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Recipe Book

Year 10 - Half Term 1



Please remember to always bring a container to take your food home in!

Dear Parent or Carer,

Food education is an integral compulsory part of your child's learning. This year they will take part in a wide range of practical lessons.

Your child has now been issued with a recipe book and a list of dates for their practical lessons. These recipe books can be kept at home so you have plenty of notice. The recipe book is also available on the da Vinci learning environment accessed via the website.

The recipes can be adapted to suit your family's taste and dietary requirements. If there is a week where the recipe given is not suitable, an alternative recipe can be provided if your child asks a member of the department. Please inform us if your child has any food allergies so we can plan safely around them.

Students are expected to provide ingredients so that the family can enjoy the dish at home and students get an understanding of choosing the best.

We stock a range of ingredients in school, and any ingredient marked with an asterisk (*) in the recipe will be available at school for your child to use free of charge.

For hygiene and safety purposes, students should bring their ingredients to the food room at the **start** of the day where we will ensure it is stored correctly. Completed dishes are collected at the **end** of the school day from the food room having been stored at the correct temperature.

Your child should bring a **suitable container** to take their food home in; good examples are old chocolate tins or large plastic tubs. Sometimes your child will need to bring an ovenproof dish and if their practical is in the afternoon this may still be hot when they need to carry it home.

If you have any questions regarding a Food education lesson please do not hesitate to contact your child's teacher.

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Practical	Date
Bread	
Pasta and Ragu	
Beef Lasagne	
Stuffed chicken & Dauphinoise potato	
Puff pastry – Portuguese tarts	
Quiche	

Bread

Bring a container!

200g strong plain flour

Large pinch of salt *

10ml olive oil *

1 sachet of quick acting yeast (7g)

125ml warm water *

Milk or egg for glazing (**optional**) *

1. Preheat oven to 220° C, Gas mark 8.
2. Sieve flour and salt into a mixing bowl.
3. Stir in the yeast.
4. Carefully measure warm water.
5. Add water and oil to the flour and mix.
6. When dough starts to come together use your hands to make into a ball. The dough should be soft but not very sticky.
7. Sprinkle a **very small** amount of flour onto work surface.
8. Knead your dough for 10 minutes.
9. Divide the dough into 8 even size pieces.
10. Shape each piece of dough and place on a greased baking tray.
11. Bake for 10 -15 minutes until the bread sounds hollow when tapped on the base.
12. Put onto wire rack to cool.



Pasta

Ingredients

100g "00" flour

1 egg

$\frac{1}{4}$ tsp salt



Method

1. Weigh the flour into a medium bowl.
2. Add the salt.
3. Make a well in the centre of the flour and crack the egg into it. Mix with a knife.
4. Press the dough into a rough ball and on the work surface knead it as you would bread.
5. Kneading.
6. Push the dough away from you with the heel of your hand, then fold the end of the dough back on itself so that it faces towards you and push it out again.
7. Continue folding the dough back a little further each time and pushing it out until you have folded it back all the way towards you and all the dough has been kneaded.
8. Give the dough a quarter turn then continue kneading folding and turning for 5-10 minutes. The dough should be very smooth and elastic.
9. Wrap the dough in cling film and leave to rest for 15-20 minutes at room temperature. It can then be rolled out by hand or using a pasta machine.

Tomato ragu

Ingredients

1 onion
1 clove garlic
1x15ml spoon oil
2 x 400g canned chopped tomatoes
handful of fresh basil
black pepper



Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional You may wish to serve the tomato ragu with pasta if so:
after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain; mix the cooked pasta and tomato sauce together.

Top tips

Use dried herbs if you do not have fresh.

Add $\frac{1}{2}$ red chilli, for a sauce with a kick.

Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.

Add and brown 200g minced beef after stage 2 for a simple meat sauce.

Stir-in black olives and tuna.

Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden

Lasagne

Ingredients

Meat Sauce

1 onion

1-2 cloves garlic

1-2 sticks celery

1 carrot

100g / 4oz mushrooms

1 tin tomatoes (400g)

1tblsp tomato puree

1 stock cube

Seasoning / herbs- available from school

200g minced beef, lamb, turkey or T.V.P. / meat substitute plus 1x15ml sp /

1tblsp oil

Several sheets of lasagne

Cheese Sauce

600ml milk

50g flour

50g margarine

100g cheese (grated)

Seasoning

Method:

Meat Sauce

Onion - peel, chop finely

Garlic - peel, chop / crush finely

Celery - wash, trim ends, slice finely

Carrot - peel, grate finely

Mushrooms - wipe, slice thinly

Tomatoes - chop roughly, retain juices

1. Place minced meat in saucepan and heat gently, stirring with a wooden spatula until the meat is brown.
2. Add prepared vegetables, tomato juices, tomato puree, crumbled stock cube, seasoning, herbs. Put lid on pan.
3. Bring to simmer and continue to simmer for 30 mins or until the desired consistency is reached. Stir occasionally. If the mixture becomes a little dry add a small amount of water.



Cheese Sauce

1. Place milk in a saucepan and add flour and margarine.
2. Place over a medium heat and stirring all the time with a wooden spoon, bring to the boil. (The sauce will be thick)
3. Reduce heat and simmer for 1 - 2 mins. Keep stirring.
4. Remove from the heat.
5. Add $\frac{3}{4}$ of the cheese and the seasoning. Stir in.

Place half of the mince in the ovenproof dish.

Add half of the cheese sauce.

Cover with lasagne sheets, breaking to fit the dish if necessary.

Place the rest of the mince on top.

Pour over the rest of the cheese sauce.

Sprinkle the rest of the cheese on top and place in the oven for 15 minutes.

Low fat potato dauphinoise and stuffed chicken

Ingredients

25g butter
1 tsp olive oil
1 medium onion, halved and finely sliced
1 clove garlic, crushed
900g Maris Piper potatoes (or King Edward potatoes), peeled weight
1 level tsp cornflour
1 level tsp Dijon mustard
800ml semi-skimmed milk
100ml reduced-fat crème fraîche
50g reduced-fat mature Cheddar, grated



Method

1-Pre-heat the oven to 200c. Use 10g of the butter to grease a large ovenproof dish. Heat the rest of the butter with the oil in a large pan, then cook the onion over a low heat until soft. Add the garlic and cook for another minute.
2-Slice the potatoes evenly to a thickness of about a £1 coin. Add to the pan.
3-Mix the cornflour and mustard with a splash of milk until smooth, then mix with the rest of the milk. Add to the pan with the crème fraîche and heat until simmering - stir very gently a few times, to prevent the potato slices sticking together. Simmer for about 6 minutes, until the potatoes are just starting to soften.
4-Use a slotted spoon to lift out and drain the potatoes, then put in layers in the dish. Level the top.
5-Pour in enough of the milk mixture to cover all of the potatoes except for the top layer.
6-Sprinkle the cheese evenly over the top layer of potatoes. Bake for 45-60 minutes, or until the potatoes are soft but not mushy, and the top is golden brown and slightly crispy. Serve warm.

Ingredients

2 chicken breasts
25g butter, at room temperature
1 garlic clove
200g breadcrumbs
1 egg

Method

1. Preheat the oven to 200°C.
2. Peel and chop the garlic clove, finely.
3. Break the butter in your glass bowl and mix in the chopped-up garlic.
4. Put your chicken onto the chopping board and carefully tenderise with the rolling pin, to flatten the chicken out. Be careful the chicken doesn't tear.
5. Using your table knife spread the garlic butter on the other side of the chicken.
6. Roll the chicken up. Crack your egg into a dish and beat with a fork. Coat the chicken in the beaten egg.
7. Coat the chicken in your breadcrumbs, then place onto a baking tray. Do this to your second piece of chicken.
8. Put into the oven for 25 minutes. Remember to use a food probe to check the temperature.



Puff pastry

Ingredients

200g flour

150g fat

100ml COLD WATER



Method

Sieve flour into a mixing bowl.

Add water gradually (2 tablespoons at a time) and mix through with a knife until a dough is formed.

On a floured surface roll out the dough 30cm in length and 15cm in width.

Grate half the block of frozen butter over the pastry and fold the top half over and then the bottom half up. Turn 90 degrees and repeat....

Then grate over the remaining butter and fold again.

Repeat this over 4 times to create lamination.

Portuguese custard tarts

Ingredients

- 1 whole egg
- 2 egg yolks
- 115g caster sugar (golden if you have it)
- 2tbsp cornflour
- 400ml whole milk
- 2 tsp vanilla
- 1 box readymade puff pastry

Method

1. Preheat oven to 200oC
2. Lightly grease a muffin tin
3. Crack 1 whole egg and 2 egg yolks only into a saucepan and add the sugar and cornflour. Mix to a paste.
4. Measure 400ml milk in a jug and gradually add the milk until well combined
5. Place the saucepan on a medium heat and continually whisk until it thickens. When thickened turn off the heat and stir in the vanilla.
6. Pour the custard in a mixing bowl and cover with cling film.
7. Roll out the pastry and cut down the middle into 2 pieces.
8. Place one piece on top of the other piece.
9. Roll the pastry into a very tight log and cut into 12 even slices.
10. Roll each slices into a disc and place into the muffin tin
11. Spoon the custard mix into each pastry disc and repeat until all 12 are done.
12. Place in the oven for 25 minutes



Quiche

Ingredients

Pastry:

250g plain flour
120 g fat (use 60g lard and 60g marg)
3 tbs water (approx)

Fillings (CHOOSE ONLY 1 TO MAKE)

Traditional:

3 rashers of bacon(diced)
1 onions (chopped)
100g grated cheese
2 eggs
300ml pint milk

Salmon and Broccoli:

1/2 head broccoli cut into small florets
1 - 1½ large tins pink salmon
100g grated cheese
2 eggs
300ml pint milk

Cheese and Leek:

1 large leeks, trimmed, washed, cut in half lengthways and sliced thinly
250g grated cheese
2 eggs
1 pint milk

1. Make pastry: rub fat in till mixture looks like breadcrumbs
2. Carefully add water to make a firm but not sticky dough. Knead lightly, roll out and line large metal trays (from store room)
3. Crimp edges of pastry.
4. Prepare different fillings as follows:

Traditional: Lightly 'dry' fry bacon pieces until fat runs then add onion and lightly fry to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

Salmon and Broccoli: Blanch the florets of broccoli (tip into boiling water for 2 minutes, then drain and refresh in cold water). Open tin(s) of salmon, remove any bones and black skin. Mash with a fork. Place salmon and broccoli in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

Cheese and Leek: Fry the leeks in a little butter, marg or olive oil until the colour looks vivid and leeks have started to soften. Place in base of pastry case. Add grated cheese. Carefully pour over the well beaten eggs and milk. Bake for 20 minutes at 200 C, reducing to 180 C for further 20 minutes. Cover if top is browning too quickly.

5. When cooked allow to cool.
6. Remove from tin, lay on silver flats and garnish with parsley.



