



Year 8  
Recipe Book

**Name:** .....

**Form:** .....

**Teacher:** .....

<b>Weeks</b>	<b>Skills</b>	<b>Date of Practical</b>
<b>Health and Safety</b>		
<b>Toaster pitta pockets</b>	<b>Knife skills</b>	
<b>Sausage risotto</b>	<b>Knife skills / refrigeration</b>	
<b>Sausage Risotto</b>	<b>Using the hob (Italy)</b>	
<b>Chilli Con Carne</b>	<b>Economical main meal ( Mexican)</b>	
<b>Chicken Stir Fry</b>	<b>Using the hob, stir fry, low in fat (China)</b>	
<b>Sausage Kebabs with BBQ sauce</b>	<b>Using the Grill, (Greek)</b>	
<b>Potato Dauphinoise</b>	<b>Peeling and a staple food (French)</b>	
<b>Flapjacks with fruit</b>	<b>Melting and adapting a recipe (American)</b>	
<b>Jam Tarts</b>	<b>Pastry casing (British)</b>	
<b>Macaroni cheese</b>	<b>Sauce making (Italian)</b>	
<b>Carrot cake</b>	<b>Grating / add NSP / Fibre (American)</b>	
<b>Own Recipe</b>	<b>What recipe will you choose?</b>	
<b>Cheesecake</b>	<b>Presentation (American) 1</b>	

## **FOOD PRACTICAL LESSONS**

**Please bring all ingredients to the food room at the start of the day before AM registration. Remember to put high risk ingredients named and in the fridge.**

**At the beginning of the practical lesson you must tie long hair back, wash your hands. Put your apron on.**

**You need to follow your recipe. Place the recipe booklet it in a plastic pocket to keep it clean.**

**You need a container to carry your food to and from school, please make sure you have named everything.**

**Throughout the lesson consideration must be given to hygiene.**

**You must return at the end of the day to collect your dish to take home. You do not need to leave pm registration early. We cannot store food at school for long periods of time. If you lose this booklet you can the recipes on:**

**<http://bournedt.weebly.com/food.html>**

## Toaster Pitta Pockets

### Ingredients

3 mini pitta breads  
60grms soft cheese  
60grms grated cheddar  
1 large tomato  
½ pepper  
3 slices ham

### Method

- Open the pitta bread with a knife.
  - Cut the ham into strips.
  - Mix together the cream cheese and grated cheese and add the strips of ham
  - Cut the tomato and the pepper into thin slices.
  - Use a teaspoon and knife to spread the cheese mixture in. Add a slices of tomato and peppers to the fillings, gently squash the pitta closed between your hands,
  - Put pitta into a frying pan (not fat) and cook on both side for 1-2 mins until golden and crisp.
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## Sausage Kebabs with BBQ sauce

### Ingredients

4 to 6 sausages  
4 shallot onions  
4 mushrooms  
½ pepper  
½ courgette

For the sauce – ½ onion, 1tbsp oil, 1 clove garlic, ½ tbsp. lemon juice, ½ tablespoon Worcestershire sauce, 1 tbsp tomato ketchup, ½ tbsp. Demerara sugar, 2tbsp natural yogurt.

### Method

1. Make up the kebabs on skewers. Grill or fry until cooked
2. Make the sauce by chopping the onion and frying in oil. Add garlic. Take off the heat add Worcestershire sauce, tomato ketchup, lemon juice, sugar and yogurt.

## Stir Fry

### Basic sauce recipe provided by school

1 tsp Cornflour  
1 tbsp Light soy sauce  
2 tbsp Water  
2 tbsp oil  
Pinch of sugar

A range of vegetables. Pick what you like e.g.

1 Carrot	25g Peas	100g bean sprouts
1 pepper	4 spring onions	2 tbsp oil
1 courgette	1 clove garlic	

If you wish you can add meat e.g.

1 Chicken breast	250g Lean pork
250g Rump steak	250g Sausage

PLEASE BRING TO SCHOOL A TAKE HOME DISH THAT WILL SEAL.

### Method

1. Peel the carrot, remove the seeds from the pepper, peel and crush the garlic.
2. Slice all the vegetables into batons (Thin slices), except the onions which need cutting diagonally.
3. Cut the meat into thin slices.
4. Put the cornflour into a small basin; add a few drops of water to make a paste. Stir in the rest of the sauce ingredients.
5. Heat the 2 tbsp of oil in a wok for 1 minute; add the meat, fry until coloured, add the carrot, pepper and courgette. Cook for 3 minutes.
6. Add the garlic and the other vegetables. Cook for a further 3 minutes.
7. Stir the sauce into the pan, until the sauce thickens.

## **Sausage Risotto**

This can be made with sausage chicken, or vegetables

### **Ingredients**

300g Sausage/Chicken or mixed vegetables  
1 Tbsp Oil (Get from school)  
75g Rice  
1 Onion  
100g Mushrooms  
50g Green beans or peas  
20g Sweetcorn  
375ml stock (made with 1 stock cube)  
1 Tbsp Worcester sauce

PLEASE BRING TO SCHOOL A TAKE HOME DISH THAT WILL SEAL.

### **Method**

1. Cut the chicken/vegetables into bite size chunks, but not the sausage.
2. Put the oil into the wok and heat. Add the sausage/chicken/vegetables to the pan and stir with a wooden spoon until cooked through. Transfer onto a plate. Keep warm. Now cut the sausages
3. Peel and chop the onion. Wash and slice the mushrooms. Add the onion to the wok and fry for 5 minutes.
4. Add the rice, mushrooms, beans or peas, sweetcorn, stock and Worcester sauce. Simmer until the rice is cooked, about 12 minutes.
5. Add the sausage/chicken/vegetables to the rice.
6. Transfer into your own container. Cool and then put in the fridge.

# Potato Dauphinoise

## Ingredients

125ml double cream  
125ml milk  
1 garlic clove  
2 large King Edward or Maris Piper potatoes  
Potato  
75g Cheddar Cheese (or a cheese of your choice)

Please bring an oven proof dish.

## Method

1. Heat oven to 190C/170C fan/gas 5.
2. Tip the cream, milk and garlic into a large saucepan and bring to a simmer.
3. Slice the potatoes very finely, about 3-4mm, add them to the cream and simmer for 3 mins until just cooked. Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.
4. Remove the potatoes with a slotted spoon and place in a wide shallow ovenproof dish so that they are about 5cm in depth.
5. Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface.
6. Scatter over the cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.

# Chilli Con Carne

## Ingredients

225g Minced Beef  
1 Tbsp Oil (Get from school)  
1 Tbsp Tomato puree  
1 clove Garlic  
1 Onion  
1or 2 Tsp Chilli powder  
1 Can Tomatoes  
1 Small Can Kidney beans  
125g Mushrooms

**Remember to bring a named container to carry it home in.**

## Method

1. Peel the onion and garlic and chop. Slice the mushrooms
2. Put the oil into the wok and heat. Add the mince and brown well
3. Add the garlic and onion, fry for 5 minutes
4. Add the mushrooms, Fry.
5. Add the chopped tomatoes, kidney beans, tomato puree and chilli powder. Stir and simmer for 20 minutes
6. Transfer into your own container. Cool and then put in the fridge.



## Granola Bars

### Ingredients

50g butter or margarine  
2 tbsp spoon honey  
100g sugar  
150g jumbo oats  
1 tsp spoon cinnamon  
40g desiccated coconut (optional)  
75g tropical dried fruit (optional)

**To adapt this recipe you could take out the coconut and change the dried fruit.**

### Method

1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 20 minutes, until lightly browned
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

**Please bring a 20cm square tin or a Victoria sandwich tin to make the granola in.**

## Jam Tarts

### Ingredients

200g Plain flour  
8-10tsp water (at school)  
Jar of flavoured jam or lemon curd  
100g hard margarine

PLEASE BRING TO SCHOOL A TAKE HOME DISH THAT WILL SEAL.

### Method

1. Put the oven on at 190°C – Gas mark 5.
2. Sieve the flour into large bowl.
3. Cut the margarine into small pieces and add to flour.
4. Rub in with fingertips to resemble breadcrumbs
5. Add water mix together with a palette knife into dough  
(add extra water if mixture not sticking)
6. Flour the table and roll out the dough thinly and evenly
7. Cut out the pastry with the large pastry cutter
8. Place each cut out pastry circle in the tart tray
9. Add 1tsp of jam into the centre of each pastry circle
10. Cook in oven for 10-14mins

# Macaroni Cheese

## Ingredients

100g Macaroni  
25g Butter/margarine  
25g Plain Flour  
250ml Milk  
100g Grated Cheese  
(You could add bacon or ham to this)

**Remember to bring a named ovenproof container to carry it home in.**

## Method

1. Boil a pan of water and cook the pasta; you will know if it is cooked if when you cut a piece open it does not have a white line through it. This should not take longer than 10 minutes
2. Put the butter, flour and milk into a pan. Stir with a wooden spoon until the sauce thickens and boils. This could take at least 5 minutes. The sauce should coat the back of the spoon. This method is the all in one method
3. Grate the cheese on a plate
4. Add most of the cheese to the sauce
5. Drain the pasta through a colander and put into your dish. Pour the sauce over it. Sprinkle on the rest of the cheese grill until golden brown
6. Cool and then put in the fridge.

## Carrot Cake

### Ingredients

- 175g S.R flour (either white or wholemeal)
- 1 level teaspoon of mixed spice (or cinnamon)
- 150ml sunflower oil
- 1 teaspoon vanilla essence
- 250g carrots – please grate at home
- 1 level teaspoon of baking powder
- 175g light brown sugar (or caster sugar)
- 3 medium eggs
- 60g raisins (or currants or mixed dried fruit, optional)

### Method

1. Set the oven to Gas mark 4 or 180°C. Grease and line a swiss roll tin.
2. Beat eggs.
3. Sift the flour, baking powder and spice into a mixing bowl. Add the sugar well.
4. Add the oil, eggs, vanilla essence, raisins and carrots. Beat together until well mixed.
5. Turn the mixture into the prepared tin and bake for 20-25 minutes until firm and springy to touch.
6. Leave in the tin for 5 minutes, and then turn out. Remove lining paper and leave to cool on wire rack. Cut into approx. 10 pieces.

**Please bring your own Swiss roll tin or you can borrow one from school. You will have to wash this before leaving school at the end of the day.**

# Cheesecake

## Ingredients

### BASE:

10 digestive biscuits  
50g butter or margarine

### TOPPING:

1 packet of dream topping (This is different from Angel Delight)  
125ml milk  
75g Philadelphia cream cheese  
50g icing sugar

Fruit to decorate (strawberries, kiwi, canned cherries are good) or 1 tin of fruit

Bring a flan dish or 30p to buy a tin foil from school

## Method

1. Crush the biscuits with a rolling pin in a plastic bag.
2. Melt the butter in a saucepan and add the crushed biscuit.
3. Press the base into your take home dish.
4. Make the dream topping in a large bowl by whisking it up with milk as per packet instructions.
5. Sieve icing sugar and mix in the cream cheese in a small bowl. Fold into the dream topping mixture in. It should be fairly thick.
6. Pour topping onto base, then arrange fruit on top and serve.
7. Chill

**Your own Multi cultural Recipe**

**Please write out your recipe here**