

Food Technology

Year 8 Recipe Booklet

Module 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

Date	Ingredients provided by school	Dish to be made
		Lemon drizzle Cake
		Cheese & Potato bake
		Macaroni cheese
		Chicken Stirfry
		Scones
	Dough ingredients (flour, yeast, salt, butter) only	Artisan bread
	Dough ingredients (flour, yeast, salt, butter) only	Pizza
		Muffins

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

Lemon Drizzle Cake

Ingredients for cake

75g soft baking margarine
75g castor sugar
125 white self raising flour
1 egg
1 teaspoon baking powder
3 tablespoons of milk
Finely grated rind of lemon

For the Topping

75g/3oz granulated sugar
Juice of 1 lemon

Method

- Collect equipment, organise work area
- Pre heat oven 180C/gas 5.
- Place softened margarine, sugar, flour, baking powder into a mixing bowl.
- Crack egg into a jug and place shell in the bin. Check the eggs freshness before adding it to the mixture.
- Grate the rind of the lemon and add to the mixture. Keep the lemon for later. Beat with a wooden spoon for 2 - 3 minutes until smooth. Add milk if needed.
- Spoon mixture evenly into a lined tin and level with the back of a spoon.
- Bake for 25—30 minutes or until the cake is golden brown and shows signs of shrinking from the sides of the tin. Press the cake gently, it should be slightly resistant to the pressure.
- Remove cake from oven.
- Mix together the granulated sugar and the lemon juice.
- Drizzle the topping over the surface of the **hot** cake.
- Leave the cake in the tin to cool.
- Wash up, clean and check equipment.

Equipment from home

*18cm (7inch) lined cake tin
*Tin to carry home in or foil to cover cake

Oven Temp 180C
Gas 5

Time 25 - 30 minutes



Cheese and Potato Bake

Ingredients

200g cheese grated
1Kg potatoes
50g margarine
2 Tbsp milk
pinch black pepper

Equipment from home

*Ovenproof dish
*Tin to carry home in

Method

- Collect equipment, organise work area
- Peel and chop potatoes into small pieces on a white chopping board.
- Place in a saucepan and cover with cold water. Bring to the boil. Simmer for 20 minutes approx.
- Grate cheese.
- Drain potatoes when cooked and place back into saucepan.
- Add margarine, milk and pepper—you may not need all of your milk and mash the potatoes.
- Add $\frac{3}{4}$ of the grated cheese and stir in.
- Place into your ovenproof dish.
- Sprinkle remaining cheese over the top.
- 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.



Macaroni cheese

Ingredients

200g macaroni pasta (or other small pasta)

100g grated cheese

25g margarine or butter

25g plain flour

250mls milk

black pepper to season

You may add fresh herbs such as chopped parsley or basil.

Equipment from home

*Ovenproof dish

*Tin to carry home in.

Method

- Collect equipment and organise work area.
- Bring a large pan of water to boil, add the macaroni. Cook for 10-12 minutes until al dente.
- Grate the cheese.
- Once the macaroni is cooked use a colander to drain the boiling water away. Put to one side.
- Rinse out the saucepan and make the sauce—place the butter/margarine flour and milk into the saucepan.
- Bring the sauce to simmer, whisking all of the time, until the sauce has thickened.
- Reduce from the heat and stir in the black pepper. Stir in three quarters (75g) of the grated cheese.
- Stir the drained macaroni into the cheese sauce.
- Pour into the ovenproof dish from home.
- Sprinkle over the remaining cheese.
- 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.



Chicken Stirfry

Ingredients

- 2 chicken breasts
- 2 cloves garlic
- 2cm root of fresh ginger or 1 tsp dried
- 1 TBSP oil
- 2 vegetables of choice (spring onions, red pepper, mushrooms, baby corn)
- 2- 4 TBSP soy sauce

Equipment from home

- *Container to carry home in

Method

- Collect equipment, organise work area.
- Prepare the vegetables on a white chopping board. Grate the ginger and crush the garlic.
- Slice the chicken into thin strips on a **red** chopping board.
- Place the oil, garlic, and ginger into a saucepan with the chicken. Cook for 5 minutes to brown the chicken.
- Add the vegetables and continue to cook until the chicken is fully cooked.
- Add the soy sauce and cook for further 2 minutes. Take off the heat.
- Wash up, clean and check equipment.
- This dish is good served with noodles or rice when reheated at home.

Reheating

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



Scones

Ingredients

200g self raising flour
50g margarine or butter
25g sugar
100ml milk
1 teaspoon baking powder
1 egg

Optional

25g/1oz of the following - currants, raisins, sultanas, glace cherries (chopped), cheese* (*Remember to miss out the sugar if making a savoury scone)

Method

- Collect equipment, organise work area.
- Pre - heat oven 220C/Gas 7.
- Grease baking tray.
- Sieve flour and baking powder into a large mixing bowl.
- Break the fat into pieces - rub into the flour until it looks like breadcrumbs.
- Stir in the sugar and any other ingredients.
- Mix the milk and egg together in a jug.
- Add the milk/egg mixture slowly (**TAKE CARE - all the mixture may not be required**), mix with a palette knife to make a soft dough.
- Put the dough onto a floured surface, press out to approx 2cm thick. Cut the dough into rounds using a cutter.
- Place the scones onto the greased baking tray and brush the tops with milk.
- Bake in the oven 200C/Gas 7 for 12-15 minutes, until scones are well risen and are golden brown.
- Wash up, clean and check equipment.

Equipment from home

*Tin to carry home in

Oven Temp 220C

Gas 7

Time 12-15 minutes



Artisan Bread Rolls

Ingredients

Flavouring of own choice
(no nuts or chocolate)

E.g. (50g cheese , 1 teaspoon mixed herbs/
oregano, Sundried tomatoes, Olives,
Cooked ham / pancetta, Poppy seeds,
Sunflower seeds)

Equipment from home

*Tin to carry home in

Oven Temp 220C

Gas 8

Time 20 minutes

Provided by school:

300g strong white flour

$\frac{1}{2}$ teaspoon salt

25g margarine / butter

1 sachet easy blend yeast

200ml tepid water

The flour, yeast, salt and butter only is provided by school from payment made at the beginning of the year.

Method

- Collect equipment, organise work area.
- Light oven 220C/Gas 8.
- Sieve the flour and salt and add flavourings into a large bowl.
- Rub in the fat.
- Stir in the yeast and enough water to make a firm dough (Take care adding the water DO NOT add too much).
- Knead until smooth and elastic.
- Shape bread rolls.
- Allow rolls to rise a little, bake in the oven 220C/Gas 8 for 12-15 minutes until golden brown.
- Place onto a wire cooling tray to cool.
- Wash up, clean and check equipment.



Flat Pizza (using bread recipe from artisan bread)

Ingredients

Small jar pizza sauce or 3-4 TBSP tomato puree
150g grated cheese

2 or 3 of the following toppings:

1 onion (peeled and chopped)
2 slices ham (chopped)
 $\frac{1}{2}$ red pepper (chopped)
small tin sweet corn
50g mushrooms (sliced)
 $\frac{1}{2}$ teaspoon mixed herbs/oregano
Or you may choose your own

Equipment from home

*large oven tray
*foil

Oven Temp 220C

Gas 8

Time 20 minutes

Provided by school:

*200g strong white flour
 $\frac{1}{2}$ teaspoon salt
25g margarine / butter
1 sachet easy blend yeast
200ml tepid water*

The flour, yeast, salt and butter only is provided by school from payment made at the beginning of the year.

Method

- Collect equipment, organise work area.
- Pre heat oven 220C/Gas 8.
- Prepare all toppings if not done so at home.
- Grease baking tray.
- Make up dough mixture (see Quick Bread recipe), roll out dough to form a circle to fit your baking tray, finish edges.
- Spread the pizza sauce / tomato puree onto the top of the dough.
- Arrange the toppings on top and sprinkle over with cheese and herbs
- Bake in the oven 220C/Gas 8 for 20 minutes until golden brown.
- Wash up, clean and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 10 minutes or until piping hot in the centre.



Muffins

Ingredients

100g Soft Margarine
100g Sugar
2 Eggs
150g Self-Raising Flour
50g of flavouring of own choice - no nuts
e.g. (blueberries, raspberries, choc chips)

Equipment from home

*Container to carry home in.
*12 muffin cases

Oven Temp 180C

Gas 5

Time 20 minutes

Method

- Collect equipment, organise work area.
- Pre - heat oven to 180c/ Gas Mark 5.
- Place margarine and sugar into a large mixing bowl, and cream together until soft and fluffy, using a wooden spoon.
- Beat eggs in a small bowl, and add to creamed mixture, a little at a time.
- Sieve flour into the mixture, and mix together to achieve a soft dropping consistency.
- Add flavourings and stir well.
- Spoon the mixture evenly into muffin cases, in muffin tins, and place in oven for 15-20 minutes or until golden and springy in texture.
- Place muffins on cooling rack.
- Wash up, clean and check equipment.



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