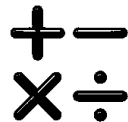


Y9 Food Technology Recipes





• Classic Minestrone Soup



Minestrone (literally Big Soup) is a thick soup of Italian origin made with vegetables, often with the addition of pasta or rice. Common ingredients include beans, onions, celery, carrots, stock, and tomatoes.

Learning Objective

In this activity, you will:

- learn how to make a soup using vegetables and pasta;
- demonstrate safe use of a knife and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. peeling, slicing;
- use the cooker safely.

Keywords: sweat, fry, boil, simmer, reduce.

Ingredients

1 clove of garlic	1 x 10ml spoon oil
¼ cabbage	1 stock cube (or you could use fresh stock)
1 onion	800ml boiling water
1 stick of celery	1 x 5ml spoon mixed herbs
1 carrot	1 x 15ml spoon tomato puree
1 potato Black pepper	1 tomato
25g small pasta shapes or broken spaghetti	
1 rasher of bacon	

Equipment

Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon, saucepan.

Method

1. Prepare the vegetables and bacon:
peel and crush the garlic; shred the cabbage; peel and chop the onion; slice the celery; peel and dice the carrot; peel and dice the potato; chop the tomato; chop the bacon, with a fresh knife on a clean chopping board.
2. Fry the onion, garlic and bacon in the oil for 2 minutes.
3. Stir in the carrot, celery and potato.
4. Add the stock (water and stock cube mixed together).
5. Stir in the sliced tomato and finely shredded cabbage.
6. Add the mixed herbs, tomato puree and black pepper, bring to the boil and then simmer for 10 minutes.
7. Add the pasta and allow to simmer for a further 10 minutes.
8. Serve.

Top tips

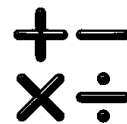
- Serve with a sprinkle of parmesan cheese
- Try different types of vegetables (use what's in season)
- Add 2 tablespoons of cannellini beans

Skills

Using the hob	Onion preparation (Bridge hold / Claw grip)	Simmering (heat control)
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Classic Tomato Ragu (Reduction Sauce)



Ragù is an Italian term for a meat-based sauce, which is traditionally served with pasta. In this activity you will make a vegetable based sauce to serve with pasta.

Learning Objective

In this activity, you will:

- learn how to make a sauce using the reduction method;
- demonstrate safe use of a knife and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. peeling, slicing;
- use the cooker safely.

Keywords: sweat, fry, boil, simmer, reduce.



Ingredients

- 1 onion
- 1 clove garlic, peel and crush
- 1x15ml spoon oil
- 1 x 400g canned chopped tomatoes
- handful of fresh basil
- black pepper

Equipment

Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon, saucepan.

Method

1. Peel and chop the onion and peel and crush the garlic.
2. Fry the onion and garlic in the oil for 5 minutes, until soft. Be careful not to burn the onion and garlic otherwise it will make your product taste bitter.
3. Add the tomatoes and tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

Optional

You may wish to serve the tomato ragu with pasta:

- after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the 100g pasta and cook for around 10 minutes until al dente. Drain;
- mix the cooked pasta and tomato sauce together.

Top tips

- Use dried herbs if you do not have fresh.
- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna.
- Add chicken or chickpeas and serve over rice.
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

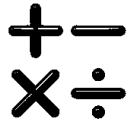
Skills

Using the hob	Onion preparation (Bridge hold / Claw grip)	Simmering (heat control)
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Ratatouille (Reduction Sauce)



Ratatouille is a traditional French stewed vegetable dish, originating in Nice. It can be served as part the main part of a meal with rice or as an accompaniment of vegetables with meat or chicken.

Learning Objective

In this activity, you will:

- learn how to make a sauce using the reduction method;
- prepare a range of fresh ingredients, e.g. peeling, slicing;
- use the cooker safely;
- apply your knowledge of reduction sauces to make ratatouille.

Keywords: sweat, fry, boil, simmer, reduce.

Ingredients

- 1 onion
- 1 clove garlic
- 1/2 small aubergine
- 1/2 green pepper
- 1/2 courgette
- 1 can chopped tomatoes (400g)
- 1 x10ml spoon oil
- 1 handful fresh basil



Equipment

Chopping board, knife, garlic press, saucepan, measuring spoons, wooden spoon, can opener.

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - dice the aubergine;
 - de-seed and chop the green pepper;
 - slice the courgette.
2. Sweat the onion and garlic in the oil for 2 minutes.
3. Add the aubergine and fry for a further 3 minutes.
4. Add the pepper, courgette and tomatoes.
5. Stir-in the torn basil leaves.
6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

Top tips

- Use dried herbs if you do not have fresh basil.
- Go for different vegetables – try adding olives, mushrooms, red onions, peas or beans.
- Serve with rice, potatoes or bread for a low fat snack.

Skills

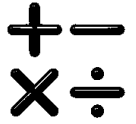
Using the hob	Onion preparation	Bridge hold	Claw grip
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Use this space to write an ingredient list for the design of your own Ratatouille. Add high protein ingredients that would make Ratatouille a complete meal for vegetarians.





Macaroni Cheese (Roux Sauce)



Learning Objective

In this activity, you will:

- learn how to make a roux (blend of butter and flour sauce);
- demonstrate safe use of the cooker and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. grating;
- understand the principle of gelatinisation.

Keywords: stir, boil, simmer, bake, separating agent.

Ingredients

Quantity	Ingredient	Function
250ml	Milk	For the béchamel sauce
30g	Butter	Separating agent. Prevents flour from forming lumps in the sauce.
20g	flour	Thicken the sauce (gelatinisation)
175g	Cheddar cheese (grated)	Taste
200g	Macaroni	Forms the bulk of the product

Equipment

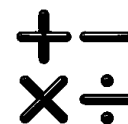
Oven proof casserole dish
2 saucepans – 1 for pasta and the other to make the sauce
Measuring jug
Wooden spoon
Measuring equipment
Grater
Colander

Method

1. Preheat the oven to 220°C / Gas 7.
2. Boil a saucepan of water. Add pasta and bring to the boil.
3. In another saucepan melt the butter over a medium heat and, when foaming, add the flour. Stir well. The mixture will be thick to start with. Don't allow it to burn.
4. Gradually add the milk to the butter and flour mixture, stirring constantly. Add the milk slowly until it's all used up.
5. The finished white sauce is called a béchamel sauce. Simmer and stir the béchamel sauce until it has a rich, smooth consistency and is free from lumps.
6. Add 2/3 grated cheddar to the béchamel and stir until melted and smooth. Turn off the heat. Once the cheese is added to the béchamel, don't allow it to boil or the cheese will become stringy.
7. Drain the pasta using a colander. Put the pasta back in the saucepan.
8. Mix the cheese sauce to the pasta and mix thoroughly.
9. Place the macaroni into a shallow ovenproof dish and sprinkle with remaining cheese. Put it in the preheated oven to bake until golden brown, about 15 minutes.
10. Serve individual portions straight from the baking dish.



Savoury Rice



Learning Objectives

In this activity you will

- demonstrate competence in cooking a rice based dish, using minimal pieces of equipment;
- prepare a range of vegetables, e.g. peeling, slicing, dicing;
- use the hob safely.

Ingredients

1 onion
3 mushrooms
1/2 red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5ml spoon vegetable stock powder
50g peas
1 x 10ml spoon curry powder

Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons.

Method

1. Prepare the vegetables:
 - ◆ peel and chop the onion;
 - ◆ slice the mushrooms;
 - ◆ dice the red pepper;
 - ◆ chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

Skills

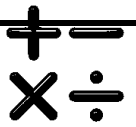
Using the hob	Onion preparation	Bridge hold / Claw grip	Frying/Simmering
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Top tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Use different herbs and spices e.g. basil, parsley or chilli



Pizza



Pizza is an oven-baked, flat, round bread typically topped with a tomato sauce, cheese and various toppings. After its invention in Italy, the dish has become popular in many parts of the world. An establishment that makes and sells pizzas is called a "pizzeria". The bottom of the pizza, called the "crust", may vary widely according to style—thin as in a typical pizza or thick as in a typical pan pizza or Chicago-style pizza. It is traditionally plain, but may also be seasoned with garlic or herbs, or stuffed with cheese.

Learning Objectives

In this activity you will:

- become confident preparing and cooking bread based dishes.
- prepare a range of ingredients, e.g. de-seeding chillies, grating cheese, slicing vegetables.

Ingredients

175 g Strong Bread Flour
1 tsp Fast Action Dried Yeast
Pinch of Salt
2 tbsp Oil (olive if possible)
100ml **Warm** Water
Extra flour for kneading

Toppings:

1 Tablespoon tomato puree, 75g grated cheese, 1 tsp mixed herbs (optional)

A selection from the following: onion, garlic, pepper, mushroom, chillies, cooked chicken, ham, pepperoni, salami, sweetcorn. Or any others of your own choice.

Equipment

Large Mixing Bowl, Measuring Jug, Teaspoon, Flour Dredger, Chopping Boards, Knives, Grater, Wooden Spoon, Measuring Spoon, Serving Dish, Weighing Scales.

Method

1. Put the flour, yeast and salt into the bowl, mix and make a well in the middle.
2. Measure the water in your jug and add the oil.
3. Pour the water and oil mix into the well in the flour.
4. Using just one hand, start to add in the flour from around the edge. Keep mixing until you have a soft dough.
5. Put some flour on your clean work top add your dough and start to knead the dough until it becomes very stretchy (about 10-15 mins).
6. Roll out to approximately 23cm (9 inches) round, place onto your baking tray and make a crust with your fingers.
7. Mix the tomato puree with water and herbs and spread onto the base up to the crust. Sprinkle the cheese over the tomato sauce and add the rest of your chosen toppings.
8. Bake in a preheated oven at

What's that?

Kneading - Using the heel of your hands to push and stretch the dough away from you, folding Back and so on until you get a Lovely stretchy dough

Top tips

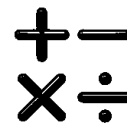
- To tell if your pizza is finished cooking, look to see if the cheese is melted, and is beginning to become golden brown. The edge of the crust should be medium golden brown, and when you lift the bottom edge of the crust the dough should look evenly browned
- Make small holes in your base after you've rolled it to stop it bubbling up
- Roll your dough on a lightly floured surface and turn 90° between rolls to maintain a good shape



Design your pizza on an **A3 planning** sheet



Pinwheels



Pinwheels are great finger food for a picnic or party, these pinwheels are tasty when still warm from the oven. You can even freeze them. These can be made with all kinds of dough's.

Learning Objectives

In this activity you will:

- Develop an understanding of processing dough based products
- Develop your rubbing in, dough making and rolling skills.

Ingredients

200g self raising flour

50 block margarine

1 egg + milk (150mls)

2 table spoons tomato puree with 3 tablespoons water

100g cheese

Half onion (chopped)

1 tea spoon mixed herbs

(Sweet version use jam or lemon curd and 25g sugar in dough)

Equipment

Large Mixing Bowl, Measuring Jug, Teaspoon, Flour Dredger, Chopping Boards, Knives, Grater, Wooden Spoon, Measuring Spoon, Weighing Scales.

Method

1. Rub margarine and flour together to create breadcrumbs
2. Stir in the rest of the dry ingredients
3. Add the egg and enough milk to make a stiff dough
4. Roll out the dough to a rectangle shape.
5. Spread the tomato on the dough and cover with the filling ingredients
6. Roll up the dough and slice into rounds
7. Place circle side down on a greased baking tray
8. Cook 200°C / Gas 6 for 15 mins

Skills

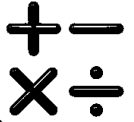
Rolling	Vegetable preparation	Grating	Baking
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Top tips

- Try adding sweet or savoury to give these a different flavour
- To tell if your pinwheels are cooked check they are golden on top and underneath
- Make sure you use the right amount of flour when rolling your pinwheels out, ensure you flour the rolling pin



Shortcrust Pastry



Shortcrust pastry is a type of pastry often used for the base of a tart, quiche or pie. It does not puff up during baking because it usually contains no leavening agent. It is possible to make shortcrust pastry with self-raising flour, however. Shortcrust pastry can be used to make both sweet and savory pies such as apple pie, quiche, lemon meringue or chicken pie.

Learning Objectives

In this activity you will:

- learn how to make shortcrust pastry using the rubbing in method;
- demonstrate safe use of small tools and equipment;
- prepare a shortcrust pastry product, e.g. quiche, egg custard, Australian crunch;
- use the cooker safely

Keywords: shortening, rubbing, binding, rolling, lining, blind-baking, mixing

Ingredients

100g plain flour
25g block margarine/butter
25g lard
1 tablespoon water

& filling ingredients

Equipment

Large Mixing Bowl, Measuring Jug, Teaspoon, Flour Dredger, Rolling Pin, Chopping Boards, Knives, Grater, Wooden Spoon, Measuring Spoon, Weighing Scales.

Method

1. Sift the flour into a large bowl, add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
2. Stir in the salt, then add 1 tbsp water and mix to a firm dough. Knead the dough briefly and gently on a floured surface. Wrap in cling film and chill while preparing the filling.

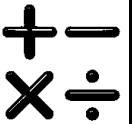
Rolling	Vegetable preparation	Blind-baking	Lining
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Top tips

- To make more or less, remember the proportions - half fat to flour - and don't add too much water or the pastry will be hard.
- For best results, make sure the butter is cold.
- Try adding other dry ingredients (i.e. cheese) in the recipe, add them at the same time as the salt.



Sausage Rolls/Cheese Pasty



Puff pastry is a light, flaky, leavened pastry containing several layers of fat which is in solid state at 20 °C (68 °F). In raw form, puff pastry is a dough which is spread with solid fat and repeatedly folded and rolled out (never mashed, as this will destroy layering) and used to produce pastries. It is sometimes called a "water dough" or détrempe.

The gaps that form between the layers are a result of the puff pastry rising as the water evaporates into steam during the baking process. Piercing the dough will prevent excessive puffing, and crimping along the sides will prevent the layers from flaking all of the way to the edges.

Learning Objectives

In this activity you will:

- learn how to handle and roll puff pastry;
- demonstrate safe use of small tools and equipment;
- produce a puff pastry product (sweet or savoury);
- use the cooker safely.

Ingredients

Sausage rolls

250g of readymade puff pastry
2 Sausages (skinned)
Egg to glaze

Method

1. Switch oven on Gas 7 or electric 220°C.
2. Roll out pastry into one long rectangle.
3. Cut pastry in half and place pastry on baking tray.
4. Roll each sausage until as long as pastry.
5. Wet edges of pastry, then roll and seal the edges.
6. Glaze the top and cut into smaller sausage rolls.
7. Make 2 holes in each sausage roll and place on baking tray. Cook for 20-25 minutes.

Cheese Pasty

250g of readymade puff pastry
50g Cheese
Small piece of onion (optional)
Egg to glaze

Method

1. Switch oven on Gas 6 or electric 200°C.
2. Roll out pastry into one a square. Wet edges.
3. Place pastry on baking tray.
4. Grate cheese and peel and chop onion.
5. Sprinkle on top of pastry.
6. Fold over pastry and seal edges well together.
7. Glaze the top and make 2 slits in the pastry.
8. Cook for 15-20 minutes until golden brown.

Equipment

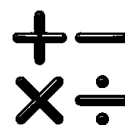
Flour Dredger, Rolling Pin, Chopping Boards, Knives, Grater, Wooden Spoon, Measuring Spoon, Weighing Scales.

Top tips

- You cannot re-roll puff pastry, so if you don't roll it straight, or it's not quite right **do not** squash it back together!
- Use flour sparingly, try to avoid using too much
- Use egg glaze to stick the pastry down
- Make sure your oven is pre-heated to 220°/Gas 7, a really hot oven is what puff pastry needs to rise, try to avoid opening during cooking



Carrot Cake



Carrot cake is a cake which contains carrots. It is mixed with batter. The carrot softens in the cooking process, and the cake usually has a soft, dense texture. The carrots themselves enhance the flavor, texture, and appearance of the cake.

Learning Objectives

In this activity you will:

- learn how to incorporate vegetables into sweet products;
- demonstrate safe use of small tools and equipment;
- prepare a cake batter using a creaming method
- use the cooker safely

Ingredients

100g soft brown sugar
75g margarine
2 eggs
2 tinned pineapple rings chopped
100g carrot grated
2 tablespoons sultanas
50g wholemeal flour
50g self-raising flour
1 teaspoon baking powder
1 teaspoon mixed spice

Icing topping

½ packet icing sugar
25g butter
1 lemon

Equipment

Large Mixing Bowl, Measuring Jug, Teaspoon, Grater, Knives, Wooden Spoon, Measuring Spoon, Weighing Scales, Sieve, Palette Knife, Cake Tin

Method

1. Cream together the sugar and margarine
2. Add the eggs, carrot, pineapple and sultanas
3. Sieve together the flour, spices and baking powder and mix in quickly
4. Pour mixture into a lined tin
5. Cook 180°C / Gas 4 for 25 mins
6. Zest the lemon save half for later
7. Cream together the butter, juice from half a lemon and add enough icing sugar to create a butter cream consistency
8. Spread cream on top of the cooled cake and decorate with the remaining lemon zest

Skills

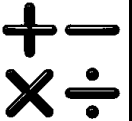
Creaming	Vegetable preparation	Grating	Zesting
Sieving	Lining/Greasing	Baking	Juicing

Top tips

- Ensure your margarine and sugar are thoroughly creamed until pale and with no lumps of sugar
- Try other citrus fruits such as lime or orange to give this a different flavour
- Avoid getting any mixture around the edge of your tins, if you do make sure you wipe it before you put your cake in the oven
- To test if your cake is ready use a skewer, insert into the centre, the skewer should come out clean



Bakewell Tart



Bakewell tart originated as a variation of the “Bakewell pudding”. According to local history, the famous Bakewell pudding was first made accidentally in the 1860's at the White Horse Inn in Bakewell, Derbyshire. The story goes that Mrs. Greaves, the landlady, asked an inexperienced kitchen assistant to make a strawberry tart. The assistant, however, made a non

sweet pastry, leaving out the eggs and sugar by mistake. Instead the eggs and sugar were used to make a filling for the plain pastry case, with the strawberry jam spread on the bottom.

Learning Objectives

In this activity you will:

- Develop your understanding of pastry products
- Design a bakewell with flavours and ingredients of your choice



Ingredients

Pastry

100g (4oz) plain flour
50g (2oz) margarine
1 tablespoon water

1 ½ tablespoons raspberry or strawberry jam
1 egg
50g (2oz) self-raising flour
50g (2oz) margarine
50g (2oz) caster sugar
a few drops of almond essence (optional)
Icing sugar and glacé cherries (optional)

Equipment

Method

1. Light oven gas 6 / 200°C
2. Grease baking tray
3. Rub the fat into the flour to fine breadcrumbs
4. Add the liquid, mix to a dough. If a little dry add more, a teaspoon at a time
5. Roll out pastry and shape into baking tray
6. Add spoonful of jam/chocolate spread to each pastry tart
7. Add all of the sponge ingredients into a bowl and beat with a wooden spoon until the mixture is fluffy
8. Cover jam/ chocolate spread with the cake mix
9. Place in oven and bake until golden brown (about 20 minutes)

Top tips

- Make sure you use your fingertips when rubbing into breadcrumbs
- Make your pastry up at home to save you time
- If you are making one large bakewell, blind bake the case with baking beans for ten minutes before spreading the jam and adding the filling

