

SPALDING HIGH SCHOOL

FOOD AND NUTRITION

Year 8



Recipe Booklet

During year 8 in food and nutrition you will be
cooking the following recipes.

Keep this recipe booklet at home so that you always know the basic ingredients needed for each practical.

And of course you can always practice and experiment

Savoury or fruit muffins

Vegetable soup

Jam tarts

Perfect pasties

Tomato sauce

Bread rolls

Recipe: Fruity Muffins

Ingredients

255g	Self Raising flour
1 x 5ml	Teaspoon of baking powder
100g	Caster sugar
150ml	Semi-skimmed milk
1	Egg
90ml	Oil
1 apple	Grated or finely chopped
50g	Sultanas or any dried fruits such as chopped apricots, dates, pineapple, cran-
15 g	Mixed spice

Oven Temperature:

190° or gas mark 5

Equipment

Weighing Scales	Measuring Jug
Chopping board	Cooling rack
Grater	Mixing bowl
Wooden spoon	2 metal spoons
12 Muffin cases	Muffin tin

Method

1. Preheat oven to 190° or gas mark 5.
2. Place the cake cases in the muffin tin.
3. Sieve and mix all the dry ingredients together in a bowl.
4. Mix together all the wet ingredients in a second bowl.
5. Add the wet ingredients to the dry ingredients and beat together quickly to form a batter.



Top Tips

- ◆ Vary the type of fruit you use, try cherries or blueberries.
- ◆ Replace half the flour with wholemeal flour.



Recipe: Cheese and Tomato Muffins

Ingredients

275g	Self raising flour
10g	Baking powder
110ml	Vegetable oil
225ml	Semi-skimmed milk
2	Eggs
200g	Cheddar cheese, mature, grated
10	Cherry tomatoes, quartered
	Black pepper and teaspoon mixed herbs



Oven Temperature:

190° or gas mark 5

Equipment

Weighing Scales	Measuring Jug
Chopping board	Vegetable knife
Grater	Mixing bowl
Wooden spoon	2 metal spoons
12 muffin cases	Muffin tin
Cooling rack	

Method

1. Preheat oven to 190° or gas mark 5.
2. Place the muffin cases in the muffin tin.
3. Sieve and mix all the dry ingredients together in a bowl.
4. Mix together the oil, milk and eggs.
5. Stir together the dry, wet and add in 150 g of grated cheese and quartered tomatoes

Top Tips

- ◆ Try using grated carrot instead of courgette.
- ◆ Add finely sliced chilli or chives for a different flavour.



Recipe: Spiced Carrot and Lentil Soup

Ingredients

1 tbsp.	vegetable oil
1 tsp	cumin seeds
pinch	chilli flakes
50g	red lentils
200g	carrot, grated
300ml	vegetable or chicken stock
50mls	milk
	salt & freshly ground black pepper

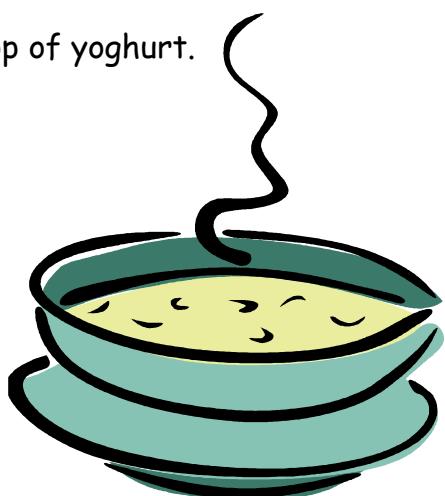
Cooking Time:

Equipment

Chopping board	Vegetable knife
Saucepan	Hand blender
Wooden spoon	

Method

1. In a large saucepan heat the oil on a medium heat and gently fry the cumin seeds and chilli flakes for 2 minutes.
2. Add the grated carrot, lentils, milk and the stock, bring to the boil, then reduce the heat to simmer for 15 minutes or until the lentils have swollen and softened.
3. Blend the soup using a hand held blender, season to taste and serve in a large bowl
4. To serve, finish with a dollop of yoghurt.



Recipe: Creamy Pea Soup

Ingredients

1	Red onion, diced
1 tbsp.	Vegetable oil
200g	Peas (tinned, frozen or thawed)
300ml	Chicken or vegetable stock
100ml	Double cream
2 tbsp.	Parsley, chopped



Oven Temperature:

Cooking Time:

Equipment

Chopping board	Vegetable knife
Saucepan	Hand blender
Wooden spoon	

Method

1. Place the oil and diced red onion into a saucepan over a medium heat and sweat for 3 minutes.
2. Add the peas and cook for a further 4 minutes.
3. Add the stock and cream and cook for 1 minute.
4. Blend the soup using a hand held blender and serve in a large bowl garnished with the chopped parsley.



Recipe: Carrot and Leek Soup

Ingredients

1 tbsp.	Vegetable oil
1	Garlic clove, finely chopped
$\frac{1}{2}$	Leek, white part only, finely chopped
$\frac{1}{2}$	Carrot, finely chopped
300ml	Vegetable stock
	Salt & freshly ground black pepper

Oven Temperature:

Cooking Time:

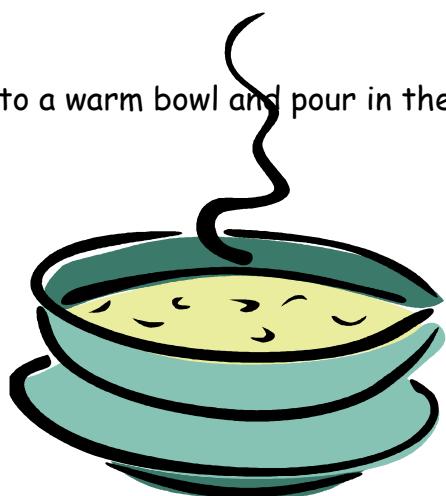
Equipment

Chopping board	Vegetable knife
Saucepan	Hand blender
Wooden spoon	



Method

1. Place the oil, garlic and leek in a saucepan and gently fry for 2-3 minutes over a low heat until the leeks have softened.
2. Add the carrot and the stock, bring to the boil, then reduce the heat to simmer for 10 minutes or until the carrot is cooked through.
3. Blend the soup using a hand held blender and serve in a large bowl garnished with the chopped parsley.
4. To serve, place the apple into a warm bowl and pour in the soup.



Recipe: Jam Tarts

Ingredients

100grams	Plain flour
Pinch	Salt
25g	Trex or Lard
25g	Block margarine
1 to 2 ta-	Cold water
100grams	Jam or lemon curd

Oven Temperature:

Gas Mark 6 / 200°C

Cooking Time:

10–15 minutes

Equipment

Large bowl	Tablespoon and
Palette knife	Fluted cutter
jug	Rolling pin
Tart tin	Flour dredger

Plan for Making

Preheat the oven to gas mark 6 or 200 C

Sieve the flour and salt into the bowl.



Rub the fat into the flour using your fingertips until the mixture looks like breadcrumbs.



Add 1 tablespoon of water and mix together with a fork until you have a smooth dough. You may need to add the 2nd tablespoon but ask your teacher.

Place pastry dough onto a floured worktop and gently roll a little, turn pastry a quarter turn and roll again.



Cut out 12 rounds using the fluted cutter.

Place in the centre of the tart tin. Add a small spoonful of jam or lemon curd to each one.

Bake for 10–15 minutes till the pastry is golden.

Top Tips

Use block margarine

Handle your pastry as little as possible to keep the fat cool

Skills Learnt

Rubbing in

Rolling out pastry

Using a pastry cutter

Recipe: Perfect Pasties

Ingredients for the Pastry	
75g	Butter or block Margarine (not low fat or spreadable)
75g	Lard or trex
150g	Plain white flour (plus extra for rolling out)
150g	Plain wholemeal flour
Pinch	Salt
1	Egg, beaten
4 tbsp.	Cold water

Ingredients for the Filling	
200g	Lean minced beef
1	Small onion
1	Small potato
100g	Swede and/or carrot
1 tsp.	Ground white pepper (school)
1 tsp.	Salt (school)

Oven Temperature:

190°C fan assisted

Equipment

Large mixing bowl	Jug
Table knife	Silver plate
Fork	Teaspoon
Tablespoon	Rolling pin
Baking tray	Pastry brush
Parchment	Vegetable knife
Med. mixing bowl	Cook's knife
Brown chopping	Vegetable peeler
Flour dredger	Palette knife

	Method	Quality
1.	Heat the oven to 190°C fan assisted or Gas mark 6. Line a baking tray with parchment paper.	
2.	Peel and finely chop the onion. Peel and finely dice the potato, swede and carrots into 1cm cubes. Mix the onion, potato, swede and carrot together with the beef mince,	
3.	Cube the butter and lard with the table knife, and rub into both flours with the pinch of salt using your fingertips until you have breadcrumbs. Add 4 tablespoons of cold water.	
4.	On a lightly floured surface cut the dough into 4, and roll out each piece to make a 20cm circle. Use the silver plate to trim around to get a perfect circle. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with the beaten egg, carefully draw up the edges to seal.	
5.	Carefully lift onto the lined baking tray and brush with the remaining egg to glaze.	
6.	Put into your pre-heated oven to bake for 10 minutes, then lower the temperature of the oven to 160°C (Gas mark 4). Cook for a further 35 minutes until golden.	

Top Tips

- Replace the minced beef with Quorn mince to make as a vegetarian meal.
- Add in a dash Worcestershire sauce or HP sauce for extra flavouring.

Recipe: Tomato Sauce

Ingredients

400g	Fresh or tinned tomatoes
1	Onion
1	Garlic clove
2 tablespoons	Olive oil
1 tablespoon	Tomato puree
1 teaspoon	Sugar
1/2 teaspoon	salt
	Black pepper, herbs or chilli flakes to taste

Cooking Time:

15 minutes

Equipment

Cook's knife	Chopping board
Garlic press	Med sized pan
Measuring spoons	Can opener
Wooden spoon	

Preparation

1. Collect together all equipment needed.
2. Peel and finely dice the onion.
3. Peel and crush the garlic.
4. Peel and cube the fresh tomatoes if using into 1cm dice.
5. Fry the onion and garlic for 2 minutes in the oil on a low to medium heat.
6. Stir in the remaining ingredients
7. Allow to simmer for 15 minutes until it has thickened
8. Serve as a sauce with sausages or grilled chicken, pasta or on pizza.



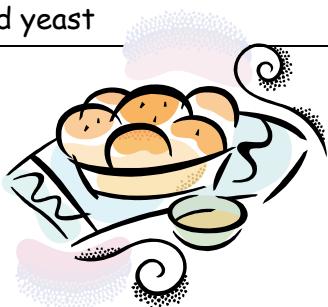
Top Tips

- ♦ Batch cook—freeze portions for a rainy (busy) day.

Recipe: Bread Rolls

Ingredients

350g	Strong white flour
230ml	Milk or water
1 tsp	Salt
2 tsps.	Sugar
25gms	Butter or margarine
1 pkt	Easy blend dried yeast



Oven Temperature:

200° or gas mark 7

Equipment

Sieve	Large mixing bowl
Measuring jug	Baking tray
Parchment	Palette knife
Fork	

Method

1. Preheat oven to 200° or gas mark 7.
2. Sieve the flour, salt and sugar into the mixing bowl.
3. Measure the water or milk carefully and warm it to blood heat temperature in either the microwave or a small saucepan.
4. Rub the fat into the flour.
5. Stir in the easy blend yeast.
6. Stir in the liquid (milk or water) with the palette knife or fork until it is lightly mixed.
7. Sprinkle some flour onto your hands and then mix the dough until it leaves the side of the bowl.
8. Turn the dough out onto a lightly floured work surface and knead it well for 5 minutes.
9. Divide the dough into 8 pieces and carefully shape each one. Remember quality.



Top Tips

- ◆ Add 50g grated cheese to the dough at the end and knead for 1 minute.