

# The Ripley Academy



## Recipe book 2021-2022

### Year 8



## Healthy Eating

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 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 practical 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

## **Bread**

### **Ingredients**

200g strong plain flour (wholemeal or white)  
½ tsp. salt (School provides)  
150ml warm water (School provides)  
1 Packet fast action yeast 7g  
1 tsp. sugar (School provides)



Or school will provide all ingredients for 50 p

**Suitable named container to take food home.**

### **Method**

1. Pre heat oven to gas 7 or electric 210 C
2. Sieve flour and salt into a large mixing bowl and keep warm.
3. Measure water (room temperature) into a jug, add sugar and yeast. Whisk with a fork until the yeast has dissolved.
4. Make a well in the centre of the flour and add the yeast liquid. Stir with a palette knife mix to a “pliable” dough.
5. Place dough on a floured table and knead for 5 minutes.
6. Divide the dough into 4 even sized pieces and shape.
7. Place on a baking tray and leave in a warm place to rise.
8. When doubled in size bake for 10 minutes.
9. To test – tap on the bottom of the bread roll and they should sound “hollow”.

### TOP TIPS

Bread is a “Staple” food. This means it provides the carbohydrate in the meal in the form of Starch. Starch provides long term energy. Other “Staple” foods are rice, potato and pasta.

Wholemeal flour will add 8 times more dietary fibre (NSP) than white flour.

# Pizza

## Ingredients

Base, use the bread recipe as before or **50p from school**

3 tbsp tomato puree or tomato pizza base sauce

add 3 to 4 toppings of your choice

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50g grated cheese

Mixed herbs (school will provide)

**Please bring in an oven proof tray or pizza plate if you want to take home your pizza whole. This must be large enough to fit your pizza on and foil to cover your cooked pizza.**

## Method

1. Pre heat the oven to gas 7 or 200 C electric
2. Sprinkle flour on your pizza plate or baking tray
3. Make up your bread mixture
4. Roll out bread mixture so it covers your pizza plate 1cm thick
5. Spread the base with the tomato sauce
6. Cut all your other topping and arrange over the pizza
7. Add the grated cheese
8. Place in the oven and bake for 15/20mins

## Spaghetti Bolognese

**Serves 4**

### Ingredients

1 onion  
500g minced beef  
1 tbsp tomato puree  
1 tbsp garlic puree or a clove of garlic  
100g chopped mushrooms  
mixed herbs (optional)  
1 tbsp oil for frying (School provides)  
1x400g canned chopped tomatoes.



Why not add grated carrot and or courgette to add to your 5 a day?

**Suitable named container to take food home.**

### Method

1. Peel and chop the onion
2. Add oil to the pan and fry onions gently for 3 minutes until soft.
3. Add mince and fry until it has gone brown.
4. Add mushrooms and fry for a further 3 minutes.
5. Add tinned tomatoes, tomato puree, garlic and mixed herbs.
6. Turn heat down and leave to simmer for 5 minutes

### TOP TIPS

Try serving your spaghetti bolognese with parmesan cheese and fresh basil.  
For a vegetarian option swap the minced beef for a veggie mince or lentils.

## Tomato & chickpea curry

### Ingredients Serves 4

- 1 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 1 tsp garam masala or mixed curry power (School provides)
- 1 tsp turmeric (School provides)
- 1 tsp ground coriander (School provides)
- 400g can plum or chopped tomatoes
- 400ml can coconut milk (reduced fat)
- 400g can chickpeas, drained and rinsed
- 2 large tomatoes, quartered (optional)
- ½ small pack coriander, roughly chopped (optional)



### **Suitable named container to take food home.**

This is a vegetarian recipe but if you would like to add chicken you can add 2 chicken breasts (cut into bite size pieces). Once you have fried the onion add the chicken to the pan.

### Method

1. Heat the oil in a large pan and add the onions. Cook until softened, about 10 mins.
2. Add the garlic and spices, and stir to combine. Cook for 1-2 mins, then pour in the canned tomatoes, break up with a wooden spoon and simmer for 10 mins.
3. Pour in the coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.
4. Tip in the chickpeas and the tomatoes, and warm through.

At Home – serve with cooked basmati rice, Scatter over the coriander and serve with fluffy rice.

Student can swap the chickpeas for chicken if they want to add meat.

## Stir Fry

### Ingredients Serves 4

50g mushrooms  
50g mangetout  
150g chicken/steak/pork or quorn pieces  
1 fresh red or green chilli (optional)  
1 clove of garlic (optional)  
2.5cm root ginger (optional)  
1/2 red or green pepper  
2 tbsp soy sauce  
6 tbsp hoisin /oyster/sweet and sour sauce etc.  
2 blocks dried egg noodles.  
2 tbsps vegetable oil



**Suitable named container to take food home.**

### Method

1. Fill a medium saucepan half full with water and put on to boil. When the pan of water is boiling add noodles and cook for 5 mins (or follow the instructions on packet) until softened. Drain noodles into a colander.
2. Cut the chilli in half, remove seeds and finely chop. Peel and finely chop garlic. Peel and chop ginger.
3. Slice red/green pepper into thin strips. Cut mushrooms into  $\frac{1}{4}$
4. Place 2 tbsps vegetable oil in a frying pan and turn onto a medium heat. Add the meat and fry for 5 mins. Remove from frying pan and place on a metal plate. Turn the heat up to full.
5. Add garlic, ginger, chilli, pepper, mushrooms, mange tout to the frying pan. Fry for 5 mins, stirring continuously.
6. Add the meat back to the pan and add the soy sauce and the hoisin, oyster or sweet and sour sauce. Cook for a further 2 to 3 minutes.
7. Pour mixture over noodles and serve.

## Sausage rolls

### Ingredients

- 400g puff pastry or rough puff pastry

### For the filling

- 450g sausagemeat or 8 sausages
- salt and white pepper (school provides)
- 1 tbsp thyme leaves (optional)
- 60g pickle, such as Branstons pickle (optional)
- 1 free-range egg, lightly beaten



### Method

1. Preheat the oven to 200C/400F/Gas 6
2. Roll out the pastry to a rectangle 60x20cm/23½x8in. Trim the edges to neaten. Cut into six even rectangles.
3. Mix the sausagemeat with the thyme in a bowl and season with salt and pepper. Divide the sausagemeat into six even portions. Roll each portion into a sausage shape.
4. Spread a teaspoon of pickle along each pastry rectangle, leaving the edges clear. Place a filling sausage across the top of each pastry rectangle. Roll the pastry to enclose the filling. Brush the pastry edges with beaten egg to seal.
5. Place the sausage rolls on trays lined with parchment. Bake for 30 minutes, or until golden-brown and cooked through.



## Mini Christmas cakes 2 lessons

### Make 2 cakes

#### **Ingredients**

- 38g baking margarine (e.g. Stork)
- 25g soft brown sugar
- 100g mixed dried fruit
- 50g self-raising flour
- ½ teaspoon mixed spice (school can provide)
- 1 egg



#### **To Decorate**

- Small packet of ready to roll white icing
- ready-made Christmas icing decorations (optional)
- Any other decorations and ribbon
- 2 Small bean tin or pineapple tins

#### **Method**

1. Make sure you have all your ingredients measured out and equipment ready.
2. Pre-heat the oven to 150C / gas 2.
3. Double line the sides and base of the bean tins with baking paper.
4. Use a wooden spoon to beat the baking margarine and sugar in a bowl.
5. Add the mixed fruit and spice. Mix well.
6. Crack the egg into a small bowl and beat with a fork.
7. Add half the egg and half the flour to the butter/fruit mixture. Mix well.
8. Add the other half of the egg and flour and mix again.
9. Divide the mixture evenly into the 2 tins.
10. Place the tins on a baking tray and bake in the centre of the oven for 50 minutes.
11. When cooked, cool for a few minutes in the tin, then remove from the tin, carefully remove the baking paper and leave on a cooling rack until cold.



#### **Making fondant decorations**

You can really use your imagination to create decorations from your coloured fondant.

Work it a little, like play-doh, until it is soft, then create your decorations.

You can mix the colours together to create new colours.

Remember to wash your hands and clear your work surface between using colours if you don't want them to mix.

#### **To decorate**

1. Trim the rounded top off each cake.
2. Spread a thin layer of jam all over your cake and sit it on your cake board.
3. Take half your white icing and knead it in your hands until it is soft.
4. Sprinkle a small amount of icing sugar onto the work surface and roll out the icing until it is big enough to cover the top and sides of your cake.
5. Carefully place the icing on the cake and gently push it onto the cake. Using a table knife, trim at the bottom, just a little bit bigger than the cake. Use the sides of your hands to ease the icing into the bottom edge of the cake.
6. Finish the decorating of your cake to your own design using decorations made from your coloured fondant.

Date to be cooked .....

## Christmas Shortbread Reindeer

### You will need

25g caster sugar

50g block margarine or butter (leave out of fridge)

75g plain flour (for chocolate reindeer, replace 1 rounded tablespoon flour with 1 rounded tablespoon cocoa powder)

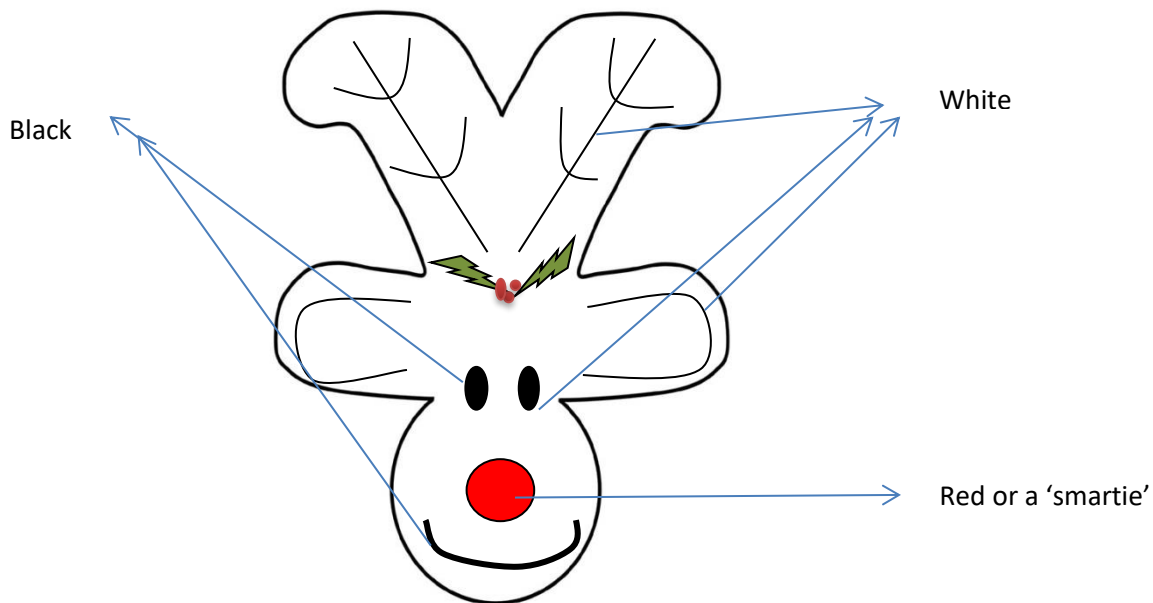
Writing Icing pens – (white, red, green and black)



BRILLIANT!!!! An upside down gingerbread man = Reindeer!

### Method

1. Pre-heat oven – 175c/ gas 4 and line a baking tray with parchment or silicone sheet
2. Put sugar, butter (cubed), and sieved flour (and cocoa if using) into large mixing bowl.
3. Rub in with fingertips until like breadcrumbs and then 'overwork' it by pressing the crumbs together until a ball of dough forms
4. Knead it gently to get rid of cracks and then roll out very gently on a lightly floured surface to ½ cm thick.
5. Cut out with the gingerbread man cutters and place, quite close together, on lined tins
6. Bake 15-20 mins – WASH-UP!!
7. Leave on tray to cool for 5 mins before carefully removing with a palette knife and placing on wire cooling rack.
8. When cool, decorate as in the picture, using the writing icing pens



## Quiche Lorraine

**This is cooked over 2 lessons**

### Ingredients

#### Needed 1<sup>st</sup> week

150g plain flour (white or wholemeal)

35g margarine

35g lard

2 tablespoons cold water

**18cm 7" flan ring or flan tin.** Or 20p from one from school

#### Needed 2<sup>nd</sup> week

50g cheese

1 tomato

2 eggs

1 teaspoon dried herbs

125ml skimmed milk

half of an onion

3 rashers of bacon (optional)



**Suitable named container to take food home.**

### Method

1. Turn oven on Gas 6 / 200 C
2. Sieve flour with a pinch of salt and rub in the fat until it looks like breadcrumbs. Or you can use a food processor.
3. Add the water and mix well, add more if necessary until a soft but not sticky dough is formed.
4. Roll out pastry on a floured surface and line the flan ring.
  1. Dice onion and fry in a little fat if wished before placing them in the flan case.
  2. Fry Bacon until cooked.
  3. Beat the eggs with milk and herbs in a small bowl. Grate  $\frac{3}{4}$  of cheese into the egg mixture.
  4. Pour mixture over the onion and bacon and sprinkle remaining cheese on top.
  5. Bake for 25-35 minutes until set and golden brown.
  6. Garnish with sliced tomato.

## **Rolled Oat Cookies**

### **Ingredients**

- 50g self-raising flour
- 50g rolled oats
- 50g caster sugar
- 50g margarine
- ½ tsp bicarbonate of soda (School provides)
- 1 tsp milk (School provides)
- 2 tsp golden syrup



School can provide all the ingredients at a cost of 70p

**Suitable container to take food home.**

### **Method**

1. Heat the oven to gas mark 5 or electricity 190
2. Place flour, oats and sugar together in a mixing bowl.
3. Melt margarine and syrup together in a saucepan over a low heat.
4. Mix bicarbonate of soda and milk in a small basin, add this to the melted syrup and margarine.
5. Put the liquid into the dry ingredients and mix well.
6. Form the mixture into the small balls, place on a baking tray and flatten slightly with your fingers.
7. Bake for 6-8 minutes, allow cooling on the tray for 2 minutes.
8. Transfer to cooling rack to finish cooling and setting.

## Spring rolls

### Ingredients

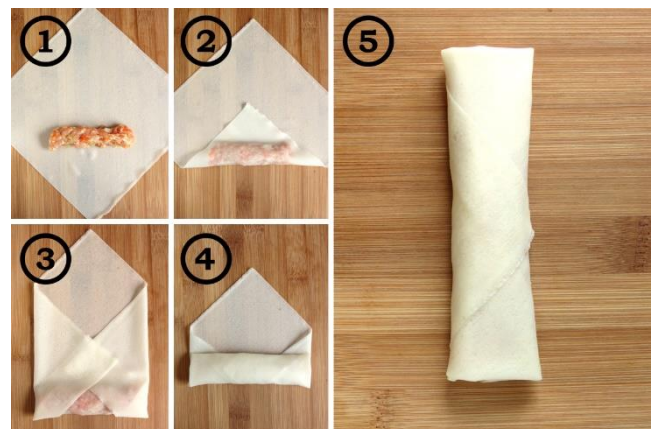
- 1x small carrot
- 2 x spring onions
- 40g beansprouts
- 25g frozen peas
- 1 x 15ml spoon oyster sauce
- 4 filo pastry sheets
- Oil (school will provide)

### Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top, tail, peel and grate the carrot.
3. Snip the spring onions in the mixing bowl.
4. Add the beansprouts, peas and oyster sauce.
5. Mix the ingredients together.
6. Place the filo pastry sheets on the work surface.
7. Halve the pastry sheet and work on one half at a time.
8. Spoon a little vegetable mixture along the top edge.
9. Fold over twice.
10. Fold in the two edges.
11. Continue to roll up the spring roll.
12. Place on the baking tray.
13. Brush with a little oil.
14. Bake for 15 minutes, until golden.

### Top tips:

- Use oven gloves when putting food into, and taking food out of, the oven.
- Try adding different vegetables, e.g. finely diced celery, peppers.
- Make sure the join of the pastry is underneath before cooking the spring rolls.



## Chicken nuggets with easy BBQ sauce

Makes 15

These gluten-free chicken nuggets have a crisp coating thanks to ground almonds. Try them with throw-together BBQ sauce.

### For the chicken nuggets

- 100g ground almonds or bread crumbs
- 1 eggs
- 2 chicken breasts, cut into nuggets
- ½ tsp salt (School provides)
- freshly ground black pepper, to taste (School provides)
- 1 tbsp butter



### For the seasoning (optional)

- ½ tsp onion powder (School provides)
- ½tsp garlic powder (School provides)

### For the BBQ sauce (optional)

- 2 tbsp tomato purée
- 1 tbsp butter, melted
- 1 tbsp balsamic vinegar
- ½ tsp smoked paprika, to taste
- salt and freshly ground black pepper (School provides)

## Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Line a baking tray with baking parchment.
2. Pour the ground almonds or breadcrumbs into a bowl and stir in the seasoning. Beat the eggs in a separate bowl.
3. Season the chicken pieces all over with the salt and pepper. Dip each chicken piece first in the egg, then roll in the almonds or breadcrumbs until completely covered. Arrange the nuggets on the prepared baking tray.
4. Melt the butter in a small saucepan over a low heat. Drizzle the melted butter over the nuggets. Bake in the oven for 18-20 minutes, turning halfway through cooking, until cooked through and golden-brown.
5. Meanwhile, for the BBQ sauce, whisk together the tomato purée, melted butter and balsamic vinegar until well combined. Season with salt, pepper and smoked paprika.
6. Transfer the BBQ sauce to a sterilised, airtight jar and chill in the fridge until needed.

## Fantastic fish fingers

### Ingredients

- 40g bread (approximately 1 thick slice)
- 400g/14oz skinless white fish fillets (such as cod, haddock or pollock)
- 5 tbsp plain flour
- 1 large egg, beaten
- ¼ tsp paprika (optional)
- 1 tsp garlic powder (optional)
- freshly ground black pepper (School provides)
- little sunflower oil (School provides)



### Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Line a baking tray with non-stick parchment paper.
2. To make the breadcrumbs, put the bread in a food processor and blitz into fine breadcrumbs
3. Pat the fish dry using kitchen paper. Carefully cut the fish into strips, the strips should be about 2cm thick and 8cm long. Run your finger gently over the fish to make sure all the bones have been taken out.
4. Set up your assembly line. Get 3 dinner plates and one shallow bowl ready.
5. Put the flour on the first plate. Crack the egg into the shallow bowl and beat lightly using a fork. Put the breadcrumbs on the second plate and mix with the paprika, garlic powder and black pepper. The third plate is for the coated fish fingers.
6. Toss each fish finger in the flour and shake off any excess. Next, dip the fish fingers into the egg mixture and allow any extra egg liquid to drip back into the bowl. Then coat the fish fingers with the breadcrumbs. Slightly press the fish fingers into the breadcrumbs to make sure they are well coated and then put them on the third plate.
7. Put the fish fingers in the fridge for 10 minutes, this will help the coating stick to the fish better. Wash your hands again before moving on to the next step, it is really important to always wash your hands after handling raw fish or meat.
8. Arrange the fish fingers in a single layer on the prepared baking tray. Drizzle or spray some oil over the fish fingers.
9. Bake in the oven for 10-12 minutes, turning halfway through using cooking tongs. The fish fingers are cooked when the crumbs are golden-brown and the fish is cooked through.
10. These fish fingers are best served with ketchup for dipping and with sweet potato wedges and peas alongside.

## Easter Brownies

### Ingredients

140g butter

250g caster sugar

$\frac{3}{4}$  tsp vanilla essence (optional)

2 eggs

85g plain flour

$\frac{1}{2}$  tsp baking powder (School provides)

50g cocoa powder

100g chopped nuts or choc chunks or rolos

or bag of small cream eggs or a few mini eggs



1. Turn the oven on to 180C. Line tin with greaseproof paper
2. Melt the margarine over a low heat, pour it into a mixing bowl, add the sugar and vanilla essence.
3. Break the eggs into a jug and beat them. Add them to the margarine and sugar a little at a time. Beat them well.
4. Sift the flour into the bowl and add the baking powder and the cocoa. Stir everything together so that it is well mixed. Add the chopped nuts/chocolate chunks (not the cream eggs yet)
5. Pour the mixture into the tin and smooth with the back of a spoon. (Add the cream eggs now)
6. Bake it in the oven for about 30-35 minutes.
7. The brownies are ready when they have risen and have formed a crust on top. They should still be soft in the middle.

**Transfer to your container to take home**



## Cupcakes

### Ingredients

#### 1<sup>st</sup> week

100g self-raising flour  
100g butter or soft margarine (not low fat spread)  
100g caster sugar  
2 eggs  
paper cake cases

#### 2<sup>nd</sup> week

##### **Icing**

200g icing sugar  
100g butter or soft margarine  
Any other decorations wanted



**Suitable named container to take food home.**

### Method

1. Light the oven to gas mark 5 or 190 C
2. Place paper cases into muffin tins or onto a baking sheet.
3. Sieve the flour into a mixing bowl. Add the margarine, sugar, and eggs. Beat well with a wooden spoon (or electric mixer) until the mixture is a light colour, fluffy and of a soft “dropping” consistency.
4. Spoon the mixture into paper cake cases.
5. Bake for 10-12 minutes (approx) until risen, firm and golden brown. Leave to cool before decorating.
6. In a clean bowl mix the butter and icing sugar to make butter cream.

Add this to the top of your cakes.

## Soup

### **Carrot and Coriander**

1 onion	350g carrots	1 potato
1 oxo cube (with 800ml water)	salt and pepper	100ml milk
2 tsp. ground coriander or small bunch fresh		

### **Quick Tomato**

1 onion	1 clove garlic – optional	1 carrot
1 tin chopped tomatoes	1 tbsp tomato puree	
oxo cube (+ 1 pt water)	2 slices white bread	
Herbs e.g. dried, fresh basil	Salt/pepper	

### **Celery and Stilton**

1 onion	4sticks celery	1 tbsp flour
1 oxo cube (with 1 pint water)	salt and pepper	50g stilton

### **Minestrone Soup**

1 onion	1 clove garlic (optional)
1 carrot	1 stick celery
1 can chopped tomatoes	1 oxo cube (with 1 pint water)
50g spaghetti, broken up.	

### **Creamy Mushroom soup**

1 onion	1 clove garlic – optional
250g mushrooms	1 oxo cube (with 1 pint water)
1 potato	salt and pepper
100ml fresh cream – best added at home when soup heated up.	

### **Vegetable soup**

1 onion	1 clove garlic – optional	1 potato
1 oxo cube	salt and pepper	herbs of your choice
chose 2 other vegetables of your choice		

## **FLASK OR EMPTY MILK CARTON TO TAKE HOME IN**

1. Peel and finely chop the onion, fry with the garlic.
2. Add the finely chopped vegetables
3. Make up your stock with 300ml of boiling water and stock cube
4. Season with salt and pepper, cook on a rolling boil for 5 mins
5. Add cream, cheese or spaghetti
6. Once cooked remove from the heat, use the blender if you require a smooth soup.
7. Transfer to your container to take home.

Date to be cooked .....

## Cheese sauce (macaroni cheese)

### Ingredients

500ml milk  
4 tbsp plain flour  
50g butter  
100g grated strong cheddar (or 50g grated cheddar, 50g crumbled blue cheese)  
500g pasta shapes



### Method

1. Place the pasta in your sauce pan cover with water and place on the hob to boil. When the pasta is cooked drain the water and set aside.
2. Pour 500ml milk into a large saucepan and add 4 tbsp plain flour and 50g butter.
3. Turn on the heat to medium and start to whisk the mixture. Keep whisking fast as the butter melts and the mixture comes to the boil – the flour will disappear and the sauce will begin to thicken. **Don't leave your sauce as it will go lumpy**
4. Whisk for another 2 mins while the sauce bubbles then stir in 100g grated strong cheddar cheese (or 50g grated cheddar, 50g crumbled blue cheese) until melted.
5. Add the cooked pasta to your cheese sauce.

**Place in your container to take home**