

Food Technology

Year 8 Recipe Booklet Module 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

Date	Ingredients provided by school	Dish to be made
		Fajitas
	Curry paste only	Thai Green Curry
		Pear Marble Tray Bake
		Enchiladas
	Filo pastry only	Chicken Pie
	Tin to cook and take home in	Cheesecake
		Module Task
		Cookies

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

Fajitas

Ingredients

1/2 lime
1 clove garlic
1/2 green chilli (optional)
Small bunch coriander.
2 teaspoons oil
1 small chicken breast (extra veg or kidney beans—veg option)
1 vegetable of your choice (e.g. $\frac{1}{2}$ onion, $\frac{1}{2}$ green pepper, 1 TBSP sweetcorn)

Equipment from home

*Suitable container to carry food in—these can be re-heated at home in microwave

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

tomato
grated cheese
tortillas
guacamole / salsa

During this practical lesson you will be shown how to assemble one fajita but you will assemble yours at home when ready to eat—to prevent the tortillas going soggy.

Method

- Collect equipment, organise work area
- Prepare the marinade—squeeze the lime, peel and crush the garlic, de-seed and slice the chilli, chop the coriander and stir everything together in a small bowl with the oil.
- Remove any skin from the chicken and cut into strips.
- Mix with the marinade and place in the fridge whilst you prepare the other ingredients.
- Prepare the remaining ingredients—slice the onion and green pepper.
- Into a large saucepan or wok place the marinated chicken and stir fry for approximately 4 minutes, check the chicken is cooked.
- Add vegetables and cook for a further 2 mins.
- Wash up, clean and check equipment
- To serve at home spread the chicken in the centre of the tortilla, add some sliced tomato, grated cheese, guacamole or salsa, then roll up.

Reheating

Reheat fillings in the microwave in a suitable container. Make sure the chicken is piping hot.



Thai green chicken curry

Ingredients

1 tablespoon oil
3 spring onions
1 clove of garlic
1 red pepper
2 chicken breasts
400ml coconut milk
 $\frac{1}{2}$ lime
Small bunch of coriander

Equipment from home

*Container to carry home in

Provided by school:

1 - 2 tablespoons Thai green curry paste (depending on strength)

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

Method

- Collect equipment, organise work area
- Prepare the vegetables—slice the spring onions and the pepper, crush the garlic.
- Cut the chicken into small chunks.
- In a large saucepan or wok fry the spring onions, pepper, garlic and chicken in the oil for 3-4 mins.
- When the chicken has turned 'white', stir in the green curry paste.
- Pour in the coconut milk and simmer for 15 mins.
- Squeeze the lime and pour over the curry.
- Tear the coriander and add to the curry.
- Wash up, clean and check equipment.
- Serve with boiled rice.

Reheating

Reheat in the microwave in a suitable container.
Make sure the chicken is piping hot.



Marble Pear Tray Bake

Ingredient

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 tablespoon cocoa powder
1 teaspoon baking powder
1 small pear or other fruit

Equipment from home

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

Oven Temp 180C

Gas 5

Time 20 minutes

Method

- Collect equipment, organise work area
- Pre-heat oven at 180C/ Gas 5
- Grease and line the baking tin or foil tray
- In a large bowl cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
- Crack egg into a jug and place shell in the bin. Check the eggs freshness and beat before adding it to the mixture. Add the beaten egg a **little at a time**, to the margarine and sugar and mix.
- With a metal spoon fold the flour and baking powder into the mixture.
- Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
- Spoon half of the cake mixture into the tin in small amounts around the tin (leave gaps for the chocolate mix).
- Stir in the cocoa to the remaining cake mixture.
- Spoon the chocolate mixture into the baking tin between the white mixture. Swirl the two mixtures together to create a marble effect.
- Place in the oven and bake for 20 minutes, until golden brown and springy to the touch
- Remove from the oven and allow to cool in the tin.
- Wash up, clean and check equipment



Enchiladas

Ingredients

1 onion
1 red pepper
1 - 2 tsp chilli powder
2 cloves garlic
400g minced beef **OR** 1 can mixed beans
1 beef oxo cube
1 **small can sweetcorn**
400g can of chopped tomatoes
1 **TBSP** tomato puree
6 Tortilla wraps
50g grated cheese

Equipment from home

*Deep oven proof dish
*Tin to carry home in

Oven Temp 180C

Gas 5

Time 20 minutes

Method

- Collect equipment, organise work area.
- Pre heat oven 180C/Gas 5.
- Chop the onion and pepper on a white board. Crush the garlic and open and drain the tin of sweetcorn. Grate the cheese.
- Dry fry mince in a saucepan over a gentle heat until brown and drain off any excess fat.
- Add the onions and peppers and fry for a further 2 minutes.
- Add garlic, sweetcorn and crushed oxo cube and stir well.
- Add the can of chopped tomatoes and tomato puree. Bring to a simmer; then gently cook for 10 minutes.
- Evenly fill the wraps with the mixture and place in your oven proof dish.
- Pour any remaining sauce over the top of the wraps. Cover with grated cheese.
- Bake in a pre-heated oven at 180C / gas 5 for 20 minutes until the cheese has melted and gone golden.
- 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 and Vegetable Filo Pie

Ingredients

25g butter
1 Onion
25g plain flour
250ml milk
2 x Chicken Breasts
200g Mixed Vegetables such as Sweetcorn, peas or broccoli.
1 Chicken Stock Cube
Salt and pepper to Taste
2 tsp oil

Equipment from home

*Oven proof dish
*Container to carry home in

Oven Temp 180C

Gas 5

Time 15 minutes

Provided by school:

2 Sheets Filo Pastry

The Filo pastry is provided by school from payment made at the beginning of the year

Method

- Collect equipment, organise work area.
- Pre-heat oven to 180c/gas mark 5.
- Peel and finely chop onion, and vegetables on a white chopping board.
- Cut chicken into bite size pieces using a **red** chopping board.
- Melt butter in a pan on a low heat, add chicken and cook for 5 minutes until white on the outside.
- Add onion and other vegetables and cook until the chicken is cooked.
- Remove from heat and place into oven proof dish.
- Crumble the stock cube into the saucepan and add the flour and milk.
- Return the pan to the heat and **slowly** bring to the boil whilst whisking all the time until the sauce is thickened.
- Remove from heat and pour over chicken and vegetables in your ovenproof dish. Stir well.
- Take the filo pastry sheets and gently scrunch them up. Place on top of the pie, and brush with the oil.
- Place in the hot oven for 15 minutes or until golden.
- Wash up, clean and check equipment

Reheating

Reheat in oven at 180C / Gas 5 for 20 - 30 minutes or until piping hot in the centre.



Fruit Cheesecake

Ingredients

9 Large Digestive Biscuits
50g Butter or Margarine
200g Soft Cheese (Philadelphia or light soft cheese)
50g Icing Sugar
150ml / $\frac{1}{4}$ pint double Cream
1 tsp vanilla essence
Selection of fresh fruit to decorate

Equipment from home

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

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

Method

- Collect equipment and organise work area.
- Crush biscuits in a food processor or using a rolling pin and a bowl.
- Melt butter and stir into crushed biscuits until they stick together.
- Place biscuits in base of tin and press down firmly to smooth with the back of a spoon.
- Place in fridge to harden.
- In a small bowl mix together the cream cheese, sugar and vanilla essence until smooth.
- Whip the cream in a large bowl using a balloon whisk, until soft peaks form.
- Add the cheese mixture to the cream and gently combine using a metal tablespoon.
- Spoon the cheesecake mixture into the tin and smooth the top of the cheesecake with a palette knife.
- Decorate with fruit of your choice.
- Place in fridge to set.
- Wash up, clean and check equipment.



Cookies

Ingredients

80g Margarine

70g Caster sugar

100g self raising flour

25g oats

Flavouring e.g. 50g chocolate chips / raisons / glace cherries / dried apricots / 1 tsp vanilla essence

Equipment from home

*Container to carry home in.

Oven Temp 180C

Gas 5

Time 10 minutes

Method

- Collect equipment, organise work area.
- Pre-heat oven to 180c/gas mark 5.
- Mix together the sugar and butter in a mixing bowl.
- Add the flour, oats, and flavourings and stir well until all the ingredients are combined. You may need to use your hands to bring the mixture together.
- Divide the dough into 8 even sized pieces.
- Place your pieces of dough onto the tray lined with baking paper so they are far apart from each other. Flatten slightly with the palm of your hand.
- Carefully place your tray into the oven using oven gloves for 10 minutes. Your cookies are ready when they are golden brown on the edges. (These cookies will be soft when they come out of the oven and will harden as they cool down)
- Wash up, clean and check equipment.



Notes...

