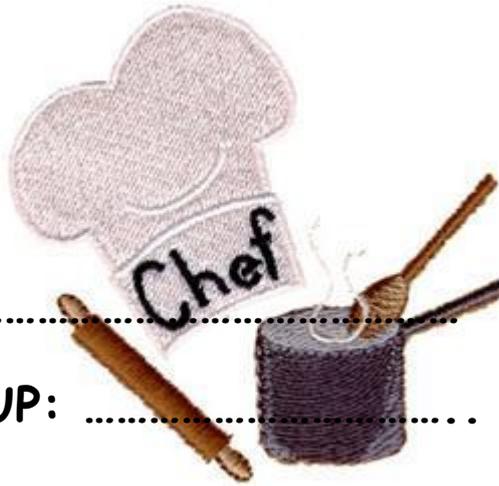


YEAR 9

HOME ECONOMICS

Recipe Section



NAME:

TUTOR GROUP:

TEACHER:

*Students should leave all ingredients **CLEARLY LABELLED** in the H.E department at the beginning of the day.*

All dairy, meat, fish and chicken should be placed in the fridges in the classroom.

All other ingredients should be placed in an allocated cupboard.

INTRODUCTION

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

At the end of year 9 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

Quick Yeast Bread

Between 2 You need a container or clean tea-towel and bag

Ingredients

*500g strong plain flour (provided by school)

1tsp salt

50g margarine

7.5 g dried yeast

300ml WARM water

Method

1. Place flour and salt in a bowl.
2. Rub in margarine
3. Add yeast, Mix thoroughly
4. Mix with water until soft consistency.
5. Knead for 10 minutes.
6. Shape into 2 plaits or 2 small loaves.
7. Prove in a warm place, until twice their size.
8. Glaze and sprinkle with seeds.
9. Bake at 220c for 25 - 30 minutes.

Rice Frittata

(large lunchbox with tight fitting lid)

Ingredients

***2tblsp vegetable oil**

200g basmati rice

1 tblsp butter

1 red pepper, seeded and cut into strips

$\frac{1}{2}$ small tin sweetcorn

3 eggs

3 spring onions

Serving suggestion: Salad leaves and relish or chutney

Method

1. Cook rice as per instruction.
1. Preheat oven to 180c. Heat a little oil in a frying pan and add the cooked rice and fry for 2 minutes.
2. In a frying pan heat the butter and add the pepper strips. Fry until just cooked, then remove from the pan and set aside on a plate to cool.
3. Beat the eggs in a bowl, add the fried peppers, sweetcorn and spring onions and season to taste. Pour this mixture over the rice in the frying pan.
4. Reduce the heat and allow to cook uncovered for 5 minutes or until nearly set.
5. Place the frying pan under a grill and cook for a further 5 minutes until set.
6. To serve, slice the frittata into four or five wedges and serve with salad leaves and some relish or chutney.

Crumble Topped Tarts (large lunchbox)

Ingredients

12 Muffin cases
1 pkt of ready rolled
short crust pastry
2 large cooking apple
25g caster sugar



Topping

30g margarine
25g porridge oats
25g caster sugar
50g self-raising flour

Method

1. Peel, core and chop apple. Put in a saucepan with 1 tablespoon of water and 25g sugar, place on hob to stew.
2. Cut pastry using a pastry cutter and place pastry circles into muffin cases in a muffin tray.
3. Add 1 tblsp caster sugar to stewed apple. Spoon stewed apple mixture into pastry circles.
4. Rub margarine into flour until it resembles breadcrumbs, than mix in sugar and porridge oats.
5. Sprinkle crumble topping over pastry and apple mixture.
6. Bake in oven for 20 - 25 mins at 180c.

Sweet & Sour Chicken

(large lunchbox with tight fitting lid)

Ingredients

2 chicken fillets

1 carrot

1 green pepper

1 small onion

1 tin pineapple chunks

*2 tsp sugar (1 dessertspoon honey) (provided by school)

*2 tblsp vinegar (provided by school)

*2 tsp. cornflour (provided by school)

*2 tblsp tomato ketchup (provided by school)

*cooking oil (provided by school)

Method

1. Wash and prepare veg. Slice carrots into strips, slice peppers, chop onion. Open tin of pineapples and reserve the juice.
2. Add pineapple juice to vinegar mixture and make up to 250 mls.
3. Fry the chicken in a wok until thoroughly cooked.
4. Add the veg and cook for 3 - 5 mins.
5. Add the jug of sauce ingredients and stir until thickened.
6. Stir in pineapples.
7. Serve on a bed of rice.

Hoisin beef with rice noodles

(large lunchbox with tight fitting lid)

Serves: 4

Ingredients

- 300g beef strips
- 1 clove of garlic
- ½ inch piece of fresh ginger
- 3 spring onions
- 1 red chilli
- 1 yellow pepper
- 1 carrot
- *2 x 15ml spoons (2 tbsp) vegetable oil
- *1 x 5ml spoon (1 tsp) 5 spice powder
- *2 x 15ml spoons (2 tbsp) hoisin sauce
- *1 x 15ml spoon (1 tbsp) reduced salt soy sauce
- *6 x 15ml spoons (6 tbsp) water



Equipment

Chopping board, knife, grater, peeler, measuring spoons, saucepan, colander, wok, wooden spoon, tongs, tin foil.

Method

1. Peel and grate the garlic and ginger.
2. Remove the root and skin from the spring onions and finely slice.
3. Remove the top of the chilli, cut in half, de-seed and finely slice. Remove the top and seeds from the pepper and finely slice.
4. Peel the carrot and make into ribbons using the peeler.
5. On a separate chopping board, finely slice the beef. Remember to wash your hands thoroughly after handling raw meat.
6. Bring a pan of water to the boil and add the noodles. Cook for 1 minute. Drain the noodles and set aside.
7. Heat 1 x 15ml spoon of oil in the wok and stir fry the beef for 2 minutes. Remove the beef from the wok and wrap in tin foil to keep warm.
8. Add the remaining oil to the wok, add the sliced pepper and stir fry for 2 minutes.
9. Add the carrot, garlic, ginger, chilli, 5 spice powder, hoisin sauce, soy sauce and water.
10. Mix and stir fry for 1 minute. Add the beef and mix.
11. Serve the beef with the noodles and sprinkle the spring onions on top.

Yule Log (large lunchbox with tight fitting lid)

Ingredients

3 large eggs

50g self raising flour

25g cocoa powder

Extra = Festive decorations

75g caster sugar

125ml whipping cream

Method

1. Using electric beater whisk together eggs and sugar for 10 minutes, until thick and creamy.
2. Sieve flour and cocoa, then fold into creamy mixture using a metal spoon.
3. Pour into a greased and lined swiss roll tin.
4. Bake in the oven for 10 minutes, until springy to touch.
5. Remove from oven, turn out onto prepared greaseproof paper, roll the yule log with the greaseproof paper. Leave to cool.
6. Whip cream, be careful not to overwhip cream.

Unroll yule log and spread over cream. Roll up again and sprinkle with sieved icing sugar.

Chilli con Carne

Large lunchbox with lid to take home

Ingredients

300g lean mince
1 red pepper
 $\frac{1}{2}$ carrot
1 onion
2 garlic cloves
* 1 tsp hot chilli powder (provided by school)
* 1 tsp paprika (provided by school)
* 1 tsp ground cumin (provided by school)
400g can chopped tomatoes
* 1 tsp sugar (provided by school)
2 tblsp tomato puree
1 small can kidney beans

Method

1. Prepare the vegetables, chop onion, peel and crush garlic, wash and dice pepper. Wash and grate carrot.
2. Open kidney beans and using a sieve rinse and drain.
3. Place mince in a medium saucepan and brown on the hob.
4. When meat is browned add onion, garlic, pepper and carrot. Stir thoroughly.
5. To the saucepan add, tinned tomatoes, tomato puree, spices and sugar.
6. Bring saucepan the simmering point, reduce heat to 1 and leave to simmer.
7. Add in drained kidney beans and leave to simmer.

Serving suggestion: Serve on a bed of rice with a dollop of either crème fraiche or natural yoghurt on top.

Funky flapjacks (airtight lunchbox and lid).

Ingredients

250g margarine

75g sugar

2 - 3 tblsp runny honey

350g porridge oats

100g sultanas / raisins/ currants

50g pumpkin seeds

Method

1. Pre-heat oven to 180c, grease and line a baking tray.
2. Put sugar, margarine and honey in a saucepan and melt over a low heat, stirring continuously.
3. Stir in oats, sultanas and seeds.
4. Spread the mixture into a prepared baking tray.
5. Bake in oven for 20 - 25 minutes.
6. Remove from oven and while still hot cut into twelve, then leave to cool in tray.

Pizza Margherita (dough is made between 2) (large lunchbox)

Ingredients

- *300g strong bread flour
 - *1 tsp. instant yeast (from a sachet or tub)
 - *1 tsp. salt
 - *1 tblsp olive oil
- } (provided by school)

For the tomato sauce

- *50ml passata (provided by school)
- *Handful fresh basil **OR** 1 tsp. dried basil (provided by school)
- 1 garlic clove

For the topping

- 125g ball mozzarella
- 25g parmesan cheese
- Handful of cherry tomatoes

Method

1. **Make the base:** Put the flour in a large bowl, then stir in yeast and salt. Make a well, pour in 200ml of luke warm water and olive oil. Bring together with palette knife.
2. Turn out onto a lightly floured surface and knead for 5 minutes.
3. Return to bowl, cover with a clean tea towel and leave to rise.
4. **Make sauce:** Crush garlic and tear basil leaves. Mix both in with passata.
5. **Make topping:** Tear mozzarella into thin slices and half the cherry tomatoes.
6. **Shaping the dough:** Give the dough a quick knead, divide into two balls. On a floured surface roll into 2 large rounds using a rolling pin. The dough needs to be very thin as it will rise in the oven..
7. Add sauce and toppings and bake in oven at 220c for 10minutes.

Leek and Potato Soup

(Made between 2)

(large lunchbox with tight fitting lid)

Ingredients

2 medium or 4 small potatoes

2 leeks

1 onion

2 vegetable stock cubes

*1 l boiling water (provided by school)

*Salt and pepper (provided by school)

Method

1. Peel and dice potatoes, chop onion. Wash and chop leeks.
2. Put everything into a saucepan and bring to the boil, leave to simmer for 20 minutes, or until potatoes are cooked.
3. Using a potato masher, mash the soup, season to taste.

Mediterranean Bread (large lunchbox)

Ingredients

*200g soda bread flour (provided by school)

50g sundried tomatoes

*1tsp dried or fresh thyme (provided by school)

25g feta cheese, crumbled

125 ml milk

* $\frac{1}{2}$ tsp dried mustard (in school) (provided by school)

* $\frac{1}{4}$ tsp cayenne pepper (in school) (provided by school)

Method

1. Chop the sun dried tomatoes and crumble feta cheese.
2. Sieve flour into a baking bowl, add the vegetables and cheese and stir.
3. Add the thyme, mustard and cayenne pepper.
4. Add the milk and mix until forms a soft dough. Knead lightly.
5. Shape into a flat round and place on a floured baking tray.
6. Bake at 200c for 20 - 25 minutes.

Wrap in a clean tea-towel and place on a cooling rack.

Spicy Rice (large lunchbox)

Ingredients

*1 tblsp veg oil (provided by school)
1 garlic clove
125g Basmati rice
200g can chickpeas
350 ml veg stock
*2 tblsp sultanas (provided by school)
A good handful baby leaf spinach
*2 tsp curry paste (provided by school)
Pepper

Method

1. Crush garlic, drain chickpeas, boil kettle and make 350mls stock.
2. Heat oil in a saucepan, then fry garlic and curry paste over a medium heat for 1 minute, until it smells toasty.
3. Tip the rice into the pan with stock, chickpeas and raisins and stir to stop the rice from clumping. Season with pepper, bring to the boil and place a tight fitting lid on top and turn the heat off. The rice will absorb all stock.
4. After 12 - 15 minutes all the liquid will be absorbed and the rice will be tender.
5. Tip the spinach into the saucepan and mix thoroughly.

Creamy rhubarb tarts (between 2)
(large lunchbox with tight fitting lid)

Ingredients

375g all-butter ready to roll puff pastry
1 egg, beaten
1 tbsp demerara sugar
1 tbsp crème fraîche
2 sticks rhubarb
2 tbsp icing sugar

Method

1. Heat oven to 220C/fan 200C/gas 7.
2. Roll the pastry out thinly and, using a cutter, cut out circles. Use a slightly smaller cutter to cut a circle out of the middle and trim away the outside border, reserving these trimmings.
3. Lay the circles on a baking sheet, prick all over with a fork and brush the edges with egg. Use the pastry trimmings to make a border around the edge like a vol-au-vent and press down gently with your thumb. Chill until needed. This can be done up to 1 day ahead or frozen for up to 1 month.
4. In a small bowl, mix the demerara sugar with the crème fraîche and spread a thin amount over the base of each tart. Slice the rhubarb very thinly.
5. Neatly arrange slices of rhubarb, overlapping in a floral pattern, over the crème fraîche, then dust generously with icing sugar.
6. Bake the tarts for 15 -20 mins until puffed up and golden.
Leave to rest for a few mins

OLSPCK FISH WEEK

(large lunchbox with tight fitting lid)



Oven baked Fish & Chips

Ingredients

- 1 thick sustainable white fish fillet
- *50g breadcrumbs (provide by school)
- *2tblsp fresh parsley (provided by school)
- *2 tblsp oil (provided by school)
- 1 scrubbed medium potato

Method

1. Pre-heat oven to 200c. Cut potatoes into wedged and lay in a single layer on a baking tray. Drizzle with half the oil and season with salt. Cook for 40 mins, turning after 20, so they cook evenly.
2. Mix the breadcrumbs with parsley. Top the fish evenly with breadcrumb mixture, then drizzle the remaining oil. Put on a baking try and bake in oven for 10 minutes.

Fair Trade Banana Bread

(Loaf liner provided in school, Lunchbox needed)

Ingredients

75g margarine

75g fair trade caster sugar

1 egg

100g self-raising flour

1 large fair trade banana

Method

1. Mash bananas
2. Cream flora, sugar, egg and sugar until light and fluffy.
3. Stir in mashed banana.
4. Spoon into greased, lined 250g-loaf tin.
Bake at gas mark 4/180c for 30 - 40 mins. Leave to cool.

AT HOME

Suggested serving: toffee frosting: Mix mascarpone cheese and muscavado with a spatula sugar until smooth.