

Food Preparation and Nutrition

Walton High School



Year 9 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
Rogan Josh	
Chocolate Brownies	
Chilli con Carne	
Spanish Chicken	
Sweet or Savoury Muffins	

Rogan Josh

Ingredients and Equipment:

- 2 Tomatoes
- 1 onion
- 300g raw chicken or alternative
- 1 Clove garlic
- **1 tsp** of oil
- **1 Tbsp** of Rogan Josh curry paste
- 400g can of chopped tomatoes
- OPTIONAL – **1 tbsp** of fresh coriander and Courgettes or peppers
- 100ML water
- A container to transport your dish home.

Method:

- Collect equipment, organise work area.
- Slice the meat on a red chopping board.
- On a white chopping board slice the onion, cut the tomatoes, any additional vegetables 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 extra vegetables.
- Add the 100ml 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.
- *When re-heating, 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 and Equipment:

- 125g Butter or Margarine
- 175g Caster Sugar
- 2 Eggs
- 50g Cocoa Powder
- 50g Self-raising Flour
- 100g Chocolate Chips/Chunks
- 100g Chocolate for topping
- 18 cm (7inch) lined cake tin
- Tin to carry home in or foil to cover cake



Method:

- Pre-heat the oven to 180 degrees Celsius/ gas mark 5.
- 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 have 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 and Equipment:

- 500g minced beef
- 2 rashers of Bacon - raw
- 1 Onion
- 1 Red pepper
- 100g/4oz Mushrooms
- 1 **tsp** Chilli powder
- 400g can of tomatoes (chopped)
- 400g can of kidney beans
- 2 **tbsp** of tomato puree
- 1 Beef stock cube
- 150ml of water
- Sealable container to transport your dish home.



Method:

- Collect equipment, organise work area.
- Prepare all vegetables on a white board. Drain and rinse kidney beans.
- Chop bacon 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 beef stock 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.

When re-heating, reheat in oven in an oven proof dish at 180C / Gas 5 for 20 -30 minutes or until meat is piping hot. Can be microwaved in suitable container.

Spanish Chicken

Ingredients and Equipment:

- 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 of chopped tomatoes.
- 2 **tbsp** tomato puree
- 1 medium onion
- 2 cloves of chopped garlic
- Sealable container to transport your dish home.

Method:

- Collect equipment, organise work area.
- Prepare all vegetables and chorizo 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.



When re-heating, reheat in oven in an oven proof dish at 180C / Gas 5 for 20 -30 minutes or until meat is piping hot. Can be microwaved in suitable container.

Sweet or Savoury Muffins

Ingredients and Equipment:

- 255g self-raising flour
- 1 ½ **tsp** baking powder
- 240ml milk
- 85g soft margarine
- 1 egg

For sweet filling:

- 100g caster sugar
- ½ **tsp** vanilla essence
- 100g fresh berries
- 100g chocolate chips

For savoury filling:

- Pinch of salt
- 100g grated cheese
- 100g chopped ham
- Container to transport your muffins home.

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.

