

FOOD & NUTRITION

PART 1 - RECIPES

#cookery #year8

Practical	Date	Cooked √
Buttery Shortbread		
Enchiladas		
Flapjack		
Pizza		
Sweet & Sour Chicken		

PART 2 - RECIPES

Practical	Date	Cooked √
Butterscotch buttons		
Thai Green Chicken Curry		
Carrot Cakes Mufins		
Sausage Rolls		
Seasonal cookery		

NAME:

TEACHER:

Welcome back to Food...!



Design & Technology – Catering

Bodmin College

Lostwithiel Road

Bodmin

PL31 1DD

Dear Parent/Carers.

Over the next term your child will be cooking a range of dishes as they study the Food unit. We ask that parents/carers provide the ingredients for your child to cook with. All students will be issued with a recipe book and a reminder in their homework planners.

Important points:

If there are measurements listed, it is highly advisable for your child to weigh out ingredients at home into plastic sandwich bags, rather than carrying a 1kg bag of flour, sugar etc to school. It saves time in lessons too!

Make sure that they bring a container suitable for carrying their food home, clearly labelled with their name and tutor group – this is very important!

Please remind your child to place their ingredients into the fridge in T1 when they arrive at school.

Should there be an issue with providing ingredients please do contact your child's head of year, we will do our very best to help any situation.

Many thanks

Yours Sincerely

Miss H Barrow

Head of Food/Catering

Buttery Shortbread

112g unsalted butter, softened, plus extra for greasing

55g caster sugar, **plus extra for dusting**

112g plain flour, **plus extra for dusting**

55g cornflour

Method

1. Preheat the oven to 170°C and lightly grease a tray with baking parchment.
2. Put the butter and sugar into a large bowl and cream together, using a wooden spoon, until light and fluffy. Put the flour and cornflour into the bowl, mix together until smoothly combined. Tip the mixture out onto a lightly floured surface and knead to a soft dough.
3. Roll out the dough to a thickness of 1cm.
4. Using a cutter, cut out as many as you can and then place onto your baking tray.
5. Bake the shortbreads for about 10-15 minutes, until just turning golden brown at the edges. Leave on the baking trays for a few minutes to firm up slightly, then lift the shortbreads onto a wire rack.
6. Dust with sugar and leave to cool.

Skills	Nutrition Value	Chemical / Reaction	Cooking Methods
rolling shaping	fat and carbohydrates. (energy)	N/A	baking

Enchiladas

Ingredients

- 1 clove of garlic
- 1 small onion
- 1 x 15ml spoon vegetable oil
- ½ fresh chilli OR 1 x 5ml spoon chilli powder*
- 1 x 5ml spoon ground cumin*
- 1 x 5ml spoon cayenne pepper*
- 1 pepper
- 2 chicken breasts
- 1 x 400g can chopped tomatoes
- 100g reduced-fat Cheddar cheese
- 4 tortilla wraps

Bring an oven proof dish to cook it in.

* you can purchase these ingredients from school at a cost of 10p

Method

1. Preheat the oven to 180°C.
2. Peel and finely chop the garlic.
3. Peel and finely chop the onion.
4. In a large saucepan fry the garlic and the onions for 3-5 minutes until it has softened.
5. Open the can of tomatoes and add to the saucepan.
6. Chop the chilli, if using fresh. Add the chilli (powdered or fresh)
7. Cook for 5–10 minutes over a medium heat, until the mixture has reduced slightly.
8. Remove from the heat, placing the sauce mixture into a jug. Rinse the saucepan out and dry.
9. Slice the pepper and leave to the side.
10. Chop the chicken in to small chunks and add to the saucepan.
11. Cook the chicken until it is white in the inside.
12. Add the cumin and cayenne pepper to the chicken and stir carefully for 2 minutes.
13. Place the chicken onto the wrap and roll. Add the roll to an oven proof dish.
14. Pour the sauce over the top of the enchiladas and sprinkle with grated cheese.
15. Cook for 15–20 minutes, until the cheese has melted and coloured slightly.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing hob control	vitamin C (absorption of iron and healthy tissues) protein (growth and repair)	maillard reaction denaturation	boiling simmering baking

Flapjack

Ingredients

Serves: 6

150g oats

75g sugar

75g butter or margarine (BLOCK)

75g golden syrup

Please bring in a small tin to cook it in.

Method

1. Pre heat oven to 180c.
2. Weigh all ingredients carefully.
3. Put the oats into a mixing bowl.
4. In a saucepan add the butter, sugar and golden syrup. Carefully heat until the sugar has dissolved and the butter has melted.
5. Add the melted liquid to the oats and stir with a wooden spoon.
6. Pour flapjack mix into a oven proof dish/tin and place in the oven using oven gloves.
7. Cook until golden brown.

Skills	Nutrition Value	Chemical / Re-action	Cooking Methods
melting combining hob control	fat and carbohydrates. (energy)	N/A	baking melting

Pizza

Ingredients

Serves: 4

225g strong plain flour

1 pack dried yeast

Pinch of salt

150ml warm water

1 tbsp oil

150g grated cheese

2 medium tomatoes

Extra flour for dusting

The ragu topping can be purchased at school - 50p

Please bring a plate/tray from home

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. In a mixing bowl add the flour, yeast and salt. Then add the oil and warm water.
3. Combine until you have created a dough, then knead for 10 minutes until soft.
4. Roll out into a circle shape onto the baking tray.
5. Add the tomato topping, sliced tomatoes and grated cheese.
6. Place in the oven for 20 minutes until golden brown.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
chopping grating slicing kneading shaping	vitamin C (absorption of iron and healthy tissues) protein (growth and repair) fat and carbohydrates (energy)	aeration fermentation denaturalisation gluten strengthening	baking

Sweet & Sour Chicken

Ingredients

Serves: 2

1 tbsp vegetable oil

2 skinless, boneless chicken breasts

1 pepper

1 bunch spring onions

1 small can sliced pineapple

For the sauce

1 tbsp soft light brown sugar

2 tbsp rice vinegar *

2 tbsp dark soy sauce *

2 tbsp cornflour mixed with 2 tbsp water

175 ml/6fl oz chicken stock

2 tbsp tomato purée

Juice from the pineapple

- you can purchase these ingredients from school at a cost of 30p

Please bring a container/lunchbox from home

Method

1. Chop all of the vegetables into thin slices and set aside in a bowl.
2. Chop the raw chicken into even chunks.
3. Add the oil and the chicken to a saucepan and gently heat.
4. Fry for 2-3 minutes, turn the heat down and make sure the chicken is well cooked.
5. Then add in all of the vegetables (including the pineapple)
6. In a jug mix all of the sauce ingredients together and add to the mix in the saucepan, bring to the boil.
7. Reduce the heat and simmer for about 10 minutes.
8. You will notice that the sauce has thickened.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
chopping slicing combining	vitamin C (absorption of iron and healthy tissues) protein (growth and repair) Fat (energy)	thickening agent (cornflour)	simmering boiling frying

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PART 2 - RECIPE BOOK

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Butterscotch buttons		
Thai Green Chicken Curry		
Carrot Cakes Mufins		
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Seasonal cookery		

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Yours Sincerely

Miss H Barrow

Head of Food

Butterscotch Buttons

Ingredients

125 g butter

1 teaspoon vanilla essence

100g brown sugar

1 tablespoon golden syrup

150g self raising flour

Please bring in a tub to take them home in.

Method

1. Preheat the oven to 150C.
2. Beat the Butter, Essence, Sugar and Golden Syrup in a small bowl with an electric mixer until light and fluffy.
3. Then sift in Flour and mix till dough comes together.
4. Roll into teaspoon size balls and place about 5cm apart on lined baking tray.
5. Flatten with fork slightly.
6. Bake for about 20 minutes.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
shaping whisking beating	fat and carbohydrates. (energy)	Denaturation caramelisation	baking

Thai Green Curry

Ingredients

175g pack mangetout OR sugar snaps (OR mixed pack mangetout and baby sweetcorn)
1 lime
2 chicken breasts
1 small red chilli
1 x 15ml spoon
vegetable oil
2 x 5ml spoons Thai green curry paste* *can be purchased at school for 50p*
200ml coconut milk
10g (about a handful) fresh coriander (optional)

Please bring in a tub to take it home in.

Method

1. Wash the vegetables and the fresh coriander. Grate the zest from half the lime.
2. Slice the chicken breasts into small pieces about 1cm thick. Wash your hands after touching the raw meat.
3. Using a different chopping board, finely chop the fresh chilli (if using). Wash your hands after touching the chilli.
4. Turn on the hob. Add the chicken, oil and chopped fresh chilli and stir until the chicken is cooked through. It will turn from pink to white.
5. Add the vegetables and stir for 2 minutes.
6. Add the curry paste, lime zest and coconut milk. Simmer for 10–15 minutes until the sauce starts to thicken.
7. Finely chop the coriander and squeeze the lime. Stir into the sauce. Keep a small amount of coriander to sprinkle on top when serving

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
chopping slicing high risk foods	vitamin C (absorption of iron and healthy tissues) protein (growth and repair) fats (energy)	N/A	boiling simmering

Carrot Cake Muffins

Ingredients

150g margarine/butter

250g carrots (*grated at home please*)

200g sugar

200g self raising flour

2 tsp cinnamon

1 tsp baking powder

2 large eggs

125g sultanas

12 muffin cases

Please bring in a tub to take them home in.

Method

1. Preheat the oven to 180C.
2. **If you have whole carrots:** Top and tail, and then peel and grate the carrots.
3. Carefully melt the margarine in a saucepan on a low heat.
4. Combine the carrots and sugar in the mixing bowl.
5. Add in the flour, cinnamon and baking powder.
6. Add in the sultanas and melted butter/margarine and give the mixture a good stir.
7. Beat the eggs in a small bowl, and then add to the mixture.
8. Divide the mixture equally between the muffin cases, using the two metal spoons.
9. Bake for 20 minutes.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
chopping grating mixing melting	vitamin C (absorption of iron and healthy tissues) protein (growth and repair) fat and carbohydrates. (energy)	aeration coagulation caramelisation	baking simmering

Sausage Rolls

Ingredients

1/2 red onion, peeled and finely sliced
1/2 tsp dried herbs
6 good-quality pork sausages (large)
500g ready-made puff pastry
50g Flour for dusting

Please bring in a tub to take them home in.

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Chop and peel the onion finely
3. With a sharp knife, slit the skins of the sausages and remove the meat, place in a mixing bowl with onion and herbs, mix together well.
4. On a floured work surface, roll the pastry out into a large rectangle and cut it lengthways into two long, even rectangles.
5. Roll the mixture into sausage shapes with your hands and lay along the centre of each rectangle.
6. Mix the egg and milk and brush the pastry with the mixture, then fold one side of the pastry over, wrapping the filling inside. Press down with your fingers or the edge of a spoon to seal the join.
7. Cut the long rolls into the sizes you want and space them out on a baking tray. Brush with the rest of the egg wash and bake in the preheated oven for 25 minutes or until puffed, golden and cooked through.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
melting shaping chopping rolling	protein (growth and repair) fat and carbohydrates. (energy)	N/A	baking