

Fulford School

Year 8 Recipe Book

Name _____ Teacher _____

Form _____ Group _____

Recipes

- | | |
|--------------------------------|---|
| Puff Pastry Whirls | - Food safety |
| Mini Carrot Cakes | - Carbohydrates & energy balance |
| Chicken Fajitas | - Protein – Biological Value, complementation |
| Scones | - Food Waste |
| Tuna Pasta Bake | - Vitamins, Minerals, Gelatinisation |
| Bolognese Sauce | - Nutritional needs of different groups |
| Bread Rolls | - Food Science: function of ingredients |
| Chicken Tikka Masala | - Multicultural foods |
| Spinach, potato chickpea curry | - Suggested recipes for multicultural task |
| Thai Green Curry | - Suggested recipes for multicultural task |
| Stir-fry | - Suggested recipes for multicultural task |

Recipe: Puff Pastry Whirls

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Ingredient:

- 375g pack ready rolled puff pastry (thawed if frozen).
- 6tbsp ready made pasta sauce (not too chunky). Or 2 tbsp. tomato puree mixed with water to thin
- 100g wafer thin ham.
- 100g mature cheddar, grated.
- 1 egg, beaten in a water tight container.
- 1tsp dried oregano or mixed herbs

Equipment:

Container,

- Sharp knife
- Grater
- Baking tray
- Flour shaker
- Pastry brush
- Jug

Method:

1. Preheat the oven to 200C/gas 6. Unroll the pastry onto a lightly floured surface and roll it out to 40x32 cm.
2. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges. Arrange the ham evenly on top, then scatter grated cheese over.
3. Starting at one of the short ends, roll the pastry up as tightly as possible.
4. Take a large knife and cut the roll into 12 equal slices, laying them flat on an oiled baking tray. Brush each pinwheel lightly with beaten egg and sprinkle herbs over.
5. Bake for 15-20 minutes until puffed and golden. Leave to cool on a cooling rack for 5-10 minutes.
6. Wash up and tidy away. Take you work over to the teacher for a photograph and grading.

Grade 2

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairy accurately prepared and assembled ingredients to make a fairly consistent sized batch of whirls.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients used to make a consistently sized batch of Whirls.
- Independent and safe working.
- Adapted the recipe. Homemade sauce.

Recipe: Carrot Cake Muffins

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Ingredients:

2 eggs, beaten in a water tight container.
140g light brown soft sugar
90 ml sunflower oil
75g self raising flour
75g wholemeal self raising flour
1 tsp cinnamon
200g carrots
140g sultanas

Equipment:

Container,

12 x Bun cases
Bun / muffin tray
Wooden spoon
Large mixing bowl
A container

Method:

1. Heat oven to 180'C, Gas Mark 4. On a green chopping board peel and grate your carrots if not already done at home.
2. Cream the eggs and sugar in a large mixing bowl using a wooden spoon. Slowly mix in the sunflower oil. Add your flour in to the bowl and stir.
3. Peel and grate the carrot. Add the carrot, raisins, cinnamon and stir.
4. Place your bun cases onto a bun tray and spoon equal amounts of the cake mixture into your bun cases. Bake in the oven for 15-20 minutes or until golden and springy to touch.
5. Use the oven gloves to remove your carrot cakes once cooked and place on a cooling rack.
6. Take your carrot cakes to your Teacher for grading and a photo. Wash & dry up, put your equipment away, clean your work area.

Grade 2

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients used to make a consistently sized batch of muffins. Portioning evident.
- Independent and safe working.
- Adapted the recipe. Different root veg.

Recipe: Chicken Fajitas

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Ingredient:

2 Tbsp fajita seasoning
1 chicken breast
1 green pepper
2 garlic cloves
1 small onion
2 tortilla wraps
25g cheese (grated)
2 tablespoons oil
fresh coriander

Equipment:

Container,

Small bowl

Sharp knife

Chopping boards (red & green)

Frying pan

Wooden spoon

Method:

1. On a red chopping board cut the chicken into thin strips, place in a small glass bowl.
2. To the bowl add 1 tsp of vegetable oil, 1 tbsp of fajita mix and stir to combine.
3. On a green chopping board cut the onion and peppers into strips, finely chop the garlic. In a frying pan heat 1 tablespoon of oil. Fry the chicken for 3-4 minutes over a medium heat until browned.
4. Add the onion, garlic and peppers and cook for a further 2 minutes or until the chicken is cooked through. Add a splash of water to stop it burning.
5. Spoon your ingredients onto a tortilla wrap, add grated cheese and roll up, place your fajitas in your container.
6. Take your Fajitas to your Teacher for a photograph and grading. Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 2

- Some accurately when preparing and assembled ingredients. limited knife skills
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients. Good knife skills evident.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients. Excellent knife skills evident.
- Independent and safe working.
- Adapted the recipe. Marinated chicken at home, wrap choice.

Recipe: Cheese Scones

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Ingredient:

250g self raising flour
40g butter or baking fat/block
75g hard cheese (e.g. cheddar)
125ml semi-skimmed milk

School: 1 x 5ml spoon mustard powder

Optional variations:

To make fruit scones, add 25g sugar and 75g currants or sultanas before the milk and leave out the cheese.

Equipment:

Container,

baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

Method:

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Sift the flour and mustard into the bowl.
4. Rub the fat into the flour until it resembles breadcrumbs.
5. Grate the cheese. Stir in the cheese.
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
7. Mix to form a soft dough.
8. Place the dough on a lightly floured work surface.
9. Roll out the dough to about 1½cm thick.
10. Shape the scones using a cutter.
11. Place the scones on a baking tray and brush each top with a little milk.
12. Bake for 12 – 15 minutes, until golden brown. Allow to cool on a cooling rack.

Grade 2

- Some accurately when preparing and assembled ingredients. limited consistency within batch. More or less than 6 scones.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.

Recipe: Tuna Pasta Bake /Macaroni Cheese

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Ingredient:

200g shaped pasta
25g butter
25g plain flour
300ml milk
125 strong cheddar cheese
1 can, 160g tuna
1 can 165g sweet corn
Handful chopped parsley

Equipment:

Container,
Baking dish & container
Saucepan
Whisk
Wooden spoon
Grater
Chopping board
Tin opener

Method:

1. Heat oven to 160c./gas 4.
2. Fill a saucepan 2/3 full with water and bring to the boil over a high heat.
3. Once the water is boiling add the pasta and cook at a rapid boil for 10-12 minutes.
4. Add the milk, butter and flour to a saucepan.
5. Heat on the hob on a medium heat. Bring to the boil, whisking constantly to prevent lumps.
6. Once thickened, remove from heat and stir in all but a hand full of grated cheese.
7. Once cooked, drain the pasta and place in a large glass bowl, add your sauce and mix in the tuna, sweetcorn and parsley (if using), season with a little salt and pepper.
8. Transfer to a baking dish, top with the rest of your cheese. Bake for 15-20 minutes, until cheese is golden.
9. Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 2

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of scones.
- Generally Independent and safe working. Good rubbing technique.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients to make a consistently sized batch of 6 scones. Excellent rubbing in techniques is evident.
- Independent and safe working.
- Adapted the recipe.

Recipe: Bolognese Sauce

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Ingredient:

250g minced beef or Quorn
1 onion
1 stick of celery.
1 carrot.
1 clove of garlic.
1 tin of chopped tomatoes.
2 tbsp of tomato puree.
1 beef or Veg stock cube.
1/2 tsp mixed herbs or oregano

Equipment:

Container,
Container
Saucepan
Knife
Chopping board – green
Wooden Spoon

Method:

1. Peel and chop the onion, carrot, green pepper, garlic, celery and if you want a smooth sauce blend using the food processor until you have a paste.
2. Add a little oil to a sauce pan and slowly brown the mince over a medium heat. Once browned add the vegetables and soften for 5 minutes.
3. Add a beef stock cube, mixed herbs, the tomato puree and tin of chopped tomatoes, then half fill the empty tin with water and add to the pan.
4. Put a lid on your pan and simmer for 25 minutes until the sauce has reduced and the vegetables are tender.
5. Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 2

- Some accuracy when preparing and assembled ingredients. Sauce is the wrong consistency.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients. Mince is caramelised. Sauce is the correct consistency.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared and assembled ingredients. Mince is caramelised. Sauce is the correct consistency.
- Independent and safe working.
- Adapted the recipe.

Recipe: Bread Rolls

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Ingredient:

- 200g Strong white bread flour
- 1 packet of Fast action yeast
- 1 tsp Caster Sugar
- Pinch of Salt
- 150ml Warm water (school to provide)
- Herbs/Seeds

Equipment:

Container,

Sieve

Large bowl

Flour shaker

Oven tray

Method:

1. Pre-heat your oven to 220c, gas mark 7.
2. Put the flour, salt, yeast and caster sugar into a large bowl
3. Prepare 150mls of **warm** water (not hot!). Add this to the flour mixture and stir with a kitchen knife to bring the dough together, If it is a little dry add extra water 1tbsp at a time.
4. Knead the dough on the worktop for 5-10 minutes. Divide into 4 equal sized pieces and shape each one into rolls as required: e.g. round rolls, plaits, twists.
5. Brush with water and sprinkle on seeds/herbs.
6. Place your bread rolls onto a lightly floured oven tray. Set your oven to 220c, gas mark
7. Bake until light brown on top and the bottom sounds hollow when tapped. (12-15 minutes)
8. Use oven gloves to take your bread out of the oven. Place on a cooling rack.
9. Once cooled place them into your container. leave the lid off your container if your buns are still hot.
10. Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 2

- Some accuracy when preparing and assembled ingredients. Under kneaded and proofed. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients. Well Kneaded and proved. Portioned to make a consistent batch.
- Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared and assembled ingredients. Well Kneaded and proved. Portioned to make a consistent batch.
- Independent and safe working.
- Adapted the recipe. Seeds, shaped rolls.

Recipe: Chicken Tikka Masala - Easy

Ingredient:

1 Chicken breast
1 Medium onion
1 Fresh chilli
Small piece of ginger
1 Heaped table spoon tikka masala curry paste
200g Chopped tomatoes (1/2 tin)
100ml Full fat plain yoghurt

Equipment:

Container,

Red chopping board
Green chopping board
Sharp knife
Frying pan

Method:

1. On a red chopping board, cut the chicken into cubes.
2. On a green chopping board chop your onion and chilli into small pieces. Peel and finely chop the ginger.
3. Heat a little oil in your pan and fry chicken off until white on the outside. Add the onion, chilli and ginger to the chicken and fry for 3 or 4 minutes.
4. Add masala paste and mix well with your ingredients. Fry for a further 3 or 4 minutes. Add a splash of water if this is sticking too much.
5. Add the tomatoes and simmer on a medium heat for 5-10 minutes.
6. Stir the yogurt into the dish before transferring to your container.
7. Wash & dry up, put away your equipment work as a team.

Grade 2

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 3

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 4

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.

Recipe: Chicken Tikka Masala (Intermediate)

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Ingredients: Marinade

150g natural yogurt
1 Tbsp Tikka Paste
1 tsp salt
2 cloves of garlic (grated)
A small piece of ginger
(grated)
1 tbsp oil
200g chicken breast cubed.

Ingredient: Sauce

1Tbsp Tikka Paste
3 garlic cloves - chopped
A small piece ginger 1 Onion
5 tomatoes
2 tbsp tomato puree
Fresh coriander
Optional add 50ml of double cream or full
fat yogurt

Method:

- 1. At home:** Place all the ingredients for the marinade in a zipper food bag. Add your chicken and mix well. Leave overnight in the fridge.
- 2. At school:** Place your chicken onto a baking tray and cook in the oven at 200c gas 7 for 20—25 minutes.
- Prepare your sauce ingredients: Peel and finely chop the onion. Peel and finely chop the ginger and garlic.
- Add a little oil to a sauce pan. Add the tikka paste, onion, ginger and garlic and soften over a medium heat for 3 –5 minutes.
- Add the tomatoes and the tomato puree, place a lid on your pan and simmer over a medium heat for 10—15 minutes.
- Chop up the stalks of the coriander and reserve the leaves to add at the end.
- Add the chopped coriander stalks and a replace the lid and simmer for a further 10 minutes. If it is a little dry add a splash of water.
- Take the chicken from the oven and transfer to your sauce. Mix thoroughly. Optional add 50ml of double cream or yogurt and stir in.
- Transfer to your container, garnish with coriander and take to your Teacher for grading and a photo.
- Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 3

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 4

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 5

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.

Recipe: Chicken Tikka Masala (Advanced)

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Ingredients: Marinade

150g natural yogurt
1/2 tsp turmeric powder
1 tsp chilli powder
1/2 tsp garam masala
1 tsp salt
2 cloves of garlic (grated)
A small piece of ginger (grated)
1 tbsp oil
200g chicken breast cubed.

Ingredient: Sauce

1 tsp cumin seeds
2 bay leaves
1 cinnamon stick
2 cardamom pods
1 onion
1 green chilli pepper
3 garlic cloves
A small piece of ginger
5 tomatoes
2 tbsp tomato puree
Fresh coriander
1 tsp chilli powder
1 tsp garam masala
1/2 tsp turmeric
1 tsp ground coriander
Optional add 50ml of double cream or full fat yogurt

Method:

- 1. At home:** Place all the ingredients for the marinade in a zipper food bag. Add your chicken and mix well. Leave overnight in the fridge.
- 2. At school:** Place your chicken onto a baking tray and cook in the oven at 200c gas 7 for 20—25 minutes.
- Add a little oil to a sauce pan. Add cumin seeds, bay leaves, cinnamon, cardamom, 1 finely chopped onion, 1 green chilli pepper, 3 cloves of garlic, a small piece of ginger and soften over a medium heat for 3—5 minutes.
- Add the tomatoes and the tomato puree, place a lid on your pan and simmer over a medium heat for 10—15 minutes.
- Add the chopped coriander stalks, chilli powder, garam masala, turmeric and ground coriander. Replace the lid and simmer for a further 10 minutes.
- Take the chicken from the oven and transfer to your sauce. Mix thoroughly. Optional add 50ml of double cream or yogurt and simmer for a further 5 minutes.
- Transfer to your container, take to your Teacher for grading and a photo. Wash & dry up, put your equipment away, clean and tidy your work area.

Grade 3

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 4

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 5

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.

Recipe: Spinach, potato chickpea curry

Ingredient:

1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 large potato
400g can chopped tomatoes
410g chickpeas, canned
3 handfuls of fresh spinach

Equipment:

Container,

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Method:

1. Prepare the ingredients:
peel and slice the onion;
peel and crush the garlic;
peel and cube the potatoes.
drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
- 3 Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
6. Serve.

Top tips

Serve with boiled rice, naan bread and a side salad.

Replace the tomatoes with thinly sliced courgettes, peppers or okra.

Batch cook – freeze portions for a rainy (busy) day.

Grade 3

- Some accurately when preparing and assembled ingredients. limited consistency within batch.
- Some Independent and safe working but reminders needed.
- Most aspect completed on time.

Grade 4

- Fairly accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins.
- Generally Independent and safe working.
- Followed the timings closely.

Grade 5

- Accurately prepared ingredients used to make a consistently sized batch of muffins.
- Independent and safe working.
- Adapted the recipe.