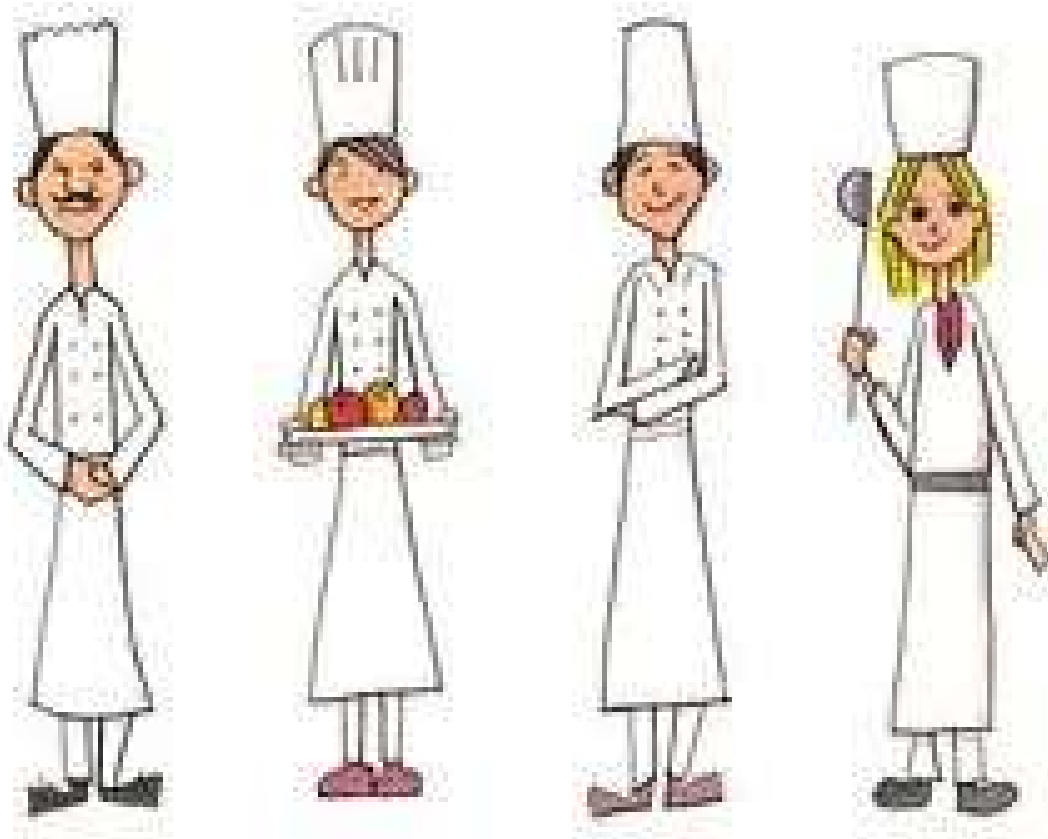


# Food Preparation & Nutrition

## Year 10 Recipe Booklet 2

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**

<b>DO's</b>	<b>DON'Ts</b>
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**

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

# Chicken Katsu Curry

## Ingredients

1 onion  
1 **TBSP** oil  
2 chicken breasts  
100g breadcrumbs (panko breadcrumbs work best)  
1 **TBSP** plain flour  
1 egg  
2 cloves garlic  
Thumb sized piece ginger or  $\frac{1}{2}$  **tsp** ground ginger  
 $\frac{1}{2}$  **tsp** turmeric  
1 **TBSP** curry powder  
2 **tsp** honey  
200ml coconut (half of a large can)  
1 **TBSP** cornflour

## Equipment from home

\*Containers to carry home in  
(1 for sauce & 1 for chicken)

Oven Temp 200C

Gas 6

Time 20 - 30 mins



## Method

- Collect equipment, organise work area.
- Pre-heat the oven to 200C / Gas 6.
- Prepare the onion and garlic and ginger on a white chopping board. Peel and dice the onion, crush the garlic, and peel and grate the ginger.
- Place the breadcrumbs into a mixing bowl.
- In one small bowl crack and beat the egg. In another bowl place the flour.
- On a red chopping board butterfly the chicken breast.
- Coat the chicken in the flour, then coat with the egg and then cover with the breadcrumb mix. Place on a lined baking tray.
- Cook the chicken for 20 minutes until it is golden and fully cooked.
- To make the sauce place the onion, ginger and garlic in a pan with the oil. Cook on a low heat until it is softened (5 minutes).
- Add the spices, honey and coconut milk and stir well. Let the sauce simmer for 10 minutes.
- If the sauce needs thickening cornflour will need to be added. Take a little sauce from the pan and mix with the cornflour to form a paste before adding the paste to the pan.
- Remove cooked chicken from the oven and leave to cool before slicing. Place the chicken and sauce into separate containers to take home in.
- Wash up, clean and check equipment.

## Reheating

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

# Thai Fishcakes / cheese and onion potato cakes

## Ingredients

185g canned fish e.g. tuna, salmon or 100g cheese and 1 small onion  
1 **TBSP** oil to cook onion in if using  
500g potatoes  
Butter and milk for mashing  
Sprig of fresh parsley (optional)  
1 **TBSP** sweet chilli sauce (optional)  
1 egg  
50g plain flour  
150g golden breadcrumbs

## Equipment from Home

\*container to carry home in

Oven Temp 200C

Gas 6

Time 20 - 30 mins

## Method

- Collect equipment, organise work area.
- Pre-heat the oven to 200C / Gas 6.
- Peel and chop the potatoes into even sized pieces.
- Boil in a large pan of water for approximately 20 minutes.
- Drain and mash using the butter and milk to a firm consistency.
- If using fish drain and flake the fish and mix with the mashed potatoes and chopped parsley and sweet chilli sauce.
- If using onion and cheese, peel and chop the onion. Cook the onion until browned in a tablespoon of oil. Grate the cheese. Add both to the potatoes and mix well.
- Divide the mixture into four large or eight small balls and pat into cakes.
- Coat in flour, dip in egg and finely coat in the breadcrumbs.
- Place on a lined baking tray and cook for 20 - 30 minutes until golden
- Leave to cool and refrigerate.
- Wash up, clean and check equipment.



# Mini Pasties

## Ingredients

### Pastry

150g butter  
300g plain flour  
75ml cold water

## Equipment from home

\*Tin to carry home in

Oven Temp 200C

Gas 6

## Fillings - pick one

Time 25-30 minutes

<b>Bean and cheese melts</b>	<b>Pizza parcels</b>	<b>Cheese and onion pasties</b>
1 tin of baked beans 200g grated cheese 1 egg	Pizza sauce 200g grated cheese 2 slices of ham diced 1 egg	200g cheese 1 diced onion 1 egg

## Method

- Collect equipment, organise work area
- Pre -heat oven 200C/Gas 6
- Using fingertips, rub the butter into the flour until it resembles breadcrumbs.
- Add enough cold water a tablespoon at a time to make a stiff dough.
- Use hands to form a ball of dough and leave to rest.
- On a floured surface roll out the pastry until  $\frac{1}{2}$ cm thick.
- Cut circles of pastry
- Divide filling between pasties - don't overfill.
- Brush the edge of the pastry with a little egg and crimp closed. Repeat until all the pastry and filling is used. Makes about 6 pasties.
- Place pasties on a lined baking tray and brush with a little of the remaining egg.
- Bake in the oven 200C/Gas 6 for 25-30 minutes until golden brown and pastry is cooked
- Wash up, clean and check equipment



## Reheating

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

# Apple Pie

## Ingredients

### **Pastry:**

200g plain flour  
100g butter  
25g/1oz caster sugar plus extra for top  
50mls Water

### **Filling:**

450g/1lb Cooking Apples  
1-2 TBSP Cold Water  
50g/2oz Caster Sugar  
 $\frac{1}{2}$  tsp cinnamon (optional)

## Equipment from home

\*8 in/ 20cm tin (see below)  
\*Container to carry home in

Oven Temp 200C

Gas 6

Time 20 -25 minutes

Foil Trays are provided by school from payment made at the beginning of the year.

## Method

- Collect equipment, organise work area.
- Preheat the oven to 200C or gas mark 6
- In a mixing bowl place the flour and butter divided into small pieces.
- Using fingertips, rub the butter into the flour until it resembles breadcrumbs. Use a blunt knife to mix in the butter if fingertips are too warm. Stir in 25g of the sugar.
- Add enough cold water to make a stiff dough. Do this a tablespoon at a time.
- Use hands to form a ball of dough and place on a floured surface. Save 1/3 of pastry for top.
- Roll out pastry until  $\frac{1}{2}$ cm thick and line baking dish. Save extra pastry for top.
- Prick the base with a fork, line with baking paper and beans, and blind bake for 10 minutes
- Meanwhile, make the filling. Peel and core the cooking apples.
- Cut into thin slices, place in a saucepan with the cold water and 50g sugar and cinnamon. Stir over a low heat until the apple is cooked.
- Spoon the cooked apple into the pastry case.
- Re-roll the left over pastry and cut into strips slightly longer than width of the pie dish. Place over the top of the apple in a lattice pattern. Use a little water to stick the pastry down at the edges.
- Brush the pie with water and sprinkle with extra sugar.
- Bake the pie for 20 minutes or until the pastry is cooked and golden.
- Wash up, clean area and check equipment.



# Ravioli

## Ingredients

1 egg  
100g cream cheese with herbs  
Small pot of stir in pasta sauce -  
no pesto with nuts please

## *Provided by school:*

$\frac{1}{4}$  tsp salt  
100g of OO grade pasta flour  
Extra flour for dusting

The flour and salt is provided by school from  
Payment made at the beginning of the year.

## Method

- Collect equipment, organise work area.
- Mix flour and salt into a bowl.
- Make a well in the centre and add 1 egg.
- Beat egg with a fork while drawing in the flour from the sides slowly to mix with it.
- When the mixture gets too thick to continue use your hands to combine to a dough. The dough should be soft, but not sticky - add a little flour if necessary.
- As soon as dough has formed a ball turn onto work surface and lightly dust with flour.
- Knead dough until smooth and elastic and no longer sticky. Leave under an upturned mixing bowl to prevent drying out until you are ready to roll and shape it.
- Using pasta machine roll and turn dough into flat strips.
- Use a circular pastry cutter to cut circles from the dough.
- Place  $\frac{1}{2}$  tsp cream cheese into the middle of each circle.
- Fold the circle of dough in half to cover the filling. Carefully push down around the filling and edges of the circle so the dough sticks together (use a little water to seal edges if needed). Press the edges with a fork if needed to help them to seal.
- Cook for 3 mins in boiling water or until the pasta floats.
- Drain pasta and stir through the pasta sauce. Place in container and store in the fridge.
- Wash up, clean and check equipment.

## Equipment from Home

\*Sealable container to carry home in



## Reheating

Can be microwaved  
in suitable container.



# Burgers

## Ingredients

500g minced beef  
1 small onion  
1 carrot  
50g breadcrumbs  
1 egg  
Salt and pepper to season  
1 tsp Worcester sauce (optional)

## Equipment from home

\*Container to carry home in

Oven Temp 200C  
Gas 6

Time 20 - 25 minutes

## Method

- Collect equipment, organise work area.
- Preheat oven to 200C / Gas 6.
- On a white chopping board peel and grate the onion and the carrot.
- Mix together the minced beef, onion, carrot, breadcrumbs, egg and seasoning in a large mixing bowl. You will need to use your hands to ensure it is all fully combined.
- Divide the mixture into 6 and shape into burger shapes.
- Place on a lined baking tray. Make sure the baking tray has sides in case excess fat comes out of the burger.
- Bake in the oven for 20 - 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.

## To serve

Burgers could be served in bread rolls with cheese and salsa or salad. We recommend this is put together at home.



# Mini Meringue Nests

## Ingredients

### Meringues

2 egg whites only  
100g caster sugar  
 $\frac{1}{2}$  tsp vanilla essence  
 $\frac{1}{2}$  tsp vinegar  
 $\frac{1}{2}$  tsp cornflour

## Equipment from home

\*Sealable container to carry home in

Oven Temp 120C

Gas 2

Time 20 - 30 minutes

## To serve at home suggested ingredients below (not needed in school)

250ml or 300ml double cream  
fresh berries to decorate  
1 **TBSP** icing sugar

## Method

- Pre-heat oven to 120C / Gas Mark 2.
- Whisk egg white until stiff in a large clean glass bowl
- Add the caster sugar a little at a time whilst still beating until it looks stiff and glossy.
- Add the vanilla, vinegar and cornflour and whisk until all combined.
- Place the meringue in a piping bag and pipe 4 filled circles onto a lined baking tray.
- Bake in the oven for 20 - 30 minutes until meringue is crisp and golden.
- Place on a cooling rack to fully cool.
- **At home** whisk the double cream until it holds its shape. Stir in the icing sugar.
- Prepare the fruit by washing and slicing if needed.
- Add the cream to the meringues (if needed turn upside down to get a flat surface)
- Decorate with the fruit and store in the fridge.
- Wash up, clean and check equipment.



# Chocolate Tart

## Ingredients

### For Pastry

175g plain flour  
85g butter diced  
15g icing sugar  
1 large egg yolk

### For Filling

100g dark chocolate finely chopped  
100g milk chocolate finely chopped  
200ml double cream  
2 eggs  
Few drops of vanilla essence  
1 TBSP icing sugar for dusting

**Foil Trays are provided by school from payment made at the beginning of the year.**

## Method

- Collect equipment, organise work area. Pre-heat oven 180c / Gas 5
- Make the pastry; put the flour, butter and icing sugar in a food processor, and pulse into breadcrumbs.
- Add the egg mixed with 1 TBSP of cold water and process again until the pastry forms into clumps (add another TBSP of water if needed).
- Tip onto work surface, and form into a ball.
- Roll out pastry on a lightly floured surface and use to line the tart tin. Trim the edges, and prick the base with a fork. Chill for 10 minutes if time allows.
- Place pastry case on a baking tray. Line pastry case with greaseproof paper, add a thin layer of baking beans and blind bake for 10-15 mins until golden brown. Remove beans.
- Make the filling. Beat the eggs in a jug and put to one side. Place the finely chopped chocolate into a large mixing bowl and put to one side.
- Place cream, and vanilla into a pan and bring to the boil on LOW heat.
- Pour over the chocolate and whisk slowly until all the chocolate has melted and the mixture is smooth.
- Add the egg to the mixture whilst whisking until all is combined. Pour into pastry case.
- Carefully place back in the oven and turn temperature down to 150C / Gas 4 for 15 minutes or until firm.
- Dust with icing sugar and leave to cool.
- Store in fridge.

## Equipment from Home

\*8 in/ 20cm tin (see below)  
\*Container to carry home in

Oven Temp 180 C  
Gas 5

Time 20 minutes



# 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
		Chicken Katsu Curry
		Thai Fish Cakes / cheese & onion
		Mini pasties
	Tin to cook and take home in	Apple pie
	Flour only	Ravioli
		Burgers
		Own choice of dish involving steaming technique
		Mini meringue nests
	Tin to cook and take home in	Chocolate tart