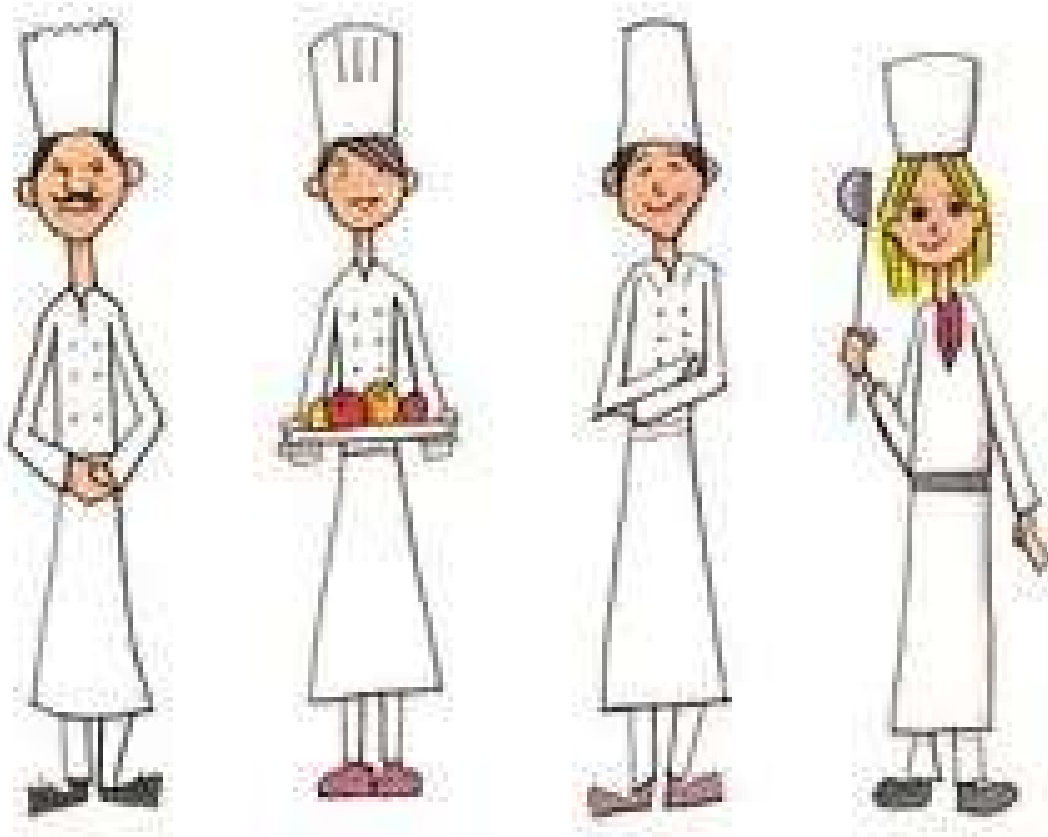


# Food Preparation & Nutrition

## Year 9 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

# Rogan Josh

## Ingredients

300g/12oz raw chicken, beef or Quorn  
1 onion  
2 tomatoes  
1 clove garlic  
1 **tsp** of oil  
2 **TBSP** of Rogan Josh curry paste  
400g can of chopped tomatoes  
**OPTIONAL** - 1 **TBSP** of fresh coriander  
**OPTIONAL** - Courgettes or peppers  
100mls water

## Equipment from Home

\*Sealable container to carry home in

## Method

- Collect equipment, organise work area.
- Slice the meat on a **red** chopping board.
- On a clean chopping board slice the onion, cut the tomatoes and crush the garlic.
- Heat the oil in a large pan and add the meat—cook for 3—4 minutes.
- Add the Rogan Josh curry paste, sliced onion and garlic—cook for a further 2—3 minutes.
- Add the canned and fresh tomatoes and cook for a further 2 minutes.
- Add the 100mls of water.
- Simmer for 15 mins.
- Chop the coriander.
- Stir in the fresh coriander.
- Wash up, clean and check equipment.
- Serve with rice, naan bread or jacket potato.

### Reheating

Reheat in oven in an oven proof dish at 180C / Gas 5 for 20-30 minutes or until chicken is piping hot. Can be microwaved in suitable container.



# Chocolate Brownies

## Ingredients

125g Butter or Margarine  
175g caster Sugar  
2 Eggs  
50g Cocoa Powder  
50g self raising Flour  
100g Chocolate Chips/Chunks

## Topping

100g Chocolate

## 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 - 30 minutes

## Method

- Collect equipment, organise work area.
- Cream together the butter and sugar in a mixing bowl.
- Add the eggs, cocoa powder and flour into the bowl and mix well.
- Add the chocolate chips and make sure all the mixture is combined.
- Pour into a lined tin and bake in a pre-heated oven at 180°C / Gas Mark 5 for 30 minutes until golden brown. The brownies should get a crisp crust on the outside and still be soft in the middle.
- Place the brownies onto a cooling rack using oven gloves.
- Once cool melt the chocolate for the topping. Break the chocolate into chunks and place in a glass bowl over a pan of boiling water - make sure the bowl isn't touching the water.
- Stir until melted.
- Remove from heat and drizzle over brownie.
- Leave in the fridge to set.
- Wash up, clean and check equipment.



# Chilli Con Carne

## Ingredients

500g of minced beef  
2 rashers of bacon - **raw**  
1 onion  
1 red pepper  
100g/4oz mushrooms  
2 teaspoons chilli powder  
400g can of tomatoes (chopped)  
400g can of kidney beans  
2 tablespoons of tomato puree  
1 beef stock cube  
150ml of water

## Equipment from home

\*Sealable container to carry home in

## **Method**

- Collect equipment, organise work area.
- Prepare all vegetables on a white board. Drain and rinse kidney beans.
- Chop bacon using meat scissors on a red chopping board.
- In a large saucepan brown the mince and drain off any fat.
- Add onion, pepper and bacon and fry for five minutes.
- Add mushrooms, kidney beans and chopped tomatoes, continue to fry.
- Crush oxo cube and sprinkle in.
- Add chilli powder and tomato puree and stir well.
- Simmer for twenty minutes - add water if necessary.
- Wash up, clean and check equipment.
- Serve with spaghetti, rice or baked potatoes.

### Reheating

Reheat in oven in an oven proof dish at 180C / Gas 5 for 20 minutes or until it is piping hot. Can be microwaved in suitable container.





# Spanish Chicken

## Ingredients

1 medium onion, chopped  
2 Cloves garlic, peeled and chopped  
2 Peppers - mixture of red and yellow  
2-3 Chicken Breasts  
200g Chorizo Cooking Sausage skinned and cut into 1 cm pieces.  
2 **tsp** mixed herbs  
2 **tsp** paprika  
1 chicken stock cube  
400g can chopped tomatoes.  
2 **TBSP** tomato puree

## Equipment from home

\* Sealable container to carry home in

## Method

- Collect equipment, organise work area.
- Prepare all vegetables on a white board.
- Cut the chicken into large chunks on a **red** chopping board.
- Boil the kettle and in a jug make the chicken stock with 200ml of boiling water.
- Place the chorizo, onion, garlic and peppers in a saucepan and cook on a low heat until the vegetables have softened.
- Add the chicken and cook for a 2 - 3 minutes until the chicken has browned.
- Add the chicken stock, chopped tomatoes, tomato puree, mixed herbs and paprika.
- Bring to the boil and then simmer for 20 minutes or until the chicken is cooked through and the sauce has thickened.
- Serve with rice or crusty bread.
- Wash up, clean and check equipment.

## Reheating

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



# Muffins

## Ingredients for cake

255g self raising flour  
1  $\frac{1}{2}$  teaspoons baking powder  
240ml milk  
85g softened butter / margarine  
1 egg

## For sweet filling

100g caster sugar  
 $\frac{1}{2}$  teaspoon vanilla essence  
100g fresh fruit (blueberries, raspberries)  
100g chocolate chips

## For savoury filling

Pinch of salt  
100g grated cheese  
100g chopped cooked ham

## Method

- Collect equipment, organise work area.
- Pre heat oven 180C/gas 5.
- In a saucepan melt the butter and milk together, take care not to burn it. Transfer to a jug to cool slightly.
- Add the egg to the jug and beat well with a fork to combine. Leave to one side.
- Place flour, baking powder and sugar or salt into a mixing bowl. Stir well. Add the flavourings to the mixture and stir through.
- Make a well in the dry ingredients and pour in wet ingredients. Mix gently (do not beat) until the mixture is combined. The mixture should be lumpy and not smooth.
- Spoon evenly into 12 cake cases.
- Cook in pre-heated oven 180°C / Gas 5 for 15 - 20 minutes.
- Remove cakes from oven when cooked and leave to cool.
- Wash up, clean and check equipment.

## Equipment from home

\*12 muffin cases  
\*Tin to carry home in

Oven Temp 180C  
Gas 5

Time 25 - 30 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
		Indian Rogan Josh
		Chocolate Brownies
		Mexican Chilli Con Carne
		Spanish Chicken
		Sweet / Savoury Muffins
		Module Task - Using a recipe from year 9 as a starting point create a product which shows an understanding of the nutrients included.