at the beginning of the year.

Method

- Collect equipment, organise work area.
- Grease tin.
- Crush biscuits in a bowl using a rolling pin.
- Melt butter in a saucepan and stir into crushed biscuits.
- Place biscuits in the base of your tin and press down firmly and smooth with the back of a spoon.
- Place in the fridge to harden.
- Grate lemon rind and squeeze the juice into a large bowl.
- Add the cheese and the sugar and mix to combine.
- Whip the cream using an electric whisk, until soft peaks form and add to the mixture.
- Boil kettle and measures 3 tbsp's of water into a small bowl and add the gelatine, stir until the gelatine has melted and the mixture is clear.
- Leave to cool slightly then add to cheesecake filling and mix thoroughly.
- Pour the cheesecake mixture into a tin and smooth top .
- If required put the lemon curd into a mixing bowl and stir until loose. Place small teaspoons of curd over cheesecake and marble it.
- Decorate with fruit of your choice.
- Place in fridge to set.
- Wash up, clean area and check equipment.

Chicken wrapped in bacon & potato wedges

Ingredients

- 1 large potato
- 1 TBSP olive oil
- $\frac{1}{2}$ TBSP mixed herbs
- $\frac{1}{2}$ tsp chilli powder (optional)
- 1 chicken breast
- 1 thick slice of cheese
- 2 slices of bacon or Parma ham

Equipment from home

* Sealable container to carry home in

Oven Temp 200C
Gas 6

Time 20-30 minutes

Method

- Collect equipment, organise work area.
- Preheat the oven to 200C or gas mark 6.
- Wash and dry potato. On a white board chop into wedges.
- Place in a large bowl and add the olive oil, herbs and spice. Mix together until all wedges are coated in the mixture.
- Place on one half of a lined baking tray and cook for 20 - 30 minutes until cooked and golden.
- On a red chopping board place the chicken fillet. Cut about a 4-5cm long and 3cm deep 'pocket' into the middle of each one.
- Stuff a piece of cheese into the 'pocket' - don't worry if either is poking out a little. Wrap the chicken breast with 2 slices of the bacon / Parma ham to cover the breast and seal in the pocket.
- Place on the other half of your baking tray and bake in the oven for 15-20 mins until the chicken is cooked through.
- Wash up, clean area and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 20 - 30 minutes or until chicken is piping hot. Chicken can be microwaved.



Chicken & halloumi Kebabs

Ingredients

For kebabs

2 chicken breasts diced
250g halloumi cheese
Vegetables of own choice
(e.g. peppers, onion, mushrooms)

Equipment from home

* 6 wooden kebabs sticks which have been soaked in warm water over night
* Container to take home in

Oven Temp 200C
Gas 6

Choice of marinade:

Time 20 mins

Lemon & Herb	Sticky glaze
1 TBSP oil, 2 TBSP lemon juice, 2 tsp fresh or dried thyme, 1 tsp Dijon mustard	2 cloves fresh garlic crushed 2cm root fresh ginger (finely grated) or 1 tsp dried 2 TBSP honey 1 TBSP soy sauce 1 orange zested and juiced

Method

- Collect equipment, organise work area.
- On a white chopping board chop the vegetables and cheese into bitesize squares
- If needed on a red chopping board chop the chicken into bitesize pieces
- Place all marinade ingredients into a large mixing bowl and stir well.
- Add the chicken and vegetables and fully coat with the marinade.
- Thread alternate pieces of chicken, cheese and vegetables onto kebab sticks.
- Place on lined baking tray and bake for 20 minutes or until the chicken is cooked.
- Wash up, clean area and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Swiss roll

Ingredients

3 eggs
75g golden caster sugar
75g plain flour
4 TBSP jam / lemon curd
Extra caster sugar for dusting

Equipment from home

* Large container to take home in

Oven Temp 180C

Gas 6

Time 10 minutes

Method

- Collect equipment, organise work area
- Preheat the oven to 180C/Gas 5.
- For the swiss roll. Line a 23cm x 30cm/9in x 12in Swiss roll tin
- Whisk the eggs and sugar in a bowl until pale and fluffy (approx. 5 mins)
- Sift the flour and gently fold into the egg mixture.
- Spoon the mixture into the baking tin and level the mixture
- Bake for 7-10 minutes, or until light and springy to the touch.
- Remove from the oven. Dust a piece of greaseproof paper with sugar and turn the sponge out onto it.
- For the filling, spread the jam onto the sponge leaving a small gap around the edges.
- Roll the sponge and leave to cool.
- Wash up, clean area and check equipment.



Cottage Pie

Ingredients

For mash

2 large potatoes
50g grated cheese
10g butter
2 TBSP milk

For meat sauce

$\frac{1}{2}$ onion
250g minced meat
1 small carrot finely diced
1 beef stock cube
 $\frac{1}{2}$ TBSP Worcestershire sauce
 $\frac{1}{2}$ TBSP mixed herbs
1 TBSP tomato puree
250ml boiling water
1 TBSP plain flour

Equipment from home

*Oven proof dish
*Container to carry home in



Method

- Collect equipment, organise work area.
- Peel the potatoes and chop into small pieces on a white board.
- Boil potatoes for 10mins until soft.
- Whilst potatoes are cooking prepare the vegetables for the sauce.
- Make the stock in a jug by dissolving the stock cube in 250ml boiling water. Stir in the Worcester sauce, herbs and tomato puree.
- Once the potatoes are cooked drain them and place in a large bowl
- Add the butter and mash the potatoes with a masher. If too thick add some milk and continue mashing until you get a creamy mash potato.
- Stir in half the cheese and set aside
- In your saucepan place the minced meat, onion and carrot and cook on a high heat until the mince is cooked. Drain off excess fat if needed.
- Stir through a tablespoon of flour, then immediately add the stock mixture and stir. Simmer for 10 minutes until thickened.
- Take the meat off the heat and place the meat sauce into the bottom of the cooking dish.
- Spoon over the mash potato and smooth over the top with a fork.
- Sprinkle with the remaining cheese
- Wash up, clean area and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 30 minutes or until piping hot in the centre. Can be microwaved.

Italian Soup with Parmesan Crisps

Ingredients

For soup

- 1 onion
- 1 carrot
- 1 TBSP oil
- 1 TBSP sugar
- 2 cloves crushed garlic
- 1 TBSP tomato puree
- 2 TSP oregano
- 1 courgette
- 200g can butter beans
- 400g can tomatoes
- 1 vegetable stock cube
- 50g parmesan finely grated (optional)
- 70g small pasta shapes
- Salt and ground black pepper
- Handful of fresh basil leaves (optional)

For parmesan crisps

- 50g parmesan very finely grated (optional)

Equipment from home

- * sealable container to take soup home in
- * separate container for crisps

Oven Temp 200C

Gas 6



Method

- Collect equipment and organise work area.
- Prepare vegetables for soup. Peel and dice carrot and onion into small pieces. Thinly slice the courgette. Crush the garlic. Drain the butter beans.
- Make stock by mixing stock cube with 600ml (1 pint) boiling water and set aside.
- Using a large saucepan gently cook the onion and carrot in the oil over a low heat for 10 minutes until softened. Add a little water if they stick.
- Add the sugar, garlic, tomato puree, herbs and courgette and cook for a further 5 minutes until lightly browned.
- Add the beans, tomatoes and stock and simmer for 5 minutes.
- Add half the parmesan and the pasta and cook for a further 15 minutes or until the pasta is cooked.
- Remove from the heat and sprinkle with the remaining parmesan and fresh basil.
- To make the parmesan crisps divide the cheese into 4 piles. Place each pile onto a lined baking tray. Make sure they are apart from each other. Flatten the piles to ensure even baking.
- Place in a pre-heated oven 200C/Gas 6 for 3 minutes or until the cheese has melted and is lightly golden.
- Remove from oven and allow to cool.
- Washup, clean and check equipment

Reheating Soup can be microwaved.¹¹

Samosas

Ingredients

- 1 TBSP oil
- 2 cloves garlic
- 1 small onion
- 1 medium potato
- 1 small carrot
- 50g peas
- 1 vegetable stock cube
- 2 tsp curry powder or own choice of spices
- Handful of fresh coriander (optional)
- 1 small pack of filo pastry

Method

- Collect equipment, organise work area
- Pre-heat oven 220C/Gas 7
- Prepare the garlic and vegetables on a white chopping board. Onion, potato and carrot need to be peeled and diced into small pieces.
- Place the oil, garlic and all vegetables into a saucepan and cook on a gentle heat until the onion has browned.
- Add the vegetable stock and 100ml water and boil until the vegetables have softened. The vegetables should absorb the water so be careful not to boil them dry. If there is any water left once cooked drain all water using a colander.
- Remove from the heat and allow to cool.
- Stir in the curry powder and spices and coriander if using.
- Carefully open the filo pastry onto a dry worksurface.
- Cut into 10 cm wide strips.
- Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle and seal the edges with a little water. Repeat this process.
- Place on a lined baking sheet.
- Bake in a pre-heated oven for 15 - 20 minutes until golden and crispy.
- Wash up, clean and check equipment
- This dish is good served with noodles or rice when reheated at home.

Equipment from home

*Container to carry home in

Oven Temp 220C

Gas 7

Time 15 minutes



Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.

Gingerbread

Ingredients

150g self raising flour
1 $\frac{1}{2}$ TSP ground ginger
50g soft brown sugar
25g butter
1 $\frac{1}{2}$ TBSP golden syrup
2-3 TBSP water
Currants for decorations (optional)

Equipment from home

*Tin to carry home in
*Shaped biscuit cutter

Oven Temp 180C
Gas 5

Time 10-15 minutes

Method

- Collect equipment, organise work area
- Pre - heat oven to 180C / Gas 5
- Place the sugar, syrup and butter into a saucepan and heat gently until all has combined (stir continuously).
- Take off the heat and add in the flour and ginger.
- Mix together and add 2 - 3 tablespoons of water (if needed) to make it into a firm but not sticky dough.
- If time allows wrap in clingfilm and chill for 10 minutes.
- Roll out the dough on a floured worksurface until the thickness of a £1.
- Cut out shapes and place on a lined baking tray. Leave space between the biscuits.
- Push in currants to decorate if using.
- Place in a pre-heated oven at 180°C / Gas 5 for 10 minutes until slightly risen and golden brown.
- Leave to cool.
- Wash up, clean and check equipment



Chicken Kiev

Ingredients

2 large chicken breasts, skin removed
3 garlic cloves crushed
Salt and freshly ground black pepper
1 TBSP chopped fresh chopped herbs or 1 tsp dried herbs
150g butter, slightly softened
2 TBSP plain flour
1 egg, beaten
10-12 TBSP fresh breadcrumbs

Equipment from home

*Container to carry home in

Oven Temp 200C

Gas 6

Time 25 minutes

Method

- Collect equipment, organise work area.
- Preheat oven to 200C / Gas 6.
- Mix together crushed garlic, salt and freshly ground black pepper, herbs and butter in a small bowl and put to one side
- Place beaten egg, breadcrumbs and flour into 3 separate bowls.
- On a red chopping board make a slice into each chicken breast to make a pocket using a sharp knife.
- Stuff the butter and herb mixture into the pocket in the chicken breasts.
- Coat the chicken in the flour, then dip into the beaten egg, then the breadcrumbs to coat completely.
- Place on a lined baking tray with a lip and bake for 25 minutes, or until golden-brown and completely cooked through.
- Wash up, clean area and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Curry

Ingredients

2 chicken breasts
1 onion
1 clove garlic
1 TBSP oil
2 TBSP curry paste
300 ml water
400g can chopped tomatoes
3 handfuls fresh spinach (optional)

Equipment from home

*Container to carry home in

Method

- Collect equipment, organise work area.
- Preheat the oven to 220C or gas mark 7
- On a red chopping board slice the chicken into bitesize pieces.
- Prepare the vegetables on a white chopping board. Peel and slice onion, crush garlic, and open tins. Fry the onion, garlic and chicken in the oil for 2 minutes until the chicken is browned.
- Stir in the curry paste.
- Add the tomatoes and simmer for 20 minutes. You may need to add more water to get required consistency of sauce.
- Check the chicken is fully cooked.
- Take off the heat and stir through the fresh spinach if using.
- Wash up, clean area and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Flaky Pastry Sausage Rolls

Ingredients

100g plain flour
75g **HARD** margarine
3 **TBSP** cold water
Pinch of salt
6 sausages preferably skinless
1 egg beaten

If vegetarian the sausages can be replaced with grated cheese and onion.

Method

- Collect equipment, organise work area. Pre-heat oven 200C/Gas 6
- Sieve flour into a large bowl, add pinch of salt
- Divide the margarine into 4.
- Place one quarter of the margarine into the flour and rub in until it resembles fine breadcrumbs.
- Gradually add water and bring together using the palette knife.
- Lightly flour the table and roll pastry to a rectangle the length of the rolling pin.
- Score pastry into thirds and dot one quarter of the margarine onto the top two thirds of the pastry.
- Fold the bottom third of pastry up over the centre third of the pastry.
- Fold the top of the pastry down over the centre third. Turn pastry 90 degrees, seal edges with rolling pin, and roll again into a rectangle.
- Repeat this process twice more using the remaining margarine, and then once more without the fat.
- On a floured surface roll out pastry into an oblong - as thin as you can. Cut the pastry into three lengthways.
- Skin sausages on a red chopping board.
- Divide the sausage mixture into three and roll into long rolls the same length as the pastry.
- Place one roll of Sausage meat onto one strip of pastry. Brush the beaten egg along one long edge, then fold the pastry over and seal it as carefully as possible.
- Turn it over so that the sealed edge is underneath.
- Cut into 5cm sections and brush with beaten egg.
- Repeat with the other two strips of pastry.
- Place all the sausage rolls onto a baking sheet with sides and bake in the oven for 20-25 minutes.
- Allow to cool and store in the fridge.

Equipment from home

*Container to carry home in

Oven Temp 200C

Gas 6

Time 20 - 25 minutes



Victoria Sponge Cake

Ingredients

200g butter at room temperature
200g caster sugar
4 eggs
1 tsp vanilla essence
250g self raising flour

To decorate

2 TBSP jam
1 TBSP icing sugar

Equipment from home

*2 x 18cm sandwich tins lined
*container to take home in

Oven Temp 180C
Gas 5

Time 15 - 20 minutes

Method

- Preheat oven to 180C / Gas 5
- Collect equipment and organise your work area
- Place softened butter and sugar into a large mixing bowl and cream together until pale and fluffy.
- In a small bowl beat the eggs.
- Beat the eggs into the butter and sugar mixture a little at a time, beating well after each addition of egg.
- Add the vanilla essence and beat well.
- Sieve in the flour a little at a time and gently mix in until the mixture is a dropping consistency.
- Divide the mixture equally between the tins and smooth the top.
- Bake for 20 - 25 minutes or until risen, golden brown and firm to the touch
- Leave to cool in the tin for a few minutes before removing and cooling on a cooling rack.
- Once cool add jam to the top of one and place the other on top.
- Dust the top with icing sugar.
- Wash up, clean and check equipment.



Easter Biscuits

Ingredients

150g plain flour
75g caster sugar
75g butter
1 egg
1 tsp vanilla essence or $\frac{1}{2}$ tsp cinnamon

Topping

100g icing sugar

Method

- Collect equipment, organise work area
- Pre - heat oven to 180C / Gas 5
- Put the flour in a mixing bowl and place the butter on top in small pieces.
- Rub the butter into the flour using fingertips until it resembles breadcrumbs.
- Stir in the sugar.
- Add the egg yolk and vanilla or cinnamon into the mixture.
- Combine to a soft but not sticky dough. If needed add the egg white too.
- Roll out the dough on a floured work surface until the thickness of £1 coin.
- Cut out circles of dough using a cookie cutter and place on a tray lined with baking parchment.
- Place in a pre-heated oven at 180°C / Gas 5 for 10 minutes.
- Once cooked the biscuits will be golden brown on top but may still be soft to the touch. It will harden as it cools down. Place the biscuits onto a cooling rack to cool down.
- Make the icing with a little water and decorate the biscuits.
- Wash up, clean and check equipment

Equipment from home

*Tin to carry home in
*Shaped biscuit cutter

Oven Temp 180C

Gas 5

Time 10 - 12 minutes



Notes...

Practical dates

Please note that these dates may have to change but we aim to give students at least a weeks notice for ingredients needed.

Date	Ingredients provided by school	Dish to be made
		Caesar salad
		Meatballs and tomato sauce
	Gelatin	Lemon Cheesecake
		Chicken wrapped in bacon and potato wedges
		Chicken and halloumi kebabs
		Swiss roll
		Shepherds Pie
		Italian tomato soup and parmesan crisp
		Samosas
		Gingerbread
		Own choice of dish to match brief
		Chicken Kiev
		Curry
		Sausage rolls
		Victoria Sponge Cake
		Easter biscuits
		Own choice of dish to match brief