

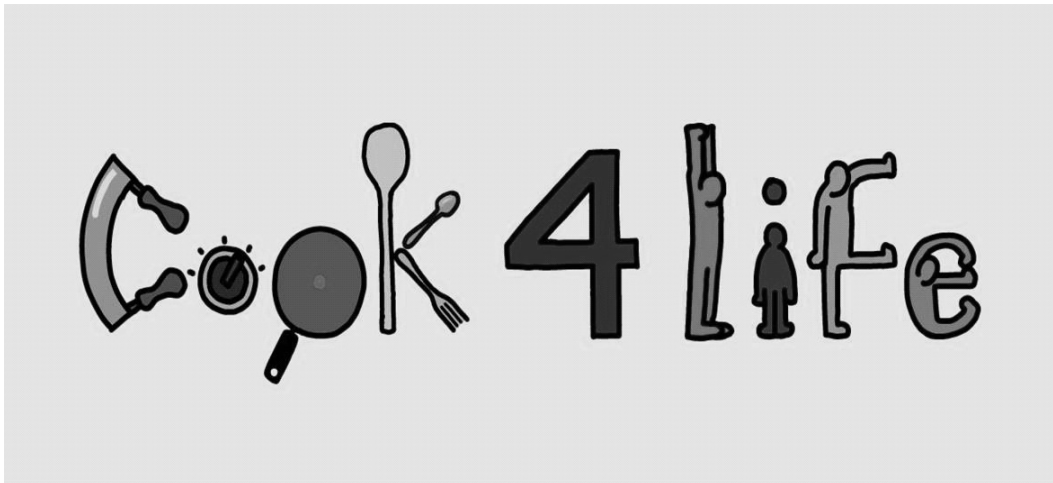
Please note: Some changes may be made to the order in which dishes are made for a range of reasons such as time constraints. If this happens your teacher will let you know at least a week in advance and reminder placed on SMHW.



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 red**.
2. Please do not send in large amounts of ingredients as we will not have time to prepare these. 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.

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.



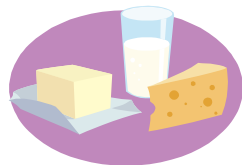
Tie long hair back before entering the Food Tech room.

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
- Container to take this home**

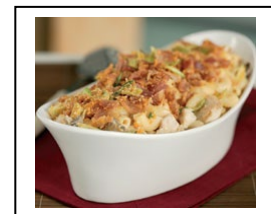


Skills Shown	
Whisking	
Folding	
Baking	
Rolling	
Filling	
Decorating	

Week 3 Pasta Bake- Complexity: medium -high

- 150g/200g Pasta **(cooked at home due to limited time)**
- 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



Skills Shown	
Knife	
Roux making	
Combining	
Seasoning	
Baking	

Week 4: Sausage Rolls Complexity: high skill

This will be made over 2 lessons to allow time for the puff pastry to rest in the fridge

Ingredients

- 225g/8oz plain flour
- pinch of salt (provided by school)
- 80g/3oz lard
- 80g/3oz BLOCK butter
- 200g or ½ a pack of sausages or Quorn sausages

Remember your container with a lid

**Or
Mill**



Skills Shown for both	
Puff pastry making	
Rubbing-in	
Dough making	
Rolling	
Folding	
Filling	
Glazing	
Baking	

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

Or

Skills Shown	
Knife	
Roasting	
Seasoning	
Filling	
Preparing and handling meat	

Week 5: Jerk Chicken and Caribbean potato salad

2 chicken thigh or halloumi

$\frac{1}{2}$ red pepper

1 large potato

1 spring onion

Frozen mixed vegetables (10g)

1 egg

4tbsp mayonnaise

The marinade ingredients for the chicken will be provided in school

2 containers to take these home



Skills Shown	
Knife	
Marinating meat	
Using a food processor	
Boiling	
Preparing and handling meat	
Grilling	
Assembling	
Testing for readiness	

Week 6:

Victoria Sponge (you can halve the recipe) Complexity-medium

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 7 Risotto -Complexity: medium

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



Container with a lid

Skills Shown	
Knife	
Sauteing/simmering	
Seasoning	
Testing for readiness	

Week 8: Tomato ragù with tagliatelle **include making the fresh pasta** Complexity-medium

Ingredients

1 x 400g tin plum

1 celery sticks

1 carrot

1 onions

1 bay leaf (**provided in school**)

1 tbsp tomato purée (**provided in school**)

1 tbsp olive oil (**provided in school**)

salt and freshly ground black pepper (**provided in school**)

The ingredients for the fresh pasta will be provided in school

Container to take this home



Skills Shown	
Knife	
Sauteing/simmering	
Seasoning	
Testing for readiness	
Pasta making and shaping	

