

# Food Preparation and Nutrition

Walton High School



Year 8 Module 2

# Welcome to Food Preparation and Nutrition

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.

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.

We are a Nut Free department—we have made all of our recipes nut free, therefore please don't bring any nuts into the department. We ask that all parents, carers and guardians 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, nail décor, false eyelashes or jewellery in practical lessons.

We hope that you enjoy the course.

Miss E. Dixon

Recipe	Date
Fajitas	
Thai Green Curry	
Pear Marble Tray Bake	
Enchiladas	
Chicken Pie	
Cheesecake	
Module Task	
Cookies	

# Fajitas

## Ingredients and Equipment:

- ½ Lime
- 1 clove of garlic
- ½ green chilli (optional)
- Small bunch of coriander
- 2 **tsp** oil
- 1 small chicken breast or a vegetarian alternative
- 1 vegetable of your choice (peppers, onions, sweetcorn etc)
- Airtight container to transport your dish home or tinfoil to cover your wraps.



## Method:

- Collect equipment, organise work area
- Prepare the marinade—squeeze the lime, peel and crush the garlic, deseed 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 on a red chopping board.
- Mix with the marinade and place in the fridge whilst you prepare the other ingredients.
- Prepare the remaining ingredients—slice your vegetables carefully.
- 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.
- *Reheat the dish in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.*

# Thai Green Curry

## Ingredients and Equipment:

- 1 **tbsp** oil
- 3 Spring onions
- 1 Clove garlic
- 1 Red pepper
- 2 Chicken breasts
- 400ml Coconut milk
- ½ Lime
- Small bunch of Coriander
- 2 **tbsp** of Thai green curry paste
- Container to transport your curry home in.



## 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 on a red chopping board.
- 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.
  
- *When re-heating, microwave in a suitable container until piping hot.*

# Pear Marble Tray Bake

## Ingredients and Equipment:

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 **tbsp** cocoa powder
- 1 **tsp** baking powder
- 1 small pear or other fruit
- 18cm lined cake tin
- Container or tinfoil to transport your dish home in.



## Method:

- Collect equipment, organise work area
- Pre-heat oven at 180C/ Gas 5
- Grease and line the baking tin.
- 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 egg's 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 and Equipment:

- 1 onion
- 1 red pepper
- 2 **tsp** garlic powder
- 2 cloves of garlic
- 400g minced beef or vegetarian alternative
- 1 beef stock cube or a vegetarian alternative
- 1 small can of sweetcorn
- 500g chopped tomatoes
- 1 **tbsp** tomato puree
- 6 tortilla wraps
- 50g grated cheese
- Deep baking dish
- Container to take your dish home in or tinfoil to cover your deep baking dish.

## 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 stock 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 turned golden.
- Wash up, clean and check equipment.

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



# Chicken Pie

## Ingredients and Equipment:

- 25g of butter
- 1 onion
- 25g plain flour
- 250ml milk
- 2 x chicken breasts
- 200g mixed vegetables such as sweetcorn and mushroom
- 1 chicken stock cube
- 2 **tsp** oil
- Oven proof dish
- Airtight container or tinfoil to transport your dish home or tinfoil to cover your oven proof dish.



## 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 and check equipment.
- *Reheat the mince in the oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.*

# Fruit Cheesecake

## Ingredients and Equipment:

- 9 large digestive biscuits
- 50g of butter or margarine
- 200g cream cheese
- 50g of icing sugar
- 150ml double cream
- 1 tsp of vanilla essence
- Selection of fresh fruit to decorate
- 20cm tin.
- Container or tinfoil to transport your dish home in.

## 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 and Equipment:

- 80g of margarine
- 70g Caster sugar
- 100g self raising flour
- 25g oats
- 50g of flavourings, such as chocolate chips or blueberries
- 1 tsp vanilla essence
- Container to transport dish home in.



## 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, vanilla essence 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.