



**Saint John Houghton**  
**Catholic Voluntary Academy**  
*part of St Ralph Sherwin Catholic Multi Academy Trust*



# Year 9 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. Please bring a suitable size container to take your dishes home in.

**Objective:** Safely and accurately demonstrate successful food hygiene, use of knife, hob, preparing vegetables, preparing chicken breast, controlling temperature, frying, simmering, cooking and sealing chicken and successfully using a probe to test core temperature.

### Practical - Chicken Chow Mein

#### Ingredients:

- 1-2 chicken breasts or **vegan alternative**
- 1 Onion.
- 200g mushrooms (optional)
- 200g vegetables e.g. green peas/beans, OR a 175g pack of baby corn and sugar snap peas
- 1 pepper
- 200g bean sprouts.
- 1 pack of **fresh egg noodles**.
- 1 garlic clove.

#### **Chow Mein Sauce:**

- 1 tablespoon of soy sauce.
- 2 tablespoons of honey.
- 1 tablespoon of tomato ketchup.
- ½ tablespoon of lemon juice.

#### **Method:**

1. Place a small amount of **oil** into a frying pan.
2. Peel, chop and dice the **onion** into small pieces (on the green chopping board) and place them into the frying pan.
3. Peel, slice, chop your **1 garlic clove** and place into the frying pan.
4. **Slowly (low 2) heat the onions and garlic** in the frying pan until golden brown.
5. Cut the **chicken breast into thin strips** (remember to use your red chopping board)
6. Add the chicken strips to the frying pan, turn up heat and cook until the **chicken is sealed (white)**.
7. Chop the **mushrooms** and add to the frying pan once the chicken is sealed.
8. Add the **green peas/beans and bean sprouts** to the frying pan.
9. **Chow Mein sauce** by adding the **soy sauce, honey, tomato ketchup and lemon juice into a bowl and mix**.
10. **Add your chow mein sauce** and cook for a few minutes.
11. Finally add your **fresh noodles** and cook for a further few minutes before serving.
12. **Probe the chicken 75 degrees +** before removing from the heat and putting it in a container

**\* Re heating instruction on the back page**

**Outcome:** Successfully and safely make a Chicken Chow Mein dish which hits the success criteria for the practical lesson

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

## **Practical – Paella**

### **Ingredients:**

- 50g diced **chicken**
- 50g of fish (**prawns**, squid, fillet of COD etc.)
- 1tbs oil (supplied)
- ½ onion
- 1 clove of garlic
- ¼ teaspoon Turmeric (supplied)
- 25g chorizo, smoked ham or bacon
- 60g **PAELLA RICE**
- 250ml stock or 1 stock cube & 250ml hot water
- 1 tomato
- ½ red pepper
- 25g frozen peas
  
- You can bring a vegan alternative

### **Method:**

1. Chop the **pepper** into small dice.
2. Peel and chop **onions**.
3. Peel and finely dice **garlic**.
4. Heat oil in a medium sized **frying pan** add the **chicken**, bacon/ham/chorizo, **garlic**, and **onion** and lightly sauté for 2-3mins until the chicken is “sealed”. Do not allow to colour.
5. Add **turmeric** and cook for 1 minute
6. Add the **red pepper** and cook for a further 2 minutes.
7. Skin the **fish**, dice and **add to the pan**.
8. Stir in the **rice**.
9. Add the **250 ml hot water** from the tap to the **stock cube**.
- 10. Add the stock and peas.**
11. Simmer for **15mins** until the rice is tender.
12. Chop the **tomato**.
13. Serve rice in a bowl and sprinkle on the tomato.

\* Re heating instruction on the back page

**Outcome:** Successfully and safely make paella which hits the success criteria for the lesson

**Objective:** Safely and accurately demonstrate successful food hygiene, cook the recipe according to the instructions using the methods demonstrated and ensure you hit the success criteria ensuring you have used the all in one sauce method.

## **Practical – Lasagne**

### **Ingredients:**

#### **Pasta Sauce:**

- 1 red pepper
- 1 onion
- 1 garlic clove
- 200g beef mince or vegan alternative
- 1 x 20ml Olive Oil (supplied)
- 400g can chopped tomatoes
- Dried herbs (Basil, Parsley etc.) (supplied)
- Black pepper (supplied)
- 100g Mushrooms (optional)
- Sweet Chilli (optional)

#### **Cheese Sauce:**

- 25g butter
- 25g plain flour
- 250ml/1/2 pint milk
- 80g cheese, grated (e.g. mature cheddar, Gouda, gruyère)

1 packet of **Lasagne Pasta Sheets**

**You will also need an oven proof dish**

### **Method:**

#### **Pasta Sauce:**

1. Peel and chop the **onion**.
2. Deseed and chop the **red pepper**.
3. Peel and chop the **garlic**.
4. Heat the oil in a frying pan, **add the peppers, onion, garlic and mince** cook gently for about **5-10 minutes** until the peppers and onion are soft and **mince is sealed**.
5. Stir in the **chopped tomatoes** and season with basil/parsley/sweet chilli/black pepper (to own taste). Simmer for **5 – 10 minutes**.

#### **6. White Sauce (All in one Cheese Sauce):**

7. Put **25g flour, 25g butter and 250ml milk** into a saucepan
8. Bring the mixture to the boil **stirring all the time**. Cook until the sauce **thickens**.
9. **8. Take off the heat**. Stir in **most** of the cheese and allow to melt.

#### **10. Creating the Lasagne Dish:**

11. Take your **oven proof dish** and **scoop a layer of pasta sauce** into the bottom of it.
12. Take your **Lasagne sheets** and layer this over the **pasta sauce**.
13. Scoop **another layer of pasta sauce** over the lasagne sheets and continue repeating until you have used all your pasta sauce.
14. The **top layer should just be lasagne sheets**.
15. With the last layer of lasagne sheets in **place scoop the white sauce over the top**, allow the lasagne to cool and take home to cook.
16. **AT Home** place tin foil over your lasagne and allow to cook for between 1 ½ hours – 2 hours at Gas mark 6/180 degrees until the lasagne sheets are cooked and are soft and the product is piping hot.

**\* Re heating instruction on the back page**

**Outcome:** Successfully and safely make a homemade Lasagne to serve to 4 adults. Develop your knowledge of gelatinization

**Objective:** Follow the rules for rolling out pastry. Lining a flan dish with pastry. Baking blind. Preparing the filling ingredients. Baking.

## **Practical -Quiche**

### **Ingredients**

Ready rolled short crust pastry\*

3 eggs

100ml milk

50g -100g grated cheese

**Possible fillings** -choose from:

- 1 -2 slices of cooked bacon
- 1-2 slices cooked ham
- 2-4 mushrooms
- 1 tomato or a few cherry tomatoes
- ½ onion
- 1 tsp dried herbs
- Peppers

**You will also need an  
ovenproof dish / cake tin or  
foil dish**

- For higher levels make your own pastry!

### **Method**

1. Pre heat oven to **200°c**
2. Roll out pastry and use it to line a **foil dish / flan or cake tin.**
3. Put onto a **baking tray**
4. **Bake Blind using baking beads**
5. **Grate cheese**
6. Prepare any filling ingredients cut **cooked bacon / ham into small pieces**
7. Clean and **slice mushrooms**
8. **slice tomatoes**
9. Peel and **chop onions**
10. Measure **100ml milk** in a measuring **jug**
11. Break **one egg** into a **bowl**. Throw away shell. If it is ok **add to the jug of milk**
12. Do the same with the **second egg and third**
13. **WASH HANDS!!!**
14. Beat **egg and milk mixture with a fork.**
15. Add any **dried herbs**, if using
16. Layer **cheese and fillings into cooked pastry case**
17. **Pour enough egg and milk mixture into the pastry case to cover the filling.**
18. **Bake until golden brown and the filling is set**

**Outcome:** Successfully and safely make a quiche which hits the success criteria for the lesson

**Objective:** Safely and accurately demonstrate successful food hygiene, whisk the mixture to the correct consistency, think about fillings and rolling.

## **Practical -Swiss Roll**

### **Ingredients:**

- 75g self raising flour
- 3 eggs
- 75g caster sugar
- Extra sugar for rolling up
- 2 Tbsp. Jam of your choice

### **Top tip**

Could you add some seasonal fruit inside or on top.

### **Method:**

1. Preheat the oven to **200°C**.
2. **Line** the Swiss roll tin with **greaseproof paper**.
3. **Whisk the eggs and sugar together (electric whisk)** in a large bowl until **thick, creamy and white (leaving a trail)**.
4. Sift in **flour. Gently fold using a metal spoon**.
5. **Pour** the mixture into the **tin**. Bake for **8-10 minutes**, until golden brown. Do not over cook.
6. While the Swiss roll is baking, **place a piece of baking paper on the work surface and sprinkle with sugar**.
7. Add the **jam to a small bowl** and **mix to soften**.
8. Once the **Swiss roll is cooked tip out onto the sugared paper** with the greaseproof paper facing upwards.
9. **Carefully peel off the top layer of paper**.
10. **Spread the jam** over the sponge with a palette knife right to the edge.
11. **Roll up the Swiss roll** with the short edge, using the greaseproof paper.

**Outcome:** Successfully and safely make a Swiss Roll that hits the success criteria for the lesson



**Skills:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, preparing a cake using the “creaming” method, controlling temperature, combining ingredients, dividing mixtures.

## Practical

### Raspberry and White Chocolate Muffins

#### Ingredients

- 3 Large Eggs
- 300g Self Raising flour
- 175g caster sugar
- 175g margarine
- 1tsp Baking powder\*
- 5 TBSP of Milk(may need a little extra)
- 125g Raspberries
- 100g white chocolate chips

\*Available from school with dry stores contribution

#### **Equipment required from home:**

- **Muffin paper cases**
- **Container to take home in, apron, T-Towel**

## Method

- 1.Preheat oven to **180°C**.
- 2.Tie long hair back, wash hands, put on an apron, collect equipment.
- 3.Place the **muffin cases in the muffin tin**.
- 4.In a large **bowl cream together the sugar and margarine**
- 5.Gradually **beat in the eggs and milk**
- 6.**Sift the flour and baking powder** into the mixture
- 7.**Fold in with a metal spoon**
- 8.**Fold in the Raspberries and chocolate chips**
- 9.**Fill each case** until  $\frac{3}{4}$  full.
- 10.Bake for **20-25 minutes** or until golden on top
- 11.Remove from oven leave to cool.

**Outcome:** Successfully and safely make an even batch of Muffins which hit the success criteria for the practical lesson .



**Skills:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, preparing a biscuits using the “rubbing in” method, controlling temperature, combining ingredients, dividing mixtures.

## **Practical – Biscuits**

### **Ingredients:**

- 225g plain flour
- 100g margarine
- 100g caster sugar
- 1 egg
- 50g chocolate chips
- 1teaspoon of vanilla essence

### **Method**

- 1.Tie long hair back, wash hands, put on an apron, collect equipment.
2. Preheat **oven to 180°C**.
3. Get a baking tray with parchment paper on it.
4. **Sieve the flour** into a mixing **bowl**.
5. **Add the sugar**
6. **Rub-in the margarine.**
7. Add 1 teaspoon of **vanilla essence**
8. Add **chocolate chips**
9. Add a **little egg** at a time until a **soft dough** is formed.
- 10.**DO NOT ADD TOO MUCH EGG.**
- 11.**Roll** the dough into small balls and press down on baking tray to form a biscuit shape.
- 12.Place on the prepared baking tray.
- 13.Bake for about **15 minutes**.

**Outcome:** Successfully and safely make basic biscuits which hits the success criteria 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.

## **Fruit turnovers**

### **Ingredients**

- Jus roll puff pastry ready rolled
- Tin of fruit filling of your choice
- 1 egg

### **Method fruit turnovers**

1. Heat the oven to 190°C.
2. Flour the work surface
3. Roll out the pastry
4. Cut pastry into 6 squares
5. Place an even amount of fruit filling in each square
6. Beat the egg in a jug
7. Paint around the square with the egg wash
8. Fold squares into triangles and press the edges down.
9. Prick the top with a fork to let the steam out
10. Place on baking tray
11. Cook for 20 minutes or until golden brown.

**Outcome:** Successfully and safely make Fruit turnovers 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.

## **Ingredients – Flap Jacks**

- 100g margarine
- 100g caster sugar
- 2 tablespoons golden syrup
- 150g rolled oats
- 100g self-raising flour

## **Method- Flap Jack**

1. Preheat the oven to 160°C.
2. Line a square tin, 20 x 20cm size.
3. Put the margarine, sugar and syrup into a sauce pan.
4. Put the oats and flour onto a large bowl.
5. Melt the margarine, syrup and sugar together, stirring with a wooden spoon until runny.
6. Remove from the heat then gradually beat in the flour and oats
7. Put into the tin.
8. Cook for 25 minutes until golden brown but still soft.
9. Leave to cool in the tin for 5 minutes. Turn out peel off the paper.

**Outcome:** Successfully and safely make Flap Jack 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.

• **Ingredients –**  
**Gingerbread cake**

- 200g plain flour
- 1 level teaspoon bicarbonate of soda
- 1 ½ level teaspoon ground ginger
- 75g margarine
- 50g brown sugar
- 50g treacle
- 100g golden syrup
- 1 egg
- 4 tablespoons milk

**Method**

1. Preheat the oven to 140°C.
2. Grease and line a square cake tin, 20 x 20cm size.
3. Place the margarine, brown sugar, treacle and golden syrup into a saucepan. Melt on a low heat.
4. Weigh out the flour, ginger and bicarbonate of soda into a mixing bowl.
5. In a jug whisk the egg and milk together.
6. Make a well in the centre of the dry ingredients and add the egg and milk.
7. Add the contents of the pan and beat the mixture well using a wooden spoon.
8. Pour into the tin and bake for approximately 25 minutes.
9. Cool on a wire rack.

**Outcome:** Successfully and safely make Gingerbread cake for the lesson.



## Chicken Chow Mein

### Ingredients:

- ☐ 1-2 chicken breasts or vegan alternative
- ☐ 1 Onion.
- ☐ 200g mushrooms (optional)
- ☐ 200g vegetables e.g. green peas/beans, OR a 175g pack of baby corn and sugar snap peas
- ☐ 1 pepper
- ☐ 200g bean sprouts.
- ☐ 1 pack of **fresh egg noodles**.
- ☐ 1 garlic clove.

### Chow Mein Sauce:

- ☐ 1 tablespoon of soy sauce.
- ☐ 2 tablespoons of honey.
- ☐ 1 tablespoon of tomato ketchup.
- ☐ ½ tablespoon of lemon juice.

## Shopping lists

### Paella

### Ingredients:

- ☐ 50g diced **chicken or** vegan alternative
- ☐ 50g of fish (optional)(**prawns**, squid, fillet of COD etc.)
- ☐ 1 clove of garlic
- ☐ 25g chorizo, smoked ham or bacon
- ☐ 60g **PAELLA RICE**
- ☐ 250ml stock or 1 stock cube
- ☐ 1 tomato
- ☐ ½ red pepper
- ☐ 25g frozen peas

### Practical – Lasagne

### Ingredients:

#### **Pasta Sauce:**

- ☐ 1 red pepper
- ☐ 1 onion
- ☐ 1 garlic clove
- ☐ 200g beef mince
- ☐ 400g can chopped tomatoes
- ☐ 100g Mushrooms (optional)
- ☐ Sweet Chilli (Optional)

#### **Cheese Sauce:**

- ☐ 25g butter
- ☐ 25g plain flour
- ☐ 250ml/1/2 pint milk
- ☐ 80g cheese, grated (e.g. mature cheddar, Gouda, gruyère)

- ☐ 1 packet of **Lasagne Pasta Sheets**





## Quiche

### **Ingredients**

- ☐ Ready rolled short crust pastry
- ☐ 3 eggs
- ☐ 100ml milk
- ☐ 50g -100g grated cheese

**Possible fillings** -choose from:

- ☐ 1 -2 slices of cooked bacon
- ☐ 1-2 slices cooked ham
- ☐ 2-4 mushrooms
- ☐ 1 tomato or a few cherry tomatoes
- ☐ ½ onion
- ☐ Peppers

**You will also need an ovenproof dish / cake tin or foil dish**

## Shopping lists

### Swiss roll

#### Ingredients:

- ☐ 75g self raising flour
- ☐ 3 eggs
- ☐ 75g caster sugar
- ☐ Extra sugar for rolling up
- ☐ 2 Tbsp. Jam of your choice

### Biscuits

#### Ingredients:

- ☐ 225g plain flour
- ☐ 100g margarine
- ☐ 100g caster sugar
- ☐ 1 egg
- ☐ 50g chocolate chips
- ☐ 1teaspoon of vanilla essence

### Raspberry and White Chocolate Muffins

#### Ingredients

- ☐ 3 Large Eggs
- ☐ 300g Self Raising flour
- ☐ 175g caster sugar
- ☐ 175g margarine
- ☐ 5 TBSP of Milk(may need a little extra)
- ☐ 125g Raspberries
- ☐ 100g white chocolate chips
- ☐ Muffin paper cases



## Shopping lists

### Fruit turnovers

Date \_\_\_\_\_

#### Ingredients

Jus roll puff pastry ready rolled  
Tin of fruit filling of your choice  
1 egg

### Flap Jacks

Date \_\_\_\_\_

- ☐ 100g margarine
- ☐ 100g caster sugar
- ☐ 2 tablespoons golden syrup
- ☐ 150g rolled oats
- ☐ 100g self-raising flour

### Gingerbread cake

Date \_\_\_\_\_

#### Ingredients

- ☐ 200g plain flour
- ☐ 1 level teaspoon bicarbonate of soda
- ☐ 1 ½ level teaspoon ground ginger
- ☐ 75g margarine
- ☐ 50g brown sugar
- ☐ 50g treacle
- ☐ 100g golden syrup
- ☐ 1 egg
- ☐ 4 tablespoons milk

\*When reheating chicken chow mein and paella home either heat on the hob until meat is 75°C for 2 minutes or microwave until piping hot.

To cook the lasagne you need to make sure it is in an oven proof dish and cook in the oven on a medium heat for 1 hour\*

Remember to have the correct containers to bring your cooking home in.  
Oven proof dishes with lids  
Plastic Tupperware with lids