

Y8 Recipe book



Name: _____

Remember if you make anything at home to take a photo so we can add it to the "Look what I made at home" display in the classroom.

Chocolate chip cookies (creaming method)

Ingredients

100g Margarine
100g Sugar
150g Self Raising Flour
50g Chocolate chips/raisins (optional)

Remember a large container to take them home in.

Method

1. Heat oven to 180°C / Gas 4
2. Lightly grease a baking tray
3. Cream the butter and sugar together in a large bowl until light and fluffy.
4. Sieve in the flour.
5. Add in dried fruit / chocolate and stir until forms a soft dough
6. Divide in to 9, shape in to balls and place on the baking tray. Press down gently to flatten.
7. Place in the oven for 12 - 15 minutes
8. Remove from oven (they will be soft but that is fine)
9. Leave to cool on the tray for a few minutes
10. Remove to cooling rack

Oat Cookies (Melting method)

Remember a large container to take them home in.

Ingredients

75 g Plain Flour

$\frac{1}{2}$ Level teaspoon of bicarbonate of soda (available from school)

75 g Sugar

75 g Porridge oats

75 g Margarine

1 tablespoon of Golden Syrup

Method

1. Heat oven to 180°C / Gas 4
2. Lightly grease a baking tray
3. Put the Oats, flour and Bicarbonate of soda in to a large mixing bowl.
4. Put sugar, margarine and syrup in to a pan.
5. Melt over a low heat until sugar has dissolved.
6. Add melted mixture to the oats and flour.
7. Mix well to form a soft dough
8. Put small balls of dough on
9. Sieve in the flour.
10. Add in dried fruit / chocolate and stir until forms a soft dough
11. Divide in to 9, shape in to balls and place on the baking tray. Press down gently to flatten.
12. Place in the oven for 12 - 15 minutes
13. Remove from oven (they will be soft but that is fine)
14. Leave to cool on the tray for a few minutes
15. Remove to cooling rack

Shortbread (Rubbing in method)

Remember a large container to take them home in.

Ingredients

100g margarine

50g sugar

150g plain flour

Cold water as needed.

Method

1. Heat oven to 180°C / Gas 4
2. Lightly grease a baking tray
3. Add the margarine to the flour in a large mixing bowl.
4. Cut margarine in to small pieces using a table knife.
5. With the tips of your fingers rub the margarine in to the flour until it resembles breadcrumbs.
6. Stir through the sugar.
7. Add 1 tbs of cold water as needed to form in to a firm dough.
8. Roll out on a floured surface until approx. 1cm thick.
9. Cut in ot fingers and prick with a fork, alternatively cut out with shape cutters.
10. Place on to the baking tray
11. Bake for 10-12 minutes until golden brown
12. Sprinkle with sugar to decorate.

Jam tarts - short crust pastry

Ingredients:

- 100g Plain flour
 - Either
- 25g Block Margarine / Butter
- 25g Trex or Lard
 - Or
- 50g Block margarine / Butter
- $\frac{1}{2}$ Jar Jam or Curd NOT chocolate spread!

Remember a large container to take them home in.

Method:

1. Heat oven to 180°C / Gas 4
2. Lightly flour a bun tray.
3. Add the margarine / butter / trex / lard to the flour in a large mixing bowl.
4. Cut in to small pieces using a table knife.
5. With the tips of your fingers rub the margarine in to the flour until it resembles breadcrumbs.
6. Add 1 tbs of cold water as needed to form in to a firm dough.
7. Roll out on a floured surface until approx. 1/2cm thick.
8. Cut out with a floured pastry cutter
9. Gently press in to the bun tray.
10. Fill with $\frac{1}{2}$ teaspoon jam - do not over fill or they will over flow and burn
11. Bake for 10-12 minutes until pastry is golden brown

Mini calzone - Yeast dough

Ingredients

1 packet pizza / bread dough mix
50g - 100g cheese
50g ham / pepperoni
2 tbsp. tomato puree
Vegetables of choice (minimum of two)
1 egg

Remember a large container to take them home in.

Method

12. Heat oven to 180°C / Gas 4
13. Collect a tray and flour lightly
14. Make the bread base following the on pack instructions.
15. Knead the dough for 5 minutes until elastic and smooth.
16. Split the dough in to 4/6 and roll out in to circles.
17. Top each circle with a small amount of toppings.
18. Wet the edge of the dough with water.
19. Fold the dough in half to form the calzone and crimp the edges to finish
20. Brush with beaten egg to glaze.
21. Bake for 10-15 minutes until golden brown.
22. Remove to cooling rack

Fajitas

Ingredients (serves 2 so can double if required)

1 pepper
1 medium onion
1 chicken breast
1 lime
4 small tortillas or 2 large ones
1tsp paprika
1 pinch of ground cumin
1 tablespoon oil

**Remember a container to
take them home in, You
can buy the spices from
school for 10p**

Extra ingredients

150 ml natural yoghurt (optional)
50g cheese (optional)
1 tbs fresh coriander (optional)
1 clove garlic (optional)

Method

1. Slice your pepper and onion into strips
2. Slice the chicken into thin strips
3. Put peppers, onion and chicken into small bowl with half of the oil, the spices and half the lime juice (give a good stir). Leave for 5 mins to marinate
4. Place your marinated chicken and vegetables into a frying pan with the left over oil and cook on a medium to high heat for around 6 - 8 mins until the chicken is cooked all the way through.
5. When you have ensured the chicken is cooked add the other half of the lime juice and stir
6. Heat the tortillas in the microwave for under a minute
7. Use the cooked mixture and place it down the centre of each tortilla
8. If using add the yoghurt and cheese and wrap tortillas.

Chicken, Quorn nuggets/ or fish fingers

Ingredients

2 chicken breasts or 6-8 mini chicken fillets, or 200g Quorn chunks, 2 fillets of skinless/boneless fish
2 slices bread (grated, or processed to bread crumbs, you can do this in school)
2 eggs
2 tablespoons plain flour

Remember a container to take them home in and 3 freezer bags

Optional flavourings- add 1 or more;

1 teaspoon dried herbs, or small handful equivalent of a fresh herb (could be tarragon, chives, parsley, and rosemary)
Finely grated zest of a lemon, or a lime
1 tablespoon grated Parmesan cheese
1 level teaspoon dried curry spice
 $\frac{1}{4}$ teaspoon chilli powder

Method

1. Preheat oven to Gas 6, 200°C.
2. Cut chicken into 'nuggets' or fish into fish fingers (approx. 2 cm x 4 cm) on a red chopping board. Wash your hands carefully.
3. Finely chop fresh herbs if using (use a cook's knife on a chopping board).
4. Mix breadcrumbs & flavourings together in a large mixing bowl.
5. Place flour on a plate.
6. Break egg into a small bowl; beat with a fork until well mixed.
7. Place a lightly oiled baking tray on your table.
8. FOR EACH PIECE OF CHICKEN/Quorn/Fish
 - Dust chicken/quorn/fish in flour
 - Then dip in beaten egg
 - Then roll in flavoured breadcrumbs
 - Place on baking tray.
9. Bake in top half of oven for 15-20 minutes until crispy golden brown.

Chicken bites

Ingredients

2 chicken breasts or 6-8 mini chicken fillets, or 200g Quorn chunks
2 slices bread (grated, or processed to bread crumbs, you can do this in school)
2tbs pesto

Remember a container to take them home in and 3 freezer bags

Method

1. Preheat oven to Gas 6, 200°C.
2. Cut chicken into 'nuggets'. Wash your hands carefully.
3. Put pesto in to a freezer bag
4. Grate or process bread in to breadcrumbs and place in a freezer bag
5. Place flour on a plate.
6. Place a lightly oiled baking tray on your table.
7. FOR EACH PIECE OF CHICKEN/Quorn/Fish
 - Place in bag of pesto and rub until covered well
 - Move in to the bread crumb bag and shake until covered
 - Place on baking tray.
8. Bake in top half of oven for 15-20 minutes until crispy golden brown.

Beef burgers

Ingredients

1 small onion
2 slices of bread made into breadcrumbs
200g mince beef
1 egg
 $\frac{1}{2}$ teaspoon mixed dried herbs
1 beef stock cube

You can cook one at school and eat it so you might want to bring a roll and some salad and ketchup?
Please bring a container to take the rest home.

Method

1. Dice the
2. Crack the egg into a jug and whisk
3. Place meat, egg, breadcrumbs, onions, herbs and crushed stock cube into a large bowl
4. With your hands bring the mixture together and then divide into four.
5. Roll each amount into a ball and then flatten into a burger shape
6. Cook burgers on the grill under a medium heat, turning after approx. 5 mins.
7. To check if they are cooked cut into the middle and make sure they are not pink inside

Lamb Koftas

Ingredients

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

Remember a container to take them home in.

Method

1. Peel the onion and cut in half.
2. Peel the garlic.
3. Cut off the top of the chilli and remove the seeds.
4. Put the onion, chilli and garlic into the food processor and blitz.
5. Add the mince, cumin and herbs and blitz together.
6. Sprinkle a little flour onto a chopping board, then divide and shape the mixture into 4 sausage shapes
7. Carefully place onto a grill pan.
8. Grill for 10-15 minutes, turning occasionally to ensure even cooking.
(They should be thoroughly cooked - no pink.).
9. Serve in a pitta with salad.

Pizza Whirls

Ingredients

Base

150g self-raising flour
25g butter or margarine
1 egg
50ml milk (may not need all of it)

Remember a container to take
them home in

Toppings

25g tomato pizza sauce
1 tomato
3 mushrooms
 $\frac{1}{2}$ an onion
50g Cheddar cheese
1 x 5ml spoon mixed dried herbs

Method

1. Preheat the oven to 200°C or gas mark 6. Grease a baking tray.
2. Sift the flour into a bowl.
3. Rub the butter or margarine into the flour until it resembles fine breadcrumbs.
4. Whisk the egg and milk together in a small bowl with a fork.
5. Add the egg mixture to the flour. Mix to form a soft dough ball.
6. Roll out the dough on a floured surface to form a rectangle.
7. Slice the tomato.
8. Peel and slice the onion.
9. Slice the mushrooms.
10. Spread the tomato pizza sauce over the dough and scatter on the onion, tomatoes and mushrooms. Leave a 2cm gap around the edges.
11. Grate the cheese.
12. Sprinkle the grated cheese and herbs on top.
13. Roll up from the long end sealing the filling inside.
14. Cut into 4cm slices.
15. Place flat on the baking tray and bake for 10 minutes, until golden brown.
16. After baking, place on a cooling rack.

Handy hints

Why not add some different fillings? Try slices of ham, spinach, cooked sausages, tuna or sweetcorn.

Flapjacks (melting method)

Ingredients

200g rolled oats
100g sugar
100g margarine
4-5 tbs golden syrup
25g dried fruit
25g breakfast cereal (e.g shredies, Weetabix)

Remember 12 Muffin cases and a container to take them home in.

Method

1. Preheat the oven to 180 °C or gas mark 4.
2. Chop the dried fruit into small pieces.
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the sugar has melted and is no longer gritty.
4. Stir in the oats, fruit and cereal.
5. Spoon equally in to muffin cases and smooth off.
6. Bake for 10 - 15 minutes, until lightly browned.

Maid of Honor - short crust pastry and creaming method

Ingredients:

- Pastry (lesson 1)

- 100g Plain flour
- Either
- 25g Block Margarine / Butter
- 25g Trex or Lard
- Or
- 50g Block margarine / Butter

-Topping - (lesson 2)

- 50g Margarine/butter
- 50g Self raising flour
- 50g Sugar
- 1 egg
- 2 Tbs Jam

Remember a large container to take them home in.

Method:

Lesson 1 -

1. Add the margarine / butter / trex / lard to the flour in a large mixing bowl.
2. Cut in to small pieces using a table knife.
3. With the tips of your fingers rub the margarine in to the flour until it resembles breadcrumbs.
4. Add 1 tbs of cold water as needed to form in to a firm dough.
5. Form in to a block and place in a named freezer bag - place on the tray.

Lesson 2 -

1. Heat oven to 180°C / Gas 4
2. Lightly flour a bun tray
3. Roll out the pastry to $\frac{1}{2}$ cm thick - cut out with a pastry cutter
4. Gently press in to the bun tray.
5. Place $\frac{1}{2}$ tsp Jam in each pastry case.
6. In a large bowl cream margarine and sugar together until light and fluffy.
7. Crack an egg in to a small bowl and beat lightly with a fork
8. Beat egg in to the butter mixture,
9. Sift flour in to the bowl and fold in until a smooth batter is formed.
10. Using 2 spoons to each tart equally
11. Bake for 12-15 minutes until golden brown and spring back to the touch.