



ART, DESIGN & TECHNOLOGY FACULTY  
Design is thinking made visual

Student	
Group	
Teacher	
Target Grade	

# YR9 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, cooking rice.

## Ingredients

- 50g diced chicken
- 1tbs oil (supplied)
- ½ onion
- 1 clove of garlic
- ¼ teaspoon Turmeric (supplied)
- 25g chorizo, smoked ham or bacon
- 60g rice
- 250ml stock or 1 stock cube & 250ml boiling water
- 1 tomato
- ½ red pepper
- 25g frozen peas

## Paella – Method

1. Chop the pepper into small dice.
2. Chop the tomato.
3. Peel and chop onions.
4. Peel and finely dice garlic.
5. Heat oil in a medium sized saucepan add the chicken, bacon/ham/chorizo, garlic and onion and lightly sauté for 2-3mins until the chicken is “sealed”. Do not allow to colour.
6. Add all other vegetables (not the tomatoes) and cook for a further 2 minutes.
7. Stir in the rice.
8. Add the water to the stock cube.
9. Add the stock and peas.
10. Simmer for 15mins until the rice is tender.
11. Season to taste.
12. Serve rice in a bowl and sprinkle on the tomato.

**Outcome:** Successfully and safely make paella, explaining what happens when rice is cooked.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, peeling, chopping, boiling, simmering, stirring, cooking pasta, frying, draining, sprinkling (garnishing), seasoning, graninate.

## Ingredients

1 red pepper

1 onion

1 clove garlic

350g penne pasta

1 x 15ml spoon oil

2 x 400g cans chopped tomatoes

Fresh basil leaves or 1 x 5ml spoon dried basil

200g baby spinach

Black pepper

100g mozzarella

20g grated parmesan cheese

## Penne Florentina - Method

1. Deseed and chop the red pepper.
2. Peel and chop the onion.
3. Peel and crush the garlic.
4. Bring a large pan of water to the boil, add the pasta and cook for 10-15 minutes.
5. Heat the oil in a frying pan, add the peppers, onion and garlic and cook gently for about 5 minutes until the peppers and onion are soft.
6. Stir in the chopped tomatoes and basil. Simmer for 5 – 10 minutes.
7. When the pasta is cooked remove from the heat and stir in the spinach and allow to wilt.
8. Drain the pasta and spinach thoroughly and then return to the saucepan.
9. Stir in the tomato sauce and mix. Season with black pepper.
10. Place the pasta sauce in a shallow ovenproof dish. Slice the mozzarella cheese and lay on top of the pasta. Add the grated parmesan cheese.
11. Heat the grill. Place the dish under the grill and cook until lightly browned.

**Outcome:** Successfully and safely make a ragu based sauce and cook ready made pasta.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, peeling, chopping, boiling, simmering, stirring, rolling out/cutting and handling pastry, cooking pastry, seasoning, glazing, using oven.

## Ingredients

- 1 onion
- 50g swede, peeled and grated
- 25g grated cheese
- 2 medium potato, peeled and grated
- Black pepper
- 2 x 10ml spoon water
- 200g ready made shortcrust pastry
- 1 egg, beaten.

## Pocket Pies – Basic Savoury Recipe Method:

1. Preheat the oven to 180C or gas mark
2. Prepare the filling ingredients:  
peel and chop the onion; peel and chop the swede.
3. Put the cheese, potato, onion, swede and water into the small bowl.
4. Season with a few twists of black pepper.
5. Divide the pastry into four.
6. Take one piece of the pastry and, on a lightly floured surface, roll it out. Place the small plate on top and cut around the plate to make a circle.
7. Place 2 to 3 spoons of filling in the middle of the circle.
8. Brush the edges of the pastry with beaten egg.
9. Pull up the two opposite sides of pastry and pinch them together all the way along.
10. Brush the pocket pie with a little beaten egg, then transfer it on to a baking tray.
11. Repeat this with the remaining pastry and filling.
12. Carefully, place the baking tray into the hot oven wearing oven gloves. Bake the pies for 25- 30 minutes.
13. Wearing oven gloves, remove the pies from the oven. Place onto a cooling rack.

**Outcome:** Successfully design and safely make a pastry based snack using a ready made pastry with a sweet or savoury filling.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, peeling, chopping, boiling, simmering, stirring, rolling out/cutting and handling pastry, cooking pastry, seasoning, glazing, using oven.

## Ingredients

- 450g Bramley apples, peeled, cored and sliced
- 25g Granulated Sugar
- 25g Butter or margarine
- 25g Brown Sugar
- Ground Cinnamon
- 200g ready made shortcrust pastry
- 1 egg, beaten.

## Pocket Pies – Basic Sweet Recipe Method:

1. Preheat the oven to 180C or gas mark
2. Prepare the filling ingredients:  
peel and slice the apples, place into salted water to prevent browning (oxidizing) whilst preparing.
3. Drain the apples into a colander and place into a saucepan with the butter/margarine and the brown sugar then add in the ground cinnamon.
4. Divide the pastry into four.
5. Take one piece of the pastry and, on a lightly floured surface, roll it out. Place the small plate on top and cut around the plate to make a circle.
6. Place 2 to 3 spoons of filling in the middle of the circle.
7. Brush the edges of the pastry with beaten egg.
8. Pull up the two opposite sides of pastry and pinch them together all the way along.
9. Brush the pocket pie with a little beaten egg, then transfer it on to a baking tray.
10. Repeat this with the remaining pastry and filling.
11. Carefully, place the baking tray into the hot oven wearing oven gloves. Bake the pies for 25- 30 minutes.
12. Wearing oven gloves, remove the pies from the oven. Place onto a cooling rack.

**Outcome:** Successfully design and safely make a pastry based snack using a ready made pastry with a sweet or savoury filling.