



Year 9

Bourne Academy

Commodities Recipe Book

Name:

Form:

Teacher:

Recipe	Date of Practical	Commodity
Lemonade Drink		Fruit
Chicken Caesar salad		Salad
Pineapple upside down cake		Eggs
Omelettes		Eggs
Oaty Crumble		Cereals
Creamy Lemon Chicken Pasta		Cereals
Hotpot		Meat
Toad in the hole		Meat
Salmon and vegetable stack		Fish
Paella		Fish
Pancakes and fillings - Sweet or savoury		Milk
Sausage and lentil Casserole		Pulses
Vegetable Lasagne		Pulses

Lemonade

Ingredients

2 lemons
50g sugar
500ml Water

Method

1. Peel the rind very thinly and put in bowl with the sugar
2. Pour over 500ml of boiling water, leave to cool
3. Juice the lemons
4. Pour the lemon water through a sieve, remove the rind
5. Mix the lemon juice with the cool water mixture.

Please bring a drinks bottle to take this home in

Chicken Caesar salad

Ingredients

2 thick slices crusty white bread
3 tbsp olive oil
1 skinless, boneless chicken breast
1 little gem lettuce

For the dressing

½ garlic clove
1 tub of grated Italian hard cheese e.g. parmesan, Grano Padano
5 tbsp mayonnaise
1 tbsp white wine vinegar

Method

1. Cut the bread into big, squares. Add a little oil, salt and pepper to a frying pan and fry the bread until golden brown. Put the bread to the side to cool.
2. Cut chicken into small piece and fry. Check with the temperature probe the chicken must be above 72° and thoroughly cooked.
3. Slice the lettuce and put in take home dish.
4. To make the dressing put mayonnaise and white wine vinegar into a bowl, add crushed garlic and season with salt and pepper.
5. Stir the lettuce into the dressing and add the chicken and croutons.
6. Sprinkle with parmesan and serve.

Pineapple Upside-down Cake

Ingredients

7 pineapples rings in syrup, drained keep the syrup
100g softened butter
100g golden caster sugar
100g self-raising flour
1 tsp baking powder
1 tsp vanilla extract
2 eggs

BRING YOUR OWN CAKE TIN OR DISH

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Arrange pineapple rings in the cake tin, and then place cherries in the centers of the rings. Drizzle over the syrup from the fruit
3. For the cake, place the cake ingredients in a bowl and, using an electric whisk, beat to a soft consistency.
4. Spoon into the tin on top of the pineapple and smooth it out so it's level.
5. Bake for 35 minutes. Leave to stand for 5 minutes
6. At home reheat and then turn out onto a plate.

Cheesy Omelette

Ingredients

1 tbsp oil (available at school)
3 mushrooms, sliced or 2 slices of ham, diced
25g cheese, grated
2 eggs, beaten
Salt and pepper to season

This recipe can be eaten in the lesson, if desired, or bring a take home dish with your name on it to carry it home

Method

1. Break the eggs into a bowl and season, beat with a fork until mixed.
2. Add a little oil to the frying pan and fry mushrooms until they are golden brown.
3. Pour over the egg mix and cook until the omelette is set, then sprinkle cheese over and fold in the pan.
4. Lift onto a plate and serve.

Crispy Oat Crumble

Ingredients

150g plain flour
75g block margarine /butter
75g brown sugar
50g oats
1 or 2 tins of fruit pie filling

Savoury Alternative: remove sugar and add 75g of cheese and instead of pie filling use frozen mixed vegetables.

Method

1. Heat the oven to gas mark 4 or 180°C
2. Collect equipment
3. Open tin of pie filling and empty in bottom of oven proof dish
4. Sieve flour into bowl, add chopped up margarine/butter
5. Use your fingertips to rub in margarine and flour to resemble fine breadcrumbs
6. Add sugar and stir well
7. Add oats
8. Cover the fruit with breadcrumbs, place on the baking tray and place in oven for approximately 30mins.

DO NOT FORGET AN OVENPROOF DISH OR BRING 30P TO BUY ONE FROM SCHOOL

Creamy Lemon Chicken Pasta

Ingredients

150g Penne Pasta

75g Green Beans or peas

1 large skinless chicken breast (approx. 200g)

1 tsb Oil

Juice of ½ a lemon

75g Cream cheese with garlic and herbs

Chicken Stock cube made with 100ml of boiling water

PLEASE BRING A SUITABLE CONTAINER WITH YOUR NAME ON IT, TO TAKE YOUR PRACTICAL HOME WITH YOU

Method

1. Bring a pan of water to the boil first, then add pasta and cook for 10 mins.
2. After 5 mins add the fine beans or peas to the boiling pasta.
3. Drain the pasta and green beans when cooked.
4. Meanwhile, cut the chicken breast in to small piece (use scissors if you wish).
5. Boil kettle and add 100ml of boiling water to a jug with your stock cube. Stir until dissolved.
6. Heat oil in a large frying pan / wok and add the chicken. Probe the chicken to check it is thoroughly cooked, it will be lightly browned and above 75°C.
7. Add lemon juice to chicken.
8. Add the stock and cream cheese, add cooked pasta and green beans and stir so the sauce coats the pasta.

Hotpot

Ingredients

- 1 Onion
- 1 Carrot
- 1 small leek
- 1 potato (this will be sliced for the top of the dish)
- 400g lean diced lamb or mince lamb
- 1 tbsp oil (from school)
- 1 tbsp Plain Flour
- 200ml stock made with a stock cube
- 1 tbsp Worcestershire sauce
- 1 sprig of thyme or 1 tsp dried thyme

PLEASE BRING A SUITABLE CONTAINER WITH YOUR NAME ON IT, TO TAKE YOUR PRACTICAL HOME WITH YOU

Method

1. Pre-heat the oven to 170° C or gas mark 3.
2. Prepare the vegetables, peel and slice the onion, peel top and tail and slice the carrot, peel and slice the potato thinly, trim the leek and slice
3. Heat the oil in the pan, and then brown the meat. Put into the casserole dish.
4. Fry the onion, carrot and leek for 2-3 minutes.
5. Sprinkle the flour into the pan and stir
6. Pour in the stock, stirring all the time
7. Pour all the ingredients from the pan to the casserole dish
8. Stir in the Worcestershire sauce and thyme
9. Arrange the potato slices on top in an overlapping pattern. Season cover with a lid or foil
10. Cook for 1 hour. (This will be done at home)
11. Remove the lid and cook for a further 15 minutes.

Toad in the Hole

Ingredients

2 eggs
125g plain flour
150ml milk with 150ml cold water
Optional - 1 level tbsp grain mustard
Salt and black pepper
6 thick herby sausages
3 tbsp oil

Vegetarian Option: use vegetarian sausages

Please bring an oven proof dish to cook and take the toad in the hole home

Method

1. Preheat the oven to 220°C or Gas 7.
2. Whisk together the eggs, flour, milk, water, mustard and seasoning, beating out any little lumps of flour. The consistency should be about that of ordinary double cream, but no thinner. Rest for 15minutes.
3. Put each sausage with the oil in oven proof dish and cook until golden brown.
4. Pour in the batter – it will sizzle softly in the hot fat
5. Transfer the tin back into the oven and bake for 25-30mins until puffed and golden.

Fish and Vegetable Stack

Ingredient

1 carrot
½ a courgette
1 piece of fresh fish e.g. salmon
25 g cheddar cheese
1 spring onion
½ slice bread e.g. granary
1 x 5ml dried mixed herbs
Black pepper

Vegetarian Option: use Halloumi Cheese instead of Salmon

Method

1. Preheat the oven to 200c or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.
3. Lay the fish on top of the vegetables.
4. Grate the cheese.
5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.
6. Stir in the cheese, herbs and black pepper.
7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.

Paella

Ingredients

1 onion
1-2 cloves of garlic
1 red pepper
1 chicken breast
1 tbsp oil – from school
1 tsp of turmeric – from school
1 tsp spoon paprika – from school
750ml stock made with a stock cube
250g Rice or noodles
25g frozen peas
100g Prawns
100g diced Chorizo

Method

1. Prepare the vegetables; peel and chop the onion, peel and crush the garlic, chop and deseed the red pepper.
2. Remove any skin from the chicken, then dice into chunks with a fresh knife on a clean chopping board.
3. Fry onion, chorizo and pepper in the oil for 5 minutes.
4. Add the garlic, turmeric and paprika and cook for a further 2 minutes.
5. Add the diced chicken and cook until it turns white.
6. Pour in stock, bring to the boil, and then allow to simmer for 15minutes
7. Add the rice
8. Bring to the boil, and then allow to simmer for 15minutes
9. Stir in the frozen peas and prawns, and cook for a further 5 minutes

Pancakes

Ingredients

125g self raising flour	Banana and syrup	make the batter without caster sugar.
180ml milk	Chocolate and raspberries	
1 egg (medium)		
Suggested fillings:	They can also be use as a starter	Oil for frying (from school)
100g fruit, e.g. blueberries,	so if you want to make them into	6-8 slices of ham
raspberries,	savoury pancakes	60g canned pineapple pieces - drained
banana, sultanas	these could be suitable fillings. –	60g cheddar cheese
oil for frying	remember to	
Lemon and sugar		

This recipe can be eaten in the lesson, if desired

Method

1. Sift the flour into the mixing bowl.
2. Break the egg into the separate bowl and beat with the fork.
3. Make a well in the flour and add the egg mixing with the wooden spoon.
4. Gradually add the milk, mixing well to remove any lumps.
5. Pour the mixture into the measuring jug.
6. Prepare filling, chop fruit to small sizes.
7. Add a little oil to a frying pan on a medium heat.
8. Pour three tablespoons of the mixture in the centre of the frying pan.
9. Cook until bubbles appear on the surface and then turn using the fish slice.
10. Cook the underside of the pancake for one minute or until golden brown.
11. Add the filling and then roll up pancakes with them in the middle.

Vegetable Lasagne

Ingredients

1 onion, diced
1 garlic clove
1 carrot, diced
2 celery sticks, diced
1 tbsp oil – from school
1 canned green lentils or baked beans
1 can chopped tomatoes
1tsp mixed herbs
1tbsp tomato puree
400ml crème fraiche, reduced fat
50g parmesan, grated or any cheese you like
Black pepper
10 lasagne sheets

You need to bring an oven proof dish to cook and take the lasagne home

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables: peel and chop the onion, peel and crush the garlic, peel and slice the carrot slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.
3. Add the lentils or beans, tomatoes, herbs and tomato puree.
5. Blend the crème fraiche, half the grated parmesan cheese and pepper together in a small bowl.
6. Place an oven proof dish or foil tray on a baking tray spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.
7. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Sausage Casserole

Ingredients

- 1 tbsp olive oil
- 1 pack sausages
- 2 onion, finely chopped
- 1 garlic clove, crushed
- 1 can of green lentils
- 1 vegetable stock cube made with 200ml boiling water

PLEASE BRING A SUITABLE CONTAINER WITH YOUR NAME ON IT, TO TAKE YOUR PRACTICAL HOME WITH YOU

Method

- 1.Heat oil in a pan, fry the sausages until browned, then remove. Tip in remaining oil, onion, garlic, then cook, about 5 mins more until softened. Add lentils and sausages to the pan with the stock.
- 2.Bring up to the boil, then simmer for 20 mins until lentils have softened and sausages are cooked through.