



ART, DESIGN & TECHNOLOGY FACULTY
Design is thinking made visual

Student	
Group	
Teacher	
Target Grade	

YR8 THE UNDERGROUND RECIPE BOOK

TOP TIPS

Before you get started some tips to help you!

UNIFORM

Remember you need your apron and a clean tea-towel for every practical lesson, ensure your name is in your apron.

INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Technology Teacher **BEFORE** the day of your practical with a note. If possible we will help.

If you arrive to a practical lesson with no ingredients you will be issued a demerit and set supporting theory work. If you are absent then do check if any ingredients are needed for your next lesson and **ALWAYS** find out what you have missed in class.

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills.

Any perishable items of food need to be stored in the refrigerator before registration on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the unit storage areas.

OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

OIL SPRAY

Investing in an oil spray will avoid spillages as well as being healthier (you use less).

TAKEAWAY CONTAINERS

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, preparing vegetables, controlling temperature, boiling, simmering, handling and cooking meat, sweating off vegetables, reducing.

Ingredients

225g Minced Beef

440g tin Chopped Tomatoes

1 tbsp. Tomato puree*

1 beef stock cube (optional)*

1 Onion

1 Clove of Garlic *

1 tbsp. Mixed Herbs *

*Available from school with dry stores contribution

Bolognaise – Method

1. Tie long hair up, put on an apron and **wash your hands**.
2. Peel and halve the onion. Dice into small pieces. Add the oil to the pan and heat on a medium heat.
3. Sweat the onion until softened. Peel and crush the Garlic. Add to the onion.
4. Turn up the heat a little and add the minced beef. Stir and cook until browned all over.
5. If using a stock cube add this to the pan and allow to dissolve while cooking.
6. Add the tomato puree and stir. Pour in the tin of tomatoes.
7. Bring to the boil and then turn the heat down and simmer for 20 minutes.
8. Remove from the heat and allow to cool for a little before pouring into your container.
9. Wash up.
10. Leave to cool thoroughly before putting the lid on and storing in the fridge.

Outcome: Successfully and safely make a ragu based meat sauce.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, peeling, chopping, boiling, simmering, stirring, deseeding chillies, handling meat, sealing meat, crushing garlic, juicing fruit, seasoning, use of spices.

Ingredients

1 Tbsp. vegetable oil
3 spring onions
1 clove of garlic (optional)
80g sugar snaps/broccoli/runner beans
100-150g chicken breast/protein alternative
2 Tbsp. Thai green curry paste *
200ml coconut milk (light/reduce fat)
1 red chilli (optional)
juice of ½ a Lime
handful of coriander *

*Available from school with dry stores contribution

Chinatown Thai Green Curry – Method

1. Tie long hair back, wash hands and put on an apron.
2. Prepare the vegetables:
 - Slice the spring onions.
 - Cut the sugar snap peas in half.
 - Crush the garlic.
3. On a chopping board, cut the chicken into small and even chunks.
4. In a saucepan / wok place the oil, spring onions and chicken and cook for 3-5 minutes on a medium heat.
5. When the chicken has been “sealed” (turned white on the outside), stir in the green curry paste, followed by the sugar snap peas.
6. Pour in the coconut milk and simmer for 10-15 minutes.
7. Squeeze the lime and pour in the curry.
8. Tear the coriander and add to the curry.
9. Place in container and start to clean up area and equipment.
10. At home, reheat until piping hot and serve with cooked boiled rice.

Outcome: Successfully and safely make a protein based curry using the hob and minimal pieces of equipment.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of grater, use of hob, use of grill, boiling, simmering, stirring, seasoning.

Ingredients

25g butter

25g plain flour

250ml milk

150g pasta

75g cheese

50g bread (2 slices) / 20g crushed cornflakes *

Black pepper *

Any additional components you desire (e.g. cooked bacon, cooked broccoli, mushrooms)

*Available from school with dry stores contribution

London Mac “n” Cheese - Method

1. Tie long hair back, wash hands and put on an apron. Half fill a saucepan with water and bring to the boil. Add pasta and cook for about 10 minutes.
2. Drain the boiling hot water away from the macaroni into a colander in the sink.
3. Grate the cheese and put to one side.
4. In a saucepan melt the butter. Add the flour and stir into a paste. Cook for about 2 minutes.
5. Add the milk a little at a time, stir the sauce all the time to prevent lumps from forming.
6. Once all the milk has been added keep stirring and bring the sauce to the boil. Reduce the heat and simmer for a couple of minutes.
7. Remove from the heat and stir in $\frac{3}{4}$ of the grated cheese.
8. Stir the cooked pasta into the sauce, add a few twists of black pepper and any additional ingredients.
8. Sprinkle with some cheese and/or bread crumbs/crushed cornflakes
9. Brown under the grill or cook in the oven when you get home.

Outcome: Successfully make a roux based cheese sauce, to cook and drain pasta. Combine a sauce to create a final dish.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling meat, shaping, use of grater, use of grill, use of food processor, seasoning.

Ingredients

1 Small Onion
1 Clove Garlic
½ Red Chilli
200g Red Tractor Lamb or Beef Mince
1 tsp. Cumin *
2 tbsp. Breadcrumbs
1 egg
1 sprig of parsley, mint, coriander *
Skewers * (if not using school provided skewers remember to soak over night to avoid burning)
*Available from school with dry stores contribution

Create your own dressing to accompany:

150g Greek Yoghurt
½ Grated, Deseeded Cucumber
2-4 Crushed Garlic Cloves
1 tbsp. Olive Oil
1 tsp. Lemon Juice
1 tsp. mint sauce or chopped fresh
½ tsp. salt
Pepper to taste

Newington Green Kebabs - Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut the top off the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz together.
5. Beat the egg in a small bowl, wash hands.
6. Add the mince, breadcrumbs, cumin and herbs and blitz together again, add in enough egg to bind together.
7. Sprinkle a little flour onto a chopping board, divide and shape the mince into 8 balls.
8. Thread the balls onto skewers and carefully place the skewers onto a grill pan.
9. Grill for 10-15 minutes, turning occasionally to ensure even cooking (The meat balls should be thoroughly cooked and not pink, use a food probe to ensure core temperature above 75oC for at least 2 mins).
10. Serve with a pitta bread and salad.

Outcome: Successfully combine ingredients in the correct consistency using a range of equipment to create a savoury kofta kebab/ kofta meatballs.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, creating a dough, creating a sauce, preparing vegetables, presentation skills, shaping and baking dough, using the oven, using the hob.

Ingredients

300g strong white flour
1 sachet of dried yeast
30g butter/margarine
½ teaspoon salt
½ teaspoon sugar
175ml warm water

Toppings of choice – See design task in booklets.

Basic Pizza Dough – Method

1. Rub in the fat and flour to resemble breadcrumbs.
2. Add the salt and sugar and on the other side of the bowl add the yeast.
3. **Gradually** add the lukewarm water to form a dough.
4. Knead dough for 10 minutes, until shiny and elastic.
5. Shape the dough to the desired shape for crust.
6. Cover with tomato sauce mixture with the back of a spoon evenly spread out.
7. Grate cheese, prepare the toppings and place on top.
8. Put in oven for 20 minutes, until brown and crisp. Remove using oven gloves and place on a cooling rack.

Outcome: Design and make a pizza that has been influenced by other Cultures and Countries to suit a teenagers nutritional requirements and demonstrates a variety of skills in making.