

Crompton House

Year 8

Recipe Booklet

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NOTE: Students MUST bring a suitable sized container with a lid

Topic: Healthy Eating

Tomato soup

Ingredients student need to bring:

400g can of chopped tomatoes
1 onion

Ingredients supplied by school:

3 tbsp tomato puree
1 crumbly vegetable stock cube
1 tbsp oil
1 tsp dried basil



Method

1. On a chopping board peel and chop the onion
2. Add 1 tbsp oil to a saucepan and add the chopped onion
3. Place saucepan on the hob, and on a low/med heat gently cook onion until soft
4. Add the tinned tomatoes, tomato puree, dried basal, and crumbled stock cube to the pan
5. Stir ingredients and bring to the boil
6. Once boiling, reduce heat and simmer for 10mins
7. Turn off heat and remove pan from the hob.
8. Blend soup with an electric hand blender being careful not to splash the liquid.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Healthy Eating

Pasta Salad

Ingredients students need to bring:

Students must bring 3-4 ingredients to add to their salad from the list below:

5 cherry tomatoes

1/4 cucumber

1 pepper

2 spring onions

3 tbsp tinned sweetcorn

1 carrot

50g cheddar cheese

Tinned tuna



Ingredients supplied by school:

100g pasta

1 tbsp low fat mayonnaise or salad cream

Method

1. Fill a saucepan half way with cold water and bring to the boil. Once water is boiling, turn down the heat, and add the pasta. Simmer for 10-15mins.
2. Prepare vegetables - wash, slice and dice vegetables evenly
3. Grate cheese
4. When pasta is al dente, turn off heat and drain pasta into a colander placed in the sink
5. Rinse pasta under cold running water and leave to drain for 2-3 mins.
6. Put pasta into your container.
7. Arrange and layer toppings attractively on top of pasta contrasting colours
8. Finish salad with a salad dressing.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Healthy Eating

Banana Muffins

Ingredients students need to bring:

1 banana

Ingredients supplied by school:

100g self-raising flour

55g wholemeal self-raising flour

80g soft brown sugar

1 tsp baking powder

1 egg

75ml milk

50g margarine

6 muffin cases



Method

1. Preheat oven to 180°C.
2. Peel banana and mash with a fork in a mixing bowl.
3. Add both types of flour and baking powder into the bowl with the banana.
4. Measure the milk in a measuring jug
5. Add the egg to the milk and beat well with a fork.
6. Make a well in the centre of flour, add margarine and the egg and milk mixture.
7. Beat ingredients well with an electric hand whisk until consistency is smooth.
8. Spoon the mixture evenly into 6 muffin cases, or into a loaf tin.
9. Bake in oven for 20-25mins until well risen and golden brown.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Healthy Eating

Pasta in Cheese Sauce

Ingredients supplied by school:

100g pasta
25g plain flour
25g margarine
250ml semi skimmed milk
75g cheese



Method

1. Fill a saucepan half way with cold water, place on the hob, and bring to the boil on a medium heat.
2. Once water is boiling, gently add the pasta and simmer for 10-15mins.
3. Whilst waiting for pasta to cook, grate the cheese.
4. Put sauce ingredients (margarine, flour, milk) into a separate saucepan. Do not put on the hob yet.
5. When pasta is soft, turn off heat, and drain pasta into a colander that is placed in the sink.
6. Collect a hand whisk.
7. Place saucepan of sauce ingredients on to the hob, and gently heat on a low to medium heat. WHISK CONTINUOUSLY, and do not stop until sauce begins to thicken.
8. Once sauce thickens, turn off heat, and remove the sauce from the hob immediately. Add $\frac{3}{4}$ of the cheese to the sauce and stir until the cheese melts.
9. Mix the pasta into the cheese sauce and stir.
10. Pour into container and sprinkle with the remaining cheese.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Food and the Environment

Apple slice pie

Ingredients students need to bring:

2 eating apples

Ingredients supplied by school:

150g plain flour

75g margarine

3-4 tbsp cold water

10g caster sugar (1 tbsp)

Note: 5 eggs in total needed for each class to glaze



Method

1. Preheat the oven to 180°C.
2. Put flour and margarine into a mixing bowl
3. Using fingertips rub the fat into the flour until it resembles bread crumbs
4. Add water a little at a time and mix with a knife to form a soft dough
5. Cut dough in half
6. On a floured work surface roll out half the pastry to an even thickness to form a rectangle shape
7. Arrange sliced apples in a row lengthwise down the middle of the pastry leaving a one inch border on all sides.
8. Sprinkle 1 tbsp of sugar over the apple.
9. Roll out the remaining pastry and place over pastry base, sealing edges.
10. Cut slits down the centre of the pastry to create steam vents
11. Glaze pastry with beaten egg and sprinkle with sugar
12. Place on a baking tray and bake for 15-20mins until golden brown.

Topic: Food and the Environment

Pizza Pinwheels

Ingredients supplied by school:

200g self-raising flour
50g margarine
1 egg
Sufficient milk to make 100ml liquid
2-3 tbsp passata sauce
60g cheddar cheese



Method

1. Preheat the oven to 180°C.
2. Put flour and margarine into a mixing bowl.
3. Using your fingertips rub fat into the flour using the rubbing in technique, until it resembles breadcrumbs.
4. Crack egg into a measuring jug.
5. Add enough milk to the egg to make 100ml of liquid.
6. Beat egg and milk with a fork.
7. Slowly mix the liquid a little at a time into the flour to form a soft dough.
8. On a floured work surface, roll out the dough to an even thickness to form a rectangle shape.
9. Evenly spread 2 tbsp of passata over the dough.
10. Sprinkle grated cheese over the dough.
11. Roll the dough lengthways into a sausage shape and cut into 8 even slices.
12. Place pin wheels onto a baking tray, and bake for 15-20mins until golden.

Topic: Food and the Environment

One Pot Chilli Con Carne

Ingredients students need to bring:

- 1 onion
- 250g mince beef
- 400g tin of chopped tomatoes
- 400g tin of kidney beans **or** baked beans

Ingredients supplied by school:

- 1 tsp chilli powder
- 2 tbsp tomato puree
- 1 clove garlic



Method

1. Peel and chop the onion
2. Peel and crush the garlic
3. Add 1 tbsp oil to a saucepan, and gently cook the onion and garlic until soft.
4. Add minced beef to the pan, and cook until browned.
5. Stir in the chopped tomatoes, beans, and chilli powder.
6. Simmer for 15mins, stirring occasionally.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Food and the Environment

Apple and Sultana Scones

Ingredients students need to bring:

1 eating apple

Ingredients supplied by school:

200g self-raising flour

50g margarine

4 tbsp golden caster sugar

20g sultanas

80ml milk



Method

1. Peel and grate the apple using a grater
2. Put flour and margarine into a mixing bowl
3. Using your fingertips, rub margarine into flour using the rubbing in technique until it resembles bread crumbs.
4. Stir the grated apple, sultanas, and sugar into the mixture
5. Add the milk and stir in quickly, then fold dough over 2-3 times until it's a little smoother. If the mixture is too wet, mix in a little extra flour.
6. Tip dough onto a lightly floured surface and pat into a round circle shape about 3cm deep.
7. Dip a pastry cutter into the flour on the work surface and cut out scones
8. Place scones onto a lined baking tray
9. Brush tops with a little milk to glaze
10. Bake in oven for 18-20 mins until golden brown

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Keeping food safe

Cheesecake **(working in pairs)**

Ingredients supplied by school:

150g digestive biscuit
75g margarine
250g cream cheese
300ml double cream
50g caster sugar



Method

1. Place biscuits in a food bag and using a rolling pin crush the biscuits into crumbs
2. Place margarine in a saucepan and melt gently on a low heat
3. Turn off the heat and stir in crushed biscuits until evenly coated
4. Press the biscuit mixture into a greased dish and place in fridge to chill
5. Put the cream cheese, double cream and sugar into a mixing bowl and whisk together using an electric whisk until soft peaks form
6. Remove the biscuit base from the fridge
7. Pour the cream cheese mixture over the base and smooth evenly
8. Store in fridge until serving.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Keeping food safe

Baked stuffed chicken

Ingredients students will need to bring:

1 chicken breast

Optional: 1 rasher of bacon

Ingredients supplied by school:

1 tbsp cream cheese (25g)

1 tsp caramelised red onion chutney



Method

1. Preheat oven to 180°C.
2. Place chicken breast on a red chopping board.
3. Using the tip of a sharp knife, cut a horizontal slot along the whole side length of the chicken breast, taking care not to cut all the way through. Open up the chicken breast (like opening a book).
4. Spread the cream cheese inside the chicken.
5. Spread the caramelised onion on top of the cheese.
6. Close up the chicken breast.
7. If using bacon, place the chicken breast on the edge of the bacon rasher and roll chicken up until completely wrapped in bacon.
8. Wrap the chicken loosely in foil and place on a baking tray.
9. Bake in oven for 20mins.
10. Remove baking tray from oven and carefully open up the foil and bake for a further 10mins, or until chicken is thoroughly cooked.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Keeping food safe

Burgers

Ingredients students will need to bring:

150g minced beef

¼ onion

Ingredients supplied by school:

1 tsp. Dijon mustard

1 egg



Method

1. Preheat oven to 180°C.
2. Place all the burger ingredients in a mixing bowl and mix thoroughly with a fork (or with your hands) to combine (or use a food processor and process for a few seconds).
3. Using your hands, shape the mixture into equal-sized burgers which are of even thickness.
4. Place burgers on a baking tray and bake in the oven for 15-20mins, turning the burgers half way through to cook on each side.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Cooking Methods

Potato Salad

Boiling & Simmering

Ingredients students will need to bring:

- 6 new potatoes
- 2 spring onions

Ingredients supplied by school:

- 2 x 15ml reduced fat mayonnaise (2 tbsp)
- 2 x 15ml reduced fat Greek yoghurt (2 tbsp)
- 1 x 5ml mustard (1 tsp)



Method

1. Fill a saucepan half way with water, place on hob and bring to boil
2. On a chopping board cut the potatoes in half with a sharp knife.
3. Wash potatoes to remove any dirt from the skin.
4. Gently put potatoes into pan of boiling water, turn to a medium heat and allow potatoes to boil for 20 mins until soft.
5. Mix together mayonnaise, Greek yoghurt and mustard in a small bowl.
6. Top and tail the spring onion, wash and evenly slice.
7. When potatoes are soft turn off the heat and drain in a colander in the sink
8. Cool the potatoes under cold running water and allow to drain
9. Add the potatoes and spring onions to the bowl of yoghurt dressing
10. Stir ingredients and place in container ready to serve

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Cooking Methods

Potato Wedges

Roasting

Ingredients students will need to bring:

2 potatoes

Ingredients supplied by school:

1 tbsp oil

1 tsp paprika



Method

1. Preheat the oven to 180°C.
2. Wash potatoes to remove any dirt on skin
3. On a chopping board cut potatoes in half (lengthways)
4. Place potatoes flat side down on chopping board, and cut each half into 4-6 wedges
5. Put the oil and paprika into a mixing bowl and mix well.
6. Add the wedges into the bowl of oil and thoroughly mix, ensuring wedges are evenly coated in the oil mixture.
7. Place the wedges onto a baking tray and roast in the oven for 30-40 minutes until crisp and browned, turning the wedges half way through.

Topic: Cooking Methods

Stir fry

Ingredients students need to bring:

- 4 spring onions
- 1 carrot
- 1 cm piece fresh root ginger
- 1 pepper (preferably red)
- 100g baby sweetcorn
- 1/2 courgette
- 150g sugar-snap peas



Ingredients supplied by school:

- 2 tbsp oil
- 1 x 15ml soy sauce (1 tbsp)
- 1 x 15ml hoisin sauce (1 tbsp)
- 1 clove garlic

Method

1. Peel carrot and slice into thin matchsticks (julienne)
2. Top and tail the spring onion, wash and slice evenly
3. Wash, deseed and slice pepper
4. Wash and slice courgette into thin match sticks
5. Wash and cut baby sweetcorn into halves
6. Trim ends off sugar snap peas
7. Peel and finely grate the ginger
8. Crush garlic
9. Add oil to a wok or fry pan and gently heat
10. Add spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
11. Add carrot and cook for 3 minutes until softened
12. Add the red pepper and baby sweetcorn and stir-fry for 2 minutes.
13. Add courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients with a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.
14. Add 1 tablespoon water, hoisin sauce, soy sauce and cook over a high heat for

Topic: Cooking Methods

Chocolate fork biscuits

Baking

Ingredients supplied by school:

100g plain flour
25 cocoa powder
100g margarine
50g caster sugar



Method

1. Preheat the oven to 180°C
2. Put the margarine and sugar into a mixing bowl
3. Using the back of a wooden spoon, cream margarine and sugar together until light and creamy
4. Sieve flour and cocoa powder into the mixture
5. Beat mixture to achieve an even consistency
6. Divide the mixture into 9 even shaped balls and place on a baking tray.
7. Using the back of a fork, gently press and flatten each biscuit.
8. Bake in oven for 15 mins.
9. Remove and allow biscuits to cool and firm.

* Can add 1/2 tsp vanilla essence

NOTE: Students MUST bring a suitable sized container with a lid

Christmas Celebration

Chocolate Yule

Ingredients students need to bring:

1 shop bought chocolate swiss roll
300g icing sugar

Optional: Christmas cake decorations

Ingredients supplied by school:

150g margarine
25g cocoa powder (1 1/2 tbsp)



Method

1. Sieve icing sugar and cocoa powder into a mixing bowl
2. Add the margarine and using a wooden spoon cream the ingredients together to form an even, creamy and chocolatey buttercream.
3. Using a spatula evenly spread the buttercream onto the swiss roll, ensuring it is completely covered.
4. Run a fork along the length of the buttercream to create a log effect.
5. Lightly dust with icing sugar for a snowy effect
6. Decorate with Christmas decorations.

NOTE: Students **MUST** bring a suitable sized container with a lid