

**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. Add chicken pieces, fry for 3 minutes, add curry paste and rice stir thoroughly and cook for 1 minute.
5. 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**

### **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.***

## **Jammy Scones (container to take home)**

### **Ingredients**

200g self raising flour

50g margarine

75ml milk

50g caster sugar



### ***Filling***

3 tblsp of good quality jam - flavour of your choice

### **Method**

1. Sieve flour and baking powder, rub in flora and add enough milk to make soft dough.
2. Knead gently and roll into a rectangle (20 x 30 cm). Spread filling all over dough and roll long side to long side.
3. Cut into 1.5 cm and place flat side down on lined baking tray (they look like small Catherine wheels).
4. Bake for 10 -15 minutes at 180c.

## **An alternative recipe to try at home:**

### **Cinnamon Scones (container to take home)**

#### **Ingredients**

200g self raising flour

50g flora

125ml milk

50g caster sugar

\*1 tsp. ground cinnamon

\*1 tsp baking powder

#### ***Filling***

50g flora

75g caster sugar

75g sultanas

\*2 tsp ground cinnamon

## **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.

## **Victoria Sponge (container to take home)**

### **Ingredients**

100g margarine  
100g caster sugar  
2 eggs  
100g self raising flour  
\*1 tsp vanilla extract

### **Method**

1. Heat oven to 180c, gas mark 5. Collect a prepared cake tin.
2. Place margarine, sugar and vanilla extract into a bowl and using electric beaters beat until mixture resembles a creamy consistency.
3. Add eggs one at a time to mixture and beat well.
4. Fold in flour using a spatula - make sure your mixture is thoroughly mixed.
5. Pour mixture into prepared cake tin and bake for 15 - 20 minutes.
6. Your cake is ready when it is golden brown and springy to touch. Turn onto a cooling rack and leave to cool

Decorate at home with raspberry jam and coconut or raspberries and fresh cream.



## 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 (optional)
- \*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.*

## **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 } *mix*  
\*2 tblsp sieved icing sugar } *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



## 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**

150 ready-to-wok noodles

\*1 tblsp oil

2 chicken fillets

1 green pepper

1 carrot

1 celery stick

4 spring onions

\*1 tsp dark brown sugar

\*1 tblsp soy sauce

\*Few drop chilli sauce

### **Method**

1. Wash and slice green pepper, wash and chop celery, peel carrot and using a veg peeler cut carrot into ribbons.
2. Cut chicken into strips.
3. Heat oil in wok, add chicken strips and fry for 5 minutes, stirring all the time.
4. Add the pepper, carrot and celery and spring onions. Stir fry for 3 minute.
5. Add sugar, soy sauce and sweet chilli sauce, stirring for 1 minute.
6. 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/ $\frac{1}{4}$  pint) single cream
- 75g parmesan cheese
- Spring onion

#### 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.