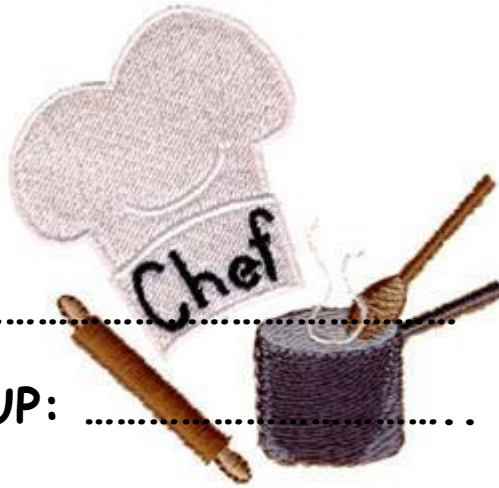


YEAR 9

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

Spicy Chickpea Couscous

Ingredients

150g couscous

2 garlic cloves

1 small onion

*2 tbsps olive oil

6 cherry tomatoes

$\frac{1}{4}$ cucumber

4 spring onions

410g can chickpeas

* $\frac{1}{2}$ tsp ground cinnamon

* $\frac{1}{2}$ tsp ground cumin

* $\frac{1}{2}$ tsp ground coriander

* $\frac{1}{2}$ tsp ground turmeric

*Pinch cayenne pepper

1 lemon

50g sultanas (optional)

3 tbsps fresh coriander

*Black pepper

Method

1. Cook the couscous according to instructions, but do not add any butter.
2. Peel and crush or finely chop the garlic, peel and finely chop onion.
3. Wash and chop the tomatoes, cucumber and spring onions. Drain and rinse the chickpeas. Wash and finely chop the coriander. Mix these together in a bowl and leave to the side.
4. Heat oil in a frying pan, add onion and cook until soft, add garlic and cook for 1 minute, add in spices and cook for a further minute. Remove from heat and stir in lemon juice.
5. Add this mixture to the couscous ensure it is well coated.
6. Mix in tomatoes, cucumber, spring onions, chickpeas and coriander.

Vegetable Paella

Large lunchbox with lid to take home

Ingredients

1 medium onion

*Olive oil

2 cloves garlic

*1 heaped tsp paprika

150g long grain rice

750ml vegetable stock

1 tblsp tomato puree

150g fine green beans, or 1 large courgette

1 red pepper,

300g can cannellini or borlotti beans, drained

2 large vine ripened tomatoes

*Salt and pepper

*Handful flat leaf parsley

Method

1. Prepare all vegetables.
2. Heat oil in a saucepan, add onion and cook over a medium heat for 5 minutes to soften. Add and lightly fry the peppers and courgettes. Stir in garlic, paprika and rice, and then pour over stock and tomato puree. Simmer uncovered for 25 minutes.
3. Stir canned beans and tomatoes.
4. Cover and cook for 5 minutes until rice is tender. Season and fold in chopped parsley and serve.

Crumble Topped Tarts

Ingredients

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

*2 tblsp vinegar

*2 tsp. cornflour

*2 tblsp tomato ketchup

*cooking oil

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.

Mini Salmon fishcakes

Ingredients

1 tin pink or red salmon

2 stalk curly parsley

1 spring onion

2 slices wholemeal bread - processed into breadcrumbs

*1 tblsp ketchup

(As an alternative to tomato ketchup 2 - 3 sunblushed tomatoes or sundried tomatoes in oil can be used)

Method

1. Chop parsley and spring onion and place in red bowl. Open and drain tin of salmon.
2. Empty salmon into bowl and using a fork mixt / mash thoroughly with the parsley and spring onion.
3. Add tomato ketchup and 1 tblsp breadcrumbs and again using fork mix thoroughly.
4. Divide mixture in two and using your hands roll into balls. Then roll this in the remaining breadcrumbs.
5. Place on prepared baking tray and roast in oven for 10 - 15 minutes.

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 overwhip cream.

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

Chocolate Cake

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.

Lemon chicken with stir fry noodles

Large lunchbox with lid

Ingredients

Finely grated zest and juice of $\frac{1}{2}$ a lemon
1 tblsp fresh coriander
2 small cloves garlic
175g chicken fillets
*2 tsp olive oil
1cm piece root ginger
100g straight to wok noodles
1 carrot
1 small leek
100g mange tout
55g beansprouts
* 3 tblsp chicken stock
* 1 tblsp unsweetened apple juice
* 2 tblsp soy sauce

Method

1. Cut chicken into bite size pieces. Zest and juice $\frac{1}{2}$ lemon, crush garlic, chop coriander.
2. In a large plastic bowl, combine lemon zest and juice, coriander, $\frac{1}{2}$ the garlic and pepper. Add chicken pieces and turn to coat. Leave to the side while preparing other ingredients.
3. Wash and prepare all veg. Cut carrots into match sticks. Wash beansprouts in a sieve. Peel and chop ginger.
4. Heat oil in a wok and stir fry ginger and $\frac{1}{2}$ garlic, add chicken and marinade and stir fry for 4 minutes.
5. Add leek and carrots and stir fry for 2 mins.
6. Add the remaining veg and noodles and stir fry for 2 mins. Make sure chicken is cooked.
Add stock, apple juice for 1 min, add sesame seeds and serve.

Pizza Margherita

Ingredients

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

For the tomato sauce

- 100ml passata
- Handful fresh basil **OR** 1 tsp. dried basil
- 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

*Salt and pepper

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

Ingredients

*200g soda bread flour

50g sundried tomatoes

*1tsp dried or fresh thyme

25g feta cheese, crumbled

125 ml milk

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

* $\frac{1}{4}$ tsp cayenne pepper (in 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.

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.

Cheesecake

(Foil container provided in school)

Ingredients

150g digestive biscuits (crumbed)

75g margarine

200g Philadelphia cheese

125ml whipping cream

25g caster sugar

1 lemon or 1 tin strawberries.

Method

1. Melt flora in microwave and mix with biscuit crumbs. Line the base of your tin with this.
2. Prepare lemon rind and juice, or open strawberries, drain off the liquid.

Whip cream, add Philadelphia cheese and mix add lemon rind, juice and sugar or strawberries mix with beaters. Pour over biscuit base and refrigerate.

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
* 1 tsp paprika
* 1 tsp ground cumin
400g can chopped tomatoes
* 1 tsp sugar
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.

Fruity Fish Curry

Ingredients

- 1 fish fillet (e.g cod, haddock,)
- 1 small onion
- 2 garlic cloves
- 2cm piece ginger root
- 1 sweet potato
- 1 small apple
- 125g green beans
- 350ml vegetable stock
- *1 tsp curry powder
- *1 tblsp olive oil

Method

1. Prepare vegetables - Dice onion finely, peel and crush garlic, peel and dice ginger. Peel and cube sweet potato, peel and cube apple. Wash and trim green beans.
2. Prepare fish.
3. In a saucepan and on a medium heat fry off onion and garlic, until onion is softened.
4. Add ginger and curry powder, cook for 1 minute - stirring all the time.
5. Stir in sweet potato, apple and green beans, add stock immediately.
6. Bring to the boil, reduce heat to simmer and add the fish.
7. Simmer for 5 - 10 minutes until sweet potato is soft and fish is cooked.

Spicy Rice

Ingredients

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

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