

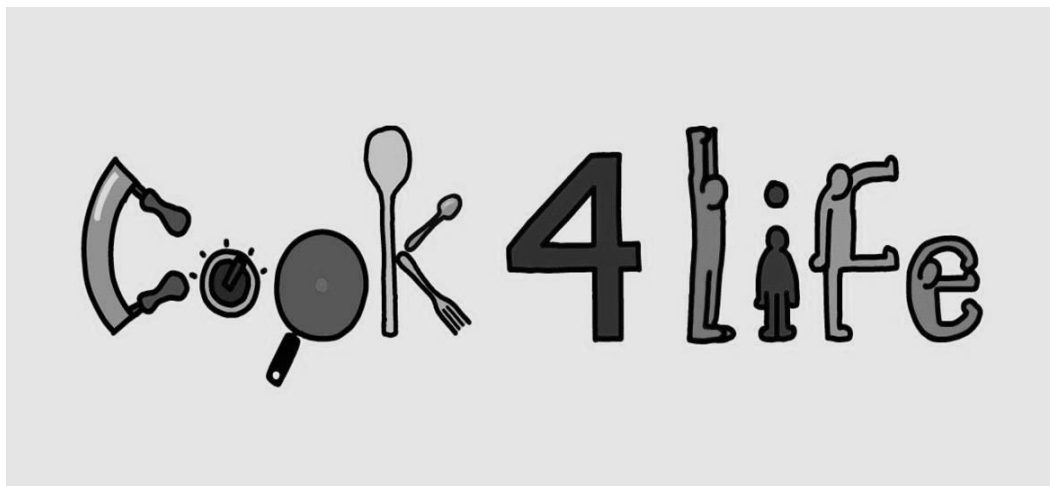
Please note: Some changes may be made to the order in which dishes are made for a range of reasons such as time constraints. . If this happens your teacher will let you know at least a week in advance and reminder placed on SMHW.



Sale High School

*Year 9*

*Recipe Book*



*Skills for Life*

**To Parents and Students:** Due to time constraints when making 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 or weigh them out themselves in school in the morning/at lunch or break.

1. Some ingredients may need to be prepared at home due to time constraints. Please check your recipe carefully and do the preparation **indicated in Blue**.
2. Please do not send in large amounts of ingredients as we will not have time to prepare this. Please follow the recipes provided.
3. Students must collect their practical work at the end of the school day, if they forget they must do so no later than the next day as we can not store forgotten dishes/ingredients for longer than 1 day.
4. Food cost-Due to increased food cost we aim to provide some ingredients for pupils such (see each recipe). We understand the challenges this may place on some families so if there are having genuine problems please let us know in advance so your child doesn't need to miss out on his/her learning. Where possible please provide what you can from the list and let us know in advance what we can help with

#### Other

Food hygiene and safety rules will continue to be a priority so that items made in school can be eaten at home as a meal or part of a meal. Please ensure that foods are stored and reheated properly at home before eating. (see the next page).

**If your child has any allergies to food or cleaning solutions please inform us.**

## Year 9

### (Food Science and Multicultural Foods)

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. You are responsible for collecting your finished product and containers after period 5.**

### Hygiene and Safety

You will leave bags, coats and blazers at your chair in room 14.

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

*Always collect wear a clean apron from the designated area and place used ones in the correct place.*

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.

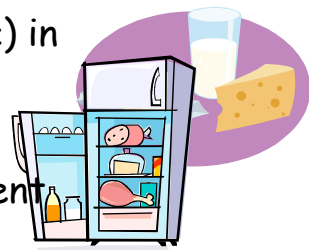
Store high risk foods (meat, fish, milk cheese, cream etc) in the refrigerator on your arrival to school.

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 Chicken Fajitas-**(Complexity Medium)

- 2 Chicken breasts
- 1 red onion
- 1 clove of garlic
- 1 red pepper
- 1 red chilli
- 1 lemon or lime

**These below are provided in school:**

- 3-4 tortillas
- 1tbsp smoked paprika
- 1tsp ground coriander
- Pinch of cumin
- 2tbsp oil

**Remember your container with a lid**

Skills Shown	
Knife-Revisited	
Sauteing and Simmering	
Preparing and cooking meat	
Crushing	
Filling and wrapping	



**Week 2 Swiss Roll-**Complexity:high(Whisked Sponge recipe)

- 3 eggs
- 125g Plain Flour
- 125g Caster sugar
- 4-5 tbsp Jam or Lemon curd

**Optional and depending on time:** You may add fruits and Cream as well. To do so you will also need: 300ml double cream and fresh fruits of your choice.

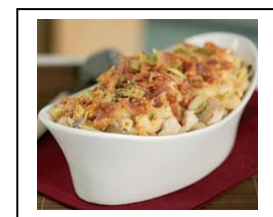


Skills Shown	
Whisking	
Folding	
Baking	
Rolling	
Filling	
Decorating	

**Week 3 Pasta Bake-** Complexity: medium -high

- 150g/200g Pasta
- 1 small onion
- 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 Or Patties-

Complexity: medium-high for both

### Sausage Rolls

Flaky Pastry ingredients for the sausage rolls:

#### Ingredients

225g/8oz plain flour (provided by school)  
pinch of salt (provided by school)  
80g/3oz lard  
80g/3oz BLOCK butter  
200g or  $\frac{1}{2}$  a pack of sausages or Quorn sausages

### Or

### Patties

#### Flaky Pastry Ingredients

225g/8oz plain flour (provided by school)  
pinch of salt (provided by school)  
80g/3oz lard (if you cannot have lard double the amount of butter below)  
80g/3oz **BLOCK** butter  
(Spices for this pastry will be provided in school)

#### For the filling:

250g minced beef or quorn mince  
1 spring onion  
Half red pepper  
1 clove garlic

These below will be provided in school:

1tsp garam masala  
 $\frac{1}{2}$  tsp paprika  
1/2 tsp tumeric  
100ml stock  
1 tsp thyme

Remember your container with a lid

Skills Shown	
Knife	
Roux making	
Combining	
Seasoning	
Grilling	
Baking	



Skills Shown for both	
Pastry making	
Rubbing-in	
Dough making	
Rolling	
Folding	
Filling	
Glazing	
Baking	
<b>For Patties:</b>	
Knife	
Sauteing	
Simmering	

**Week 5: Chinese dumplings**-Complexity: medium -high (most of the ingredients will be provided for this in school)

You will need:

1 chicken thigh (please see me before lesson for vegetarian alternative if needed)

1 spring onion

**These below are provided in school:**

Soya sauce

Ginger puree

1 egg white

Sesame oil

Salt

Pepper

Oil

The dumpling dough

Skills Shown	
Knife	
Dough making	
Boiling/Simmering	
Seasoning	
Rolling	
Filling	
Preparing and handling meat	
Shaping	



**Week5** Mediterranean chicken tray bake-Complexity-medium

at school)

1 red pepper

1 Onion

2tsp olive oil (provided at school)

2 Skin on Chicken breasts (Please see me before lesson for vegetarian alternative where needed)

1 Small tub cream cheese with garlic and herbs

5 cherry tomatoes

4-5 olives (optional)

**Remember your container with a lid**

Skills Shown	
Knife	
Roasting	
Seasoning	
Filling	
Preparing and handling meat	

**Week6 Cottage Pie**-Complexity: Medium

250g mince or Quorn or TVP

500g potatoes (peeled and diced at home)

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)

**Continue to on next page**



25g margarine (provided in school)  
1stock cube +150ml boiling water  
A little milk (about 2tbsp)  
Pepper (provided in school)  
25g Cheddar cheese grated

### 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. **Continue to next page**
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

Skills Shown	
Knife	
Sauteing/Simmering	
Seasoning	
Boiling	
Preparing and handling meat	
Mashing	
Assembling	
Baking	

## Week 7

### Victoria Sponge (you can halve the recipe)

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 & Chicken

Milanese-Complexity: high

Most ingredients will be provided in school

Bring- 1 vegetable stock cube  
50 g Parmesan cheese,  
Two of the following: mushrooms/  
sweet corn/garden peas red pepper  
diced

1 Chicken breast

1 egg

50g Breadcrumbs (provided in school)

Container with a lid

Home made pasta

Ingredients will be provided in school for this however pupils will need a small tub of pasta sauce.



Skills Shown	
Knife	
Sauteing/simmering	
Seasoning	
Butterflying chicken breast	
Coating	
Whisking	
Frying/Baking	



