



Sale High School

Year 9

Recipe Book



Skills for Life

Some Covid policies (see the next page)

To Parents and Students: A number of procedures are now in place at school to based on covid safety guidelines to ensure students can engage in lessons safely.

Covid safety policies requiring your support:

1. Students will need to have their ingredients weighed out and labelled at home. If they can not do this (only in the case of no working scales at home) they must label their bag with their name and year group as well as and a note to indicate ingredients will need weighing then hand to the technician on arrival to school.
2. Some ingredients may need to be prepared at home due to limited time as a result of restrictions. Please check your recipe carefully and do the preparation **indicated in red**.
3. Please do not send in large amounts of ingredients as we will not have time to prepare this. Please follow the recipes provided.
4. Students must collect their practical work at the end of the school day, if the forget they must do so no later than the next day as we can not store forgotten dishes/ingredients for longer than 1 day.
5. Students will now follow a hands up policy to move around the room to allow for social distancing.

Other

Food hygiene and safety rules will continue to be a priority (see the next page). If you wish to find out what other covid safety procedures are in place please visit the schools website under technology.

(Food Science and Dietary needs)

Please note that you may reduce the recipe for your child if you feel this is too much but do not increase the amounts. For example you may halve the recipe. It is also a good idea to buy value line products and shop around for cheaper options. I am aware that it can be difficult to purchase ingredients, but the students enjoy making and are taught hygiene rules so these dishes can be eaten at home with the family, as a meal or part of a meal. Please encourage your child to practise what is learnt at home. **Please weigh ingredients at home.**

Note to Students

All **containers** with ingredients and for taking home finished products must be **clearly labelled with your Name and Form**. **Ingredients must also be taken to the room before registration socially distancing**. You are responsible for collecting your finished product and containers after pm registration again socially distancing.

Hygiene and Safety

Use hand sanitizer on entering room 14 where you will leave bags, coats and blazers at your chair.

Always roll up sleeves and wash hands before you begin following hand washing policies.

Always collect wear a clean apron from the designated class set and place this in washing basket after use.

Tie long hair back before entering the Food Tech room.

Fill sink with hot soapy water for washing up. After washing up clear drain and wash your sink.

Pick up vegetable peels that may fall on the floor and place in bin. Report any spills immediately.

Store high risk foods (meat, fish, milk cheese, cream etc) in the refrigerator on your arrival to school.

Remember not to place hot food in the refrigerator.

Set up work surface neatly with ingredients and equipment before you begin. Put away any carrier bags.

Tidy as you go and ensure that at the end all equipment used are washed dried, checked by the teacher then packed away.

Most importantly always listen and follow instructions.



We aim to make as many of these dishes as possible depending on the time available. Your child will inform you of any changes. Thank you.

Week 1 Spicy Meat Tostadas suitable for vegans and dairy free diets

225g minced beef or vege mince

1 onion **chopped at home following in class demo.**

1 clove garlic **chopped at home following in class demo.**

1 (226g) jar salsa sauce

1 small can kidney beans

4 tortillas

50g cheddar cheese **grated** (leave this out for vegans and dairy free diets or use vegan cheese)

Remember your container with a lid

Week 2 Cheese Cake

150g Digestive Biscuits (**crushed at home in a plastic bag or food processor as demo in lesson**)

75g Margarine

125ml Double cream

225g Philadelphia cheese

50g caster sugar

Choose one of these-1 lemon, punnet strawberries/raspberries

***Need a shallow cake tin or pie dish and cling film or foil to cover**



Week 3 Pasta Bake (chose between this and the cottage pie on the next page).

100g Pasta (**cooked at home**)

1 small onion (**chopped at home as demo in lesson**)

50g Plain flour

50g Margarine

1 pint milk

100-150g Cheddar Cheese (**grated**)

1 can tuna or cooked chicken or quorn (choose one)

3 mushrooms/sweetcorn/pepper/3-4 florets **cooked broccoli** (choose one or two)

Need an oven proof dish to bake this in and foil to cover to take home



Week 4 Sausage Rolls

Ingredients

- 1 Pack of Defrosted Flaky Pastry
- 400g a pack of sausages or Quorn sausages

Remember your container with a lid

Week5 Spring Rolls

- 5 sheets filo pastry (provided at school)
- 50g butter (provided at school)
- 1 chicken breast **diced at home**
- 1tsp root ginger(provided at school)
- 1tbsp soya sauce (provided at school)
- 1 red pepper **sliced**
- 1 carrot **grated**
- 1 spring onion **Peeled and chopped**
- 50g mushrooms
- 1 tbsp Chinese five spice (provided at school)
- 1tbsp soysauce

Remember your container with a lid



Week6 Cottage Pie

- 250g mince or Quorn or TVP
- 500g potatoes (**peeled and diced**)
- 1onion **diced at home**
- 1 large carrot **peeled and diced**
- 1 celery stick
- 1 clove of garlic(optional)
- 1tbsp plain flour (provided in school)
- 1tbsp Worcestershire sauce (provided in school)
- 25g margarine
- 1stock cube +150ml boiling water
- A little milk (about 2tbsp)
- Pepper (provided in school)
- 25g Cheddar cheese **grated** (if liked)

Ovenproof dish

Method:

1. Put water to boil for potatoes



2. Wash, peel and cut potatoes into even sized pieces
3. Put potatoes into boiling water. Simmer gently with lid on pan for 20 minutes.
4. Peel and dice carrot and onion.
5. Heat oil in a large saucepan and fry the mince until browned. Set aside as it browns.
6. Add the vegetables and cook on a gentle heat until soft.
7. Add the garlic, flour and tomato purée, increase the heat and cook for a few mins, then return the beef to the pan.
8. Pour over the stock, Worcestershire sauce and herbs. Bring to a simmer and cook for about 20mins by this time the gravy should be thick and coating the meat.
9. When potatoes are cooked - drain well
10. Mash potatoes with margarine and milk
11. Spoon the mince mixture into an ovenproof dish
12. Carefully spread potatoes over the meat starting around the edge - make pattern on top
13. Sprinkle cheese on top

Week 7

Very rich chocolate cake (Devils Food Cake recipe)

- 55g cocoa powder
- 115g soft butter
- 280g caster sugar
- 2 large eggs
- 175g plain flour
- $\frac{1}{4}$ tsp baking powder (provided at school)
- 1 tsp bicarbonate of soda (provided at school)



Or

Victoria Sponge

- 225 g self-raising flour
- 225g caster sugar
- 225 soft margarine (stork is great)
- 2 tsp baking powder
- 4 eggs
- 4tbsp jam



****Need a cake tin and foil to cover**

Week 8 Risotto



Most ingredients will be provided in school

Bring- 1 vegetable stock cube

25 g Parmesan cheese,

Two of the following: mushrooms/ sweet corn/garden 1 peas red pepper
diced

Container with a lid