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Recipe Book

Year 9- Autumn Term



Please remember to always bring a container to take your food home in!

Dear Parent or Carer,

Food education is an integral compulsory part of your child's learning. This year they will take part in a wide range of practical lessons.

Your child has now been issued with a recipe book and a list of dates for their practical lessons. These recipe books can be kept at home so you have plenty of notice. The recipe book is also available on the da Vinci learning environment accessed via the website.

The recipes can be adapted to suit your family's taste and dietary requirements. If there is a week where the recipe given is not suitable, an alternative recipe can be provided if your child asks a member of the department. Please inform us if your child has any food allergies so we can plan safely around them.

Students are expected to provide ingredients so that the family can enjoy the dish at home and students get an understanding of choosing the best.

On some occasions we may have spare ingredients at school on the day of the practical- **if you are unable to get the ingredients at last minute please send your child with the £2 contribution on the day and school will see what we can do.**

We stock a range of ingredients in school, and any ingredient marked with an asterisk (*) in the recipe will be available at school for your child to use free of charge.

For hygiene and safety purposes, students should bring their ingredients to the food room at the **start** of the day where we will ensure it is stored correctly. Completed dishes are collected at the **end** of the school day from the food room having been stored at the correct temperature.

Your child should bring a **suitable container** to take their food home in; good examples are old chocolate tins or large plastic tubs. Sometimes your child will need to bring an ovenproof dish and if their practical is in the afternoon this may still be hot when they need to carry it home.

If you have any questions regarding a Food education lesson please do not hesitate to contact your child's teacher.

Contents



Practical	Date
Focaccia	
Pizza	
Sausage rolls	
Crunchy chicken with dippers	
Fruit Custard Tarts	
Yule Log	

Focaccia

Bring in a container!

Ingredients.

200g Strong Plain Flour

150ml tepid water*

30ml olive oil + extra for tray and finish

1 tbsp. yeast

3 sprigs fresh rosemary/ dried (optional)

2 x Garlic clove

Rock Salt

Method

1. Pre heat oven to 200 degrees.
2. Collect ingredients and equipment.
3. Add flour to a bowl with salt.
4. Mix together water and yeast.
5. Add oil to liquid mixture.
6. Slowly add liquid to bowl stirring with a knife until a dough forms. (you probably won't need all the liquid.)
7. Knead for 5 minutes.
8. Roll and place in well oiled baking tray then place in grill section of the oven to prove.
9. Prepare garlic and rosemary.
10. Remove from prove.
11. Press garlic and rosemary into the top of the bread.
12. Add salt and pepper.
13. Bake for 15 minutes



Pizza

Bring container!

Dough

250g strong plain flour

Large pinch of salt*

15ml olive oil*

Half a sachet of quick acting yeast (about 1 rounded teaspoon)

150ml warm water*

Toppings

Tomato passata or pizza topping or tomato puree

100g cheese

Others toppings of your choice

1. Preheat oven to 220 C gas mark 7.
2. Grease a baking tray.
3. Sieve flour and salt into a mixing bowl.
4. Stir in the yeast.
5. Carefully measure warm water.
6. Add water and oil to flour and mix.
7. When dough starts to come together use your hands to make into a ball. The dough should be soft but not very sticky.
8. Sprinkle a very small amount of flour onto work surface.
9. Knead your dough for 5 minutes.
10. Roll dough into pizza base. Put on baking tray and leave in a warm place.
11. Prepare your toppings; grate cheese, chop any meat, wash and chop vegetables.
12. Arrange toppings on your base starting with tomato.
13. Bake for approx 30 minutes until the base is cooked.



Sausage Rolls

Bring a container!

250g puff pastry
450g sausage meat
10g chopped parsley (optional)
10g chopped sage (optional)
Salt and pepper*
Egg for glazing
Flour for rolling out*

Variations in sausage meat mix

- Use different herbs
- Add 1 x 10ml spoon of mustard
- Add diced apple

1. Preheat oven to 200°C, Gas 6
2. Mix together sausage meat, herbs and seasoning in a large bowl
3. Roll the pastry into a large rectangle.
4. Cut the pastry into 3 smaller, even rectangles, about 20cmx10cm.
5. Divide sausage meat into 3 sections and roll each section into a long sausage 20cm long. Place the sausage meat down the centre of each of the pastry rectangles.
6. Brush down one edge of the pastry with egg wash or water.
7. Fold over the opposite edge of the pastry, over the meat, and stick down.
8. Brush the top with the remaining egg wash
9. Cut into 5cm lengths and place onto a baking tray
10. Tops can be left plain or slashed before baking
11. Bake for 25 minutes, removing when golden brown. Allow to cool on a wire rack.



Crunchy chicken pieces with yoghurt dip

Bring a container! Large box with small one for the dip.

2 x 200 g free-range skinless chicken breasts

3x eggs

2-3 thick slices of bread (roughly 120g)

OR

Breadcrumbs

1 teaspoon sweet smoked paprika

salt

freshly ground black pepper

Method

1. Preheat the oven to 190°C/375°F/gas 5.
2. Make the minty dip, place half in a bowl in the refrigerator and half in another bowl ready for the chicken.
3. Cut the chicken lengthways into 2cm strips, then add to the bowl of dip.
4. Mix everything together with a spoon, making sure the chicken is well coated in the dip.
5. Cover with clingfilm marinate in the fridge for around 30 minutes.
6. Lightly grease a baking tray with olive oil, then put aside.
7. Finely zest the lemon onto a clean chopping board.
8. Tear the bread into rough chunks, add to a food processor and whiz until fine.
9. Put the breadcrumbs into a mixing bowl, then add the lemon zest, paprika and a tiny pinch of salt and pepper and mix well.
10. Remove the chicken from the fridge then, one by- one, dip and turn each piece of chicken in the breadcrumbs to coat.
11. Place onto the greased baking tray.
12. Drizzle with 1 tablespoon of olive oil. Place in the oven for 20 to 25 minutes, or until golden and cooked through.
13. Serve the chicken strips on a serving plate with the small bowl of Minty yoghurt dip from the fridge (do not use any of the excess dip from the bowl of raw chicken) and a fresh tomato salad.

Minty yoghurt dip

4 sprigs mint

1 lemon

1 clove garlic

200ml yogurt

Salt and pepper

1. Chop mint
1. Grate zest of lemon
2. Crush garlic
3. Squeeze lemon juice
4. Mix altogether with yogurt and salt and pepper. chill

Fruit custard tarts

Bring a container!

100g plain flour
25g margarine
25g lard
4 tsp. cold water*



Fresh fruit e.g. strawberries, blueberries, oranges, raspberries, kiwi
2 tbsp custard powder
1 tbsp sugar*
250ml Milk



1. Preheat oven 200°C, Gas 6
2. Sieve flour into large bowl
3. Cut margarine and lard into small cubes
4. Rub fat (marg. and lard) into flour using fingertips until it resembles fine breadcrumbs
5. Add cold water and mix with a knife
6. Bring together with hands into a big ball
7. Place on a lightly floured work surface and roll out thinly (0.5cm thick)
8. Cut into rounds using a large cutter and place in a shallow 12 hole bun tray.
9. Prick the bottom of each pastry case with a fork to prevent it rising.
10. Bake in oven for 15 minutes.
11. Wash and cut up fruit.
12. Make up some thick custard by placing the custard powder and sugar into a bowl. Add about 2 tbsp of the milk and mix into a smooth paste.
13. Heat the remaining milk in a pan on the hob until nearly boiling. Add the milk to the paste and stir. Pour the whole custard mixture back into the pan and heat gently whilst stirring until it thickens. Leave to cool slightly.
14. Place a spoonful of custard into each pastry tart and place a mixture of the fruit on top.

Yule Log

Bring a container!

Ingredients

- 3 Eggs
- 85g Caster Sugar
- 85g Plain flour
- 2 Tbsp cocoa powder
- $\frac{1}{2}$ tsp Baking powder *
- 150ml whipping cream or 50g Jam
- 1 x Tub of ready made chocolate icing spread



Method

1. Heat the oven to 200C/180C fan/gas 6. Butter and line a 23 x 32cm Swiss roll tin with baking parchment. Beat the eggs and golden caster sugar together with an electric whisk for about 8 mins until thick and creamy.
2. Mix the flour, cocoa powder and baking powder together, then sift onto the egg mixture. Fold in very carefully, then pour into the tin. Tip the tin from side to side to spread the mixture into the corners. Bake for 10 mins.
3. Lay a sheet of baking parchment on a work surface. When the cake is ready, tip it onto the parchment, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool.
4. Open and spread out whipped cream and/or Jam before rolling again.
5. When rolled, Cut a thick diagonal slice from one end of the log. Lift the log into your container, then arrange the slice on the side with the diagonal cut against the cake to make a branch. Spread the icing over the log and branch (don't cover the ends), then use a fork to mark the icing to give the effect of tree bark. Scatter with icing sugar to resemble snow, and decorate with holly.