



YR8 RECIPE BOOKLET FOR FOOD



NAME =

DEAR PARENT/GUARDIAN,

THIS RECIPE BOOK WILL LAST FOR THE DURATION OF APPROX 20 WEEKS THAT YOUR SON/DAUGHTER IS ON THEIR FOOD ROTATION WITHIN TECHNOLOGY.

IF YOU HAVE ANY QUESTIONS REGARDING THE RECIPES YOU CAN CONTACT YOUR SON/DAUGHTERS TEACHER AT SCHOOL WITH YOUR QUERY - WE ARE ALWAYS HAPPY TO HELP. IF YOUR SON/DAUGHTER SUFFERS FROM AN ALLERGY, GENERALLY THE RECIPE CAN BE ADAPTED TO MAKE IT SUITABLE TO MEET THEIR NEEDS.

IN YEAR 8 THE PUPILS COOK EVERY OTHER LESSON (THESE LESSONS ARE DETERMINED BY THEIR TEACHER) - IF YOUR SON/DAUGHTER IS ABSENT IT IS ALWAYS BEST TO CHECK WITH THE TEACHER IF THEY ARE COOKING THE FOLLOWING LESSON.

LESSONS ARE ONLY 1 HOUR IN LENGTH AND AS YOU CAN IMAGINE ITS EXTREMELY BUSY AND FAST PACED, TO BEST SUPPORT YOUR SON/DAUGHTER IN THE LESSONS IT WOULD BE BENEFICIAL IF YOU COULD SEND THE INGREDIENTS INTO SCHOOL ALREADY WEIGHED OUT READY FOR THE PRACTICAL LESSON.

WITHIN THE BOOKLET YOU WILL SEE ON SOME RECIPES THAT SCHOOL CAN/WILL PROVIDE SOME OF THE INGREDIENTS TO MAKE IT EASIER FOR YOURSELVES FOR A SMALL AMOUNT OF MONEY. YOU WILL SEE THIS INFORMATION IN RED ON SOME OF THE RECIPES.

WE APPRECIATE YOUR SUPPORT WITH THE PROVIDING OF COOKING INGREDIENTS, AS I AM SURE YOU WILL AGREE IT IS EXTREMELY IMPORTANT FOR CHILDREN TO LEARN TO COOK.

MANY THANKS

YR8 FOOD STAFF

PIZZA

INGREDIENTS

- **300g STRONG PLAIN FLOUR**
- **$\frac{1}{2}$ SACHET DRIED YEAST**
- **PINCH OF SALT**
- 200ml LUKEWARM WATER
- 50g TOMATO PUREE
- 200g GRATED MOZZARELLA CHEESE
- 1 TOMATO
- FRESH BASIL LEAVES (OPTIONAL)



SCHOOL WILL PROVIDE THE INGREDIENTS FOR THE PIZZA BASE (HIGHLIGHTED IN RED) FOR 60P AND PLEASE BRING A LARGE PIECE OF TIN FOIL TO WRAP AROUND YOUR PIZZA TO TAKE IT HOME.

METHOD

1. PLACE THE STRONG PLAIN FLOUR, DRIED YEAST AND SALT INTO A MIXING BOWL.
2. MEASURE 100ml OF HOT WATER INTO A MEASURING JUG AND TOP UP TO 150ml WITH COLD WATER.
3. ADD THE WATER TO THE MIXING BOWL AND MIX WELL TO BRING THE MIXTURE TOGETHER INTO A BALL OF DOUGH (ADD EXTRA WATER IF IT IS REQUIRED).
4. FLOUR THE WORKSURFACE AND ROLL OUT THE BALL OF DOUGH INTO THE DESIRED SHAPE. PLACE THE PIZZA BASE ONTO A GREASED BAKING SHEET.
5. SPREAD THE BASE WITH TOMATO PUREE.
6. COVER THE TOMATO PUREE WITH THE GRATED CHEESE.
7. WASH AND THINLY SLICE THE TOMATO.
8. ADD THE TOMATO SLICES TO THE TOP OF THE PIZZA.
9. BAKE FOR 10-12 MINUTES AT 210°C OR GAS MARK 7 UNTIL THE CRUST IS GOLDEN BROWN IN COLOUR.

VARIATIONS

- ADD 25g CHEESE, 1tsp DRIED HERBS, 1 CRUSHED GARLIC CLOVE TO THE PIZZA BASE.
- SUBSTITUTE THE TOMATO PUREE WITH SUNDRIED TOMATO PUREE OR PASSATA.
- VARY THE CHEESES AND THE TOPPINGS ON THE PIZZA.

RATATOUILLE

INGREDIENTS

- 1 ONION (RED OR WHITE),
- 1 CLOVE OF GARLIC,
- 1 SMALL AUBERGINE,
- 1 PEPPER (RED, YELLOW, ORANGE OR GREEN),
- 1 COURGETTE,
- 2 X 400g CANS OF CHOPPED TOMATOES,
- 1 HANDFUL OF FRESH BASIL (OPTIONAL),
- 2tsp OF VEGETABLE OIL.



METHOD

1. PEEL AND DICE THE ONION INTO SMALL PIECES AND PEEL AND CRUSH THE GARLIC.
2. WASH THE PEPPER, COURGETTE AND AUBERGINE.
3. CUT THE TOP OFF THE PEPPER AND DE-SEED AND CUT INTO SQUARES.
4. CUT THE TOP AND THE BOTTOM OFF THE AUBERGINE AND SLICE INTO RINGS APPROX 15MM THICK AND THEN DICE INTO SQUARES.
5. CUT THE TOP AND THE BOTTOM OFF THE COURGETTE AND SLICE DOWN THE MIDDLE LENGTHWAYS AND CUT INTO HALF MOON SHAPES.
6. PLACE THE OIL INTO A LARGE SAUCEPAN AND HEAT ON A MEDIUM HEAT. ADD THE ONIONS AND THE GARLIC AND FRY GENTLY FOR 5-10 MINUTES.
7. ADD THE CUBES OF AUBERGINE AND FRY FOR A FURTHER 5 MINUTES.
8. ADD THE PEPPER, COURGETTE AND BOTH TINS OF CHOPPED TOMATOES TO THE PAN AND BRING TO THE BOIL, REDUCE TO A LOW/MEDIUM HEAT AND GENTLY SIMMER FOR 20 MINUTES.
9. STIR IN THE TORN BASIL LEAVES AND SIMMER FOR A FURTHER 5 MINUTES.

VARIATIONS

- ADD 1tbsp OF BALSAMIC VINEGAR TO THE SAUCE TO ADD A SWEETER FLAVOUR.
- ADD 1tsp OF CASTER SUGAR AND 1tbsp RED WINE VINEGAR.

PLEASE NOTE - YOU WILL NEED TO BRING A PLASTIC CONTAINER WITH YOU TO TAKE YOUR RATATOUILLE HOME IN.

TUNA, SWEETCORN & BROCCOLI PASTA BAKE

INGREDIENTS

- 150g PASTA SHAPES (RIGATONI, PENNE, FUSILLI, ETC),
- 50g BUTTER,
- 50g PLAIN FLOUR,
- 1 PINT OF MILK,
- 100g STRONG CHEDDAR CHEESE,
- 100g BROCCOLI,
- 50g SWEETCORN,
- 1 TIN OF TUNA IN SPRING WATER.



PLEASE BRING AN OVENPROOF DISH OR FOIL TRAY (30P) TO PLACE YOUR PASTA BAKE IN ONCE YOU HAVE MADE IT.

METHOD

1. HALF FILL A SAUCEPAN WITH WATER AND PLACE ON THE COOKER ON A HIGH HEAT TO BOIL.
2. WHEN THE WATER IS BOILING, ADD THE PASTA AND BOIL FOR 8-10 MINUTES UNTIL AL DENTE.
3. WASH AND CHOP THE BROCCOLI INTO SMALL FLORETS AND GRATE THE CHEESE.
4. DRAIN THE TUNA AND THE SWEETCORN.
5. WHILE THE PASTA IS COOKING MAKE THE SAUCE, ADD THE PLAIN FLOUR, BUTTER AND THE PINT OF MILK TO A SAUCEPAN.
6. PLACE THE SAUCEPAN ONTO A MEDIUM HEAT AND WHISK THE MIXTURE CONTINUOUSLY UNTIL IT THICKENS INTO A SMOOTH CUSTARD LIKE POURING CONSISTENCY.
7. ADD HALF OF THE GRATED CHEESE TO THE SAUCEPAN AND STIR UNTIL IT MELTS.
8. DURING THE LAST 2 MINUTES OF THE PASTA COOKING ADD THE BROCCOLI AND THE SWEETCORN TO THE SAUCEPAN.
9. DRAIN THE PASTA, BROCCOLI & SWEETCORN THROUGH A COLANDER TO AND ADD TO THE CHEESE SAUCE AND MIX WELL.
10. STIR THE DRAINED TUNA INTO THE CHEESE SAUCE MIXTURE.
11. POUR THE CONTENTS OF THE SAUCEPAN INTO AN OVENPROOF DISH AND SPRINKLE OVER THE REMAINING CHEESE.
12. BROWN UNDER THE GRILL (IF REQUIRED).

VARIATIONS

- YOU COULD ADD ANY OTHER VEGETABLES - PEAS, LEEKS, MUSHROOMS, ETC.
- INSTEAD OF TUNA YOU COULD ADD SLICES OF HAM AND BACON OR ROASTED CHICKEN PIECES,
- YOU COULD USE OTHER CHEESES SUCH AS MOZZARELLA OR PARMESAN OR A MIXTURE OF CHEESES,
- YOU COULD ADD GARLIC PUREE OR HERBS TO THE CHEESE SAUCE.

SAVOURY RICE

INGREDIENTS

- 1 ONION (RED OR WHITE),
- 3-4 MUSHROOMS,
- 1 PEPPER (RED, ORANGE, YELLOW OR GREEN),
- 1 TOMATO,
- 150g LONG GRAIN RICE,
- 550ml BOILING WATER,
- 1 VEGETABLE STOCK CUBE,
- 50g PEAS,
- 1-2 tsps CURRY POWDER,
- 1tbsp VEGETABLE OIL.



METHOD

1. PREPARE THE VEGETABLES - TOP AND TAIL THE ONION AND DICE, PEEL OR WIPE THE MUSHROOMS AND THINLY SLICE, CHOP THE TOP OFF THE PEPPER AND DE-SEED AND DICE INTO SQUARES AND WASH AND DICE THE TOMATOES.
2. HEAT THE OIL IN A LARGE SAUCEPAN AND ADD THE ONION AND FRY GENTLY FOR 5 MINUTES TO SOFTEN.
3. ADD THE MUSHROOMS AND PEPPER AND COOK FOR A FURTHER 2-3 MINUTES.
4. STIR IN THE RICE AND MIX WELL.
5. BOIL THE KETTLE AND MEASURE OUT THE BOILING WATER INTO A MEASURING JUG AND ADD THE STOCK CUBE AND MIX WELL TO DISSOLVE THE STOCK CUBE.
6. ADD THE STOCK, PEAS, CHOPPED TOMATO AND CURRY POWDER AND MIX WELL.
7. BRING TO THE BOIL AND REDUCE THE TEMPERATURE TO A LOW/MEDIUM HEAT AND SIMMER FOR 15 MINUTES UNTIL THE RICE IS TENDER.

VARIATIONS

- YOU COULD USE BASMATI RICE RATHER THAN LONG GRAIN RICE,
- YOU COULD ADD OTHER VEGETABLES SUCH AS SWEETCORN, GARLIC, CARROTS, CHILLIES, ETC.

PLEASE NOTE - YOU WILL NEED TO BRING A PLASTIC CONTAINER WITH YOU TO TAKE YOUR SAVOURY RICE HOME IN.

SPRING ROLLS

INGREDIENTS

- 6 SHEETS OF FILO PASTRY (DEFROSTED)
- 300g OF MIXED STIR-FRY VEGETABLES
- 1 SACHET OF STIR-FRY SAUCE - BLACK BEAN, SWEET & SOUR, SOY SAUCE.
- 50g MARGARINE
- 1 tsp SUNFLOWER OIL



METHOD

1. ADD THE OIL TO A FRYING PAN. ADD THE STIR-FRY VEGETABLES AND STIR-FRY FOR 5-6 MINUTES.
2. ADD THE SAUCE AND STIRFRY FOR A FURTHER 2 MINUTES.
3. PLACE THE MARGARINE INTO A MEASURING JUG AND MELT IN THE MICROWAVE FOR 30 SECONDS.
4. PLACE THE FILO PASTRY ON A CLEAN WORKSURFACE AND CUT INTO 3 EQUAL RECTANGLES TO GIVE 18 EQUAL SIZED PIECES.
5. LAY 1 RECTANGLE ON THE DESK HORIZONTALLY. PLACE A SECOND RECTANGLE IN THE MIDDLE OF THE FIRST PIECE VERTICALLY TO FORM THE SHAPE OF AN UPSIDE DOWN 'T'.
6. PLACE ONE LARGE TABLESPOON OF STIR-FRY MIXTURE INTO THE MIDDLE OF THE UPSIDE 'T'. FOLD EITHER SIDE OF THE 'T' INTO THE MIDDLE.
7. BRUSH DOWN THE VERTICAL PIECE OF FILO PASTRY WITH THE MELTED MARGARINE AND ROLL THE FILLED PIECE OF PASTRY DOWN TO THE BOTTOM TO FORM YOUR SPRING ROLL.
8. REPEAT THIS A FURTHER 8 TIMES TO FORM 9 SPRING ROLLS, PLACE THE SPRING ROLLS ON A GREASED BAKING TRAY. BRUSH THE TOPS WITH THE MELTED MARGARINE.
9. BAKE AT 210°C OR GAS 7 FOR 12-15 MINUTES UNTIL GOLDEN BROWN.

VARIATIONS

- YOU COULD ADD 100g OF EITHER CHICKEN STRIPS OR PRAWNS TO THE FILLING MIX.
- CHANGE THE SAUCE IN THE FILLING.

PLEASE NOTE - YOU WILL NEED TO BRING A PLASTIC CONTAINER WITH YOU TO TAKE YOUR SPRING ROLLS HOME IN.

FRITTATA

INGREDIENTS

- 1TBSP VEGETABLE OIL,
- 1 ONION,
- 1 RED PEPPER,
- 1 GARLIC CLOVE,
- 100g CHORIZO OR BACON
- 3 EGGS,
- 25ML MILK,
- 50g GRATED CHEDDAR CHEESE,
- 100g **PRECOOKED (BOILED) POTATOES OR 1 SMALL TIN OF POTATOES,**
- 50g FROZEN PEAS.



PLEASE NOTE - YOU WILL NEED EITHER A 9" SHALLOW CAKE TIN FROM HOME OR BRING 20p FOR A CIRCULAR FOIL TRAY FROM SCHOOL TO BAKE YOUR FRITTATA IN.

METHOD

1. PREHEAT THE OVEN TO 200°C OR GAS MARK 6.
2. PREPARE THE VEGETABLES - TOP AND TAIL THE ONION AND GARLIC, PEEL AND DICE INTO SMALL PIECES. CUT THE TOP OFF THE PEPPER, DESEED AND DICE INTO SMALL CUBES,
3. HEAT THE OIL IN A LARGE FRYING PAN ADD THE DICED ONION AND GARLIC AND RED PEPPER FRY FOR APPROX. 5 MINUTES UNTIL SOFT,
4. MEANWHILE, REMOVE THE SKIN FROM THE CHORIZO OR RIND FROM THE BACON AND ROUGHLY CHOP INTO SMALL PIECES, THEN ADD THE CHORIZO OR BACON TO THE PAN AND COOK FOR 3-4 MINUTES TO RELEASE THE OIL AND UNTIL THE EDGES CRISP,
5. MEANWHILE, CRACK THE EGGS INTO A MEASURING JUG AND ADD THE MILK. SEASON AND WHISK WITH A FORK,
6. ROUGHLY CHOP THE POTATOES AND ADD TO THE PAN AND COOK FOR 2 MINUTES. THEN ADD THE PEAS AND COOK FOR A FURTHER MINUTE,
7. GREASE THE CAKE TIN OR FOIL TRAY,
8. POUR THE FRITTATA MIXTURE INTO THE GREASED TIN,
9. SPRINKLE GRATED CHEESE ONTO THE TOP,
10. PLACE THE TIN IN THE OVEN AND COOK FOR A FURTHER 18-20 MINUTES OR UNTIL THE MIDDLE OF THE FRITTATA IS SET AND GOLDEN BROWN IN COLOUR,

VARIATIONS

- YOU COULD ADD DIFFERENT VEGETABLES SUCH AS MUSHROOMS, SPINACH, ETC.
- YOU COULD ADD OTHER MEATS SUCH AS BACON, SAUSAGE, ETC.

MARBLE PEAR TRAY BAKE

INGREDIENTS

- 100g SUGAR,
- 100g MARGARINE,
- 2 EGGS,
- 100g SR FLOUR,
- 1 X 15ml COCOA POWDER,
- 1tsp BAKING POWDER,
- 1 TIN OF PEAR HALVES



METHOD

1. PRE-HEAT OVEN TO GAS MARK 5 OR 190°C.
2. GREASE AND LINE A SQUARE CAKE TIN.
3. CREAM MARGARINE AND SUGAR TOGETHER UNTIL LIGHT & FLUFFY.
4. ADD THE EGGS AND MIX CAREFULLY.
5. SIEVE THE FLOUR AND BAKING POWDER INTO THE MIXTURE.
6. FOLD THE FLOUR AND BAKING POWDER INTO THE MIXTURE.
7. CHOP THE PEAR INTO SMALL PIECES AND PLACE INTO THE BASE OF THE CAKE TIN.
8. SPOON HALF THE CAKE MIXTURE INTO THE TIN 9. STIR THE COCOA POWDER INTO THE REMAINING CAKE MIXTURE.
9. SPOON THE CHOCOLATE MIXTURE INTO THE CAKE TIN AND SWIRL THE TWO MIXTURE TOGETHER TO GET A MARBLED EFFECT.
10. PLACE INTO OVEN FOR 20 MINUTES UNTIL AND SPRINGY TO TOUCH.
11. REMOVE FROM OVEN AND ALLOW TO COOL, THEN CUT INTO SQUARES.

VARIATIONS

- YOU COULD SUBSTITUTE THE PEARS FOR PEACH SLICES OR FRESH RASPBERRIES.

PLEASE NOTE - YOU WILL NEED TO BRING A PLASTIC CONTAINER WITH YOU TO TAKE YOUR MARBLE PEAR TRAY BAKE HOME IN.

HEALTHY MUFFINS

INGREDIENTS

- 250g SELF RAISING FLOUR
- 1tsp BAKING POWDER
- 100g SUGAR
- 1 EGG
- 240ml MILK
- 90ml VEGETABLE OIL
- 100g DRIED APRICOTS



PLEASE NOTE - YOU WILL NEED TO BRING SOME MUFFIN CASES WITH YOU (APPROX 10-12 CASES)

METHOD

1. SIEVE THE FLOUR AND BAKING POWDER INTO A MIXING BOWL. ADD THE SUGAR AND MIX WELL.
2. USING A PAIR OF FOOD SCISSORS CUT THE DRIED APRICOTS INTO SMALL PIECES AND ADD TO THE MIXING BOWL. MIX WELL.
3. CRACK THE EGG INTO A MEASURING JUG AND BEAT WITH A FORK, ADD THE MILK AND VEGETABLE OIL TO THE JUG AND MIX WELL.
4. MAKE A WELL IN THE DRY INGREDIENTS IN THE MIXING BOWL, POUR THE LIQUID INGREDIENTS INTO THE WELL AND MIX GENTLY FOR NO LONGER THAN 20 SECONDS THE MIXTURE WILL BE LUMPY BUT TRY TO ENSURE NO FLOUR IS VISIBLE.
5. PLACE THE MUFFIN CASES INTO THE MUFFIN TRAY.
6. SHARE THE MIXTURE OUT EVENLY INTO THE MUFFIN CASES.
7. BAKE THE MUFFINS AT 200°C OR GAS 6 FOR 20-25 MINUTES UNTIL WELL RISEN AND GOLDEN BROWN IN COLOUR.

VARIATIONS

- SUBSTITUTE 100g OF SELF RAISING FLOUR WITH 100g WHOLEMEAL SELF RAISING FLOUR.
- SUBSTITUTE THE 100g DRIED APRICOTS FOR ANY OTHER DRIED FRUIT, FOR EXAMPLE: SULTANAS, RASPBERRIES, STRAWBERRIES, CHERRIES, ETC.

PLEASE NOTE - YOU WILL NEED TO BRING A PLASTIC CONTAINER WITH YOU TO TAKE YOUR HEALTHY MUFFINS HOME IN.

LEMON CHEESECAKE

INGREDIENTS

- 150g DIGESTIVE BISCUITS
- 75g MARGARINE
- 200g CREAM CHEESE
- 150ml WHIPPING/DOUBLE CREAM
- 50g SUGAR
- 1 LEMON



SCHOOL WILL PROVIDE A FOIL TRAY IF REQUIRED FOR 20P

METHOD

1. CRUSH THE BISCUITS USING THE END OF A ROLLING PIN INTO A FINE CRUMB.
2. PLACE THE MARGARINE INTO A SAUCEPAN AND MELT OVER A MEDIUM HEAT.
3. ADD THE MELTED MARGARINE TO THE BISCUIT CRUMBS MIX WELL AND PRESS INTO THE BOTTOM OF YOUR DISH/TIN TO FORM AN EVEN LAYER OF BISCUIT.
4. WHIP THE CREAM USING A WHISK IN A MIXING BOWL UNTIL IT STANDS IN SOFT PEAKS.
5. PLACE THE CREAM CHEESE AND SUGAR INTO ANOTHER MIXING BOWL AND STIR GENTLY TO COMBINE THE TWO - DO NOT OVERMIX.
6. GENTLY ADD THE WHIPPED CREAM TO THE MIXED CREAM CHEESE AND SUGAR AND STIR GENTLY TO COMBINE - DO NOT OVERMIX.
7. PLACE THE FILLING ONTO THE BISCUIT BASE AND SMOOTH OUT TO GIVE AN EVEN FINISH.
8. USING A GRATER REMOVE THE RIND FROM THE LEMON AND SPRINKLE OVER THE TOP OF THE FILLING AND PLACE IN THE REFRIGERATOR.

VARIATIONS

- SUBSTITUTE THE DIGESTIVES FOR GINGER BISCUITS, HOBNOBS, ETC.
- SUBSTITUTE THE CREAM CHEESE FOR COTTAGE CHEESE OR MASCARPONE.
- SUBSTITUTE THE LEMON FOR ANY OTHER FRUITS - 150g STRAWBERRIES, 150g RASPBERRIES, ETC.