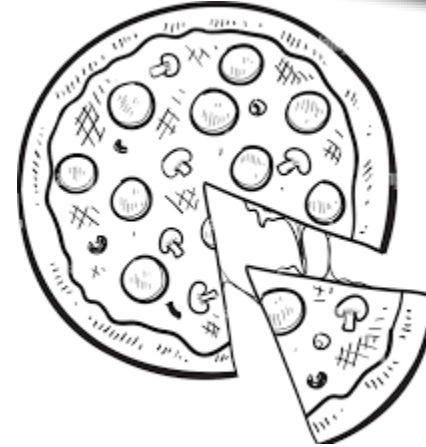
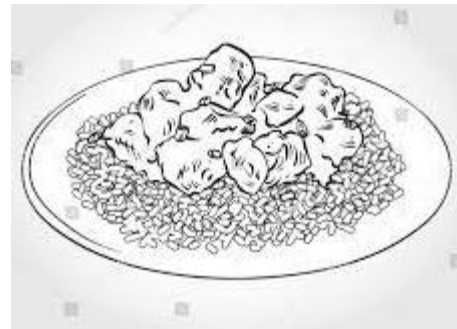




Risotto



Year 8 RECIPE BOOK



Student	
Group	
Teacher	

Top Tips

[Shopping lists back pages](#)

You will need

UNIFORM

Remember you need your **apron and a clean tea-towel** for every practical lesson, ensure your name is in your apron.

INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Technology Teacher **BEFORE** the day of your practical with a note. If possible we will help.

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills.

Any perishable items of food need to be stored in the refrigerator before registration on the day of your practical lesson with your **name on all containers/bags**. Dry store items can be placed into the unit storage areas.

CONTAINERS (please bring the correct size container to take your cooking home)

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

Objective: Safely and accurately demonstrate successful food hygiene, handling raw meat safely, weighing and measuring, use of knife, hob, preparing vegetables, controlling temperature, boiling, simmering.

Ingredients

- 225g minced beef/ vegan alternative
- 1 tin of chopped tomatoes
- 1 TBSP tomato puree
- 1 beef stock cube optional
- 1 onion
- 1 clove of garlic
- 1 tsp mixed herbs *

Optional Variations:

- Add additional veg e.g. carrot and a stick of celery
- Quorn meat - good source of protein

Top tip

Try serving with whole-wheat pasta to increase fibre content

*Available from school with dry stores contribution

Bolognaise – Method:

1. Peel and half the **onion**. Dice into small pieces.
2. Peel the **garlic**. Chop into small pieces.
3. Wash, peel and dice **carrot**.
4. Wash, slice and dice **celery**.
5. Heat the oil in a frying pan for **medium heat (4)**. **Put the onion. Garlic, carrots and celery in the frying pan** and sweat until they have softened but not coloured.
6. Break up the **minced beef** and add to the frying pan, **cook until browned/ cook meat alternative thoroughly** all over.
7. Add the **tomato puree**
8. Add **tinned tomatoes**
9. Add **herbs and stock cube** to the frying pan and stir.
10. Bring to the boil then **simmer for 30 minutes** to cook the meat thoroughly.
11. Check the temperature of the meat with a food probe. The meat must be 75°C or above for 2 minutes.
12. Once cooked pour into your container **PLEASE BRING A SUITABLE CONTAINER.**
13. Wash up and clean down your area.

When reheating at home either heat on the hob on a medium heat until meat is 75°C for 2 minutes or microwave until piping hot.

Outcome: Successfully and hygienically make a ragu based sauce which hits the practical lesson success criteria

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, creating an all in one sauce and ensuring accuracy throughout. Develop and understanding of gelatinization

Ingredients

- 100g macaroni
- 100g Cheddar cheese
- 25g butter or soft spread (Fat)
- 25g plain flour
- 250ml semi-skimmed milk

***Available from school with dry stores contribution**

Top tips:

Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

You could add some sweetcorn or tinned tuna or some spring onions.

Macaroni cheese – Method:

1. Fill saucepan with water just over half way and add the macaroni. Heat on high heat (5) cook for about **10 – 12 minutes**, until *al dente*.
2. Grate the cheese .
3. **While the pasta is cooking, make the all in one sauce:**
4. Place the **butter (fat), flour and milk** into a small **saucepan**
5. Bring the sauce to a simmer, **whisking all the time** until it has thickened;
6. Take off the heat
7. Stir in 75g of the grated cheese. **Leave some (25g) for topping**
8. **Drain the boiling hot water** away from the macaroni into a colander in the sink.
9. Stir the drained **macaroni into the cheese sauce.**
10. Pour the macaroni into **an oven-proof dish** (or foil tray).
11. **Sprinkle with grated cheese**

When reheating at home either heat in the microwave until piping hot or bake in the oven

Outcome: Create a creamy, well mixed and well presented macaroni cheese which hits the success criteria for the practical lesson

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, preparing vegetables, safely preparing, storing and cooking chicken.

Ingredients

- Vegetable oil *
- 1 large onion
- 2 tbsp Chicken tikka masala paste
- 1 red pepper
- 2 chicken breasts/ vegan alternative
- 1 can tinned tomatoes
- 1-2 tbsp tomato puree
- 2-3 tbsp. mango chutney
- 75 ml double cream (small pot)
- 75 ml natural yogurt (small pot)

Top tips:

Try using reduced fat cream or low fat natural yogurt to lower the fat content

*Available from school with dry stores contribution

Chicken tikka masala – Method:

1. Get out a frying pan and add a little oil.
2. **Chop up the onion** and add to the frying pan put on a **low heat (2)** whilst you chop up the peppers and chicken.
3. **Add the peppers** and stir again.
4. Once the onion has softened add the **chicken/** meat alternative and stir occasionally till **chicken is white/** meat alternative is cooked.
5. Add the **tikka paste**
6. Add the **tinned tomatoes**, and **tomato puree**
7. Stir in the **mango chutney, cream and yogurt**
8. Leave to **simmer** for **10 minutes**.
9. Use a food probe to check the centre of the chicken has reached 75 degrees C. If it has not then cook for longer.
10. Put into your container **(please bring a large enough container)**

Serving suggestion

Serve with basmati rice and naan bread.

When reheating at home either heat on the hob on a medium heat until meat is 75°C for 2 minutes or microwave until piping hot.

Outcome: To safely store, prepare and cook a high risk food that hits the practical lesson success criteria

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, creating a yeast based dough, preparing vegetables, presentation skills.

Ingredients

- 250g strong white flour
- 1 sachet of fast acting yeast
- 15g butter/margarine
- ½ tsp salt (we provide this)
- Approx. 175ml warm water (we provide this)

Toppings

- A base sauce e.g. tomato puree, bbq sauce, tomato and basil etc.
- Cheese e.g. mozzarella, cheddar etc.
- Any other topping of your choice e.g. pineapple, mushrooms, sweetcorn, peppers, cooked ham, onion etc.

Top tip

Try using reduced fat toppings such as low fat mozzarella.

Pizza – Method:

1. Preheat the **main oven** to **210°C**
2. **Rub the butter / margarine into the flour in a bowl.**
3. Add salt and the yeast.
4. **Gradually** add the warm water (a drop at a time) to form a dough. **You may not need all the water.**
5. **Knead dough** for 5-10 minutes until its **shiny and elastic.**
6. Shape the dough to the desired shape and place onto baking tray.
7. **Cover the base** with your **sauce** and spread evenly.
8. Prepare the toppings and **grate your cheese** or cut up if using mozzarella.
9. **Arrange the toppings on top of the pizza** finishing with a layer of cheese.
10. Place into the oven for **15-20 minutes** or until the cheese is melted and slightly golden. Remove from the oven using oven gloves and leave to cool.

BRING THE CORRECT CONTAINER TO TAKE THIS HOME

Outcome: A well created pizza which uses seasonal ingredients and has a well created dough which hits the success criteria.

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, use of knife, hob, preparing vegetables, controlling temperature, boiling, simmering.

Ingredients

- 1/2 onion
- 3 rashers streaky bacon/ vegan alternative
- 100g **risotto rice**
- Vegetable stock cube
- 50g frozen peas
- 1 tbsp olive oil *
- Knob of butter
- Salt and pepper
- 500ml water
- 1 clove of garlic
- 1 tsp mixed herbs *

Optional Variations:

- Add additional veg e.g. carrot and a stick of celery – Seasonal veg
- Quorn meat – good source of protein

*Available from school with dry stores contribution

Risotto – Method:

1. Peel and half the **onion**. Dice into **small pieces**.
2. Peel the **garlic**. **Chop** into **small pieces** (or use a garlic crusher) and add to frying pan.
3. **Chop up** the **bacon** and fry for a further **5 minutes**, until it starts to crisp.
4. Make the stock **500ml hot water from the tap** and add **stock cube**
5. Add the **stock** and the **rice to the onions and bacon**, and bring to the boil.
6. Stir well, then **reduce the heat** and cook, **cover with foil**, for **15-20 mins** until the rice is almost tender.
5. **Stir in the peas**, add a little pepper and salt if necessary and cook for a further **3mins**.
6. Stir in **knob of butter** this will release the starch that gives risotto its creamy texture
7. Once cooked pour into your container (**please bring suitable container**)
8. Wash up and clean down your area.

Reheat at home either in the microwave for 3 mins or until piping hot or in a pan on the hob.

Outcome: Successfully and hygienically make a Risotto flavoured with seasonal ingredients which hits the practical lesson success criteria. Understand geletisation.

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, creating a dough and a sauce, preparing vegetables, presentation skills, rolling out and shaping the puff pastry.

Banana- oat cookies

Ingredients

- 1 banana
- 100g oats
- 25g sugar
- 25g sunflower oil
- 25g sultanas or raisins or chocolate chips
- 1 tbsp. cinnamon

Banana-oat cookies– Method:

Method

1. Preheat the oven to 200C .
2. Mash the banana in a bowl
3. Add all the other ingredients
4. Mix everything together into dough.
5. Divide the mixture into 8
6. Roll each piece into a ball and place on a baking tray and flatten.
7. Bake for 10-15minutes

Outcome: Successfully and safely make Banana-oat cookies for the lesson.

Objective: Safely and accurately demonstrate successful food hygiene, measuring, mixing skills and working as a team.
Know the room procedures and how to clear away.

Garlic and rosemary focaccia

Ingredients

- 250g strong flour
- 1 x 7g sachet yeast
- 170ml water (lukewarm)
- 1 clove garlic
- 2 x 15ml spoon olive oil
- 1 x 5ml spoon salt
- 1 x 5ml spoon dried rosemary

Method - Garlic and rosemary focaccia

Method

1. Pre heat oven 180°
2. Sift the flour into a large bowl and stir in the yeast and salt.
3. Add a little water and oil until and stir with a butter knife till it forms to a soft dough.
4. Knead the dough for 5 mins.
5. Press the dough into the baking tray - leave for 10 mins.
6. Peel and chop the garlic.
7. Press fingers into the dough to make dimples.
8. Sprinkle over the garlic, rosemary and salt.
9. Pour over the remaining oil, then press in the oil using fingers.
10. Place into oven.
Cook for 15-20 mins, until golden.

Outcome: Successfully and safely make Garlic and rosemary focaccia for the lesson.

Objective: Safely and accurately demonstrate successful food hygiene, weighing and measuring, preparing vegetables, safely preparing, storing and cooking chicken.

Ingredients

- Vegetable oil *
- 1 large onion
- 2 tbsp Chicken tikka masala paste
- 1 red pepper
- 1 tin of chickpeas
- 1 can tinned tomatoes
- 1-2 tbsp tomato puree
- 75 ml double cream (small pot)
- 75 ml natural yogurt (small pot)

Top tips:

Try using reduced fat cream or low fat natural yogurt to lower the fat content

*Available from school with dry stores contribution

Chickpea tikka masala – Method:

1. Get out a frying pan and add a little oil.
2. **Chop up the onion and peppers** add to the frying pan put on a **low heat**.
3. Once the onion has softened drain the chickpeas and stir into the pan.
4. Add the **tikka paste**
5. Add the **tinned tomatoes**, and **tomato puree**
6. Stir in the **cream and yogurt**
7. Leave to **simmer for 15 minutes**.
8. Put into your container (**please bring a large enough container**)

Serving suggestion

Serve with basmati rice and naan bread.

When reheating at home either heat on the hob on a medium heat until it is 75°C or microwave until piping hot.

Outcome: To safely store, prepare and cook a high risk food that hits the practical lesson success criteria

Objective: Safely and accurately demonstrate successful food hygiene, measuring, preparing meat and working as a team. Know the room procedures and how to clear away.

Breakfast muffins (makes 12)

Ingredients

You need to bring 12 muffin cases

- 250g self-raising flour
- 2 x 5ml spoons baking powder
- 100g sugar
- 230ml semi-skimmed milk
- 1 egg
- 60ml oil
- 150g canned fruit (in juice)

Method- Breakfast muffins

1. Preheat oven to 180°C .
2. Mix all the ingredients (except the fruit) together in a bowl to form a smooth batter.
3. Drain the juice from the canned fruit.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20-25 minutes, until golden.
7. Allow to cool on a cooling rack.

Outcome: Successfully and safely make Breakfast muffins for the lesson.

Objective: Demonstrate accurate weighing and measuring. Rubbing in, making a firm, dry dough.

Ingredients- Jam tarts

Pastry

- 225g plain flour
- 100g butter, diced
- Pinch of salt

Filling

- 100g jam, fruit curd of your choice

**Do not forget apron, T towel and
a suitable container to take your
Tarts home**

Jam Tart– Method:

1. Turn on the oven to **200°C**
2. Sift **225g plain flour** into a large bowl
3. Add **100g diced butter** and **rub in** with your fingertips until the mixture resembles **fine breadcrumbs**.
4. Stir in a **pinch of salt**
5. Then add **2-3 tbsp water** and mix to a **firm dough**.
6. Knead the dough briefly and gently on a floured surface.
7. Dust some flour onto a clean work surface
8. With a rolling pin, **roll the** pastry out to 1cm thickness.
9. Carefully use a cutter to **cut out the pastry cases** to line the muffin tins.
10. Fill pastry cases with **filling of your choice**
11. **Bake** in oven for **15mins** or until **pastry is golden brown**

Outcome: Make a batch of shortcrust pastry tarts

Shopping lists

Bolognaise

Date

- ☐ 225g minced beef or vegan alternative
- ☐ 1 tin of chopped tomatoes
- ☐ 1 TBSP tomato puree
- ☐ 1 beef stock cube optional
- ☐ 1 onion
- ☐ 1 clove of garlic

Optional Variations:

Add additional veg e.g. carrot and a stick of celery

Quorn meat - good source of protein

Macaroni cheese

Date

- ☐ 100g macaroni
- ☐ 100g Cheddar cheese
- ☐ 1 tomato
- ☐ 25g butter or soft spread (Fat)
- ☐ 25g plain flour
- ☐ 250ml semi-skimmed milk

Chicken Tikka Masla

Date

- ☐ 1 large onion
- ☐ 2 tbsp Chicken tikka masala paste
- ☐ 1 red pepper
- ☐ 2-4 chicken breasts or vegan alternative
- ☐ 1 can tinned tomatoes
- ☐ 1-2 tbsp tomato puree
- ☐ 2-3 tbsp. mango chutney
- ☐ 75 ml double cream
- ☐ 75 ml natural yogurt

Pizza

Date

- ☐ 250g strong white flour
- ☐ 1 sachet of fast acting yeast
- ☐ 15g butter/margarine

Toppings

- ☐ A base sauce
- ☐ e.g. tomato puree,
- ☐ bbq sauce, tomato and basil etc.

Cheese

- ☐ e.g. mozzarella, cheddar etc.

Any other topping of your choice

- ☐ e.g. pineapple,
- ☐ mushrooms,
- ☐ sweetcorn,
- ☐ peppers,
- ☐ cooked ham,
- ☐ onion etc.

Shopping lists

Risotto

Date

- ☐ 1/2 onion
- ☐ 3 rashers streaky bacon or vegan alternative
- ☐
- ☐ 100g risotto rice
- ☐ Vegetable stock cube
- ☐ 50g frozen peas
- ☐ Knob of butter
- ☐ 1 clove of garlic

Optional Variations:

Add additional veg e.g. carrot and a stick of celery – Seasonal veg
Quorn meat – good source of protein

Banana- oat cookies

Date

Ingredients

- ☐ 1 banana
- ☐ 100g oats
- ☐ 25g sugar
- ☐ 25g sunflower oil
- ☐ 25g sultanas or raisins
- ☐ 1 tbsp. cinnamon

Remember to have the correct containers to bring your cooking home in.

Oven proof dishes with lids

Plastic Tupperware with lids

Garlic and rosemary focaccia


Date

- ☐ 250g strong flour
- ☐ 1 x 7g sachet yeast
- ☐ 170ml water (lukewarm)
- ☐ 1 clove garlic
- ☐ 2 x 15ml spoon olive oil
- ☐ 1 x 5ml spoon salt
- ☐ 1 x 5ml spoon dried rosemary

Shopping lists


Chickpea tikka masala

Date _____

- 1 large onion
- 2 tbsp Chicken tikka masala paste
- 1 red pepper
- 1 tin of chickpeas
- 1 can tinned tomatoes
-  2 tbsp tomato puree
- 75 ml double cream (small pot)
- 75 ml natural yogurt (small pot)

Breakfast muffins

Date _____

- ☐ 250g self-raising flour
- ☐ 2 x 5ml spoons baking powder
- ☐ 100g sugar
-  ☐ 230ml semi-skimmed milk
- ☐ 1 egg
- ☐ 60ml oil
- ☐ 150g canned fruit (in juice)

Jam Tarts

Date _____

Pastry

- ☐ 225g plain flour
- ☐ 100g butter, diced

Filling

- ☐ 100g jam, fruit curd of your choice

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Oven proof dishes with lids

Plastic Tupperware with lids