

SPALDING HIGH SCHOOL FOOD AND NUTRITION



YEAR 9

Food in the wider world

Recipe Booklet

During the first half of your year 9 food and nutrition
module 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

Red Thai chicken curry

Fish cakes

Tuna pasta bake

Flaky pastry

Meat pasties

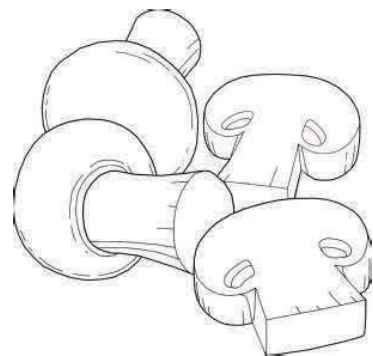
A meat *ragu* sauce

Celebration Cakes

Recipe: Thai Chicken and Mushroom

Ingredients	
1	Small Onion
1 Tablespoon	Vegetable Oil
2 Teaspoons	Red or Green Thai Curry Paste
2	Boneless and Skinless Chicken
200g	Mushrooms
1 Dessertspoon	Fish Sauce
$\frac{1}{2}$ Teaspoon	Brown Sugar
400ml	Can of Coconut Milk
20g	Fresh Coriander

Equipment	
Brown chopping board	Wooden spoon
Cook's knife	Red chopping board
Silver plate	Dessertspoon
Large saucepan	Teaspoon
Can opener	Vegetable Knife



	Method	Quality
1.	Using the brown chopping board. Cut off the onion stalk, cut in half from root to tip,	
2.	On the brown chopping board, cut the mushrooms into quarters.	
3.	Using the red chopping board, dice your chicken into 4cm chunks.	
4.	Heat the oil in a large saucepan for a couple of minutes until the oil separates (it looks more liquid at this point). Add the onion. Fry for 3-5 minutes, until soft and	
5.	Add the chicken pieces and mushrooms, stir until they are coated. Add the fish sauce, sugar, kaffir lime leaves and coconut milk. Bring slowly to the boil, then reduce the heat and simmer, uncovered, for 15 minutes until the chicken is cooked. Stir the curry a few times while it cooks, to stop it sticking and to keep the chicken sub-	
6.	On the brown chopping board gather the coriander into a pile and roughly chop. Taste the curry and add a little more curry paste and salt if you think it needs it.	

Top Tips

- ♦ Serve with Thai jasmine rice, Basmati rice or Noodles.
- ♦ Replace the chicken with quorn chicken pieces, 1 aubergine or 100g more mushrooms for a vegetarian option.
- ♦ Add one finely diced fresh chilli if you like spicier foods.

Recipe: Fish Cakes

Ingredients

300g	Lightly cooked cod, salmon or coley, chopped
300g	Mashed potato, cooked
1	Egg
100g	Breadcrumbs
2 tbsp.	Oil
	Salt & pepper
	Flour for dusting

Oven Temperature:

Gas mark 7 or 190°

Cooking Time:

10 minutes

Equipment

Cook's knife	Chopping board
Mixing bowl	

Method

1. Mix together the fish, potatoes, salt and pepper.
2. Shape into 10 fish cakes. Use the flour on your hands to stop them sticking.
3. Make sure they are the same size and shape.
4. Dip each fish cake in beaten egg and breadcrumbs.
5. Ovenbake for about 10 minutes until they are golden.



Top Tips

- ◆ Add lime zest and chopped coriander and serve with a sweet chilli sauce for a Thai treat!
- ◆ Use a food processor to make your own breadcrumbs. Old bread is best and they

Recipe: Tuna Pasta Bake

Ingredients

300g	Dried pasta
25g	Plain flour
25g	Butter
600ml	Milk
4	Spring onions
125g	Frozen peas
125g	Frozen sweetcorn
2	Tins of tuna in brine
125g	Grated cheese

Oven Temperature:

190—gas mark 5

Cooking Time:

15 minutes plus preparation time

Equipment

Large saucepan	Colander
Small saucepan	Whisk
Vegetable knife	Ovenproof dish
Mixing bowl	Grater

Method

1. Preheat the oven to 190, gas mark 5.
2. Cook the pasta until it is just soft, use a large pan 2/3 full of boiling water.
3. Drain the pasta.
4. Make a white sauce - put the flour, butter and milk in a saucepan and heat gently stirring with a whisk until the sauce thickens and is smooth.
5. Mix together the spring onions, peas, sweetcorn and tuna in a bowl.



Recipe: Flaky Pastry

Ingredients

200g	Strong flour
75g	Lard or trex
75g	Butter or block margarine
	Pinch of salt
1 teaspoon	Lemon juice
4 tbsp	Iced water

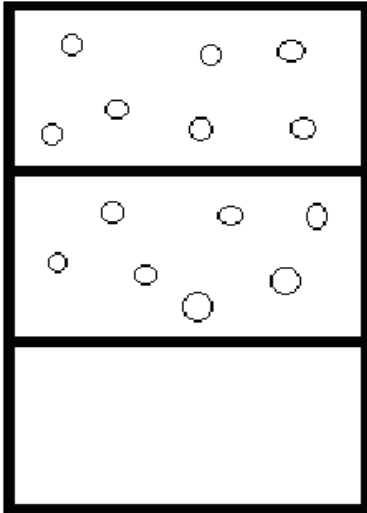
Oven Temperature:

200° or Gas mark 8

Cooking Time:

Equipment

Mixing bowl	Knife
Rolling pin	Spoon
Weighing scales	



Method

1. Mix the fats together and divide into 4.
2. Mix the four with the salt and rub in 1/4 of the fat. Add enough water to bring the flour to a soft dough.
3. Roll out the dough to make a rectangle (A4 sheet size).
4. Dot one third of the fat mixture over two thirds of the rectangle. Fold the third without any fat on it over the middle third of the pastry. Bring the other third on top. Seal the edges with a rolling pin and turn the dough 90 degrees. (**see above diagram**)

Rules!

Bottom to middle

Top to middle

Squash the sides

Use to make:

- ♦ Sausage rolls
- ♦ Cream horns
- ♦ Eccles cakes
- ♦ Pasties
- ♦ Tarte tatin
- ♦ Pies
- ♦ Mille feuille
- ♦ Apple turnovers
- ♦ Pissaladiere

Recipe: Perfect Pasties

Flaky pastry: See separate sheet



Oven Temperature:

190°C fan assisted

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)

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

	Method	Quality
1.	Heat the oven to 190°C fan assisted or Gas mark 6. Line a baking tray with parch-	
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	
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	
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: Ragu Sauce

Ingredients

1	Onion
1	Carrot
1	Celery stick
2 tbsp.	Olive oil
1	Garlic clove
500g	Minced beef
2 tins	Chopped tomatoes
2 tbsp.	Tomato puree
	Herbs and seasoning/bouquet garni

Cooking Time:

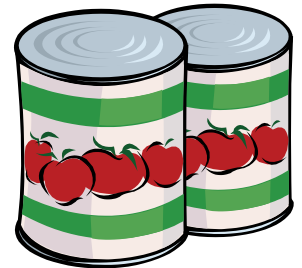
30 minutes

Equipment

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

Preparation

1. Collect together all equipment needed.
2. Peel and finely dice the onion, celery and carrot.
3. Peel and crush the garlic.
4. Make the stock using stock cube and 1 pint of boiling water.



Method

1. Fry the onion, onion and carrot on a low to medium heat until soft but not coloured

Top Tips

- ◆ Serve with pasta, garlic bread and a side salad.
- ◆ Replace the minced beef with quorn mince for a vegetarian sauce.
- ◆ Batch cook—freeze portions for a rainy (busy) day.
- ◆ Add a small glass of red wine for a richer flavour with the tomatoes.

Recipe: Celebration Cakes

Ingredients

150g	Self raising flour, sieved
150g	Caster sugar
150g	Butter or margarine (Stork)
3	Eggs, beaten



Method

1. Pre-heat oven, Gas mark 4/Fan assisted 170.
2. Grease and line two 19cm sandwich tins.
3. Cream butter and sugar until soft and fluffy.
4. Add and beat in the egg, a quarter at a time.
5. Using a metal tablespoon fold in the flour until just mixed.
6. Divide equally between the 2 tins.

Butter Icing

150g butter at room temperature

300g icing sugar, sieved

1/2 teaspoon of vanilla essence

Method

1. Cream the butter and vanilla essence using a wooden spoon.
2. Slowly beat in the sieved icing sugar until fluffy.

Variations

Coffee: blend 2 level teaspoons of instant coffee with 3

Oven Temperature:

170° or Gas mark 4

Equipment

Mixing bowl	2 x 19cm cake tins
2 x 19cm cake tins	Sieve
Tablespoon	Fork
Small bowl	Wire rack

Cake variations

- ◆ Chocolate Sponge : replace 50g of flour with 50g of cocoa powder.
- ◆ Orange or Lemon: add grated rind of 1 fruit when you add the flour.

Glace Icing

Icing sugar, sieved

4 to 5 teaspoons of water, fruit juice or 1 teaspoon cocoa powder mixed with 4 teaspoons boiling water.

Method

Place sieved icing sugar in a large bowl, gradually add liquid beating well until a smooth consistency is formed. The icing should coat the back of a wooden spoon thickly.

