

Heads up!

All of the information in this booklet should help you to organise yourself before each week's sessions. You will always need to:-

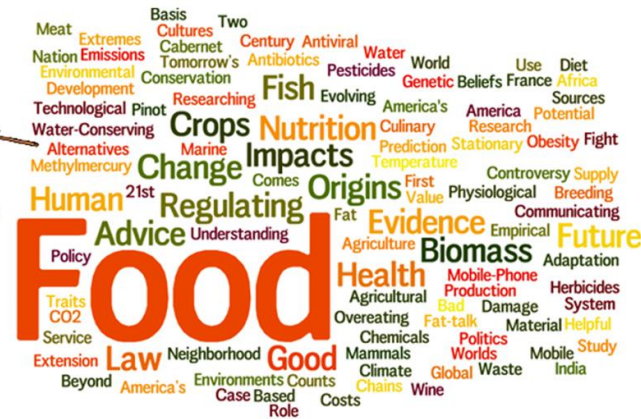
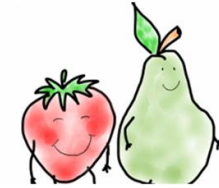
- Bring this book along to every session.
- Organise/buy ingredients in advance of the upcoming sessions
- Pre-weigh the ingredients at home (it saves time when cooking).
- Make sure your high-risk ingredients (those that need refrigerating) are in small, separate containers and named.
- Have a suitable container to take your food home in e.g. large tin for cakes, flask for soups, large bag to transport food in.
- Label your ingredients and bag/container with your name.
- Let us know if you are a vegetarian/vegan or have any food allergies.
- ASK questions if you are not sure what you are doing/preparing.

ANY QUERIES...

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BROADSTONE
MIDDLE SCHOOL



YEAR 8 RECIPE BOOK 12 WEEK COURSE

Name:

Class:



BIG IDEAS ABOUT FOOD TECHNOLOGY

Cooking is not just a skill. It is a science – understanding how multiple things react to each other on the plate. It is an art – understanding how food interacts with the senses not just through taste but also visually. It is a business – understanding the economics of putting up a plate that makes money. It is a way of life – understanding what it takes to create and develop dishes that hit the soul.

Amit Ghosh, Chef

The following principles identify the key elements of the discipline of Food Technology. We need to understand:

Food Nutrition

The role of food and nutrition throughout life cycle in support of optimal health and improvement of quality of life including knowledge of food groups and their proportions for a healthy, varied and balanced diet.

Food Provenance and Processing

Where and how foods are grown, reared, or caught and the primary and secondary stages of processing and production. Tracing the different stages in the food chain system, explaining the practices and procedures that ensure the safety of our food

Nutritional Design

Consider and analyse the nutritional needs and food choices when creating recipes, including when making decisions about the ingredients, processes, cooking methods, and portion sizes

Seasonality and Locality

Making decisions about sourcing food by considering the impact on the environment, the economy and quality of ingredient

Preservation

The process of treating and handling food to stop, control or greatly slow down spoilage and minimise the possibility of foodborne illness whilst maintaining the optimum nutritional value, texture and flavour

A Love of Cooking

Instilling a love of cooking to enable affordable, well prepared, tasty meal preparation and open a door to one of the great expressions of human creativity

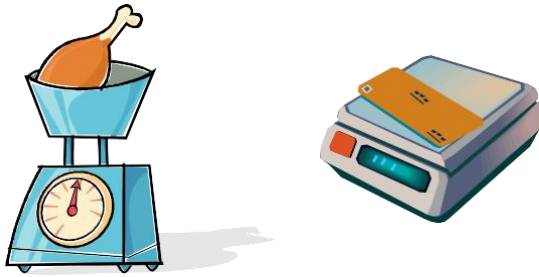
NOVICE ✓	CAPABLE ✓✓	CONFIDENT ✓✓✓	PROFICIENT ✓✓✓✓
I know basic health safety and hygiene rules	I can interpret a recipe and complete a product with support.	I can measure ingredients accurately.	I can follow a recipe to produce a finished product to a proficient level *(see board)
I know that I need key ingredients and equipment and need to follow instructions step by step.	I can apply health, safety and hygiene measures with support.	I can follow a recipe to complete a product.	I can modify my recipe to add or enhance flavour and texture
I can combine ingredients with support		I can identify and assess risks and apply health and safety hygiene rules.	I can modify my recipe to suit a variety of different dietary needs
		I can use key skill within a given recipe	I can adapt my recipe to make it healthier

Week	Recipe	Novice ✓	Capable ✓✓	Confident ✓✓✓	Proficient ✓✓✓✓
1	Risk assessments				
2	Jam making				
3	Swiss roll				
4	Cous Cous salad/dressing				
5	Tomato sauce dish				
6/7	Rough puff pastry dish				
8	Cookie invention				
9	White sauce pasta bake				
10	Lemon meringue Pie				
11	Cheese and chutney				
12	Soda bread sandwich				

Weighing and measuring

For good results in most recipes, **accurate** weighing and measuring is essential. When you are baking with flour, sugar and liquids, you must measure accurately or your cooking will be spoiled; too much sugar or too little raising agent and your cakes would not rise or you could spoil the taste.

Food can be weighed in **Grams (g)** and there are **1000g** in a **Kilogram (kg)**.



Liquids are measured in **millilitres (ml)** and **litres (l)**. There are **1000ml** in a **litre**.



Measuring spoons
1 Tablespoon = 15ml
1 dessert spoon = 10ml
1 tsp = 5ml

Week 1 –

Welcome back to food technology!

This week we will re-cap the importance of health, safety and hygiene rules in food technology and identify potential hazards before completing your own risk assessment.

You will read, understand and sign a new food technology rules and behaviour contract for safe practice.

You will also be given your knowledge organiser for your food technology rotation. This replaces our usual theory sessions in the classroom and will be tested alongside your other subjects as part of your weekly homework.

You will have an opportunity to explore the equipment you will be using during KS3 before watching a skills demonstration.

Finally, the best bit, you will have the opportunity to taste some of the recipes you will be cooking throughout your food technology rotation.

Mrs Harrison
Food technology teacher

Week 12 – Soda bread – ultimate sandwich

Soda Bread Recipe

170g Wholemeal flour
170g Self raising flour
1 tsp bicarbonate of soda
15ml Lemon juice
250ml milk

Fillings

2-3 salad vegetables

Choose from tuna, cooked chicken, ham or cheese (small portion)

Choice of sauce, e.g. Cream cheese, low fat salad cream or mayo, salad dressing or our chutney!

A named container



Method

1. **Preheat** the oven to 200°C or gas mark
2. Stir the lemon juice into the milk to make it **curdle**.
3. **Sieve** both flours, and the bicarbonate of soda, into the large bowl. Tip in the bran from the sieve.
4. Add the milk and mix everything together quickly with a knife to form a soft dough.
5. Place the dough onto a floured surface and **knead** lightly for a few moments to form a round, flattened ball.
6. Place the dough onto a floured baking tray and score a cross on top of the dough.
7. Carefully, place the bread into the hot oven, wearing oven gloves.
8. **Bake** for 30 minutes.
9. Wearing oven gloves, remove the bread from the oven, and place onto a cooling rack.

Handy hints

Why not try adding dried fruit or seeds?

Week 2 – Seasonal jam making

Ingredients

250g seasonal fruit

250g sugar

Lemon juice (if using low pectin fruit such as raspberries or strawberries)

2 named jam jars with lids.

1 jar of jam will stay at school and be used in your Swiss rolls next week.

Method

1. In a pan **combine (mix together)** equal quantities of fruit and sugar and a tbsp. of lemon juice.
2. Bring to the **boil**, stirring occasionally.
3. Your jam will need to reach 103° to 105°C for it to **set**, but to save you fiddling around with thermometers have a go at 'the **wrinkle method** (a top tip for checking if your jam is ready. Pop a plate in the freezer and when you've reached the boiling time specified in the recipe, or you think your jam is almost set, take a teaspoonful from the pan (be careful, it will be scorching hot) and pour onto the cold plate. Gently push the jam with your finger and if the jam wrinkles slightly, it will set when cool. If it doesn't, leave on the heat for a few more minutes and repeat until wrinkles appear).
4. Carefully spoon or pour into a clean, named sterilised jar.



Week 3 – Swiss roll filled with seasonal jam (from week 2)

Ingredients

3 eggs

75g caster sugar

75g self-raising flour

3 tbsp. caster sugar for sprinkling over your Swiss roll for rolling.

Baking parchment A3 size.

Jam from last weeks lesson.

Large container to take home in.



Method

1. **Preheat** oven to 200°c
2. **Line** baking tray with baking parchment.
3. Crack eggs into a mixing bowl and **whisk** using an electric whisk, until light and fluffy. (should double in size)
4. Add sugar and whisk until thick and creamy. (almost white in appearance).
5. **Sieve** the flour into the mix and fold the mixture, using a metal or wooden spoon.
6. Pour the mixture in the lined baking tray.
7. **Bake** for 7-8 minutes.
8. Meanwhile place a sheet of baking parchment on the table. Sprinkle with extra sugar.
9. Remove sponge from the oven and turn out onto the sugared paper.
10. Carefully remove the paper from the bottom of the sponge and trim the edges with a knife.
11. **Spread** with jam and carefully roll the sponge into a Swiss roll.
12. Place on a cooling rack to cool.

Week 11 – cheese & chutney making

Basic cheese Recipe

1 litre **whole/full cream** milk

3 tbsp. Cider or white wine vinegar or lemon juice

Seasonings

1 tsp Fresh or dried chopped mixed herbs & Garlic

or

Chopped apricots or cranberries

or

$\frac{1}{2}$ tsp Crushed chillies

A named container for cheese & 2 jars

Tomato, chilli & onion chutney

125g red onion

250g tomatoes

1 small red chilli

40ml red wine vinegar

70g brown sugar



Method (cheese)

1. In a saucepan, **heat** the milk, **stirring** continuously so it's doesn't **scorch**.
2. Add seasoning and bring to the **boil**.
3. Once boiling, turn the heat down to number 3.
4. Gradually add vinegar or lemon juice one spoon at a time, to **separate** the **curds** (lumpy bits) from the **whey** (watery bit).
5. Once separated (it will look like curdled milk) remove from the heat and pour into a jug, to allow to cool for 10 minutes whilst you make your chutney.
6. Place a sieve over a mixing bowl and line with a muslin cloth.
7. Pour the curds and whey into the sieve to separate the curds from the whey.
8. Squeeze the excess water out and fold the muslin around the cheese to form a round.

Method (chutney)

1. Finely **slice** onion and chilli and roughly chop tomatoes.
2. Place in a pan with all other ingredients and bring to **boil**. Turn down to simmer for 20 minutes.
3. Carefully pour into jam jars.

Week 10 – Lemon meringue pie

Ingredients

FOR THE BASE

75g (3oz) butter
25g (1oz) demerara sugar
175g (6oz) digestive biscuits,
finely crushed

FOR THE FILLING

1 x 394g tin of full-fat,
sweetened condensed milk
3 egg yolks (separated)
Finely grated rind and juice
of 2 large lemons

FOR THE FILLING

3 egg whites (separated)
175g (6oz) caster sugar

A 8-9 inch round flan
dish/shallow
cake tin



Method

1. **Preheat** the oven to 190C.
2. **Melt** the butter in a saucepan.
3. Remove the pan from the **heat** and **stir** in the sugar and biscuit crumbs.
4. Press the mixture into the flan dish using the back of a spoon to bring the crumbs up around the sides of the dish and smooth the base in an even layer.
5. To make the filling, first pour the condensed milk into a bowl, then using a balloon whisk, **beat** in the egg yolks, lemon rind and strained juice. The mixture will appear to thicken on standing, then loosen again as soon as it is stirred.
6. Pour the mixture into the biscuit-lined dish.
7. In a clean mixing bowl and with clean beaters, **whisk** the egg, with an electric hand whisk until they look like clouds.
8. Now start adding the caster sugar, a teaspoon at a time, whisking well between each addition and with the electric whisk at full speed.
9. Spoon the meringue over the surface of the filling in separate blobs, then spread gently with the back of your spoon to cover the filling to the biscuit-lined edges. Lightly swirl the surface of the meringue.
10. **Bake** for 15-20 minutes or until the meringue is pale golden.

Week 4 – Cous Cous salad with dressing/vinaigrette.

Ingredients:

100g Couscous
175ml water (school)
1 chicken or vegetable
stock cube
1 medium tomato
1 spring onion
 $\frac{1}{4}$ cucumber
 $\frac{1}{2}$ green pepper
 $\frac{1}{2}$ yellow pepper
Small bunch of fresh herbs
(coriander./parsley)
Additional seasonal
vegetables of your choice.
Sweetcorn, peas etc.

Dressing:

50ml olive oil
15 ml lemon juice/white
wine vinegar/ balsamic
Salt & pepper
Crushed garlic or chopped
fresh herbs/mustard
powder (optional)

A jam jar with lid to make
dressing in.

A named air-tight
container .

Method

1. In a saucepan, make stock by **dissolving** stock cube in 175ml water and gently bring to the **boil**. Pour into a jug and set aside.
2. Put Cous Cous in a mixing bowl and gently pour over the stock. Stir with a fork and leave to absorb the stock for 10 minutes.
3. **Chop/slice/dice** the tomato, cucumber, peppers and choice of vegetables.
4. Add the vegetables to the cous cous.
5. Snip the spring onions and fresh herbs, using kitchen scissors.
6. In a jam jar, add all of your dressing ingredients and shake until combined.
7. Arrange cous cous in a bowl and **drizzle** with dressing.



Week 5 – Tomato sauce based dish + choice from next page!

Ingredients

- 1 medium onion (peeled and diced)
- 1 stick of celery (finely diced)
- 1 carrot (peeled and finely diced)
- 1 garlic clove (peeled and finely chopped)
- 1 400g can chopped tomatoes
- 1 tsp dried or fresh basil or mixed herbs
- 1 tsp sugar
- 2 tbsp. oil (for frying)
- Salt and pepper (school will provide)

PLUS ingredients for your chosen dish – see next page.

Method

In a saucepan, **sauté** (gently fry) all the vegetables until soft.

Add the herbs, sugar and tinned tomatoes and **simmer** for 10-15 minutes.

Set aside whilst you prepare your meat choice.

NB

ALL ingredients must be prepared – peeled and finely diced ready otherwise we will not have time to complete the dish otherwise.



Week 9 – White sauce pasta bake.

Ingredients:

The white sauce

- 25g soft margarine/butter
- 25g plain flour
- 250ml milk
- Pinch salt (school)
- Pinch mustard powder (optional)
- Salt/pepper (school)

Filling

- 100g pasta
- 1 small **cooked** chicken breast/3 slices cooked ham or bacon
- Small handful of vegetables of choice from:
 - Tomato, sweetcorn, peas, spinach, mushroom, broccoli
 - Grated cheese (optional)

An ovenproof dish.

Method

1. In a saucepan, **boil** 500ml water.
 - Add pasta and cook for 5 minutes then add broccoli, sweetcorn, peas (not tomato) and cook for a further 5 minutes or until **al dente**.
1. **Drain** pasta and vegetables using a colander and set aside.
2. In a saucepan, **melt** butter and stir in flour, stirring continuously until thickens.
3. Gradually **whisk** in the milk and bring to the boil. Whisking continuously so no lumps form.
4. **Season** with salt/pepper and mustard powder.
5. **Stir** in cooked meats, pasta and vegetables.
6. Place in an ovenproof dish and sprinkle with cheese.
7. **Bake** on 180°C for 15-20 minutes.



Week 8 – Cookie invention test

Ingredients

- 125g butter, softened
- 100g light brown soft sugar
- 125g caster sugar
- 1 egg, lightly beaten
- 1 tsp vanilla extract
- 225g self-raising flour
- ½ tsp salt

Baking parchment sheet

Tips:

Extras - 50g either: white, dark or milk chocolate chips, orange or lemon zest, Chopped dried fruits - cranberries etc. (Optional)

A named container

NB. Additional invention ingredients will be provided by school.



Method

1. **Preheat** (put oven on to correct temperature before you start cooking) the oven to 180°C.
2. **Line** two baking trays with baking parchment.
3. Using an electric hand **whisk**, cream the butter and sugars together.
4. Using an electric whisk, **mix** in the egg and vanilla extract.
5. **Sift**(separate large particles and add air - aerate) in the flour and salt and mix using a wooden spoon (NOT an electric whisk) to form cookie dough.
6. Remove two walnut size balls of dough and add your invention ingredients.
7. Place on the lined baking tray and mark with an 'X' to identify them.
8. Add additional flavoring ingredients - chocolate chips, chopped fruits etc.
9. Roll into walnut size balls and place on lined baking trays -evenly spaced.
10. **Bake** for 12 minutes until just golden around the edges.
11. Take out of the oven and leave to harden for 5 minutes on the baking tray before transferring to a wire cooling rack.

Week 5 – Tomato sauce based dish –choose 1

Spaghetti Bolognese

200-400g minced beef/Quorn
Tomato sauce (left page)
Mushrooms (optional)
Diced pepper (optional)
1 onion (diced)
1 tsp dried mixed herbs/basil or oregano
2 tbsp. oil for frying
1 beef stock cube/pot (optional)

Method

1. Gently **sauté** (gently fry in oil) onions until soft.
2. Add mince and fry until meat has browned.
3. Add **stock**, mushrooms and peppers if using.
4. Add tomato sauce (above) and **simmer** (cook gently without boiling/bubbling) gently for 15 minutes.
5. Place in a container and allow to cool.

At home

6. Half fill a pan with water and bring to the boil.
7. Add spaghetti and boil for 10 minutes or until al-dente.
8. Drain spaghetti.
9. Pour Bolognese sauce over.

Chilli

200-400g minced beef/Quorn
1 onion (diced)
Tomato sauce (left page)
1 can red kidney beans
2 tsp chilli powder or Fresh chillies (optional)
Chopped peppers (optional)
2 tbsp. oil for frying

Method

1. Gently **sauté** (fry) onions until soft.
2. Add mince and fry until meat has **browned**.(changed colour from pink to light brown)
3. Add chillies and peppers
4. **Drain** the red kidney beans and rinse using a sieve.
5. Add tomato sauce (above) and chilli powder, **simmer** gently for 15 minutes.

At home

6. Measure 2 cups of water into a pan and bring to the boil.
6. Add 1 cup of rice and boil gently with a lids on until the water has been absorbed.
7. Drain rice and pour chilli sauce over.

Meatballs

200-400g minced beef/lamb
4 pork sausages (optional)
1 small onion (diced)
1 clove of garlic (optional)
1 stock cube
1 tbsp. tomato puree

A4 size baking parchment

Method

1. **Preheat** the oven to 200.
2. **Grease or line** (add a small amount of oil or baking paper) a baking tray.
3. Remove skins from sausages (if using)
4. Place all ingredients into a large bowl and **mix** thoroughly.
6. Take a tablespoon of mixture and roll into a ball and place on a greased baking tray.
7. **Bake** for 15 minutes until cooked.
8. Remove from oven and place into the tomato sauce.

At home

Serve with pasta/rice.

Week 6 – Rough Puff Pastry **plus filling group A only**

Rough Puff Pastry

Ingredients

225g strong plain flour
75g lard
75g butter or **hard** margarine
 $\frac{1}{2}$ tsp salt
100 mls cold water

Named freezer bag

A4 size baking parchment

Top tip - freeze your butter and lard to make it easier to grate.

A named container

Method

1. Cut butter and lard into small pieces or **grate** into a bowl.
2. Add flour and salt. Stir with a palette knife (**do not rub in**).
3. **Mix** to a stiff dough by adding the water gradually.
4. Roll out onto a floured surface to a rectangle.
5. Fold into thirds.
6. Give it a quarter turn so one open end is towards you and roll again. Do this 3 times in total.
7. Place pastry in a named freezer bag and refrigerate for 20 minutes.

Note to pupils and parents:

As the pastry needs time to rest and the children need to prepare their filling, the children will not have time to swap after the first hour. For this reason week 6 will be group A only and week 7 will be group B only. Children will need to bring ingredients for both the pastry and the filling on their week.

Week 7 – Rough Puff Pastry plus pastry - **group B**

Choose from:

Sausage(egg) Plait/rolls

400g sausage meat
or 8 sausages (skinned).
3 hardboiled eggs (optional)
 $\frac{1}{2}$ tsp herbs

1 egg
1 tbsp oil



Cheese and onion Jalouise

150g grated cheese
1 onion diced
1 egg
1 tbsp oil



Pepperoni pizza puffs

150ml passata or pesto
5oz mini pepperoni
150g grated mozzarella
 $\frac{1}{2}$ tsp mixed herbs

1 egg
1 tbsp oil



Salmon en crouete

Salmon fillets
baby spinach leaves
cream cheese with
herbs & garlic
grated parmesan
1 egg
1 tbsp oil



Method:

1. Roll pastry out to A3 size.
2. Place sausage meat in the centre with the hard-boiled egg on top, evenly spaced.
3. Wrap sausage meat around the eggs.
4. Cut 1" slits either side and wrap alternately.

Method:

1. Roll pastry out.
2. On the left half of the pastry make horizontal slits 1" apart, leaving a 12 border around the edge.
3. Place grated cheese and onion on the right half and fold left over to meet the edges and seal.

Method:

1. Roll pastry out to A3 size. And cut into squares.
2. Place filling in the centre with.
3. Bring the two opposite corners into the middle and press to seal.

Method:

1. Roll pastry out to A3 size.
2. Place the cream cheese, spinach in the centre.
3. Place the salmon fillets on top and sprinkle with parmesan.
4. Cut 1" slits either side and wrap alternately.

Knife grips



Bridge grip



Claw grip

Knife safety

- Put knives down safely with the blade pointing down.
- Point knives away from fingers when cutting.
- Never put dirty knives in the washing up bowl where it can cause cuts. Place in dirty knife tray for teacher to wash.

Basic food skills Key Vocabulary

Peel – removing the outer layer of skin - certain fruits and veg need to be peeled before eaten or used in cooking.	Beat – mixing ingredients together vigorously in order to get rid of lumps and create a smooth finish.
Slice – slicing of food in a vertical motion.	Whisk – to beat a mixture rapidly to add air (electric hand whisk or balloon whisk).
Dice - cut into cubes or squares, when used in refined cooking or for neat presentation.	Rest – giving a pastry or bread dough time to avoid shrinkage or allow time to rise.
Chop – Cut into roughly similar sizes, used in more rustic dishes	Boil – rapid heating of a liquid until liquid creates steam and large bubbles. Water boils at 100°c
Knead – to work a dough by pressing, folding and shaping.	Simmer – liquid that bubbles gently (less vigorous than a full boil)
Rubbing in – use fingers to mix butter into flour when making pastry.	Fry – cook in a pan or griddle with the use of fat e.g. cooking oil
Folding – turning sides of a dough into each other as part of a kneading process or carefully turning over a mix to prevent knocking the air out.	Bake – to cook by dry heat e.g. in an oven Pre-heat – to turn the oven on to the desired temperature before putting any food in.
Sauté – gently frying in oil to soften or brown.	Cream – to beat together sugar and butter to make cakes.
Glaze – to brush with egg or milk to add a glossy appearance when baked.	Ban-Marie – a method of melting chocolate in a bowl over a pan of hot water.
Melt – to turn a solid into a liquid by means of adding heat (butter in a hot pan, chocolate in a Ban-Marie)	Al dente – typically pasta – cooked so still firm (not soft and slimy!)
Line – to cover the base of a baking tray or cake tin to prevent sticking either by adding oil or baking parchment.	Sift – to separate small and large particles and to add air (aerate).

Equipment

