

YEAR 10

RECIPE



BOOK

INTRODUCTION

In Year 10 you will be building on and improving all the practical cookery skills you have acquired in years 8 and 9.

At the end of year 10 you will have learned:

- To develop new skills
- Know how to choose a good recipe
- To experiment with ingredients and flavours
- To appreciate the variations in cost and quality of food
- To be creative in your choice and presentation of food
- To show initiative and be responsible when cooking
- To plan ahead and work independently and efficiently when cooking

IMPORTANT PRACTICAL REMINDERS

1. Avoid wasting food:

- * Bring in **only** the quantities of each ingredient that you need
- * Think about how you will carry your dish home
- * Store ingredients safely both at home and in school
- * Remember that school will provide some of the ingredients
(marked with * on your recipe)
- * Share ingredients such as fresh herbs

2. Avoid wasting time:

- * Come to class prepared with ingredients weighed and measured (*this can be done in school before class i.e break-time*)
- * Read the recipe at home so that you understand what you will be doing before you come to class, this will improve your ability to plan ahead and work efficiently

3. Avoid unnecessary packaging:

Every year the H.E department disposes of plastic containers left behind by students. Plastic food bags are an efficient way of taking ingredient to and from school.

REMEMBER OUR SCHOOL IS A NUT FREE ZONE

One Pot Chicken Pilaff (container to take home)

Ingredients

*1 tsp vegetable oil

2 raw chicken fillets (or chicken thighs can be used)

1 medium onion

*1 tblsp curry paste

150g Basmati rice

500 ml Chicken stock

100g Frozen mixed vegetables

Method

1. Chop onion, cut chicken into bite size pieces.
2. Heat oil in a medium saucepan, add onion and fry for 5 minutes until soften
3. Add chicken pieces, fry for 3 minutes, add curry paste and rice stir thoroughly and cook for 1 minute.
4. Pour in stock, add frozen vegetables, bring to the boil, reduce heat, cover and leave to simmer for 10 minutes or until rice is tender.

Burger

Ingredients

100g lean minced steak
*1/8 onion
*1 tablespoon wholemeal breadcrumbs
*1 dessertspoon beaten egg
*salt and pepper
25g Edam cheese
1 wholemeal burger bap
1 tomato - optional

Method

- 1 Put minced steak in small bowl.
- 2 Peel and chop onion finely.
- 3 Add onion, breadcrumbs, salt, pepper and beaten egg to minced steak and mix well.
- 4 Dampen hands and shape mixture into a round flat cake. Preheat grill.
- 5 Place on a grill pan lined with foil. Grill under a medium heat for 10-15 mins turning over half way through cooking time.
- 6 Serve in a burger bap with cheese and a little tossed salad.

Suggested accompaniment

Potato Wedges

2 large baking potatoes, left unpeeled
*2 tablespoons sunflower oil
*1-2 tablespoons paprika
*salt

Method

1. Scrub the potatoes well, rinse under cold water and pat dry with a tea towel
2. Cut each potato length ways into 8 wedges
3. Place the potato wedges on a baking sheet
4. Drizzle over the oil and toss well to coat
5. Sprinkle over the paprika and season with salt
6. Place the potatoes in the top of a preheated oven - 220°C/gas mark 7 and roast for 35 minutes until tender and brown
- 7.

Beef Enchiladas (container provided in school)

Ingredients

250g beef mince
1 onion
1 garlic clove
*1/2 tin or (200g) tin chopped tomatoes
3 tablespoons tomato puree
*1/2 tsp dried oregano
*1/2 tsp ground cumin
*1 tsp crushed chilli
4 flour tortillas
55g (2 oz) cheese

1. Brown mince.
2. Chop onion and garlic add to the mince.
3. Add the tomatoes, tomato puree, oregano, cumin and chilli.
4. Simmer for 15 minutes with a lid on.
5. Spread a little mince (approx. 2 dessertspoons) in the centre of each tortilla, turn in both ends and roll up and place in a baking dish. Top with the grated cheese and bake for 10 minutes until golden.

Serving suggestion

Serve with a side salad and soured cream.

Irish Apple Cake

Ingredients

85g soft margarine
85g caster sugar
2 eggs
145g self-raising flour
Rind of 1/2 lemon
*few drops vanilla essence
2 eating apples

Method

1. Rinse apples under cold tap. Quarter and core, then cut each quarter into wedges. Using the fine side of a grater rind the lemon.
2. Cream the margarine and sugar until light and fluffy, then the eggs and flour, lemon rind and vanilla essence and beat thoroughly.
3. Pour into a greased cake tin, which should come halfway up the sides of the tin. Place wedges of apple into the sponge mixture.
5. Bake in the oven at 190c, gas mark 5 for 15 - 20 mins. The sponge mixture will rise to cover the apples.
6. Turn out onto a cooling tray.

At home: Brush with apricot glaze and dust with icing sugar.

Apricot glaze

2 tblsp. apricot jam, sieved
1 tsp. water

Bolognese Sauce (container to take home)

A large lunchbox is required to take this home

Ingredients

150g lean minced beef
1 onion
50g mushrooms
1 green pepper
 $\frac{1}{2}$ carrot
 $\frac{1}{2}$ courgette
1 clove garlic, crushed
*1 tsp. oregano
1 X400g tin chopped tomatoes
4tblsp. Tomato puree

Method

1. Brown mince. Wash and prepare vegetables. Grate carrot.
2. Add chopped onion, sliced mushrooms, sliced pepper, carrot and courgette and all other ingredients. Mix thoroughly, bring to simmering point and leave to simmer for 40 mins. Season to taste.
3. Serve with pasta.

Chocolate Cake (made between 2)

Ingredients

150g self-raising flour
150g caster sugar
150g margarine
3 large eggs
25g cocoa
1tsp. baking powder

Icing

200g icing sugar
45g margarine
2tblsp. cocoa
3 tblsp. milk

Method

1. Line 2 7" cake tins with grease-proof paper. Pre-heat oven to 180c
2. Place all ingredients into the baking bowl (except, of course for the icing ingredients) and beat well using electric beaters for 2 mins.
3. Spoon mixture into prepared tins and bake in the oven for 20 - 25mins.

To prepare the icing:

- Put the margarine, milk and cocoa powder into a small saucepan and simmer on the hob for 10 mins.
- Meanwhile sieve your icing sugar onto a tin plate and LEAVE Aside.
- After 10 mins take mixture off the hob and stir in icing sugar.
- Ice and decorate both cakes when they are cooled.

Banoffe Cheesecake

(container provided in school)

Ingredients

200g crushed digestive biscuits
100g margarine
1 carton toffee flavoured yogurt
200g Philadelphia cheese
50g soft brown sugar
125ml whipping cream
2 bananas

Method

1. Melt margarine, add crushed biscuits mix well and press into dish / cake tin. Refrigerate.
2. Whip the cream, then add sugar, cheese and yoghurt and whip until mixture is smooth.
3. Thinly slice the bananas and arrange on top of biscuit base.
4. Pour the cream mixture over the base and chill to set.

Lemon Drizzle Cake

Ingredients

100g soft margarine
100g caster sugar
100g self raising flour
1 small egg
Rind of a lemon
Juice of $\frac{1}{2}$ a lemon

Glaze ingredients

Juice of $\frac{1}{2}$ lemon }
*2 tblsp sieved icing sugar } *mix together*

Method

1. Preheat oven to 160c.
2. Rind the whole lemon and juice $\frac{1}{2}$ lemon.
3. Put flour, sugar, margarine, egg, lemon rind and half the lemon juice
4. Beat mixture for 3 minutes.
5. Place mixture in lined loaf tin.
6. Bake for 25 - 30 minutes , when cooked a skewer stuck in the cake will come out clean.
7. Juice the other $\frac{1}{2}$ lemon and mix with icing sugar, leave to the side and do your dishes.
7. When the cake is ready, prick the cake all over using a skewer and pour over glaze.

British Heart Foundation Chicken Curry (container to take home)



Ingredients

- * 1 tblsp veg oil
- 1 large onion
- 2 cloves garlic
- 1 tin chopped tomatoes
- 1 medium chilli
- * $\frac{1}{4}$ tsp coriander
- * $\frac{1}{4}$ cumin powder
- * $\frac{1}{4}$ tsp tumeric powder
- 250g or 2 / 3 chicken fillets

Method

1. Chop onion, and chop chicken into bite size pieces. Put onion and chicken in saucepan with olive oil and cook until chicken turns white
2. Peel and crush garlic, de-seed and chop chilli. Open tinned tomatoes.
3. Add spices and chilli and cook for 1 minute.
4. Add garlic and tomatoes and leave to simmer on a medium heat, then add yoghurt stirring slowly. Season with black pepper and simmer for a further 5 minutes.

Serve with basmati rice and spoonful of natural yoghurt

Fajitas (container provided in school)



Ingredients

- $\frac{1}{2}$ lime
- 1 clove garlic
- $\frac{1}{2}$ green chilli (use more if you like spicy food)
- Small bunch of fresh coriander (optional)
- *1 tblsp oil
- 1 chicken breast
- $\frac{1}{2}$ onion or 1 spring onion
- $\frac{1}{2}$ green or red pepper
- 25g cheddar cheese
- 2 tortillas

Optional to serve: 1 tomato, guacamole, salsa or natural yoghurt

Method

1 Prepare the marinade:

In a bowl - Squeeze the lime, peel and crush the garlic, de-seed and chop the chilli, chop the coriander and mix all together.

2. Cut chicken into strips and mix in with the marinade. If you have the time you should cover and put in the fridge until you are ready to cook.
3. Slice the onion and pepper, grate the cheese.
4. Heat a little oil in a wok and add chicken, stir fry for 3 minutes.
5. Add onion and pepper and cook stir fry until chicken is thoroughly cooked.
6. To serve spread a little chicken down the centre, add cheese, tomato, salsa etc as you prefer. Roll up and serve.

**** To marinade meat means to mix it with the marinade, cover and refrigerate for as long as you can. This is so all the flavours can mingle and mature.**

Chicken chow Mein (container to take home)

Ingredients

150g dried noodles

*1 tblsp oil

2 chicken fillets

1 green pepper

1 carrot

1 celery stick

4 spring onions

*1 tsp sweet chilli sauce

*1 tblsp soy sauce

Method

1. Place noodles in red bowl and cover with boiling water from the kettle.
2. Wash and slice green pepper, wash and chop celery, peel carrot and using a veg peeler cut carrot into ribbons.
3. Cut chicken into strips.
4. Heat oil in wok, add chicken strips and fry for 5 minutes, stirring all the time.
5. Add the pepper, carrot and celery and spring onions. Stir fry for 3 minute. Using your sieve drain your noodles.
6. Add sugar, soy sauce and sweet chilli sauce, stirring for 1 minute.

OLSPCK FISH WEEK



Fish Crumble

Container provided in school

- 1 good size salmon fillet
- $\frac{1}{2}$ head of broccoli
- 300ml semi-skimmed milk
- 1tblsp plain flour
- 25g margarine
- 30g low fat cheese (grated)
- wholemeal bread (crumbed)
- Parsley
- *seasoning



METHOD

1. Heat oven to 190c, gas mark 5.
2. Remove skin and visible bones.
3. Cut the fish into large pieces and wash chop broccoli into small florets
4. Place broccoli and fish in a saucepan and add the milk.
5. Poach gently for 10 minutes. Drain the fish and broccoli from the milk (keep milk for sauce). Flake the fish and add it with the broccoli to your ovenproof dish. Pour reserved milk into measuring jug.
6. Melt margarine in a small saucepan, add flour and seasoning.
7. Stir in milk gradually and bring to the boil. Cook for 3 minutes.
8. Add 2/3rds of grated cheese to sauce.
9. Pour sauce over fish and broccoli. Sprinkle the breadcrumbs and the remaining cheese on top.
10. Bake in a hot oven for 20 minutes.

Garnish with a sprig of parsley.

7. Stir in noodles and toss until coated and heated through.

Carb Loading Carbonara (container to take home)

Pasta Carbonara

Ingredients

- 100g (4oz) smoked bacon
- 1 garlic clove
- 15ml (1 tablespoon) olive oil
- 250g (11-12oz) dried pasta
- 150ml (5fl oz/¼ pint) single cream
- 75g parmesan cheese
- 3 - 4 Spring onions

Method

1. Fry the diced bacon, spring onion and garlic in olive oil until crisp
2. Set to one side and leave to cool
3. Cook the spaghetti according to the packet instructions
4. In a bowl, mix single cream and two tablespoons of grated parmesan (Carbonara sauce)
5. Once combined, add the cooked bacon and pan juices
6. Drain the cooked pasta, return to the pan and immediately pour in the carbonara sauce
7. Toss the pan to coat the pasta
8. Dish up onto plates
9. Sprinkle the remaining parmesan on top

Mini Carrot Muffins (made between 2)

Ingredients

12 muffin cases
200g self raising flour
*1 tsp ground mixed spice
* $\frac{1}{2}$ tsp cinnamon powder
100g caster sugar
75ml veg. oil
100ml skimmed milk
1 large egg, lightly beaten
125g carrots, peeled and grated
25g sultanas (optional)

Method

1. Heat oven to 190c. Line patty tins with bun cases.
2. Put the flour, mixed spice and sugar into a baking bowl and stir.
3. Add oil, milk, egg and carrots. Stir to combine.
4. Spoon into bun cases and bake in oven for 10 - 15 minutes.