

# Year 8

# 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 (bring in bottle)**

**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 (provided by school)

### **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

### **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\*  
(provided by school)  
100g porridge oats  
1 tsp bicarbonate of  
soda\*(provided by school)  
1 tsp salt\*

### **Equipment**

1 Large mixing bowl  
Measuring jug  
Flour dredger  
Palette knife

### **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.

## **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 (provided by school)

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 |
|                         | 50g dates            | Measuring jug |
|                         |                      | Flour dredger |

### 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 (one each)

### 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 (one each)** (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 (provided by school)  
\*1 teaspoon crushed chilli (provided by school)  
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(provided by school)

3 tblsp Jam

Chocolate sprinkles to decorate

### **Equipment**

Baking bowl

Electric beaters

Sieve

Plate

Metal spoon

Cake tin (lined)

### **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 (provided by school)*  
*\*Salt and pepper (provided by school)*

### 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(provided by school)  
1 medium onion, sliced thinly  
125g smoked bacon  
400g can chopped tomatoes  
3tbsp tomato puree  
\*2tbsp chopped basil(provided by school)  
\*2 teaspoons sugar (provided by school)  
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 (one set each)

(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\*(provided by school)  
\*50g dried cranberries, roughly chopped(provided by school)

### Equipment

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

50g rolled porridge oats

### 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 (one each)

### Lunchbox required

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

### Ingredients

1 onion  
3 mushrooms  
 $\frac{1}{2}$  red pepper  
\*1tsp curry powder(provided by school)  
1 tsp oil\*(provided by school)  
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 (one each)**

**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(provided by school)
- 1 clove garlic
- \* $\frac{1}{2}$  tblsp soy sauce (provided by school)
- 1 small lime
- \*2 squares of tinfoil(provided by school)

### **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** (between 2)

(a large container with lid necessary)

### **Ingredients**

Muffin cases

125ml milk

100mls vegetable oil

225g plain flour

\*2tsp. baking powder(provided by school)

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.