

Y8 Recipe book



For every practical lesson students will also need an apron and a container. Any students without an apron or ingredients on 2 occasions will receive a detention. Should you have any problems with ingredients please see any member of the food team at least a day before the lesson and we will do everything we can to help. Recipes can be modified for family tastes. All recipes and confirmation of dates are set as home work on class charts – Practical dates may be subject to change but we will give you as much notice of this as we possibly can

Name: _____

Group: _____

Date to cook.....

Kofta kebabs

- 1 small onion
- 1 clove of garlic
- 1/2 red chilli
- 200g lamb mince
- 1 x 5ml spoon cumin
- 1 sprig of parsley, mint and coriander

Burgers

- 200g minced meat
- 1 onion
- 2 slices bread
- 1 egg
- 1 beef oxo cube
- Salt and pepper
- ½ teaspoon mixed herbs
- 1 tablespoon plain flour

Pizza whirls

- 150 g self-raising flour
- 25g margarine
- 1 egg
- 25g tomato purée
- 1 tomato
- 50g Cheddar cheese grated
- 1 x 5ml spoon mixed dried herbs
- 2 vegetable toppings – e.g



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Date to cook.....

Maids of Honour

Lesson 2 – date

Lesson 1 – Date

125g Plain flour

60g block margarine

Named freezer bag



- 1 Eggs
- 50g Self raising flour
- 50g margarine
- 50g sugar
- 2 tbs jam

CHALLENGE

How can you change the flavour / texture or your maids? What ingredients can you add?

Maids of honour will be made over 2 lessons – 1st lesson making the pastry and freezing, Second lesson will be completing the maids of honour. Any student who misses the first lesson will need to bring in ready made short crust pastry as well as the ingredients for the second lesson

Date to cook.....

Chicken nuggets or fish fingers



- 2 chicken breast fillets
- 6tbs Red / green Pesto
- 100g of stale bread / cornflakes or combination



- 2 chicken breast fillets or white fish fillets or Quorn fillets or vegetables.
- 1 egg
- 3 tbs plain flour
- 100g stale bread



CHALLENGE

Why not add flavourings to your bread crumbs – herbs, spices, cheese.....

Date to cook.....

Flapjack recipe

- 200g rolled oats
- 100g sugar
- 100g margarine
- 4-5 tbs golden syrup
- 25g dried fruit
- 25g breakfast cereal
- 12 Muffin cases

