Year 8

Recipe Booklet

Name:

Group:
Practical 1 – Sausage Rolls

Ingredients

- 250g sausage meat or sausages skinned at home.
- 1 packet ready-made puff pastry.
- ½ onion

Equipment

- Mini chopper
- Mixing bowl
- Black or green sharp knife
- Brown or green chopping board.
- Rolling pin
- Flour dredger
- Grater
- Fork

Method

1. Collect all your equipment before starting and preheat the oven to 200C.
2. Peel and then grate the onion into the mixing bowl.
3. Add the sausage meat and mix together with your hands.
4. Flour the surface using the flour dredger and roll out the pastry. Make sure you move the pastry and not the rolling pin, you need to quarter turn the pastry after each roll to prevent the pastry from sticking to the surface.
5. Place the sausage meat down the centre of the pastry and then fold over the pastry, make sure you wet the edges first to make sure the pastry sticks together.
6. You now need to trim both ends of the sausage roll and the edges that you have just put together. Fork those edges to seal the pastry and give it a decorative edge.
7. Now cut the sausage roll in half and then each half into 4 so you end up with 8 sausage rolls then glaze with egg to make them shiny.
8. Bake in the oven for 15-20 mins or until golden brown.

Skills

- Using a mini chopper
- Rolling out pastry
- Portion control
- Basic hygiene.
- Chopping
- Using the oven safely.
- Glazing
Practical 2 – Fairy Cakes

Ingredients
100g butter or margarine
100g self raising flour
100g caster sugar
2 eggs
12 bun cases
20g currants, raisins, cherries (optional)
teaspoon mixed spice or cinnamon (optional)

Equipment
- Bun tray
- Wooden spoon
- Mixing bowl
- 2 x metal spoons
- Sieve

Method
1. Collect all the equipment before starting and check the oven is on 180°C.
2. Put the butter and sugar into the mixing bowl, crack the eggs into the bowl and sieve the flour.
3. Using the wooden spoon mix all the ingredients together until you have a smooth mixture.
4. Place the bun cases into the bun tins and then using 2 spoons, spoon the mixture into the bun cases.
5. Bake in the oven for 15-20 mins or until well risen and golden brown and firm to the touch.

Skills
- All in one method.
- Mixing.
- Basic hygiene.
- Using the oven safely.
- Portion control.
**Practical 3 - Scones**

**Ingredients**
- 250g self raising flour
- 40g Butter or Block margarine
- 125ml milk
- 25g sugar
- 75g Currants, raisins or Cherries.

**Equipment**
- 1 baking tray with greaseproof paper
- Mixing bowl
- Palette knife
- Flour dredger
- Sieve
- Cookie cutter

**Method**

1. Collect all equipment before starting and check that the cooker is preheated at 200°C/ gas mark 7. Add greaseproof paper to the baking tray and lightly grease.
2. Sieve the flour into the mixing bowl and break the fat into small chunks then rub the fat into the flour using your fingertips.
3. To check if the mixture is ready shake the bowl, if there are lumps on the top continue to rub in.
4. Now add the sugar and fruit and mix with the palette knife, slowly add the milk, a little at a time, use the palette knife to mix the milk into the dough. When large lumps start to form put your hand into the bowl and try to bring together into a ball of dough. If this is not possible add a little more milk and try again, repeat until a soft ball of dough is formed.
5. Lightly flour the surface and lightly knead the dough, pat down using the palm of your hand until it is the same depth as the palette knife, cut out using a cookie cutter and place onto the baking tray.
6. Brush the top of the scones with either milk, egg or a mixture of the two to glaze them. Bake in the oven for 12-15 mins or until golden brown.

**Skills**
- Using the oven
- Rubbing in method
- Portion control.
- Forming a dough.
- Basic hygiene.
- Using the oven safely.
Practical 4 – Macaroni cheese

**Ingredients**
100g Uncooked pasta
100g cheese
25g flour
25g butter or margarine
250ml milk
1 x teaspoon mustard (optional)

**Equipment**
- Large or medium pan
- Pan stand
- Wooden spoon
- Grater (if cheese not grated)
- Measuring jug
- Colander

**Method**

1. Collect all equipment before starting to cook
2. ½ fill the large pan with water and add all the pasta. Place on a back light on full and bring to the boil then reduce and simmer for 8 mins or until cooked.
3. In the pan add the flour, butter and milk and place on a medium heat stirring all the time. As the mixture gets hotter the contents of the pan will thicken, when it boils remove from the heat onto the pan stand and add the grated cheese.
4. When the pasta is cooked use the colander to drain the water divide the paste between all your boxes and add your own cheese sauce, mix together.

**Skills**
- Using the hob
- All in one sauce method
- Stirring
- Grating
- Basic hygiene.
- Using the oven safely.
Practical 5 – Bolognese sauce

**Ingredients**
- 1 onion
- 1 clove garlic
- 250g minced beef or alternative
- 1 x 400g canned chopped tomatoes
- 1 tablespoon tomato puree
- 1 stock cube + 100ml water
- 1 carrot & stick celery (optional)
- handful of fresh basil (optional)

**Equipment**
- Medium or large sauce pan
- green or brown chopping board
- black or green knife
- Wooden spoon
- Pan stand
- Tablespoon

**Method**
1. Peel and chop the onion and garlic, grate and finely chop the celery. Fry the onion and garlic in the oil for 5 minutes, until soft.
2. Add the mince and cook until brown then add the tomatoes, stock and tear in the basil leaves.
3. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

**Skills**
- Using the hob
- Bridge/Claw hold
- Simmering
- Boiling
- Basic hygiene.
Practical 6: Pear marble tray bake

**Ingredients**

- 100g margarine or butter
- 100g self raising flour
- 100g sugar
- 1 teaspoon baking powder
- 2 x eggs
- ½ tin pears
- 1 x tablespoon cocoa powder

**Equipment**

- 1 cake tin lined with greaseproof paper.
- Electric whisk
- English knife
- Sieve
- Mixing bowl
- Spatula

**Method**

1. Collect all equipment and then preheat the oven to 180°C or gas mark 5.
2. Add the butter, sugar, eggs into the mixing bowl then sieve in the flour.
3. Using an electric whisk mix the ingredients together until they are smooth.
4. With an English knife cut up the pears and place in the bottom of the cake tin.
   Spoon ONLY HALF of the mixture into the cake tin. Place it in different spoonfuls in the tin.
5. With the remainder of the cake mixture add the cocoa powder and then put this into the cake tin. Swirl the two mixtures together so you can clearly see the chocolate and vanilla cake mixtures.
6. Bake in the oven for 20 mins or until golden brown and firm to the touch.

**Skills**

- Using the oven
- Using an electric whisk
- Portion control
- Folding
- Basic hygiene.
- Portion control
- Oven safety
Practical 7 – Chilli

**Ingredients**
- 250g minced beef
- 1 onion
- 400g tin chopped tomatoes
- 400g red kidney beans or baked beans
- 1 teaspoon chilli powder

**Equipment**
- Medium/large sauce pan
- Wooden spoon
- Pan stand
- Green or brown chopping board
- Black or green knife
- Bin

**Method**

1. Top and tail the onion, slice in half and then finely dice the onion.
2. Add the onion and mince into the pan on a medium heat and cook gently stirring with a wooden spoon, then add the chilli powder.
3. Remove from the heat and place onto a pan stand, add the beans and tomatoes, turn up the heat and bring to the boil.
4. Reduce the heat once boiling to a simmer and cook for 20-30 mins

**Skills**

- Using the hob
- Bridge/claw hold
- Basic hygiene.
- Boiling and simmering
- Dicing an onion
**Practical 8 – Bread**

**Ingredients**
- 250g strong flour
- 1 packet yeast
- 100ml hand hot water
- 1 x teaspoon salt
- 1 x tablespoon oil

**Equipment**
- 1 baking tray
- Jug
- Mixing bowl
- Wooden spoon
- Pan stand
- Sieve

**Method**

1. Collect all equipment and preheat the oven to gas mark 6/ 200°C. Add greaseproof paper to a baking tray and lightly grease with oil.
2. Sieve the flour and salt into the mixing bowl then add the oil and yeast and mix together.
3. Slowly add the water to form a dough. When large lumps start to form get your hands into the bowl and try and bring together, add more water and repeat the process until you have a soft dough.
4. Place on a floured surface and knead for 5 mins to develop the gluten in the flour.
5. Divide the mixture in half and each half into 3 so that you have 6 bread rolls, shape, place onto the baking tray and bake for 12-15 mins or until golden brown.

**Skills**
- Bread making
- Oven safety
- Basic hygiene
- Kneading
- Even portioning
- Dough making
Practical 9 – Cheese & Onion Triangles

**Ingredients**

- 100g Cheddar cheese
- ½ onion
- 1 egg
- 1 x packet ready made shortcrust or puff pastry.

**Equipment**

- Green or brown chopping board,
- grater,
- Black or green knife,
- mixing bowl,
- palette knife,
- flour dredger,
- rolling pin,
- spoon,
- fork,
- baking tray
- mini chopper

**Method**

1. Collect all equipment and preheat the oven to gas mark 4/180c.
2. Top and tail the onion then cut in half, peel the onion and cut into quarters. Place in the mini chopper and blend then place in a mixing bowl.
3. Grate the cheese and mix together.
4. Flour the surface and then roll out the pastry into a large square.
5. Cut into 4-8 squares depending on the size of the pastry.
6. Take one square and add the filling to one corner, wet the edges with water and then fold in half to make a triangle. Use a fork to seal and decorate the edges and place on the baking tray.
7. Repeat until all the pastry has been used up. Glaze with egg and bake for 20 mins or until golden brown.

**Skills**

- Using a mini chopper
- Oven safety
- Basic hygiene.
- Shaping
- Even portioning
- Decorating
- Glazing
- Rolling out
Practical 10 – Scone Based Pizza

Ingredients
- 150g self raising flour
- 25g butter or block margarine
- 1 egg
- 50ml semi skimmed milk
- 3 x tablespoons passatta sauce or tomato puree
- 1 tomato
- 50g cheese, e.g. Mozzarella
- 1 vegetable of your choice
- 1 cooked protein of your choice

Equipment
- Sieve
- Mixing bowl,
- Small bowl or jug
- fork,
- measuring jug,
- palette knife,
- baking tray,
- Green or brown chopping board,
- Black or green knife,
- Pan stand

Method
1. Collect all equipment and preheat the oven to gas 6/200C
2. Sieve the flour into a mixing bowl and add the fat in small chunks.
3. Rub in using the fingertips until breadcrumbs are formed. To check the mixture is ready shake the bowl and see if any lumps form on top.
4. Put the egg and milk into a jug or small bowl and whisk together using the fork.
5. Slowly add this to the mixing bowl a bit at a time, mix using the palette knife. When large lumps form get your hand in the bowl and try to bring the dough together. If it is too dry add more liquid and repeat until a soft dough is formed.
6. Place onto a floured surface and using the heel of the hand form a small circle. Place onto the baking tray
7. When the dough is on the baking tray add the passatta or tomato puree, the chopped vegetables and protein and finish with cheese.
8. Bake in the oven for 10-15 mins or until brown.

Skills
- Baking
- Oven safety
- Basic hygiene.
- Rubbing in method
- Shaping
- Grating
- Chopping