

YEAR 8

**FOOD PREPARATION
AND NUTRITION**

RECIPE BOOKLET





Oaty Bars



Ingredients

- 150g butter
- 100g brown sugar (demerara)
- 200g oats
- 90ml apple juice
- 1 orange (optional using the zest for flavour)
- 100g raisins
- 1 tablespoon of syrup



Big Picture:

To successfully make your oaty bars by using the creaming method.

Understand why we need to mix the sugar and butter together and the culinary term creaming.

Other items needed from home

A container in which to take your food home in.

Equipment

Palette knife

- Cake tin
- Mixing bowl
- Spoon



EAT FOR HEALTH

Oats are a great source of carbohydrates and fibre. The added apple juice, and orange adds lots of vitamins and minerals to support the natural function of our bodies.

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 180°C, Gas Mark 4 and grease a 20cm square cake tin.
- Cream the butter and sugar until light and fluffy, then the syrup, then work in the oats and add the apple juice, orange zest, and raisins.
- Tip into the prepared tin and spread evenly and bake for 25 to 30 minutes until golden brown.
- Cool slightly before marking into squares.
- Leave to cool in the tin before cutting into squares.

Why not try...?

- ⇒ Try using different type of dried fruit, or a different juice to give it a different flavour.
- ⇒ Add in chocolate for more of a treat bar

Skills

- ◆ Baking
- ◆ Mixing
- ◆ Combining
- ◆ Zesting

Vocabulary:

- | | |
|---------------------|---------------------|
| Mise en place | Pathogens |
| Baking | Cross contamination |
| Zesting and juicing | Preheat |
| Creaming | |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Parmesan Chicken Nuggets



Ingredients

- 50g breadcrumbs or 1 slice of bread
- 1 tsp mixed herbs
- 2 tbsp parmesan
- 2 chicken breasts
- 2 tbsp flour
- 1 egg



Big Picture:

Successfully make your parmesan chicken nuggets by adhering to health and safety. Understand how cross contamination can occur when using raw chicken.

Other items needed from home

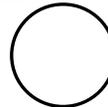
A container in which to take your food home in.

Equipment

- | | |
|--------------------|-------------|
| 2 plates | |
| Baking tray | Fork |
| Red chopping board | Mixing bowl |
| Knife | |

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 180°C,
- Put your flour into the mixing bowl
- Chop up your chicken breast into nugget sized chunks
- Place these into the bowl with the flour
- On one of the plates, beat the egg until it is mixed
- On the other plate, mix your breadcrumbs and parmesan.
- Coat your chicken in the flour, then place one bit in the egg and then into the breadcrumbs, ensuring it is coated.
- Place on the baking tray and repeat for all.
- Bake for 15 minutes until it reaches a core temperature of 75c



EAT FOR HEALTH

Chicken is a great source of protein, really important whilst you are still growing. These healthier baked chicken nuggets give you very little saturated fat unlike the premade ones.

Why not try...?

- ⇒ You can use any type of meat for this, why not try chicken thighs to make the nugget more juicy.
- ⇒ Consider making a tomato sauce to go with your nuggets to dip
- ⇒ Consider marinating your chicken before in a spice to add flavour

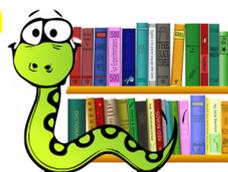
Skills

- ◆ Knife skills
- ◆ Breeding
- ◆ Baking
- ◆ Beating

Vocabulary:

- | | |
|---------------------|----------------|
| Mise en place | Food poisoning |
| Cross contamination | Panne |
| Pathogens | |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



Teacakes

Ingredients

- 50ml milk
- 15g butter
- 175g strong bread flour
- 1 sachet of fast action yeast
- 1 tbsp sugar
- 1/2 tsp mixed spice
- 40g mixed dried fruit



Big Picture:

To successfully create your enriched dough by combining skills you learnt in year 7.

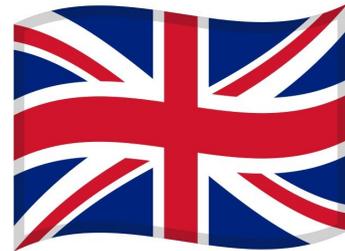
To understand why your dough is enriched and how it needs to be treated differently to normal bread dough.

Other items needed from home

A container in which to take your food home in.

Equipment

Teaspoon
Rounded ended knife
Saucepan
Measuring jug
Mixing bowl
Flour shaker
Tablespoon



EAT FOR HEALTH

Teacakes are a luxury treat item, they contain carbohydrates, vitamins, minerals and fats. However, they should be eaten infrequently due to the fat content.

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. In a saucepan, warm the milk with the butter until the butter has melted.
3. Add 100ml cold water into the milk.
4. Tip the yeast, flour, sugar, spice and 1 tsp of salt into a bowl
5. Mix all the dry ingredients together
6. Make a well in the dry ingredients and pour half the milk in and mix with a butter knife until large clumps form.
7. Add the rest of the liquid and stir until it starts to come together.
8. Add the dried fruit in.
9. Using your hands bring it together and then tip onto a floured surface and knead for 5 minutes until smooth.
10. Place into a bag with your name on it and tie it at the top (allowing space for it to rise)
11. Wash up and tidy away,

Why not try...?

- ⇒ You can use a range of dried fruits to change the flavour.
- ⇒ Have a go at adding orange or lemon. Or even chocolate.
- ⇒ Toasting your teacakes and adding butter for the traditional way of eating them

Skills

- ◆ Weighing and measuring
- ◆ Combining
- ◆ Kneading
- ◆ Proving
- ◆ Shaping
- ◆ Baking

Vocabulary:

Mise en place	Food poisoning
Cross contamination	Enriched
Pathogens	Fermentation

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Teacakes

Ingredients

- Premade dough
- 1 egg



Big Picture:

To successfully create your enriched dough by combining skills you learnt in year 7.

To understand why your dough is enriched and how it needs to be treated differently to normal bread dough.

Other items needed from home

A container in which to take your food home in.

Equipment

- | |
|---------------|
| Pastry brush |
| Measuring jug |
| Fork |
| Baking tray |
| Pastry brush |
| Flour shaker |



EAT FOR HEALTH

Teacakes are a luxury treat item, they contain carbohydrates, vitamins, minerals and fats. However, they should be eaten infrequently due to the fat content.

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat your oven to 180°C
- Tip your dough onto a lightly floured surface and bring together.
- Cut your dough into 6 even sized balls and roll into a smooth ball .
- Place onto a baking sheet
- Using the beaten egg, brush the tops of the dough to glaze.
- Put them into preheated oven for 20 minutes whilst you wash up and clean down.
- Your teacakes will sound hollow when ready.
- Place into your container and leave the lid off to cool.

Why not try...?

- ⇒ You can use a range of dried fruits to change the flavour,
- ⇒ Have a go at adding orange or lemon. Or even chocolate.
- ⇒ Toasting your teacakes and adding butter for the traditional way of eating them

Skills

- ◆ Weighing and measuring
- ◆ Combining
- ◆ Kneading
- ◆ Proving
- ◆ Shaping
- ◆ Baking

Vocabulary:

- | | |
|---------------------|----------------|
| Mise en place | Food poisoning |
| Cross contamination | Enriched |
| Pathogens | Fermentation |

- Vocabulary
- Infer
- Predict
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- Retrieve
- Summarise





Cheese Scones



Ingredients

- 250g self raising flour
- 1/2 tsp mustard powder or mustard
- 40g butter/baking block
- 75g hard cheese like cheddar
- 125ml milk



Big Picture:

To perfect the rubbing in method that you learnt in year 7 to successfully make your cheese scones. These need to be done safely and hygienically.

Other items needed from home

A container in which to take your food home in.

Equipment

Sieve	Sieve
Mixing bowl	Grater
Flour shaker	Rolling pin
Butter knife	Scone cutter



EAT FOR HEALTH

Great source of carbohydrates and calcium. Adding in grated courgette will increase the vitamin and mineral content.

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat oven to 220°C or gas mark 7.
- Grease or line the baking tray.
- Sift the flour and mustard into the bowl.
- Rub the fat into the flour until it resembles breadcrumbs.
- Grate the cheese.
- Stir in the cheese.
- Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
- Mix to form a soft dough.
- Place the dough on a lightly floured work surface.
- Roll out the dough to about 1½cm thick.
- Shape the scones using a cutter.

Why not try...?

- ⇒ Adding in extra veg like grated courgette or carrot.
- ⇒ Changing these to a sweet one, using some sugar and dried fruit.
- ⇒ Making some scones and adding them onto the top of a traditional cobbler

Skills

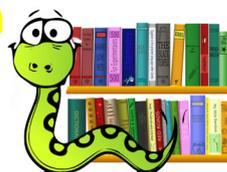
- Weighing and measuring
- Mixing
- Combining
- Stirring
- Shaping
- Baking

Vocabulary:

Mise en place

- Cutter
- Fluted
- Rubbing in method
- Glazing

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Rosca De Reyes



Big Picture:

Create the dough for your Mexican Christmas bread hygienically and safely in preparation for next lesson.

Ingredients

- | | |
|--------------------------------|---|
| 120ml milk | 2 eggs |
| 45g sugar | 2 tbsp oil |
| 50g butter | Some candied fruits such as
glace cherries or crystal-
ised stem ginger |
| 2 sachets of fast action yeast | |
| 250g strong bread flour | |
| 1/2tsp salt | |

Other items needed from home

A container in which to take your food home in.

Equipment

- | |
|---------------|
| Saucepan |
| Wooden spoon |
| Butter knife. |
| Mixing bowl |
| Flour shaker |
| Measuring jug |



EAT FOR HEALTH

Christmas food is always a luxury treat item, they contain carbohydrates, vitamins, minerals and fats. However, they should be eaten infrequently due to the fat content.

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Place the milk, sugar and butter in a small saucepan.
- Over a gentle heat melt the butter until all the butter has melted.
- Lightly beat the eggs and oil together. Stir in the milky mixture.
- Place the flour, yeast and salt in a mixing bowl.
- Add the liquid to the flour and mix well until the dough pulls away from the side of the bowl.
- Add the candied fruits
- Place the dough on a lightly floured surface and knead the dough for about 10 minutes until smooth and elastic.
- Place into a bag with your name on it and tie at the top to allow to rise.

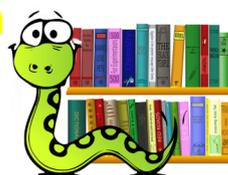
Why not try...?

- ⇒ Researching another type of Christmas bread found around the world

Vocabulary:

- | | |
|---------------------|----------------|
| Mise en place | Food poisoning |
| Cross contamination | Enriched |
| Pathogens | Fermentation |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise



Skills

- ◆ Weighing and measuring
- ◆ Combining
- ◆ Proving
- ◆ Shaping
- ◆ Baking
- ◆ Kneading



Rosca De Reyes



Ingredients

Your dough



Big Picture:

Shape and bake your dough for your Mexican Christmas bread hygienically and safely.



Other items needed from home

A container in which to take your food home in.

Equipment

Baking tray

Flour shaker

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Preheat the oven to 190°C
3. Gently knock back the dough and form into a ball.
4. Roll the dough to form a sausage shape
5. Place onto baking tray and form into a ring.
6. Bake for 20 minutes until golden brown.
7. Place into your container and allow to cool.

EAT FOR HEALTH

Christmas food is always a luxury treat item, they contain carbohydrates, vitamins, minerals and fats. However, they should be eaten infrequently due to the fat content.

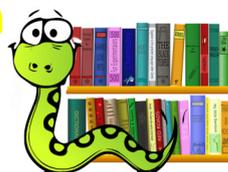
Why not try...?

- ⇒ Researching another type of Christmas bread found around the world

Vocabulary:

Mise en place
 Pathogens
 Food poisoning
 Enriched
 Fermentation
 Cross contamination

Vocabulary
 Infer
 Predict
 Explain
 Retrieve
 Summarise



Skills

- ◆ Weighing and measuring
- ◆ Combining
- ◆ Proving
- ◆ Shaping
- ◆ Baking
- ◆ Kneading



Enriched shortcrust pastry

Ingredients

- 250g plain flour
- 150g cold hard butter/block margarine
- 1 egg
- Pinch cayenne pepper/2.5ml ($\frac{1}{2}$ tsp) English mustard powder

Other items from home

Large, named freezer bag

Equipment

White ingredients tray	Large mixing bowl	Sieve
Round bladed knife	Measuring jug	Fork
Flour dredger	Rolling pin	Paring knife

Method

1. **Mise-en place:** Tie up hair, before entering room, wash hands, put on apron, place ingredients on white tray, get out equipment.
2. Carefully, sieve flour into large mixing bowl, to remove lumps and aerate the flour.
3. Add the cold butter/margarine and coat in flour.
4. Using a round bladed knife, cut butter into approximately 1cm cubes.
5. Using just your fingertips, lightly rub in the butter/margarine into the flour until it looks like fine breadcrumbs.
6. Sprinkle in cayenne pepper and/or English mustard powder and stir lightly with the round bladed knife.
7. Break the egg in to a measuring jug and mix with a fork.
8. Add, gradually, stirring with a round bladed knife until ingredients begin to stick together in large lumps.
9. With one hand collect mixture together and knead lightly for a few seconds to give a firm, smooth dough. (If too dry, add a little extra cold water, 5ml (1tsp) at a time.)
10. Cut the pastry in two. On a lightly floured work surface roll out the first half of pastry to a thickness of $\frac{1}{2}$ cm (approximately the thickness of a £1 coin) rotating it regularly to ensure it doesn't stick to the work surface.
11. Using a small sauce as a template, cut out as many circles as you can. Repeat with the second piece of pastry. Reroll the off-cuts from both halves and repeat the process of cutting out as many circles as possible.
12. Layer the pastry circles with grease proof paper squares and place into a named polythene bag, placing this on the front desk, ready for freezing.
13. Wash and dry up all equipment, placing the clean items at the end of your workstation, ready for checking.

Big picture

Demonstrate using the rubbing-in method to create a batch of enriched shortcrust pastry, rolling this out and cutting identical pastie circles.



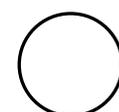
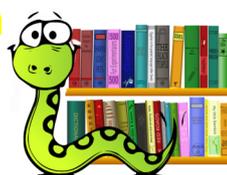
Why not try...

- Try substituting $\frac{1}{2}$ wholemeal flour for the plain flour to increase the fibre content.
- Using block margarine and substituting the egg for soya milk makes a pastry that is suitable for those that don't eat animal products.

Skills

- ✓ Measuring
- ✓ Sieving
- ✓ Rubbing-in method
- ✓ Mix, stir and combine
- ✓ Rolling out
- ✓ Cutting out

Vocabulary
Infer
Predict
Explain
Retrieve
Summarise





Cheese, potato and onion pasties

Ingredients

- 75g mature cheddar cheese (or equivalent hard cheese)
- 1/2 onion (red or white) or 2 spring onions
- 1 medium sized, **cooked** potato
- 1 tsp (5ml) wholegrain mustard
or 1/2 tsp (2.5ml) English mustard
- 1 tsp (5ml) dried thyme or mixed herbs
(or leaves from 2-3 fresh thyme sprigs)
- Egg wash

Other items from home

A large, named container in which to take home your pasties

Equipment

White ingredients tray	White chopping board	Cheese grater
Small mixing bowl	Metal dessert spoon	Measuring jug
Pastry brush	Flour dredger	Baking tray
Fork	Paring knife	

Method

1. **Mise-en place:** Tie up hair, before entering room, wash hands, put on apron, place ingredients on white tray, get out equipment.
2. Preheat the oven to 180°C.

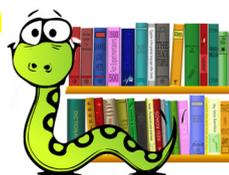
Prepare the cheese, potato and onion filling:

3. On a white chopping board, peel and dice the onion into small pieces, using a paring knife, or finely slice the spring onion. Place chopped onion in small mixing bowl.
4. Next, chop the potato into small cubes and add to mixing bowl.
5. Grate the cheese and add to mixing bowl.
6. With a metal dessert spoon, gently stir to combine grated cheese, potato, onion, adding the seasonings.

Make the pasties

13. Sprinkle some flour onto the work surface and separate pastry circles.
14. Spoon some of the filling into the mixture into the centre of each pastry circle of each square. Dampen the edges of pastry with pastry brush and then fold over each circle to form a semi circle. Using a fork to crimp the edge of the pastie.
15. Transfer pasties onto the baking tray. Using a pastry brush, glaze with egg wash.
16. Using oven gloves place the baking tray into the oven and cook until golden brown (approximately 12-18 minutes).
17. Use a palette knife to place best pasties onto a white plate ready for photographing. Place the remaining pasties into your container.
18. Wash and dry up all equipment, including the baking tray, placing the clean items at the

Vocabulary
Infer
Predict
Explain
Retrieve
Summarise



Big picture

Use the oven safely to create a batch of cheese, potato and onion pasties, that are evenly sized and shaped, and golden brown in colour.



Key vocabulary:

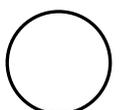
Mise-en-place
 Semi-circle
 Baking
 Glazing
 Golden brown

Why not try...

- When cold store in an airtight container in the fridge.
- Alter flavours by using different types of hard cheese, herbs and seasonings

Skills

- ✓ Dice, chop
- ✓ Knife skills (bridge hold, claw grip)
- ✓ Mix, stir and combine
- ✓ Form and shape
- ✓ Glaze
- ✓ Bake





Salt and Pepper Chicken



Ingredients

- 60g corn flour
- 1 tbsp Chinese five-spice
- 3 boneless chicken thighs
- 1 onion
- 1 red chilli (optional)
- 2 garlic cloves
- 3 spring onions
- Salt
- Pepper



Big Picture:

Successfully make your dish by adhering to health and safety rules when using raw chicken



Other items needed from home

A container in which to take your food home in.

Equipment

- Knife
- Saucepan
- Teaspoon
- Chopping board
- Garlic crusher

- Tablespoon
- Mixing bowl

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Mix together the cornflour, salt, pepper and 5 spice
- Slice the chicken into strips and then coat the chicken in the season mix
- Slice the onion and chilli
- Crush the garlic
- Heat up a tablespoon of oil in a saucepan
- When hot, add the chicken
- When white, add the chillis, onion and garlic and continue to cook until the chicken reaches 75c internally.
- Transfer into your container

EAT FOR HEALTH

This dish is an excellent source of protein, vitamins and minerals. You can include some carbohydrates by adding some rice or noodles with this dish.

Why not try...?

- ⇒ A different type of meat, pork or beef would work well.
- ⇒ A different cut of chicken, such as the breast to lower the saturated fat content.
- ⇒ Exploring with different vegetables to increase the vitamin content.

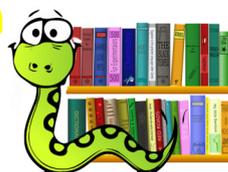
Skills

- ◆ Knife skills
- ◆ Coating
- ◆ Frying
- ◆ Stirring
- ◆ Testing for readiness.

Vocabulary:

- Mise en place Food poisoning.
- Preheat
- Dice
- Cross contamination

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Chicken Souvlaki



Ingredients

- 200g Yoghurt
- 260g Self raising flour
- $\frac{1}{2}$ tsp salt



Big Picture:

Demonstrate accurate and safe practices when making naan bread



Other items needed from home

A container in which to take your kebabs home

Equipment	Frying pan
Mixing bowl	Rolling pin
Tsp	Flour shaker
Tbsp	

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Place the flour into a bowl and mix with a tsp of salt.
- Add the yoghurt a tablespoon at a time and mix until it is combined
- Use your hands to slightly knead the dough inside the bowl (about 5 minutes)
- Cut the dough into 3 even portions
- Roll out to be $\frac{1}{2}$ cm thick (too thick and it will not cook)
- Repeat for all 6.
- Place a frying pan on the heat (do not use oil)
- Dry fry the dough, when you see some bubbles puff up on the bread, it is ready to flip over. Cook on the other side for a few minutes.
- Either leave your naan for when we make kebabs or take home to enjoy.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and yoghurt giving us protein and fats

Why not try...?

- ⇒ Experimenting with different flavours, such as garlic, coriander, coconut. Think about different naan bread flavours.

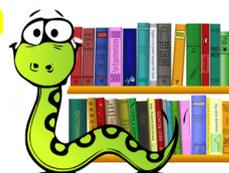
Skills

- Weigh and measure
- Kneading
- Mixing and combining
- Proving

Vocabulary:

Grill	Mise en place
Marinade	Knead
Juicing	Mix
Dough	Dry fry
Spices	Roll

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Chicken Souvlaki



Ingredients

- 5 boneless chicken thighs
- 4 garlic cloves
- 1 tbsp dried oregano
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1/2 tsp cinnamon
- 1 lemon



Big Picture:

Demonstrate accurate and safe practices when making chicken souvlaki. Understanding the importance of a marinade .



Other items needed from home

A container in which to take your kebabs home

Equipment

- | | |
|-------------|---------------|
| Mixing bowl | Juicer |
| Tablespoon | Knife |
| Teaspoon | Baking tray |
| | Kebab skewers |

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 210°C
- Cut the chicken into large chunks and add to a mixing bowl
- Crush your garlic into the bowl
- Squeeze the lemon over the chicken
- Add your herbs and spices and mix—leave for about 10 minutes to marinade
- Add to the skewers and place on the baking tray
- Place carefully in the oven and cook for 15 minutes until 75°C in the centre.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and yoghurt giving us protein and fats

Why not try...?

- ⇒ Experimenting with different flavours, such as garlic, coriander, coconut. Think about different naan bread flavours.
- ⇒ Using different cuts of chicken or different meats
- ⇒ Try using halloumi for a vegetarian alternative
- ⇒ Try and make a homemade tzatziki to increase the protein, vitamins and minerals.

Skills

- Weigh and measure
- Knife skills
- Marinading
- Coating
- Skewering
- Baking.

Vocabulary:

- | | |
|---------|---------------|
| Knead | Juicing |
| Mix | Dough |
| Dry fry | Spices |
| Roll | Mise en place |
| Grill | |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Sausage Rolls



Ingredients

- 400g puff pastry (ready rolled)
- 400g sausage meat or 8 sausages
- Pepper
- 1 tbsp thyme
- 1 egg

Big Picture:

By the end of the lesson, students will be able to demonstrate the ability to prepare and cook sausage rolls by following a step-by-step recipe, ensuring proper handling of ingredients, pastry preparation, and safe use of kitchen equipment.

Other items needed from home

A container in which to take your sausage rolls home

Equipment

Fork

- Baking tray
- Flour dredger
- Mixing bowl
- Pastry brush
- Measuring jug



Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Preheat the oven to 200°C/400°F/Gas 6
- Unroll the pastry onto the baking paper it comes with. Cut into six even rectangles.
- Remove the skin from the sausages
- 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.
- 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.
- Place the sausage rolls on trays lined with parchment. Bake for 30 minutes, or until golden-brown and cooked through.

EAT FOR HEALTH

For healthier sausage rolls, use lean meats or plant-based alternatives, whole grain pastry, and add vegetables to the filling. Bake instead of fry, keep portions small, and serve with a side salad for extra vitamins and fibre.

Why not try...?

Why not experiment with different fillings for your sausage rolls? You could try adding grated cheese, herbs, or even a touch of mustard for extra flavour. For a fun twist, try using puff pastry to make mini sausage roll bites or swap the pastry for a gluten-free option. You could also try making a sweet version with cooked apples and cinnamon for a delicious dessert treat! The possibilities are endless—get creative and discover your new favourite variation!

Skills

- Weigh and measure
- Knife Skills
- Pastry Handling
- Seasoning and Mixing
- Baking Techniques
- Food Safety and Hygiene
- Time Management
- Presentation

Vocabulary:

Crimping	Hygiene
Pastry	Minced
Filling	Crispy
Seasoning	Texture
Rolling	Temperature
Preheating	Binding
Baking	Portioning
Golden-brown	Food safety

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Creamy Bacon Pasta



Ingredients

- 100g pasta flour
- 1 egg
- 50g cream cheese
- 1 garlic clove
- 50g peas
- 1 courgette
- 2 slices bacon
- 25g cheese



Big Picture:

Demonstrate safe and hygienic practises when making creamy bacon pasta. Considering H&S when using raw meat.



Other items needed from home

A container in which to take your food home

Equipment

Saucepan	garlic crusher
Knife	Colander
Chopping board	Rolling pin
Mixing bowl	Pasta machine
Wooden spoon	Flour dredger
	Fork

Method:

- Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
- Put the pasta flour in a bowl and make a well in the centre.
- Add the egg then mix with a fork
- Knead together to form a smooth dough
- Roll out into a rectangle, then place through the pasta machine to make your pasta.
- Slice the bacon on a red chopping board into strips
- Wash your red chopping board and put away, wash your knife
- On a brown chopping board and cut the garlic and slice courgette
- Put a little oil in your saucepan and fry the bacon until lighter in colour, add in the garlic and courgette.
- Once the courgette is soft, add in the cream cheese and a tbsp. of water and mix
- Stir in the pasta and bring to the boil and cook for 3 minutes.
- Add in the peas and cheese and mix.
- Place into your container and wash up.

EAT FOR HEALTH

Pasta is an excellent source of carbohydrates. With the meat and cheese giving us protein and fats

Why not try..?

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.

Skills

- ✓ Weighing and measuring
- ✓ Frying
- ✓ Knife skills
- ✓ Boiling
- ✓ Combining
- ✓ Stirring

Vocabulary:

- Simmering
- Mise-en place
- Sauting
- Dicing
- Reducing
- Boiling

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Tikka Masala



Ingredients

1/2 onion

1 tbsp ground coriander

1 tbsp paprika

1/2 tsp turmeric

1/4 cinnamon

1 tsp cumin

1 chicken breast or vegetarian alternative

1 tin chopped tomatoes

1 tbsp natural yoghurt



Big Picture:

Demonstrate safe and hygienic cooking practises to make your tikka masala by creating a spice blend.



Other items needed from home

A container in which to take your food home

Equipment

Mixing spoon

Saucepan

Teaspoon

Red chopping board

Tablespoon

Knife

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. In a bowl make up your spice mix
3. Dice your chicken and add to the spice mix
4. On a brown board, slice the onions
5. Heat some oil up in a saucepan
6. Fry your chicken until white, be careful not to burn the spices
7. Add the onions until soft
8. Add the chopped tomatoes and simmer for 10 minutes until the chicken has reached 75c
9. Turn off the heat and add your yoghurt.

EAT FOR HEALTH

. Bread is an excellent source of carbohydrates. With the meat and yoghurt giving us protein and fats

Why not try..?

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.

Skills

- ✓ Weighing and measuring
- ✓ Frying
- ✓ Knife skills
- ✓ Boiling
- ✓ Combining
- ✓ Stirring

Vocabulary:

Mise-en place

Bridge

Spice blend

Claw

Cross contamination

Infusing

Food poisoning

Pathogens

Vocabulary

Infer

Predict

Explain

Retrieve

Summarise





Homemade Pizza



Ingredients

- 130g strong bread flour
- Sachet of yeast
- 1/2 tbsp oil
- 75 ml warm water
- 1/2 tsp salt
- 1 tsp sugar



Big Picture:

Demonstrate safe and hygienic practises when preparing pizza dough. Understand the process of fermentation



Other items needed from home

A container in which to take your food home

Equipment

- Mixing bowl
- Teaspoon
- Tablespoon
- Measuring jug
- Flour shaker
- Round edged knife
- Bag with your name on it.

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. In a bowl place your flour, salt, sugar and yeast
3. Stir so it is all combined
4. Add in your oil and mix with a butter knife
5. Pour in some water and mix until a dough has formed
6. Place onto a floured surface and knead for 15 minutes until it is springy and smooth
7. Place in your bag with your name on it and place into freezer draw.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and cheese giving us protein and fats

Why not try...?

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.
- Use low fat cheese to also reduce the amount of saturated fat

Skills

- ✓ Weighing and measuring
- ✓ Frying
- ✓ Knife skills
- ✓ Proving
- ✓ Combining
- ✓ Stirring

Vocabulary:

Mise-en place	Bridge
Spice blend	Claw
Cross contamination	Proving
Food poisoning	Fermentation
Pathogens	

Vocabulary
Infer
Predict
Explain
Retrieve
Summarise





Homemade Pizza



Ingredients

- 2 tbsp tomato puree
- 1/2 tsp sugar
- 1 tbsp mixed herbs
- 75g mozzarella or cheddar cheese
- Selection of toppings



Big Picture:

Demonstrate safe and hygienic practises when preparing pizza dough. Understand the process of fermentation



Other items needed from home

A container in which to take your food home

Equipment

- Your dough
- Knife
- Chopping board
- Table spoon
- Teaspoon
- Baking tray
- Grater
- Mixing bowl
- Rolling pin

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Preheat the oven to 220°C
3. In a mixing bowl add the puree, sugar, and herbs along with 4 tbsp of water (this is your pizza sauce)
4. Flour your desk and roll out your dough into a pizza shape
5. Place your dough onto your baking tray and spread your pizza sauce onto it
6. Top it with your toppings and then bake for 10-15 minutes or until the cheese is golden brown.

EAT FOR HEALTH

Bread is an excellent source of carbohydrates. With the meat and cheese giving us protein and fats

Why not try...?

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.
- Use low fat cheese to also reduce the amount of saturated fat

Skills

- ✓ Weighing and measuring
- ✓ Frying
- ✓ Knife skills
- ✓ Proving
- ✓ Combining
- ✓ Stirring

Vocabulary:

- | | |
|---------------------|--------------|
| Claw | |
| Mise-en place | Proving |
| Spice blend | Fermentation |
| Cross contamination | |
| Food poisoning | |
| Pathogens | |
| Bridge | |

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise





Pasta Bolognese



Ingredients

- 100g mince meat
- 200g tinned tomatoes
- 1 onion
- 2 cloves of garlic
- 1 tbsp mixed herbs
- 1 carrot
- 1/2 tsp sugar
- Pepper
- 150g cooked pasta



Big Picture:

Demonstrate safe and hygienic practises when preparing bolognese. Understand the culinary term of a reduction sauce



Other items needed from home

A container in which to take your food home

Equipment

- Saucepan
- Mixing spoon
- Knife
- Chopping board
- Garlic crusher
- Tablespoon

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Prepare your vegetables; dice your onion, grate your carrot and crush your garlic.
3. Heat some oil in a saucepan
4. Add the vegetables
5. Once soften, add the mince and brown
6. Add the tinned tomatoes with the sugar, pepper and herbs.
7. Simmer for 15 minutes.
8. Place into container and tidy up.

EAT FOR HEALTH

Pasta is an excellent source of carbohydrates. With the meat and cheese giving us protein and fats

Why not try...?

- Add some veggies on to it to increase the vitamins
- Try and use lean cuts of meat to reduce the amount of saturated fat.
- Use low fat cheese to also reduce the amount of saturated fat

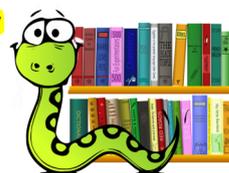
Skills

- ✓ Weighing and measuring
- ✓ Frying
- ✓ Knife skills
- ✓ Simmering
- ✓ Combining
- ✓ Stirring

Vocabulary:

Mise en place	Bridge
Simmering	Dicing
Boiling	Seasoning
Claw	Al dente

Vocabulary
Infer
Predict
Explain
Retrieve
Summarise





Brownies



Ingredients

- 200g butter
- 200g chocolate chips
- 175g brown sugar
- 3 eggs
- 1 tsp vanilla essence
- 75 plain flour
- 30g cocoa powder



Big Picture:

Demonstrate safe and hygienic practises when using the melting method to create brownies.



Other items needed from home

- A container in which to take your food home
- A square baking dish to cook your brownies in.

Equipment

- Baking dish from home
- Mixing bowl
- Sieve
- Saucepan
- Mixing spoon
- Spatula

Method:

1. **Mise-en place:** tie up hair before entering the room, wash hands, put on apron, place ingredients on white tray and get out equipment.
2. Preheat the oven to 180°C
3. Place the butter and chocolate onto a low heat in a saucepan, stirring until melted
4. Take off the heat and allow to cool slightly
5. In a separate bowl, sieve your flour and cocoa powder together adding a pinch of salt
6. Add the sugar, eggs and vanilla into the chocolate mix and beat until combined
7. Add the Chocolate mixture to the flour mixture and fold in.
8. Stir in your chocolate and then poor into your baking dish.
9. Bake for 25 minutes and then allowing to cool completely in the pan.

EAT FOR HEALTH

Brownies are a treat to be eaten occasionally, make it healthier by substituting some of the flour with wholemeal flour. Dark chocolate is healthier than milk chocolate.

Why not try...?

- Why not try some chilli flakes to create the classic combination of chilli chocolate
- Try and use dark chocolate to lower the saturated fat levels
- Add some nuts or dried fruits to increase the vitamins

Skills

- ✓ Weighing and measuring
- ✓ Mixing
- ✓ Combining
- ✓ Baking
- ✓ Pouring
- ✓ Testing for readiness

Vocabulary:

Testing for readiness.

- Mise en place
- Baking
- Melting method
- Combining
- Folding

- Vocabulary
- Infer
- Predict
- Explain
- Retrieve
- Summarise

