

Year 9 Recipe Book

Name:

Teacher:

Room:

Group:

Food Department
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Dear Parent/Carers.

Welcome to Food Preparation and Nutrition.

Over the next year your child will be cooking a range of dishes as they study the various commodity units. 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 in 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/T2 when they arrive at school.
- ◆ Any issues regarding the recipe please make contact prior to your child's food lesson.
- ◆ All of the recipes are planned to cover all elements within each commodity.

Please be aware that if your child fails to bring ingredients in or a note to state the reason for not cooking they will be issued with a break time detention. If this becomes an on going problem they will be given an after school detention which will be sent via the post.

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.

This recipe book is for the whole year, covering all commodities. Each half term a different commodity will be covered with an end of term assessment. Your child will be notified of the dates as each week will vary.

Many thanks

Yours Sincerely

Miss H Barrow
Head of Food

South African Picnic Muffins

Commodity: Fruit and **vegetables** including potatoes (**fresh**, frozen, dried, canned and juiced)

Ingredients

275g plain flour

1 teaspoon baking powder

8 spring onions, trimmed and finely diced

350g mature Cheddar cheese, grated

125g smoked lardons (or diced back bacon)

4 large free-range eggs

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1 teaspoon chopped chilli

1 tablespoon vegetable oil (I used rapeseed oil)

4 tablespoons buttermilk

12 muffin cases

Please bring a container to take them home in

Method

1. Pre-heat the oven to 180C/160C Fan/375F/Gas 5
2. Line a baking tin with muffin cases.
3. Finely dice the spring onions and chilli and add to a bowl.
4. Grate the cheese and add to a bowl.
5. Mix all of the ingredients together in a large bowl until amalgamated. DO NOT pre-cook the bacon, as it cooks in the bread and provides moisture and adds to the flavour.
6. Pour or spoon the bread batter into the muffin cases and bake in the pre-heated oven for about 25 minutes, or until a skewer comes out clean when inserted in the middle of the mini breads.

Apricot Pastries

Commodity: Fruit and vegetables including potatoes (fresh, frozen, dried, **canned** and juiced)

Ingredients

Bring a container to take it home in.

1 pack of Ready Rolled Puff Pastry

1 **small** tub of Fresh Vanilla Custard

1 tin of Apricot Halves (in fruit juice)

3-4 tsp Apricot Jam

1 Free-Range Egg, beaten

50g flour for rolling out

bring a container to take it home in.

Method

1. Preheat the oven to 175oC/Gas mark 4.
2. Clear a clean surface and lightly dust with flour. Lay your ready rolled pastry onto this surface.
3. Divide your pastry sheet into 6 even squares (about 4-5 inches squared).
4. Take about 2 dessertspoons of custard (per Danish) and drizzle in a diagonal line across each square.
5. Now take 2 apricot halves per Danish, and place on top of the custard at each end of the diagonal line.
6. Dot the apricots and custard with a few drops of the jam.
7. Carefully bring together the two corners (that are not connected by the apricot and custard) and overlap slightly and press to stick in place.
8. Once all the Danishes are assembled, carefully transfer to a non-stick baking sheet and brush with the beaten egg.
9. Bake in the centre of the preheated oven for 20-25 minutes until golden brown and crispy on both the top and bottom.
10. Serve warm or cold, whichever you prefer! Store in the fridge once cooled.

Sweet Chilli Chicken

Commodity: Fruit and **vegetables** including potatoes (**fresh**, frozen, dried, **canned** and juiced)

Ingredients

- 1 onion
- 1 pepper
- 1 x 432g can pineapple chunks
- 1 x 15ml spoon corn flour
- 2 x 15ml spoons tomato ketchup
- 2 x 15ml spoons light soy sauce
- 1 x 15ml spoon white wine vinegar* (this can be purchased @ school for 30p)
- 150ml cold water
- 2 skinless chicken breasts
- 2 dried or fresh red chillies
- 2 x 15ml spoons vegetable oil
- salt and freshly ground black pepper (optional)

Bring a container to take it home in.

Method

1. Peel the onion. Cut in half and slice into thin strips about ½cm thick.
2. Wash the pepper, cut in half and remove the seeds and white pith.
3. Cut each piece in half and slice into strips about ½cm thick.
4. Open the can of pineapple chunks and use a sieve to drain the pineapple juice into a measuring jug.
5. Mix the corn flour with a little pineapple juice to make a paste.
6. Stir in the remaining juice, with the ketchup, soy sauce, wine vinegar and water.
7. On a different chopping board, cut the chicken into 1cm strips.
8. Put the wok on the hob and turn on to a medium heat. Add one 15ml spoon of oil
9. Put the chicken into the wok and cook for four minutes, stirring all the time.
10. The chicken will change colour from pink to white then light brown.
11. Remove the chicken using the draining spoon and put onto a plate. Leave as much oil in the pan as possible.
12. Put another 15ml spoon of oil in the wok, add the onion and peppers and cook for three minutes.
13. Stir in the chicken, chopped red chillies and pineapple.
14. Add the sauce and stir until the mixture thickens. Simmer for five minutes. Season with black pepper.

Lemon Buns

Commodity: Fruit and vegetables including potatoes (**fresh**, frozen, dried, canned and **juiced**)

Ingredients

Cake

175g margarine or soft butter

175g caster sugar

200g self-raising flour

1 level teaspoon baking powder

3 eggs

3 tablespoons milk

grated rind of 2 small lemons

Icing

Juice of 2 small lemons

175g granulated sugar

12 bun cases

Please bring a container to take them home in

Method

1. Add the bun cases to the bun tins.
2. Measure all the ingredients into a large bowl and beat well for about 2 minutes until well blended.
3. Spoon the mixture into the bun tins, dividing evenly between the 12 portions.
4. Bake in preheated oven 180C/160Fan/Gas 4 for about 20 minutes until risen, golden and shrinking away from the side of the tin.
5. Mix together the lemon juice and sugar to give a runny consistency.
6. Spread out evenly over the warm cakes and leave to set.

Sweet Potato Soup

Commodity: Fruit and **vegetables**, including potatoes (**fresh**, frozen, **dried**, canned and juiced)

Ingredients

1 tbsp olive oil

1 clove garlic

½ onion, sliced

pinch dried chilli flakes (optional)

pinch ground ginger (optional)

200g sweet potato, peeled and cut into cubes

100ml chicken stock (vegetarians may substitute vegetable stock)

100ml coconut cream

salt and freshly ground black pepper (optional)

bring a container to take it home in.

Method

1. Heat the oil in a saucepan over a medium heat. Add the garlic and onion and fry for 3-4 minutes, until golden and softened.
2. Add the chilli flakes and ground ginger and fry for one minute, then add the sweet potato and cook for 2-3 minutes.
3. Add the stock and coconut milk. Bring to the boil then reduce the heat to simmer for 8-10 minutes.
4. Remove from the heat and allow to cool slightly, then pour into a food processor and blend until smooth. Season, to taste, with salt and freshly ground black pepper.

Cornish Fairings

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

115g butter

1 tbsp golden syrup

170g self-raising flour

85g caster sugar

1 tsp ground ginger, or more if you like a strong ginger taste

½ tsp bicarbonate of soda

Method

1. Preheat the oven to 190°C/gas mark 5 and line a baking tray with non-stick greaseproof paper.
2. Melt the butter and syrup in a saucepan over a low heat until dissolved.
3. Add the flour, sugar, ginger and bicarbonate of soda and give it a good mix with a wooden spoon.
4. Leave the mixture to cool for a few minutes as you will need to be able to handle it.
5. Using your hands, form handfuls of the warm mixture into balls about 4cm across; you should make about 15.
6. Place them on the lined trays, making sure that there's plenty of space for them to spread in the oven. I leave a 5cm gap between each.
7. Bake in the oven for 12-15 minutes until the dough has spread into cracked looking biscuits.
8. Let them cool on the baking tray for a few minutes then transfer to a wire rack to cool completely.

BLT Chopped Salad

Commodity: Butter, **oils**, margarine, **sugar** and syrup.

Ingredients

2 slices bacon

1 chicken breast

2 romaine lettuce

5 cherry tomatoes, halved

1 **small** can sweetcorn

Recipe for vinaigrette:

50ml olive oil

50ml white wine vinegar

Zest of 1 lime

2 tablespoons freshly squeezed lime juice

2 teaspoons sugar, or more to taste

salt and freshly ground black pepper (optional)

bring a container to take it home in.

Method

1. To make the vinaigrette, whisk together olive oil, cider vinegar, lime zest and juice, and sugar in a small bowl; set aside.
2. Heat a large saucepan over medium high heat. Add the diced chicken breast and cook.
3. Add the bacon and cook until brown and crispy, about 6-8 minutes.
4. Transfer to a paper towel-lined plate.
5. In a large bowl, combine romaine lettuce, chopped tomatoes and sweetcorn.
6. Add the bacon and chicken.
7. Stir in the lime vinaigrette.

Victoria Spenge

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

For the cake

200g caster sugar

200g softened butter

4 egg, beaten

200g self-raising flour

1 tsp baking powder

2 tbsp milk

For the filling

half a 340g jar strawberry jam

Icing/caster sugar, to decorate

Please bring in 2 sandwich tins

Method

1. Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
2. Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed.
3. Turn onto a cooling rack and leave to cool completely.
4. Spread the jam over the bottom of one of the sponges and sandwich the second sponge on top.
5. Dust with a little icing sugar before serving.

Savoury Plait

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

For the pastry:

125g plain flour	pinch salt
30g margarine	1 tsp lemon juice
150ml cold water	30g lard
50g flour for rolling out	

For the filling:

1/2 pepper	1 small onion
100g bacon	2 mushrooms
1 tbsp mixed herbs (optional)	1 egg
1 vegetable choice of your own.	
salt and freshly ground black pepper (optional)	

Bring in a plate to take it home on.

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. For the pastry: Mix flour and salt, add fat cut into small pieces, stir in with a knife (do not rub in).
3. Mix to a stiff dough with water.
4. Roll out on a floured surface to a narrow strip.
5. Fold in three, give a quarter turn so one of the open ends is towards you and roll out again. Do this three times in all.
6. Cover pastry and leave to rest (about 15 minutes) then roll into desired shape.
7. Cut all of the vegetables into small chunks/slices and add to a bowl.
8. Slice the bacon into strips and add to the vegetables.
9. Add the mixed herbs and seasoning to the vegetable mix.
10. Roll out the pastry into a rectangle about 25cm/10in by 20cm/8in.
11. Put the vegetable mixture down the middle of the long length of the pastry. With a sharp knife, cut slits 3cm/1in apart, 1cm/½in away from the vegetable mixture to the edge of the pastry, slanting away from you. Brush with beaten egg.
12. Starting at the end nearest to you, fold the pastry alternately over each other, to give a 'plait' effect. Brush the top with beaten egg.
13. Transfer to a baking tray and bake in the centre of the oven for 40 minutes, reducing the temperature to 150C/300F/Gas 2 after 20 minutes. Serve in slices hot or cold.

Mince Pies

Commodity: Butter, oils, margarine, sugar and syrup.

Ingredients

200g plain flour

2 tbsp icing sugar

100g unsalted butter, chilled and cubed

2 large egg yolks, beaten

10 tsp water

2 tbsp granulated sugar

1 jar mincemeat

50g flour for rolling out

Bring a container please.

Method

1. Cube butter, then add to flour, rub in using your fingertips.
2. Use a knife to combine mixture add the beaten egg and water if needed.
3. Mould into a ball shape and leave to rest.
4. Dust your worktop with flour and roll out flat (rectangle) using a rolling pin.
5. Using a pastry cutter, cut out the circles.
6. Make sure you do a lid and base.
7. Add the mincemeat using a teaspoon.
8. Lightly water the lids and seal.
9. Brush with egg wash and sprinkle with sugar and bake for 20minutes at 180°C.

Turkey & Leek Pie

Commodity: Meat, fish, **poultry** and eggs.

Ingredients

2 rashers smoked streaky bacon , roughly chopped

½ bunch fresh thyme , leaves picked (optional)

1 tbsp oil

1 leek , washed, trimmed; white end chopped into chunks, green end finely sliced

sea salt & freshly ground black pepper

2 turkey breasts **cooked**, cut into chunks

2 tablespoons plain flour , **Plus extra for dusting**

1/2 pint turkey, chicken or vegetable stock

500 g ready made puff pastry

1 free-range egg , beaten

salt and freshly ground black pepper (optional)

50g flour for rolling out

Please bring in an oven proof dish.

Method

1. Prior to this practical you will need to cook and cut your turkey breasts.
2. Preheat your oven to 190°C/375°F/gas 5.
3. Put your bacon in a large pan on a medium heat and add your thyme leaves. Add the olive oil and let it fry off a few minutes.
4. Add all of your prepped leeks and fry them off for about 3 minutes. Add a pinch of salt and pepper then turn the heat down to medium and let them cook away gently.
5. When your leeks are ready, add the turkey meat to them and stir.
6. Add the flour, mix it in well then pour in your stock and stir again. Turn the heat up and bring everything back up to the boil.
7. Dust a clean surface and a rolling pin with some of the flour. Divide the pastry into two, rolling the pastry evenly.
8. Line the base of you dish, spoon the leek mixture into the pie dish and spread it out evenly.
9. Lay your pastry on top, tuck the ends under then gently score the pastry diagonally with your knife.
10. Add a pinch of salt to your beaten egg then paint this egg wash over the top of your pastry.
11. Place the pie in the oven for about 20 to 30 minutes or until the pastry is puffed up and golden brown.

Fish Gratin

Commodity: Meat, **fish**, poultry and eggs.

Ingredients

300g frozen fish pie mix OR 300g fresh fish (cod, haddock, salmon)

150g breadcrumbs

50g grated cheese

250ml milk

25g butter

25g flour

handful of chopped parsley (optional)

salt and freshly ground black pepper

Please bring in an oven proof dish.

Method

1. Pre-heat the oven to 200C/400F/Gas 6.
2. In a pan, bring the milk to the boil. Add the fish chunks and simmer until the fish starts to flake.
3. Drain the fish keeping the liquid—this is part of your roux sauce.
4. In the same pan add the butter and melt on a low heat. Add the flour and stir for 1 minute.
5. Gradually add the milk liquid you used to poach the fish in. the mixture will start to thicken, whisk or beating until completely smooth.
6. Remove from the heat and add in the flaked fish (chopped parsley can now be added) and pour into your oven proof dish.
7. In a bowl add the grated cheese, breadcrumbs and salt & pepper mix carefully and then place on top of your fish mixture.
8. Place in the oven for 20 minutes until the top of the dish is golden brown.

Bread & Butter Pudding

Commodity: Meat, fish, poultry and **eggs**.

Ingredients

100g / 4 oz soft butter

10 slices soft white or brown bread, cut diagonally across or any of the other breads mentioned above

55g / 2 oz golden raisins/sultanas

¼ tsp freshly grated nutmeg * (this can be purchased @ school for 10p)

¼ tsp cinnamon *

350 ml / 12 fl oz milk

50 ml / 2 fl oz double / heavy cream

2 large free range eggs

25g / 1 oz white sugar

1 tsp vanilla extract or paste

Please bring an oven proof dish in.

Method

1. Grease a 2 pint/1 litre pie dish with a little of the butter.
2. Spread each of the bread triangles with butter.
3. Cover the base of the pie dish with overlapping triangles of bread, butter side up.
4. Sprinkle half the golden raisins/sultanas evenly over the bread, then lightly sprinkle with a little nutmeg and cinnamon.
5. Repeat this layer one more time or until the dish is filled, finishing with the raisins on top.
6. In a jug add the milk and cream and whisk, then add the eggs with ¾ sugar and the vanilla
7. Pour the egg mixture slowly and evenly over the bread until all the liquid is added.
8. Gently press the surface with your hand to push the bread into the liquid. Sprinkle the remaining sugar over the surface.
9. Bake the pudding in the hot oven for 20 minutes, until the surface is golden brown and the pudding well risen and the egg is set. Serve hot.

Chilli Pork Stir Fry

Commodity: Meat, fish, poultry and eggs.

Ingredients

For the marinade

1 tbsp soy sauce

2 tbsp hoisin sauce

2 tbsp sesame oil

1 tsp dried chilli flakes

1 pork fillet/tenderloin, **cut into thin slices**

For the stir fry

3 tbsp sunflower or vegetable oil

4 garlic cloves, crushed

3 red chillies

6 spring onions, halved

1 tbsp soy sauce

2 tbsp granulated sugar

2 tbsp roasted peanuts (optional)

Bring a container to take it home in.

Method

1. Slice the spring onions into small batons.
2. Slice the red chillies in thin slices.
3. Finally chop the garlic and add to a saucepan with the oil. Add the pork and stir-fry for 3-4 minutes.
4. add the chillies, one tablespoon of water and the spring onions. Stir-fry for 1-2 minutes. Cook for a further 1-2 minutes.
5. Add the soy sauce and sugar.
6. Add the peanuts.

Lemon/Orange Curd

Commodity: Meat, fish, poultry and eggs.

Ingredients

4 unwaxed lemons, zest and juice or 2 large oranges

200g unrefined caster sugar

100g unsalted butter, cut into cubes

3 free-range eggs, plus 1 free-range egg yolk

Jam jars (x2)

Method

1. Put the lemon zest and juice, the sugar and the butter into a heatproof bowl.
2. Sit the bowl over a pan of gently simmering water, making sure the water is not touching the bottom of the bowl. Stir the mixture every now and again until all of the butter has melted.
3. Lightly whisk the eggs and egg yolk and stir them into the lemon mixture. Whisk until all of the ingredients are well combined, then leave to cook for 10-13 minutes, stirring every now and again, until the mixture is creamy and thick enough to coat the back of a spoon.
4. Remove the lemon curd from the heat and set aside to cool, stirring occasionally as it cools. Once cooled, spoon the lemon curd into sterilised jars and seal. Keep in the fridge until ready to use.

Bacon & Mushroom Risotto

Commodity: Cereals (including flours, breakfast cereals, bread and pasta).

Ingredients

1 tbsp olive oil

1 onion, chopped

8 rashers streaky bacon, chopped

250g mushroom, sliced

300g risotto rice

1l hot chicken stock

bring a container to take it home in.

Method

1. Heat the oil in a sauce pan and cook the onion and bacon for 5 mins to soften.
2. Add the mushrooms and cook for a further 5 mins until they start to release their juices. Stir in the rice and cook until all the juices have been absorbed.
3. Add the stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful – it will take about 20 mins for all the stock to be added.

Minestrone Soup

Commodity: Cereals (including flours, breakfast cereals, bread and **pasta**).

Ingredients

- 1 large carrot, roughly chopped
- 1 small onion, roughly chopped
- 2 celery sticks, roughly chopped
- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 medium potato, cut into small dice
- 1 tbsp tomato purée
- 1 litre vegetable stock
- 400g can chopped tomato
- 400g can butter or cannellini bean (optional)
- 50g spaghetti, snapped into short lengths

bring a container to take it home in.

Method

1. Peel and dice the carrots, onion and celery into small pieces.
2. Heat the oil in a saucepan, add the vegetables and cook with out colour.
3. Add the tomato puree and the stock.
4. Cook over a high heat and add the spaghetti and beans if using and cook until all vegetables are soft.
5. Season to taste.

Fruit & Nut Flapjack

Commodity: Cereals (including flours, **breakfast cereals**, bread and pasta).

Ingredients

100g Chopped Toasted Nuts

100g Cranberries (dried)

100g Sultanas

150g golden syrup

200g caster sugar

200g unsalted butter

375g rolled porridge oats

Please bring in a small square tin or 30p for an aluminium tin.

Method

1. Preheat your oven to 180°C/Fan 160°C/Gas Mark 4, then grease and line with greaseproof paper a 22cm x 29cm deep baking tin.
2. Gently warm the golden syrup, sugar and butter in a large saucepan, over a low heat until the butter has melted, stirring regularly.
3. Stir the oats, cranberries, sultanas and nuts into the syrup until evenly coated.
4. Pour into the tin, spread out evenly and smooth the surface level, then bake for 20 minutes or until golden brown.

Focaccia Bread

Commodity: Cereals (including **flours, breakfast cereals, bread and pasta**).

Ingredients

250g strong white bread flour

1 tsp salt

1 sachets dried yeast

2 tbsp olive oil

200ml cold water

olive oil, for drizzling

fine sea salt

50g flour

Bring in a plastic container please.

Method

1. Place the flour, salt, yeast, olive oil and of the water into a large bowl. Gently stir with your hand or a wooden spoon to form dough then knead the dough in the bowl for five minutes, gradually adding the remaining water.
2. Stretch the dough by hand in the bowl, tuck the sides into the centre, turn the bowl 80 degrees and repeat the process for about five minutes.
3. Tip the dough onto an oiled work surface and continue kneading for five more minutes. Return the dough to the bowl, cover and leave to rise until doubled in size.
4. Line two large baking sheets with baking paper.
5. Tip the dough out of the bowl and divide into two portions. Flatten each portion onto a baking sheet, pushing to the corners, then leave to prove for one hour.
6. Preheat the oven to 220C/425F/Gas 7.
7. Drizzle the loaves with oil, sprinkle with fine sea salt then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil and serve hot or warm.

Hot Cross Buns

Commodity: Cereals (including **flours, breakfast cereals, bread** and pasta).

Ingredients

225g strong flour

150ml warm water

25g caster sugar

1 packet dried yeast

A pinch of salt

100g dried fruit

1 ½ tsp Mixed spice * (this can be purchased @ school for 10p)

2 tbsp honey (glaze)

50g flour for kneading

Bring in a plastic container please.

Method

1. Preheat oven to 220°C, gas mark 7.
2. Grease a deep-sided roasting tin or Swiss roll tin.
3. Sift the flour into a bowl.
4. Add the yeast, salt, dried fruit, mixed spice and sugar.
5. Pour warm water into the flour mixture.
6. Mix into a soft dough.
7. Knead the dough for 10 minutes until smooth and elastic.
8. Divide the mix into 6 balls and leave the too prove – place the ball close together.
9. Brush melted butter over the dough.
10. Sprinkle the currants, mixed peel, spice and sugar over the dough.
11. Roll up the dough like a Swiss roll.
12. Cut into 9 slices.
13. Arrange slices in baking tin, cover and leave to rise (until doubles in size).
14. Bake for 20 minutes.
15. When cooled slightly add the honey using a pastry brush.

Tiramisu

Commodity: Milk, cheese and yogurt.

Ingredients

300ml pot double cream

125g tub mascarpone/cream cheese

2 tbsp golden caster sugar

strong coffee, made with **3 tbsp coffee granules** and 500ml boiling water

175g pack sponge finger

25g chunk dark chocolate—for grating

2 tsp cocoa powder

Please bring 2 jam jars with lids/glass dish

Method

1. Put the cream, mascarpone and sugar in a large bowl. Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
2. Get your serving dish ready.
3. Put the coffee into a shallow dish and dip in a few sponge fingers at a time, turning for a few secs until they are nicely soaked, but not soggy.
4. Layer these into your jar/dish until you have used half the biscuits, then spread over half of the creamy mixture. Using the coarse side of the grater, grate over most of the chocolate. Then repeat the layers (you should use up all the coffee), finishing with the creamy layer.
5. Dust with cocoa powder and grate over the remainder of the chocolate.

Quiche

Commodity: Milk, cheese and yogurt.

Ingredients

250g plain flour

60g butter/margarine

60g lard/white fat

Pinch salt

2 eggs

1/4pt milk

75g/3oz grated cheese

1 onion

Seasoning

Please bring in a tin or 30p for an aluminium tin.

Method

1. Put the flour, butter and salt into the bowl and rub together until the mix resembles breadcrumbs. Add in 4 tbsp cold water.
2. Turn onto a lightly floured surface, shape into a smooth disc, then wrap and chill for at least 10 mins. Heat oven to 200C/ fan 180C/gas 6.
3. Roll pastry out on a floured surface until large enough to line a 23cm loose-bottomed tart tin. Line the tin with the pastry.
4. Chop the onion in to small pieces and soften the onions in the oil over a medium heat for 10 mins until golden.
5. Beat the eggs and milk together, then season to taste.
6. Grate the cheese.
7. Add the onions to the pastry and fill with the egg mixture.
8. Scatter the cheese into the pastry case
9. Place in the oven until set and lightly golden.

Chocolate Cheesecake

Commodity: Milk, cheese and yogurt.

Ingredients

150 g digestive biscuits, crushed

45 g butter, melted

110 g caster sugar

120 ml whipping cream

150 g dark chocolate, melted and cooled

2 tbsp cocoa powder

200 g cream cheese

50g grated chocolate for topping (optional)

Please bring 4 jam jars with lids or a Victoria sandwich tin (X1) or 30p for an aluminium tin.

Method

1. Put the biscuits into a polythene bag and crush with a rolling pin.
2. Melt the butter in a saucepan, and stir in the biscuit crumbs. Use this to line the base of your jar.
3. Over a saucepan of hot water melt the chocolate.
4. Add the cooled melted chocolate, then the cocoa powder mix.
5. whisk the cream cheese and remaining sugar together. Fold into the cream chocolate mixture and mix thoroughly to ensure all of the ingredients are fully incorporated.
6. Carefully spoon the mixture in to the jars, making sure they are all level and even.

Chicken Tikka Masala

Commodity: Milk, cheese and yogurt.

Ingredients

2 tbsp vegetable oil

1 onion, roughly chopped

2 tbsp tikka masala paste * (this can be purchased @ school for 50p)

1 red pepper, deseeded and cut into chunks

2 chicken breasts, cut into 2½ cm cubes

1 x 400g cans chopped tomatoes

1 tbsp tomato purée

1 tbsp mango chutney * (this can be purchased @ school for 25p)

150ml natural yogurt

chopped coriander leaves, to serve (optional)

Bring in a plastic container please.

Method

1. Heat the oil in a large saucepan on the hob, then add the onions. Cook for 10 minutes until soft and golden.
2. Add the paste and peppers, then cook for 5 minutes more to cook out the rawness of the spices.
3. Add the chicken and stir well to coat in the paste. Cook for 2 minutes, then tip in the tomatoes, purée and 50ml water.
4. Gently simmer for 15 minutes, stirring occasionally, until the chicken is cooked through.
5. Stir through the mango chutney and yogurt, then gently warm through.

Lemon Posset

Commodity: Milk, cheese and yogurt.

Ingredients

600ml/1 pint 1fl oz double cream

150g/5oz caster sugar

2 large lemons, zest and juice only

3 jam jars with lids

Method

1. For the posset, place the double cream and the sugar into a large pan over a low heat and bring to the boil slowly. Boil for three minutes, then remove from the heat and allow to cool.
2. Add the lemon juice and zest and whisk well.
3. Pour the lemon cream mixture into six large serving glasses and refrigerate for three hours.

Honey Sesame Tofu

Commodity: Soya, **Tofu**, beans, nuts and seeds.

TEACHER DEMO

Ingredients

- 1 block extra firm tofu, drained
- 1 TBS soy sauce + 1 TBS
- 1 tsp red pepper flakes
- 3 TBS honey + 1 TBS
- 2 tsp Oyster sauce
- ½ tsp sea salt/salt
- 1/8 tsp black pepper
- 1 TBS rice wine vinegar
- 1 tsp sesame oil
- 2 tsp corn flour
- 2 TBS sesame seeds
- 3 green onions, chopped

Method

1. Preheat oven to 375 degrees F. Lightly spray a non-stick baking sheet with oil or use a silicone mat.
2. In a medium bowl, stir together the 1 TBS soy sauce, red pepper flakes, 3 TBS honey, oyster sauce, salt, pepper, rice wine vinegar, and oil. Cut tofu into 1/2-inch cubes. Gently add/stir tofu cubes into sauce. Cover, and marinate at least 15 minutes.
3. Place the tofu on the baking sheet in a single layer (reserve marinade). Spray tops with olive oil (I use the Misto) and bake in a preheated oven for 20 minutes. Turn tofu, and bake until the tofu turns golden brown, about 20 minutes more or until develops a nice crisp crust.
4. Add additional soy sauce and honey (1 TBS each) to the marinade bowl. Add corn starch; whisk to combine.
5. In a large skillet over medium high heat, add the marinade. Place the tofu cubes into the skillet as well, and stir to coat. Bring the sauce up to a quick boil, then reduce heat to a low simmer. After a few minutes the sauce will thicken; stir to coat tofu. Sprinkle with sesame seeds and green onions and serve immediately.

Seeded Leaf

Commodity: Soya, Tofu, beans, nuts and **seeds.**

Ingredients

225g multi seeded strong flour

1 pack dried yeast

Pinch of salt

150ml warm water

1 tbsp oil

50g flour for kneading

Please bring a container to take it home in.

Method

1. Preheat the oven to 180c.
2. In a bowl add the flour, yeast and salt.
3. In a jug place the water and the oil.
4. Combine the liquid to the flour and stir until combined.
5. Remove from the bowl and knead for 10 minutes until soft.
6. Shape into a round and leave to rise for 20 minutes.
7. When the bread has doubled in size place in the oven for 15 minutes.

Three Bean Chilli

Commodity: Soya, Tofu, **beans**, nuts and seeds.

Ingredients

- 1 tbsp veg oil
- 1 large carrot, chopped into small dice
- 1 large stick celery, chopped into small dice
- 1 medium onion, finely chopped
- 1 clove of garlic, finely chopped
- 1 red chilli (if using) finely chopped or 1/2-1tsp dried chilli flakes
- 1 tblsp tomato puree
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 bay leaf
- 1 cinnamon stick, or piece of cassia bark
- 1 tsp smoked paprika
- 1 tsp soy sauce
- 1 400g can of chopped tomatoes
- 1 pepper, small dice
- 1 400g can of mixed beans
- Handful of chopped coriander leaves (optional)

Please bring a container to take it home in.

Method

1. Add the carrot, celery, onion, garlic and fresh chilli if using to the oil in a large wide pan on a medium hot heat and sweat until onions are translucent, about 10 mins
2. Add tomato puree and stir for 30 seconds, then add the cumin, coriander, bay and cinnamon, smoked paprika and dried chilli if using. Stir fry for a minute.
3. Add chopped tomatoes, chopped pepper and soy sauce, bring to simmer, cover and leave on low heat for 10-20mins, stirring occasionally, until veg is cooked through. Adding pepper at this step leaves a bit of crunch. If you like it more cooked add with other veg at step one.
4. Add all the beans, stir, bring to simmer, cover and cook on low heat for 10-15 minutes until beans are hot. Keep an eye on it, add a couple of tblsp of water if it is a bit dry.

Bakewell Tarts

Commodity: Soya, Tofu, beans, **nuts** and seeds.

Ingredients

PASTRY

375g plain flour

225g unsalted butter , cold and diced

75g caster sugar

3 eggs

50g flour for rolling out

FILLING

1 heaped tsp raspberry/strawberry jam

150g unsalted butter , at room temperature

150g caster sugar

3 eggs , beaten

egg yolk

150g ground almonds

lemon , zested

1 tbsp flaked almonds

Please bring a container to take them home in

Method

1. To make the pastry, crumb the flour, butter and sugar with your hands until the mixture resembles breadcrumbs OR throw the ingredients into a food processor until the same result is achieved.
2. Add the eggs and mix until the dough comes together but be careful not to over work the pastry or it will become tough. Flatten into a disc, and make about 2-3 dozen mini pies in a muffin tin. Heat the oven to 180C/fan 160C/gas 4.
3. Put a teaspoon of raspberry jam into the bottom of each tart. Beat the eggs. Cream together the butter and sugar. Then gradually add the beaten eggs and egg yolk. Fold in the ground almonds and lemon zest.
4. Carefully spoon the mixture over the jam. Bake for 20 mins and sprinkle with flaked almonds* and bake for a further 10 - 15 mins or until golden brown and set.

Chocolate Brownie (soya)

Commodity: Soya, Tofu, beans, nuts and seeds.

Ingredients

5 tablespoons sunflower oil , plus extra for greasing

200 g dairy-free (if wanted) or normal dark chocolate

170 g self-raising flour

3 heaped teaspoons cocoa powder

180 g golden caster sugar

sea salt

1 vanilla pod

230 ml unsweetened organic soya milk * (this can be purchased @ school for 30p)

200 g pecan nuts

Please bring in a square baking tin

Method

1. Preheat the oven to 180°C/350°F/gas 4. Grease a square baking tin (roughly 20cm) with a little oil, then line with greaseproof paper.
2. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water. Break 150g of chocolate into the bowl and allow it to melt, then set aside to cool slightly.
3. Meanwhile, sieve the flour and cocoa powder into a large bowl, then stir in the sugar and a pinch of salt. Halve the vanilla pod lengthways, scrape out the seeds, then add them to the bowl. Stir in the oil, soya milk and melted chocolate until combined.
4. Roughly chop and stir in the remaining chocolate and most of the pecans, reserving a few for the top. Pour the mixture into the prepared tin, spreading it out evenly. Sprinkle over the remaining pecans, then place into the hot oven for 20 to 25 minutes, or until cooked on the outside, but still gooey in the middle.
5. Leave to cool for around 5 minutes, turn out onto a wire cooling rack.