

RECIPE SECTION



Practical work in Home Economics

Practical cookery is a popular and enjoyable part of Home Economics. The activities are part of the school curriculum. Everyone is expected to participate so they can learn from the experience of working with new foods. This recipe section has been designed to encourage creativity, experimentation and nutritional awareness.

The following guidelines are intended to help pupils organise themselves and prepare for practical lessons:

- ◆ Ingredients for practical cookery are provided by the pupil.
- ◆ School provides some ingredients e.g. seasoning, herbs, spices, cooking oil and sometimes some difficult to get ingredients - students will be advised of these.
- ◆ Pupils will be issued with a recipe book at the start of the school year - this is updated annually. Any suggestions would be welcomed.
- ◆ Pupils must come to class prepared - read the recipe and bring in necessary ingredients and appropriate containers.
- ◆ Ingredients should be weighed out at home especially for baked products. This can be done at break-time / lunchtime in school if necessary.
- ◆ School provides all the necessary equipment except for containers to carry the dish home. Dish-cloths, aprons and tea-towels are provided.
- ◆ Clearly label ingredients and containers before leaving them in the Home Economics rooms.
- ◆ Any pupils who have lost containers are expected to check the department regularly.
- ◆ Most of the recipes are intended to be flexible and can be adapted to suit individual tastes; pupils should discuss any problems with their teacher and a suitable compromise agreed.
- ◆ For health and safety reasons, all perishable foods **MUST** be stored in the refrigerators for the whole of the school day.
- ◆ Remember to reheat hot dishes thoroughly (until piping hot in the centre).

Red Rooster Smoothie

Make Between 2 - drink in school

Practical Skills - identifying and handling of equipment, safe use of food processor, stirring, good hygienic practice, organisation of work space, use of knife, measuring liquids.

Equipment

Smoothie machine/ food processor/ blender, vegetable peeler, green chopping board

Ingredients

1 Yoghurt (Raspberry or Strawberry)

250 ml Cranberry juice

1 Banana (optional)

* 50g Frozen Summer Fruits

Method:

1. Place all ingredients into a food processor and blend together until smooth and creamy.
2. Pour into a tall glass.
3. Drink up and enjoy.

Don't forget to bring in a plastic bottle just incase you want to bring a sample home for your family to try.

Fresh Fruit Salad - one each

Lunch box required

Practical Skills: identifying and measuring ingredients, identification and handling of equipment, preparing fruit, coring, peeling, cutting, chopping, slicing, mixing, good hygiene practice, organisation of workspace.

Ingredients

Selection of fruit e.g
1 apple
1 pear
1 orange
50g red/green grapes
4 strawberries/raspberries
1 unusual fruit of your choice e.g
passion fruit/mango etc
250ml fruit juice

Equipment

Mixing bowl
Green chopping board
Vegetable knife

Method:

1. Collect ingredients and utensils.
2. Pour juice into a large bowl.
3. Prepare fruit into bite size pieces e.g. cut apple into slices, slice pear, banana and orange.
4. Add sliced fruit to fruit juice.
5. Serve.

Irish Soda- Between two

Large lunch box with lid is necessary and clean tea towel

Practical Skills - identifying and measuring ingredients, weighing, measuring, kneading, oven management, mixing, identification and handling of equipment, good hygiene practice, organisation of workspace.

Ingredients

250g plain white flour
250g plain wholemeal flour*
100g porridge oats
1 tsp bicarbonate of soda*
1 tsp salt*
25g butter, cut in pieces
500ml buttermilk

Equipment

1 Large mixing bowl
Measuring jug
Flour dredger
Palette knife
Baking tray

Method:

1. Preheat the oven to 200C/gas 6/fan 180C and dust a baking sheet with flour. Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently). Now divide the dough between 2 shape it into a flat, round loaf .
2. Put the loaf on the baking sheet and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through!) Bake for 30 mins until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
3. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool.

Serving options:

Serve with soup. Or why not serve it as part of a snack.

Serve by itself with butter and jam.

Fruit Crumble – one each

*School will provide a foil container for this dish

Practical Skills: identifying and measuring ingredients, safe and hygienic use of equipment, peeling, coring, chopping, identification and handling of equipment, organisation of workspace, safe use of oven, baking, good hygiene practice,

Ingredients

Choose ONE of the following for your filling:

- 2 small cooking apples + 50g caster sugar
- 1 small cooking apple + 50g blackberries +50g caster sugar

Topping

50g plain flour

*25g porridge

20g margarine

25g caster sugar

Method

1. Prepare fruit, place in base of dish and sprinkle with sugar.
2. Place flour in baking bowl, using fingertips rub in margarine until flour resembles breadcrumbs.
3. Add sugar and any other extras mix well and pour over fruit.
4. Bake in the oven at 180°C, gas mark 5 for 15 - 20 minutes.

Serving options:

Delicious served hot or cold. Serve by itself or with custard.

Scones -One each

Large Lunch box required

Practical Skills - Weighing, measuring, rubbing in method, kneading, oven management identification and handling of equipment, good hygiene practice, organisation of workspace

Ingredients	Optional ingredients	Equipment
225g self-raising flour	50g sultanas	Mixing Bowl
50g margarine	50g cherries	Sieve
150ml milk	50g grated cheese	Palette knife
2 tblsp. Caster sugar	50g dates	Measuring jug
		Flour dredger
		Baking tray

Method:

1. Collect ingredients and utensils.
2. Pre heat the oven to 200°C. Gas mark 7.
3. Sieve the flour into the mixing bowl.
4. Rub in margarine using fingertips.
5. Stir in the sugar and any extras. (if using cheese do not add sugar, add salt and pepper instead)
6. Mix in milk gradually using a palette knife. (you may not need all of your milk)
7. Once dough is formed knead on a floured surface. Flatten and shape into two rounds and flatten slightly. Cut each round into 4 triangles.
8. Place scones onto a baking tray.
9. Bake for 10 minutes.

Serving Suggestion: Serve with butter and jam

Christmas Shortbread- one each

(Lunch box required)

Practical skills: cooker management, weighing, measuring, good hygiene practice, beating, creaming, stirring, measuring and safe use of equipment.

Ingredients

125g/4oz butter

55g/2oz caster sugar, plus extra to finish

180g/6oz plain flour

Equipment

Baking bowl

Spatula

Palette knife

Baking tray

Cooling tray

Electric Beater

Method

- 1.Heat the oven to 190C/375F/Gas 5.
- 2.Beat the butter and the sugar together until smooth.
- 3.Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/ $\frac{1}{2}$ in thick.
- 4.Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
- 5.Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Tortilla Toastie

Lunch box required

Practical Skills: identifying and measuring ingredients, identification and handling of equipment, preparing vegetables, , cutting, chopping, slicing, mixing, good hygiene practice, using the hob and organisation of workspace.

Ingredients

- 2 tortillas
- 25g sliced cheese, such as Cheddar or Emmental
- 1 spring onion, chopped
- 10mL tomato-based sauce
- 1 slice ham, chopped
- $\frac{1}{2}$ chilli, finely chopped (optional)

Equipment

Green chopping board
Vegetable Knife
Frying pan
Measuring spoons
White chopping board
Grater

Method

1. Prepare ham, spring onion and grate the cheese
2. Heat a frying pan and place one of the tortillas into the pan
3. Spread the tomato sauce or pesto over the tortilla and arrange the cheese, spring onion and ham on top
4. Cook for 3-4 minutes, until the cheese starts to melt. Put the second tortilla on top and flip the tortilla over and cook for another 3-4 minutes. Then simply cut into quarters and serve

Other options

Why not add mushrooms, tomatoes, red onion, green pepper, courgette, sweetcorn, herbs, chicken, sliced beef or tuna?

Minced Beef goulash

(container provided)

Practical Skills: identifying and measuring ingredients, identification and handling of equipment, preparing vegetables, , cutting, chopping, slicing, mixing, good hygiene practice, using the hob and organisation of workspace.

Ingredients

225g lean minced beef
80g pasta shapes
1 can chopped tomatoes
*1 teaspoon paprika
*1 teaspoon crushed chilli
1 onion
1 clove garlic, finely chopped
2 tablespoons tomato puree

Method

1. In large saucepan brown beef,
2. Prepare onion and garlic.
3. Add onions, garlic, paprika, chilli and tomato puree and 3 tablespoons of water. Stir thoroughly and then add in macaroni.
4. Simmer for 15 minutes or until macaroni is tender.

At home: Pre-heat oven to 180c.

Transfer goulash into an oven proof dish, sprinkle with grated cheese and bake in oven for 15 minutes until heated thoroughly and cheese is golden

Sponge Cake- one each

Large Lunch box required

Practical Skills: identifying and measuring ingredients, safe and hygienic use of equipment, folding in, sifting, safe use of the oven, baking, good hygiene practice and organisation of workspace.

Ingredients

2 large eggs
50g caster sugar
*50g self raising flour
3 tblsp Jam
Chocolate sprinkles to decorate

Equipment

Baking bowl
Electric beaters
Sieve
Plate
Metal spoon
Cake tin (lined)
Cooling tray

Method:

1. Collect ingredients and utensils.
2. Preheat oven to 180°C.
3. Whisk eggs and caster sugar into a baking bowl using electric beaters for 10 minutes. Mixture should look like whipped cream.
4. Sieve flour.
5. Fold in flour using a metal spoon.
6. Pour into prepared cake tin and place in oven for 10 - 15 minutes.
7. When cake is cooked turn out onto a cooling tray and leave to cook.
8. When cool spread jam. Decorate.

Omelette - one each, eat in class

Practical Skills: weighing ingredients, identification and handling of equipment, cooker management, good hygienic practice and organisation of work space.

Ingredients

2 medium eggs
2 tsp cold water
1 slice lean bacon or thinly sliced ham
1 medium tomato
1 - 2 mushrooms
30g cheese
**1tsp oil*
**Salt and pepper*

Equipment

Mixing bowl
Measuring spoon
White chopping board
Green chopping board
Omelette pan
Grater
Fork
Fish slice

Method

PRE-HEAT GRILL

1. Beat the eggs in a bowl with water. Lightly oil an omelette pan and heat.
2. When oil is hot pour in egg mixture and spread egg mixture all over pan, reduce heat cook for 2 minutes.
3. Place filling ingredients **except cheese** on top and put under a hot grill.
4. When cooked sprinkle with grated cheese and grill for a further 2 minutes.
5. Serve folded in half with wheaten / crust bread.

Quick Tomato Sauce with Pasta-one each

Lunch box required

Practical skills: cooker management, preparing vegetables, good hygiene practice

Ingredients

*1tbsp olive oil
1 medium onion, sliced thinly
125g smoked bacon
400g can chopped tomatoes
3tbsp tomato puree
*2tbsp chopped basil
2 teaspoons sugar
250g pasta shapes

Equipment

Green chopping board
Sharp knife
Wooden spoon
Kettle
Measuring spoons
Tin opener

Method:

1. Put pasta onto boil in medium saucepan
2. Finely dice onion and using kitchen scissors chop bacon.
3. Put oil in pan a saucepan with onion and bacon, cook on a low heat until onion is soft and bacon is thoroughly cooked.
4. Stir in undrained crushed tomatoes, tomato puree, basil and sugar
5. Simmer uncovered for about 5 mins until sauce thickens

Oaty cranberry and orange cookies

(Lunch box required)

Practical skills: cooker management, weighing, measuring, good hygiene practice, beating, creaming, stirring, measuring, safe use of equipment.

Ingredients

75g caster sugar
100g unsalted butter or sunflower spread
(such as Flora or Flora Light)
1 egg yolk
Grated zest of 1 orange
100g plain white flour, sieved
50g wholemeal flour*
50g dried cranberries, roughly chopped
50g rolled porridge oats

Equipment

Grater
Red bowl
Green bowl
Green chopping board
Vegetable Knife
Baking tray
Sieve
Electric Beaters

Method

1. Preheat the oven to 190 degrees C.
2. Cream the butter and sugar with an electric hand whisk or wooden spoon until light and fluffy.
3. Beat in the egg yolk and orange zest and mix in the cranberries.
4. Stir in the flours, making a soft, but not sticky dough.
5. Roll the mixture into ball-shaped pieces roughly the size of a walnut. Drop the cookie mixture into a bowl of oats and press them gently in the oats, to coat both sides of the cookie.
6. Place each cookie on a greased baking sheet and press lightly with a fork to flatten.
7. Bake for 10-12 minutes until the cookies are lightly browned.
8. Leave to cool for a minute or two on the baking sheet before removing to a cooling rack.

Savoury Rice

Lunchbox required

Practical skills: cooker management, preparing vegetables, good hygiene practice

Ingredients

1 onion
3 mushrooms
 $\frac{1}{2}$ red pepper
*1tsp curry powder
1 tsp oil*
150g long grain rice
1 vegetable stock cube
500mL boiling water
50g peas

Equipment

Green chopping board
Vegetable knife
Measuring jug
Measuring spoons
Saucepan
Wooden Spoon

Method

1. Prepare vegetables: peel and chop the onion, slice the mushrooms, de-seed and dice the red pepper and chop the tomato
2. Fry the onion until soft
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in rice
5. Mix the stock cube with the boiling water
6. Add the stock, peas and curry powder
7. Simmer for 15 minutes, until the rice is tender
8. Serve the rice in a bowl and sprinkle the chopped tomato on top.

OLSPCK FISH WEEK



Baked Asian Salmon Parcels

Lunchbox required

Practical skills: cooker management, preparing vegetables, good hygiene practice and working with fish

Ingredients

2 salmon fillets
1 red chilli
 $\frac{1}{2}$ pkt fresh coriander
1 clove garlic
 $\frac{1}{2}$ tblsp soy sauce
1 small lime
2 squares of tinfoil

Equipment

Green chopping board
Garlic crusher
Baking tray
Sharp knife
Measuring Spoons

Method

1. Finely slice the red chilli and garlic. Chop the coriander.
2. Place each salmon fillet on a square of tinfoil. Top each with chilli, garlic, coriander, garlic, soy sauce and the zest and juice of $\frac{1}{2}$ a lime.
3. Wrap into two parcels and bake for 10 - 15mins at 180c.
4. Serve on a bed of spicy couscous salad.

Other serving suggestion: serve with noodles and extra soy sauce



Choc - chip Muffins

(a large container with lid necessary)

Ingredients

Muffin cases

125ml milk

100mls vegetable oil

225g plain flour

*2tsp. baking powder

1 egg

100g caster sugar

100g choc chips

Method

1. Blend everything together
2. Divide mixture into muffin cases
3. Bake in a pre-heated oven 180c, gas mark 4 for 20 mins.