



Da Vinci Academy  
A.L.E.A.D. Academy



..... 's

# Recipe Book

Year 8



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.

For many of the weeks the students are given a choice of recipes and many of the recipes can be adapted to suit your family's taste and dietary requirements. However, if there is a week when none of the choices given are suitable, an alternative recipe can be provided if your child asks a member of the department.

**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.

Please inform us if your child has any food allergies so we can plan safely around them.

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

# Contents



<b>Practical</b>	<b>Date</b>
Bread Rolls	
Courgette, Cheese and Chive Muffins	
Stir Fry	
Risotto	
Cheesecake	
Christmas Gingerbread	

# 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**) \*

The ingredients for this recipe can be bought from school for £2.00

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.



# Cheese, Onion and courgette Muffins

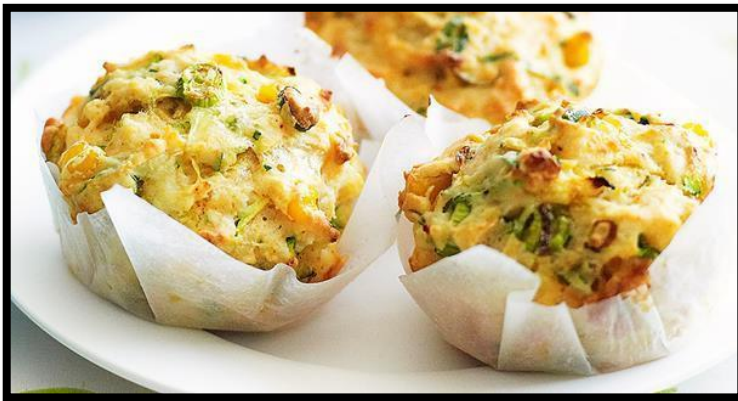
Makes 12

## Ingredients -

225g Self Raising Flour  
50 ml of oil  
175ml Semi Skimmed Milk  
1 Egg  
100g Cheddar cheese  
1 small courgette  
1 small onion  
Salt \*  
Pepper \*

## Method

1. Preheat the oven to Gas 6/200c/190c fanoven.
2. Peel and finely dice the onion.
3. Wash, then cut off the end of the courgette and grate into a mixing bowl. Grate the cheese and then add the onion to the bowl.
4. Add the flour, oil, milk and beaten egg and season with ground black pepper.
5. Mix the ingredients together, stop when just combined.
6. Divide the batter equally between the muffin cases using two spoons.
7. Bake for 20 minutes, until well risen and golden brown in colour.
8. Serve warm or cold. Allow to cool and place in an airtight container for 3-5 days.



# Vegetable Stir Fry

Serves 4-6

**Bring a container! Lidded box.**

100g noodles  
1 clove garlic  
Half red chilli (optional)  
1cm fresh root ginger  
Half a red onion  
Half a pepper  
3 mushrooms  
10ml cooking oil\*  
10ml soy sauce\*

**You can vary the vegetables if you like.**

1. Cook noodles in boiling water according to the packet (if they are straight to wok noodles you do not need to do this). Drain water from them.
2. Peel and crush the garlic.
3. De-seed and finely slice the chilli.
4. Peel and finely slice the ginger.
5. Wash and chop the mushrooms, pepper and onion.
6. Heat the oil in a wok or frying pan.
7. Add the onion, garlic, chilli and ginger. Cook for 1 minute.
8. Add the vegetables and cook for another 2 or 3 minutes.
9. Add soy sauce.
10. Add noodles and stir-fry until hot.



# Risotto

## Bring a container!

4 tablespoons of oil  
2 cloves garlic  
1 onion  
Vegetables/meat (see box >>>)  
175g risotto (or other) rice  
1 litre hot water  
1 vegetable stock cube  
50g cheese  
Salt and pepper\*

**250g vegetables – mushrooms, peppers, peas, sweetcorn, broccoli, spinach.**

**200g meat – chicken, turkey, ham, bacon.**

**200g meat alternative – Quorn pieces, soya chunks**

## Method

1. Chop the vegetables and/or meat
2. Wash the rice in a sieve
3. Make the stock with boiling water and stock cube
4. Put the oil in a large frying pan or wok, heat gently
5. Fry the onions and garlic (if using) for 5 mins. Add uncooked meat with these if using
6. Add the rest of the vegetables and/or cooked meat and the rice. Stir well. Mushrooms are better added in the last 5 mins.
7. Add the liquid, bring to the boil. Simmer for 15 - 20mins (if brown rice 40 mins)
8. Stir occasionally adding more water if required
9. Grate the cheese
10. When the rice is cooked stir in the cheese. Taste and add seasoning as required.



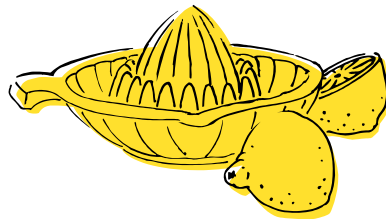
## Lemon Cheesecake

This can be made with different toppings and flavours.

150g digestive biscuits  
75g butter or margarine  
225g cream cheese  
125ml. fresh double or whipping cream  
20g caster sugar  
1 lemon

### Please bring a Flan dish or shallow dish

1. Put biscuits in a polythene bag and crush with a rolling pin, or use a blender to make them into crumbs.
2. Melt the butter in a pan. Turn off the heat and stir in the biscuit crumbs. Use this to line the base of a flan dish or shallow dish. Put in a cold place.
3. Wash the lemon. Remove the zest of the lemon. Squeeze out the juice.
4. Whip the cream until thick.
5. Beat the cream cheese until soft.
6. Stir the cream into the cheese.
7. Fold in the sugar, lemon zest and lemon juice.
8. Spread the mixture over the crumb base and chill before serving.





## Gingerbread people

**Makes:** 12 gingerbread people

### Ingredients

65g unsalted butter  
50g dark muscovado sugar  
2 tbsp golden syrup  
150g plain flour  
1/2 tsp bicarbonate of soda  
1 tsp ground ginger  
Writing Icing (optional)



### Method

1. Preheat the oven to 170°C, gas mark 3. Line baking trays with baking parchment.
2. Melt the butter, sugar and syrup in a medium saucepan, stirring occasionally, then remove from the heat.
3. Sieve the flour, bicarbonate of soda and ginger into a bowl and stir the melted ingredients into the dry ingredients to make a stiff dough.
4. Turn out onto a lightly floured surface and roll to a thickness of about 5mm.
5. Dip biscuit cutters into flour before cutting the dough, or cut around templates.
6. Place the shapes onto the lined baking trays and bake, in batches, for 9-10 minutes until light golden brown.
7. Remove from the oven. While still warm, and using a skewer or chopstick, make any holes that you will need to hang up the biscuits with ribbon. If you are decorating your Christmas cake with gingerbread people, make the holes in their arms so that ribbon can be threaded through at a later stage.
8. When completely cool, decorate with the icing. The gingerbread biscuits can be stored in an airtight container for up to two weeks.

