

# The Ripley Academy



2021-2022

Recipe book

Year 7



## Food preparation and skills

Name .....

Form .....

Technology group.....

Teachers Name .....

**This Booklet must be brought in for all your Food Technology lessons.**

Dear Parent/Carer

I am writing to let you know that your son/daughter will be undertaking food tasting and cooking at school shortly as part of the Licence to Cook. This programme has been designed to address the standards, skills and knowledge that support food education for students.

We will be preparing, cooking and tasting lots of different types of dishes.

This booklet contains the ingredients, methods, storage and re-heating instructions of recipes produced by Ripley Academy.

All students will be given advanced notice for each recipe so that there is adequate time to purchase ingredients in order that they can participate in practical Food Technology lessons. If there are any difficulties in providing ingredients, please do not hesitate to contact me at school. I will do my best to try and help.

Students who are unable to bring ingredients should bring a note from parents/carers; failure to do so will result in the student being given a department detention. The student will be expected to continue with written work during the practical lesson.

**Below are a set of guidelines:**

All pupils are expected to provide themselves with an apron. An apron may be borrowed from school, on a limited basis.

Where meat is used, most recipes can be adapted to suit vegetarians.

If there is a problem providing a particular ingredient, it may be possible to buy it from school. However it is advisable to check a few days in advance.

It is advisable to think how your child will carry their cooking home. Please supply suitable containers/carriers. Please supply your child with tin foil to cover their dishes.

Do not send your best china/glass dishes!

Ingredients may be bought to the room prior to registration. Finished food practicals will be kept safe until being collected at the end of school.

If a pupil is absent from a lesson they must check if a recipe has been set for the following week.

Thank you in anticipation for your support. If you have any questions or concerns please do not hesitate to contact me.

Mrs Bishop  
Food Preparation and Nutrition Teacher

## Fruit Fusion

### Ingredients

250ml orange or pineapple juice

1 tablespoon lemon juice e.g. Jif

1 apple

1 banana

1 Satsuma

+ any other fruit you would like to add e.g. Small tin of pineapple, a pear, a kiwi fruit, a few grapes or strawberries, a peach or nectarine.



**\*remember to bring a plastic container with a good lid (name on top) to take it home in.**

### Method

1. Pour fruit juice into a mixing bowl. Add lemon juice.
2. Wash any fruit which is going to have the skin left on.
3. Prepare fruit:

Peel orange, remove pith then slice.

Cut apple/pear into quarters, remove core and cut into thin slices.

Peel and slice banana

Remove outer skin from kiwi and slice into rings.

Divide peach or nectarine into quarters, remove stone then slice into small pieces.

Cut pineapple into small pieces.

4. Add all fruit to juice and mix well. Transfer to container.

### **Top tips**

- ◆ Try adding different types of fruit juice
- ◆ Cut into very small, even sized pieces to make a fruit cocktail.

## Pizza Toast

### Ingredients

2 slices bread  
2 x 15ml spoons tomato pizza sauce or tomato puree  
½ yellow pepper  
1 spring onion  
1 mushroom  
30g hard cheese, e.g. Cheddar, Edam, Gruyere  
½ x 5ml spoon mixed herbs (school can provide)



**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

### **Top tips**

Why not add cooked sausage or chicken, or canned tuna?

Add a spoon of pickle or chutney for extra bite.

## Pasta Salad

### Ingredients

75g pasta shapes  
1 tin of tuna or any **cooked** protein i.e chicken  
2 hard-boiled eggs (cooked for 10 minutes at home)  
1 or 2 tomatoes  
Pieces of cucumber or green/red/yellow pepper  
2 tbsp. mayonnaise **or** low fat dressing



**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Bring a small saucepan of water to the boil, and then add the pasta.
2. Simmer for about 8-10 minutes (check the packet instructions) Al dente.
3. While the pasta is cooking, prepare the other ingredients:
4. Drain and flake the tuna
5. Cut the tomatoes into wedges;
6. Chop the pepper or cucumber into small chunks.
7. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
8. Shell the eggs onto a paper towel and cut into quarters lengthways.
9. Mix all the ingredients together in a mixing bowl **except the eggs**. Add the dressing or mayonnaise and mix gently.
10. Transfer to container and garnish with the egg.
11. **Refrigerate.**

# **Burger or Meat balls**

## **Ingredients**

### **For Burgers:**

400g minced beef/lamb/turkey  
1 small egg  
2 slices of bread made into breadcrumbs (you can do this at school)

### **For Porky burgers:**

200g minced beef/lamb/turkey  
200g sausage meat or sausages (NOT SKINLESS)  
2 slices of bread made into breadcrumbs (you can do this at school)

### **For both:**

1 small onion – grated or finely chopped  
Salt and pepper (school will provide)  
Mixed herbs\* (school will provide)  
Garlic salt\* (school will provide)  
1 tablespoon of either brown or tomato sauce\* (school will provide)

\* These ingredients are optional

**Bring a plastic container with a lid (name in top) to take it home in.**

## **You need to use a red meat chopping board for raw meat**



## **Method for burgers**

1. Beat the egg in a small basin using a fork.
2. Make the breadcrumbs using a vegetable grater, blender or food processor.
3. Grate the onion and place it in a large mixing bowl with all the other ingredients and mix thoroughly.
4. Flour the meat board well. Divide the mixture in to 4, 6 or 8 equal amounts and shape into burgers.

## **Method for Porky burgers**

1. Skin the sausages if used, by slitting and removing the skins.
2. Now follow the instructions for burgers from number 1.

## **Meatballs**

1. Beat the egg in a small basin using a fork.
2. Make the breadcrumbs using a vegetable grater, blender or food processor.
3. Grate the onion and place it in a large mixing bowl with all the other ingredients and mix thoroughly.
4. Flour the meat board well. Divide the mixture into golf ball size balls pieces.

## **To cook at home**

Grill for approximately 15 minutes, turning once half way through, until cooked.

## Christmas crinkle cookies

### **Ingredients**

30g cocoa powder, sieved  
100g caster sugar  
30ml vegetable oil  
1 large eggs  
90g plain flour  
1/2 tsp baking powder (School will provide)  
1 oranges, zested  
1 tsp mixed spice (School will provide)  
1/2 tsp cinnamon (School will provide)  
30g icing sugar



### **Method**

1. Heat the oven to 190C/170C fan/gas 5
2. Mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.
3. Combine the flour, baking powder, orange zest, mixed spice, cinnamon and a pinch of salt in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms.
4. Tip the icing sugar into a shallow dish. Roll heaped teaspoons of the dough into balls (about 20g each), then roll in the icing sugar to coat. Put the balls on one large or two medium baking trays lined with baking parchment, ensuring they're evenly spaced apart.
5. Bake in the oven for 10 mins, then transfer to a wire rack to cool – they will firm up as they cool, but still be fudgy in the centre.

*These will keep for up to four days in an airtight container.*

## Chocolate truffles

### Ingredients

150ml double cream  
100g dark chocolate , chopped into small pieces  
100g milk chocolate , chopped into small pieces  
2 tbsp cocoa powder  
50g chopped hazelnut or icing sugar or vermicelli  
(optional)

### You'll also need

mini paper cases  
empty egg boxes  
ribbon (optional)



### Method

1. Gently heat the cream in a pan. When hot, remove from the pan and leave to stand for 1 min. Add dark and milk chocolates to the pan, and stir until melted and smooth. Pour mixture into a small glass bowl and chill in the fridge until firm. (We can use the blast chiller for this)

Why not make your decorative box when your chocolate is cooling

2. When the chocolate is firm, use 2 teaspoons to scoop out 12 walnut-sized truffles. Roll half the truffles in the cocoa powder and the other half in hazelnuts or other topping.
3. Place the covered truffles in mini paper cases and pop into egg boxes. You can now tie up with ribbon and give to someone you love.



## Stained Glass Window Biscuits

- 150g butter, softened
- 1 large egg
- 1 tsp baking powder (school will provide)
- 1 tbsp mixed spice (school will provide)
- 1 pack boiled coloured sweets
- 100g muscovado sugar
- 250g plain flour, plus extra for flouring
- pinch salt (school will provide)
- 1 tsp vanilla extract (school will provide)

### Method:

1. Preheat the oven to 180C/Gas 4 and line a baking tray with parchment paper.
2. Using an electric hand whisk, whisk together the butter and sugar in a large bowl. Once lightened and creamy add the egg and mix thoroughly.
3. Sift in the flour, baking powder, salt, and using a wooden spoon mixed spice and then add the vanilla extract until you reach a biscuit dough consistency.
4. Turn the dough onto a floured work surface and roll out to about 1cm/½in thick. Cut out biscuit shapes (such as stars or Christmas trees) and place onto the lined baking tray (you may need more than one tray, or to cook in batches).
5. Using a smaller cutter or a small knife cut out the centre of each biscuit. Place a boiled sweet into the hole (cut sweet in half if your hole is smaller than 2.5cm) and place in the preheated oven to cook for 15 minutes, or until golden-brown and crisp with the sweet melted.
6. As soon as the biscuits are baked and while they are still warm, use a straw to poke a hole out of the top of each biscuit. Be careful not to make this hole too near the edge of the biscuit. Once the melted sweets have hardened, transfer to a wire rack to cool.
7. Thread a length of string, ribbon or florist's wire through the hole and hang the biscuits on the Christmas tree so the lights can shine through the centres.
8. Alternatively once biscuits have harden you could sandwich two together using a little icing sugar add some sprinkles to the set glass to give a snow affect when shaken.



## Fruit Crumble

### Ingredients

When choosing ingredients consider healthier alternatives to traditional foods

100g (wholemeal) flour

50g (brown) sugar

50g (sunflower) margarine

50g rolled oats, perhaps include some chopped nuts or sunflower/sesame seeds

1 can/jar fruit pie filling or 200-300g prepared\* fruit

e.g. Apples, blackberries, rhubarb, gooseberries, plums, damsons, and sugar to taste



**Don't forget your ovenproof dish or 20p for foil container from school**

**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Preheat oven 200°C / gas mark 6
2. Weigh margarine and put in mixing bowl (large bowl out of cupboard)
3. Using margarine wrapper, grease ovenproof dish (The one you brought from home!)
4. Put fruit pie filling or prepared fruit and sugar to sweeten in greased dish.
5. Weigh flour and add to margarine.
6. Chop margarine into small pieces in the flour using table or palette knife
7. Rub fat into flour using fingertips only, until mixture looks like breadcrumbs
8. Stir in other dry ingredients (sugar, oats etc.)
9. Sprinkle crumble mixture over fruit and level top carefully (pressing it will make a crunchy top)
10. Stand dish on baking tray (in case it boils over)
11. Put crumble in oven (middle or top shelf) for 15 - 20 mins till top is pale golden brown and fruit is bubbling.
12. Wash up and tidy work area. Remove crumble from oven using oven gloves when it is ready.
13. Wash/wipe baking tray and cover crumble lightly till ready to eat.

## Cheese or fruit scones

### Ingredients

225g/8oz self-rising flour

Pinch of salt (school will provide)

55g/2oz butter

25g/1oz mature cheddar cheese, grated

150ml/5fl oz milk

1 tbsp. mixed herbs (school will provide)

If you want to make fruit scones you will need 25g fruit (raisins or cherries) and 25g sugar; don't bring in the cheese or herbs.



**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the cheese or fruit and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/<sup>3</sup>/<sub>4</sub>in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden. Cool on a wire rack.

## Cheesy Spirals

### Ingredients

A block **puff** pastry

6 tbsp. readymade pasta sauce or passata

100g cheddar cheese

1 egg

A little flour for rolling out (school will provide)

Optional - ham or pepperoni or any other fillings required



**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Pre heat oven to 200°C gas 6
2. Sprinkle a little flour on work surface
3. Roll out your pastry into a rectangle approx. 40cm by 32cm
4. Spread a layer of pasta sauce over the pastry leaving a 1cm border round the edge
5. If using ham or pepperoni arrange this evenly on the top and sprinkle with grated cheese
6. Starting at one of the long ends roll the pastry up as tightly as possible
7. Using a sharp knife cut into 12 equal lengths and place them flat on a baking tray
8. Brush the tops with egg and bake in the oven for 12-15 mins until golden brown
9. Leave to stand for 5-10 minutes before serving

## Flapjacks

### Ingredients

75g dried fruit or cherries  
150g rolled oats (NOT Readibrek or other instant oats)  
50g sugar  
50g butter or margarine  
2x15ml spoons golden syrup



**A container to take home your flap jack**

### Method

1. Preheat the oven to 180 °C or gas mark 4.
2. Place the butter or margarine, sugar and syrup into a saucepan and **gently heat** until the butter or margarine has melted.
3. Stir in the oats and fruit.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 15 - 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.

### **Top tips**

- ◆ Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- ◆ Add 1 x 5ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- ◆ Go for grated fresh apple or carrot.

## Cookies

### Ingredients

100g sugar  
100g butter  
1 tbsp. golden syrup  
75g self-raising flour  
Cookie extras (i.e. chocolate chips)  
Another 75g of self raising flour



**Bring a plastic container with a lid (name in top) to take it home in.**

### Method

1. Pre-heat the oven to 180 degrees. Mix the sugar and butter together to make a paste.
2. Add the golden syrup.
3. Add the first 75g of flour and whatever you are adding to your cookies (i.e. chocolate chips). Mix together.
4. Add and mix the last 75g of flour.
5. Arrange on a baking tray in 10-12 blobs, don't flatten them.
6. Put them in the oven at 180 degrees for 12-15 minutes.

Instead of chocolate you could add dried fruit

## Easter nests

100g chocolate

100 g shredded wheat (Broken up),  
rice crispies, cornflakes or shreddie

A packet of mini eggs or smarties

12 paper cases Container Any other  
decoration, Easter chicks?



### Method

1. Put a sauce pan half filled with water to heat up on the hob.
2. In a large mixing bowl break up the chocolate, heat this on top of the pan.
3. Once the chocolate has melted remove from the heat.
4. Add the cereals to the chocolate and mix.
5. Divide the mixture between the paper cases, shape into nests.
6. Decorate with mini eggs.
7. Leave to cool.

Store on the shelf in your named container.

## Butter

### Ingredients

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- 600ml jersey/thick double cream this had to be proper cream (not elmlea type)

### Method

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1. To make the butter, pour the cream into a sterilised mixing bowl. Beat with an electric hand mixer on a medium speed until the cream becomes stiff, then continue to whip until the cream collapses and separates into butterfat and buttermilk. Line a sieve with clean muslin or a new J-cloth and set over a bowl. Pour in the cream mixture and allow the buttermilk to drain into the bowl (you can use this for making bread or other cakes). Put the butter from the sieve into another sterilised bowl, then beat briefly to extract even more buttermilk. Drain again.
2. Fill a bowl with very cold or iced water. Add the butter and knead it with your hands. If there's still any buttermilk left, it will come out in the water. Change the water 2 or 3 times. The butter is ready when the water stays clean.
3. With cold hands (have a cold tap running or a bowl of iced water to hand), lift the butter onto a board and pat into two even-size blocks. This shaping will help release some moisture. You can then use pre-soaked butter paddles to press the blocks and make them more evenly shaped, if you like. Wrap the butter in baking paper or waxed paper, then chill until needed.



### Tips

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1. It's important to remove all the buttermilk from the butter – any left behind could turn the butter rancid. If you prefer salted butter, add sea salt to taste just before shaping. Some people add it to the cream before whisking, but you'll lose some of the saltiness when you remove the buttermilk.
2. The butter will keep in the fridge, well-wrapped, for up to a week, or freeze half of it for up to 3 months.
3. *Butter paddles are small, ridged pieces of wood that are used to shape handmade butter. Look out for them at antiques markets, or buy new ones online. They need to be soaked in iced water for at least 30 minutes before using, to prevent the butter sticking.*



## Chocolate blancmange.

### Ingredients

4 tablespoons of cornflour

2 tablespoons caster sugar

550ml milk

115g chocolate chips

### **4 Dishes to put the made blancmange into**

You may substitute the chocolate chips for 100g of  
Strawberries/banana/ raspberries



### Method

1. Blend the cornflour and sugar with two tablespoons of milk.
2. Heat the remaining milk and chocolate/fruit in a saucepan until it comes to the boil.
3. Pour onto the cornflour mixture, stirring well. Return the mixture to the saucepan and bring to the boil, stirring continuously until the mixture thickens.
4. Cook for a further three minutes.
5. Pour the mixture into a dish and put into the fridge to set.

**Please bring a named dish and container to take food home in.**

## Soft Cheese

My Homemade Cream Cheese recipe could not be easier to make, because everything you need to make rich, creamy, and tangy cream cheese is most likely already in your fridge.

Servings: 1 cup

### *Ingredients*

- 500ml whole milk (full fat, not low fat)
- 1-2 tablespoons lemon juice (lime juice or white vinegar) (school can provide)
- 1/4 teaspoon salt (read notes)

### *Instructions*

1. In a heavy-bottomed saucepan, heat the milk on med-high. Stirring constantly until it starts to a rolling simmer.
2. Reduce the heat to medium. Add the lemon juice 1 tablespoon at a time, in 1-minute intervals. Continue stirring constantly.
3. Continue cooking until the mixture curdles. Stir constantly till the mixture has separated completely, this should take just a few minutes. There will be a green liquid on the bottom and thick curdles on top. Remove from the heat. This should happen within a few minutes.
4. Lay a sieve with cheesecloth over a large bowl. Pour the curd mixture into the sieve. Let it strain and cool for about 15 minutes.
5. Transfer curds to a bowl and mix until curds have come together and are totally smooth and creamy. It will take around 3-4 minutes. Keep going if your cream cheese is grainy.
6. Add salt and taste. Add more if you want more flavour. Now is also a good time to add herbs, garlic or any other flavours you like.
7. This cream cheese must be stored in the fridge. I always use it within 7 days but can last as long as up to 2 weeks.



## Shortbread

Makes 20-24 shortbread

Try making these easy, buttery biscuits as homemade Christmas presents, with chocolate chips worked into the dough.

### Ingredients

- 125g butter
- 55g caster sugar, plus extra to finish
- 180g plain flour
- Optional 100g chocolate chips



### Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.