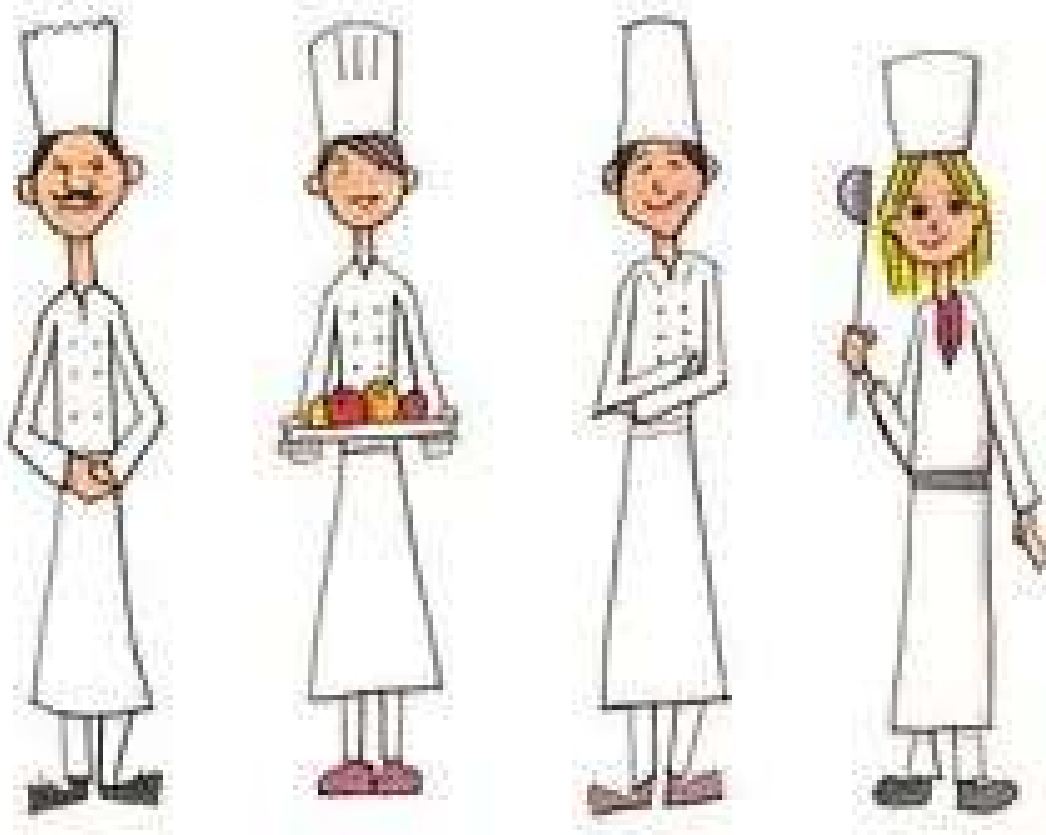


# Food Preparation & Nutrition

## Year 9 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**

<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

# Flavoured Bread - makes 6 rolls

## Ingredients

$\frac{1}{2}$  tsp sugar  
25g butter  
250ml tepid milk

## Equipment from home

\*Tin to carry home in

Oven Temp 220C  
Gas 8

Time 12 - 15 minutes

(flavouring - dried herbs, tomato puree, cheese, poppy seeds, sesame seeds, sunflower seeds, sun dried tomatoes, olives)

## *Provided by school:*

300g strong white flour  
 $\frac{1}{2}$  tsp salt  
1 sachet easy blend yeast  
Extra flour for dusting

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

## Method

- Collect equipment, organise work area
- Preheat oven 220C/Gas 8.
- Gently heat the milk and margarine in a small pan until butter just melts and cool until lukewarm.
- Sieve the flour and salt into a large bowl.
- Stir in the sugar, yeast and flavourings.
- Add enough milk to make a firm dough (Take care adding the milk 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.



# 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



# Quiche

## Ingredients

200g Plain Flour  
100g Butter / block Margarine  
2 Eggs  
100ml Milk  
2 rashers Bacon or sliced Ham  
50g Cheese  
1 extra Vegetable of own choice  
(e.g. Pepper, Sweet Corn, Broccoli, Peas, Spring Onion)

## Equipment from Home

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

Oven Temp 180C

Gas 5

Time 20 - 30 minutes

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

## Method

- Collect equipment, organise work area
- Preheat oven on at 180°C / Gas 5.
- 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.
- 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.
- Roll out pastry until  $\frac{1}{2}$ cm thick and line baking dish.
- Blind bake for 5 minutes if time allows.
- Place milk in measuring jug and add eggs and cheese. Beat with a fork.
- Chop up bacon using scissors and add to the mixture.
- Chop extra ingredient on a white chopping board into small pieces. Add to the egg and milk mixture and stir well.
- Pour into the pastry case and bake in a pre-heated oven at 180°C / Gas 5 for 20 - 30 minutes.
- Once cooked, place on a cooling rack to cool down.
- Wash up, clean and check equipment

### Reheating

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



# Tray Bake

## Ingredients for cake

75g soft baking margarine  
75g castor sugar  
125g white self raising flour  
1 egg  
1 teaspoon baking powder  
3 tablespoons of milk  
Flavouring of own choice  
(vanilla essence, lemon zest,  
orange zest, cocoa powder,  
fresh / dried fruit)

## Topping

150g melted chocolate OR  
200g icing sugar mixed with a little water  
Decorations (fresh fruit, glace cherries, chocolate buttons)

## Method

- Collect equipment, organise work area.
- Pre heat oven 180C/gas 4.
- Place softened margarine and sugar in a bowl and cream together.
- Crack egg into a jug and place shell in the bin. Check the eggs freshness. Beat the egg with a fork and gradually add to the margarine and sugar mixture.
- Sift in the flour and baking powder and beat well.
- Add flavourings and milk if needed and beat until the mixture is of dropping consistency.
- Spoon mixture evenly into a lined tin and level with the back of a spoon.
- Bake for 20—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 and leave to cool slightly.
- Melt chocolate or prepare icing.
- Decorate your tray bake with toppings and decorations,
- Leave to set. Once set cut into bars (this may need to be done at home).
- 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



# 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
	Flour, salt and yeast only	Flavoured bread
		Gingerbread
	Tin to cook and take home in	French Quiche
		Tray Bake

This module also contains practical investigations. For these practical investigations school will provide the ingredients needed.