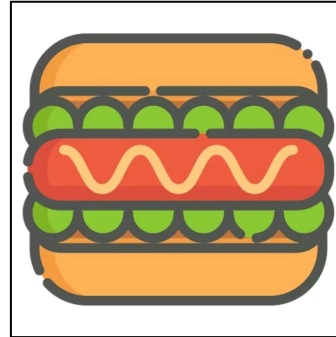
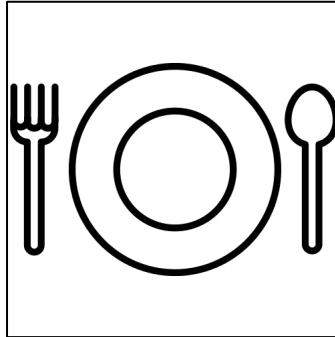
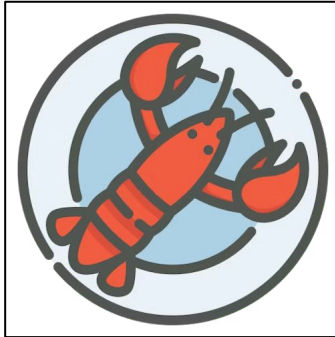
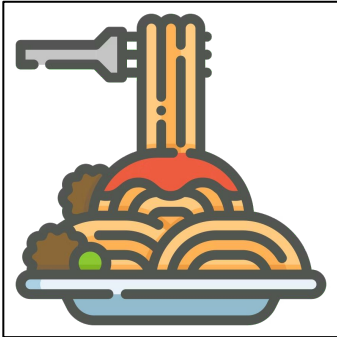


Year 9 Food Technology

Food choices

Recipe Booklet 2025 - 2026



Please note the recipes are **not** in order.

Your food technology teacher will upload the name and date of the recipe you are making in **Arbor** before your practical lessons.

Please remember to bring the
correct type of container for the dish being made
(e.g. ovenproof dish or container with a lid) each practical lesson
so you can take your food home.
We are not able to provide spare/extra containers
due to a lack of storage.



Food Technology Recipes Year 9

Traybake



Lasagne



Cottage pie



Sticky toffee pudding with toffee sauce



Cornish pasties



Fresh pasta with a tomato or carbonara sauce



Profiteroles



Quiche



Chicken tikka with raita. Side dishes spiced rice/ flatbreads



Millionaires shortbread



Summer Pasta



Cheesecake



Chelsea buns



Celebration cake



Sweet and sour chicken with noodles



Caesar salad



Street food dish



Health and safety in the Food Technology kitchen

Knife and sharp objects health and safety:

- Hold a knife by the handle with the point downwards when taking it to and from your work area
- When you have finished using your knife or sharp objects (peeler) ensure there are no other pieces of equipment in your sink. Wash and dry them and return them to your teacher
- If you are not sure how to use a knife or sharp object correctly ALWAYS ask your teacher.

Electrical equipment health and safety:

- Before touching small pieces of electrical equipment (e.g. whisks/ blenders) make sure your hands are dry
- When you finish using equipment turn it off and unplug it.
- Focus when using electrical equipment. Do not let other people distract you
- Listen to your teacher when they explain how to use equipment safely
- Never place electrical equipment in water
- Return the equipment to your teacher

Oven health and safety:

- Stand to one side before opening a oven door to allow the hot air to escape.
- Use oven gloves to place or take out your food from the oven
- Do not touch hot metal baking trays with your hands, leave them to cool down.
- Turn your cooker off/ to 0 when you have finished using it

Hob health and safety:

- Ensure saucepan handles are turned inwards so you do not knock them and burn yourself.
- Do not use a metal spoon to stir your ingredients on the hob. Metal conducts heat and you will burn your hands. Choose a plastic spoon instead.
- Never leave your food on the hob unattended. Ensure you are watching it so it does not burn or spill over.
- At the end of a practical when you hob has cooled down make sure there are no bits of food on the surface.
- Turn your hob off/to 0 when you have finished using it



Tray Bake

Ingredients

100g Margarine (not butter)
100g caster sugar
2 large eggs
100g self raising flour
25 ml milk
1 teaspoon (4ml) vanilla extract
100g icing sugar



Decoration: multi coloured sprinkles
to go on top

Serves 6

Food skills **highlighted**

*Please bring an oven proof dish or cake tin approx
10 x 15 cm to cook and take your food home (fits a
brownie size tin). If you have a large dish you could
double the ingredients.*

Step-by-step (method)

Mise-en-place (preparation)

-**preheat** the oven 180c/ Gas 4

-**weigh** and **measure** your ingredients

1. butter your cake tin and **line** with greaseproof paper

2. put the butter and sugar in a mixing bowl and **beat** with an electric whisk for a few minutes until light and fluffy.

3. add the flour, milk, eggs and vanilla and beat again until you have a smooth batter

4. **scrape** the batter into your prepared tin, **spread** right into the corners and smooth the surface.

5. place on the middle shelf of the oven and **bake** for approx 20 - 25 minutes. Place a skewer or palette knife into the cake when it comes out clean it is cooked. Place on a cooling rack



Quality control checks (QCC)

-use an oven glove when placing and taking hot food out of the oven
-your hands must be dry when handling electrical equipment. Turn the machine off at the plug when you have finished using it.

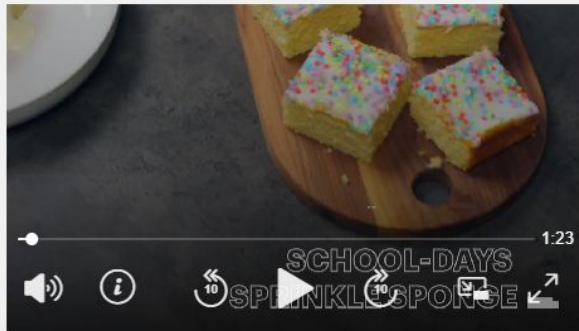


Tray Bake

Step-by-step (method) TOPPING

6.mix the icing sugar with a small amount of water to get a thick paste.
Spread the icing over the cooled cake. Then top with sprinkles

7.the surface should be almost covered - leave for an hour and cut into even sized squares



<https://www.bbcgoodfood.com/recipes/school-days-sprinkle-sponge>

CLICK ON THE LINK FOR THE VIDEO

Duration: approx 2 minutes



Millionaires Shortbread

Ingredients for shortbread

250g plain flour
75g caster sugar
175g butter (softened)

For the caramel

100g butter or margarine
100g light muscovado sugar
1 x 397g can of condensed milk

Topping

200g milk chocolate (broken into pieces)

Makes approx 24 small pieces

Food skills **highlighted**

Container: ovenproof dish (33 x 23cm)



Step-by-step (method)

Mise-en-place (preparation) **preheat** the oven 180c/ Gas 4
-lightly grease your oven proof dish (33 x 23cm)

1.To make the shortbread

Mix the flour and caster sugar in a mixing bowl.

Rub in the butter until it resembles fine breadcrumbs.

2.Knead the mixture together until it forms a dough, then **press** into the base of your ovenproof dish. **Prick** the shortbread lightly with a fork.

3.Bake for 20 minutes until firm to the touch and very lightly browned. **Cool in the tin**

4.To make the caramel

Measure the butter, sugar and condensed milk into a pan and heat gently until the sugar has dissolved.

Bring to the **boil**, stirring all the time.

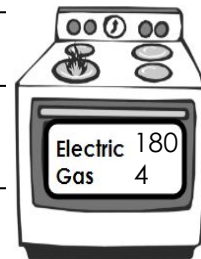
Reduce the heat and **simmer** very gently, stirring continuously for about 5 minutes or until thickened slightly.

Pour over the shortbread and **leave to cool**

5.To make the chocolate topping

Break the chocolate up into a large glass mixing bowl and place over a saucepan ¼ full of water on the hob. Gently heat and **stir** the chocolate until melted (**bain marie**).

Pour over the cold caramel and leave to **set**. **Once completely set cut into squares**.



Lasagne

Ingredients

250g Minced beef

1 onion

1 clove garlic, crushed

1/2 tbsp. tomato puree

1 can chopped/plum tomatoes (400g)

1 tsp mixed herbs

1/2 tbsp Worcester sauce (optional)

Salt & pepper

4 -5 sheets of (dry) lasagne

Béchamel/cheese sauce

25g Butter/margarine

25g Plain flour

325mls Milk

100g cheese (grated)

Salt and pepper

Serves 2 - 3 people

Food skills **highlighted**

You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)

Mise-en-place: Prepare your vegetables

-**peel and dice** onions & garlic

-open can of tomatoes

If you are cooking your lasagne in school preheat the oven Gas 6/Electric 180

1.Heat a little oil in a pan and gently **fry** your onions and garlic until they are translucent (see through)

Low to medium temperature on the hob so you do not burn your food.

2.Add the meat to the pan and cook until **sealed**(brown)

When handling meat always wash your hands and equipment afterwards.

3.Add tomato puree, Worcester sauce, herbs and can of tomatoes to the pan and **mix**



4.Bring to the **boil** & then turn down the heat & **simmer** for approx 20 min

Ambitious ● Caring ● Equal

#proudtobeUCC



Step-by-step (method) Lasagne	Quality control checks (QCC)
Bechamel (cheese) sauce	
6.Weigh: -margarine/butter 25g -flour 25g -milk 325ml Place the butter in a saucepan and melt . Add the flour and gradually stir in the milk. Bring to the boil then turn down to simmer . Whisk constantly until the mixture thickens (approx 2-3 mins)	<i>Whisk constantly to prevent the sauce from going lumpy.</i> Science - as the sauce is heated the flour softens and absorb the milk and swell. The flour grains then break open and thicken the liquid.
7. TAKE THE PAN OFF THE HEAT and stir in the grated cheese	
8.Construct your lasagne (see diagram)	



How to construct (layer your dish)

Cheese sauce

Pasta

Meat & tomato sauce

Cheese sauce

Pasta

Meat & tomato sauce

Ovenproof dish (bottom)



Cumbrian sticky toffee pudding

with toffee sauce

Ingredients for pudding

100g self raising flour (sieved)
100g pitted dates
88g soft brown sugar
26g soft butter
1 egg
2 tbsp (50g) golden syrup
1 tsp vanilla extract
1 tsp bicarbonate of soda

Ingredients toffee sauce

100g dark brown sugar
100g butter
200g double cream

Food skills **highlighted**

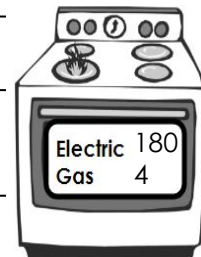
You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)

Weigh and measure your ingredients

Preheat the oven Gas 4/Electric 180



1.In a mixing bowl **cream** your sugar and butter together using the back of a tablespoon.

2.**Beat** the egg in a small bowl, add to the mixture with golden syrup and vanilla. **Stir** together

3.Add the **sieved** flour and mix well. Leave to one side

4.**Measure** out 150ml of cold water into a saucepan. Add the dates/prunes to the pan and place on the hob. Bring to the **boil, stirring constantly for approx 2 mins until the mixture has thickened up.**

REMOVE FROM THE HEAT AND PLACE TO ONE SIDE

Use a hard plastic spoon & gently break up the dates so they look like a **puree** mixture. Add bicarbonate soda to the mixture and **stir** so it is absorbed.



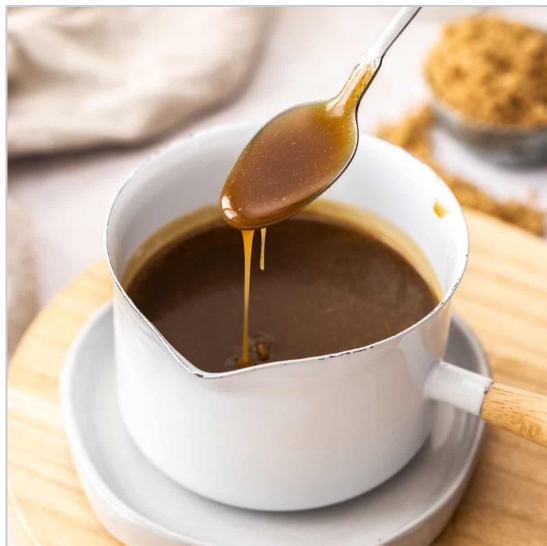
Cumbrian sticky toffee pudding with toffee sauce continued ...

Ingredients toffee sauce

100g dark brown sugar

100g butter

200g double cream



Step-by-step (method)

5.Combine the dates mixture with butter/sugar mixture and **stir** thoroughly.

6.Pour the mixture into the tin & **bake** for approx 25 - 30 minutes until it is firm to touch. Allow to cool then turn out of the tin and portion.



Place your food on the **MIDDLE shelf in the oven** else it could burn

TOFFEE SAUCE

7.Place the butter and sugar into a saucepan on the hob and **melt**. Make sure you stir all the time.

8.Add the cream and gently heat, bring to the boil (water bubbles)

9.Turn the sauce down slightly (**simmer**)until it **thickens** - serve straight away!



Cheesecake

Ingredients

150g digestive biscuits (10 x biscuits)
75g butter or margarine
225g full-fat cream cheese
125ml fresh double or whipping cream
50g caster sugar
1 lemon

Decoration: soft fruits to decorate
e.g.strawberries, raspberries, kiwi,
blueberries

Food skills **highlighted**

**Container: flan type dish from home:
approx 20cm**



Step-by-step (method)	Quality control checks (QCC)
Mise-en-place (preparation) Weigh and measure all your ingredients accurately	Hygiene - tie hair back, put an apron on, wash and dry your hands
1.BASE - Place the biscuits in a small bag, seal and crush into crumbs.	Use a rolling pin to gently roll over the biscuits too harsh and the bag can split
2. Melt the butter in a saucepan (low heat) then stir in the biscuit crumbs	The butter will coat the crumbs and then set when placed in the fridge later on.
3. line your dish with the mixture. Press down with a fork to get an even level. Place in the fridge to cool.	Make sure your name tag is in your tin so you can identify your dish.
4.TOPPING - wash the lemon and dry it. Grate the rind of the lemon and squeeze the juice.	Use the fine grating side of the grater for your rind. Use a lemon squeezer for the juice.
5. Whip the double cream with an electric whisk until thick	Always have dry hands when using electrical equipment and be in control of what you are doing.



Cheesecake

Step-by-step (method)	Quality control checks (QCC)
6.Remove any excess water from the cream cheese and beat it into the double cream mixture with a fork	Do not over mix else the mixture could go runny!
7.Fold in the sugar using a tablespoon SLOWLY	Folding - with the edge of a tablespoon gently do the figure of eight in your mixture
8.Add the grated lemon rind and juice.	You may not need all the juice so slowly add it.
9.Take the biscuit base out of the fridge spread the topping evenly	Use a palette knife to get an even spread.
10.Decorate the cheesecake with fruit. Place in the fridge for approx 1 hour to fully set.	Use knife skills gained in yr7 & yr8 bridge hold & claw grip.





Presentation skills:
Using your knife skills you are going to decorate your cheesecake.

Consider how you could present your cheesecake?



Cottage pie

Ingredients

450g minced beef (cottage)
or lamb (shepherds)
1 onion (peeled and diced)
2 - 3 carrots (peeled and sliced)
100g gravy granules
600g potatoes
20g butter or margarine
100ml milk

Optional: 100g peas,
75g mushrooms and/or 1 leek to add to the
meat mixture.
25g blue cheese or cheddar cheese to add
to the mashed potatoes

SERVES 6

To serve 3 people half the ingredients

Food skills **highlighted**

Container: ovenproof
dish approx 20cm to
take your food home



Mise-en-place (preparation)

1. **peel** and small **dice** the potatoes place in a saucepan of lightly salted COLD water and bring to the **boil**, then **simmer** for 15-20 minutes



When cooked **drain** the water and place the potatoes back in the pan, add butter and **mash**

Step-by-step (method)

Add potatoes to cold water & bring to the boil because potato starch reacts with hot water which means you could get uneven cooking.

2. whilst the potatoes cook **peel** and **slice** the rest of the veg

3. heat a little oil in a separate saucepan and **fry** the onions until see through and add mince meat. Cook until the meat is brown (**sealed**) add the vegetables NOT THE POTATOES.

4. make the gravy in a measuring jug and **stir** into the meat. Bring to the **boil** and turn the heat down to **simmer**.

Read the cooking instructions on your gravy granules

5. carefully **spoon** the meat mixture into the ovenproof dish

6.(a) place the mashed potato on top of the meat mixture use a fork to smooth
(b) place the potato into a piping bag & **pipe** florets onto the top of the meat

Place in the oven Gas 6/ Electric 200 and bake for approx 20 -25 minutes until the potato is golden





Presentation skills:

You could **pipe** your potato on to the top of your cottage pie using a piping bag.

You could add blue cheese to the mashed potatoes to change the **taste/texture!**



Cornish Pasty

Ingredients for shortcrust pastry

125g butter (chilled)
250g plain flour
1 egg beaten
Cold water

Ingredients for the filling

1/2 small onion
1 small potato
1 small carrot
100g minced meat

OR

1/2 small onion
200g cheese (grated)

Optional: 100g swede

Makes approx 4 - 6

(depending on size)

Food skills **highlighted**



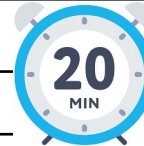
Mise-en-place (Preparation)

- peel** and finely **dice** onion and carrot (brunoise size)
- peel and thinly **slice** the potatoes
- Optional swede: peel and finely diced
- weigh** the butter and flour
- measure** 6 x tablespoons of COLD water into a measuring jug

Step-by-step (method)

Make the pastry

- | | |
|---|--|
| 1 | Rub the butter into the flour using your fingertips. |
| 2 | Blend in 6 x tablespoons of cold water to make a firm dough |
| 3 | Chill for 20 minutes in the fridge |



Make the filling

- | | |
|---|---|
| 4 | Preheat the oven Electric 200/ Gas 7
Mix together the filling ingredients with 1/2 tsp of salt |
|---|---|

Remember to bring
in a container with
a lid so you can take
your food home.





Construction

- 5 **Roll** out each piece of dough on a lightly floured surface. Approx 23cm
(You can use your bowl upside down as a template)
- 6 Place a portion of the filling to one side of each round of pastry.
Ensure there is a margin around the edges.
- 7 **Beat** your egg in a small bowl and **brush** around the edges with the beaten egg (glue)
- 8 **Draw** both sides together and **pinch** them to seal.
- 9 To **crimp** the edge - push down on the edge of the pastry with your finger and twist the pastry over.
- 10 Place the pasties on a baking tray.
Brush the remaining beaten egg over the tops
Bake for 10 minutes Electric 200/Ga7
Lower the heat Electric 160/Gas 4
approx 30 min - until golden brown



Chelsea Buns

Ingredients

250g strong white flour
40g butter
125ml milk
1 x 2.5ml spoon salt
7g packet of fast acting dry yeast
75g currants
25ml mixed peel
25g demerara sugar
1 x 5ml spoon of mixed spices or cinnamon

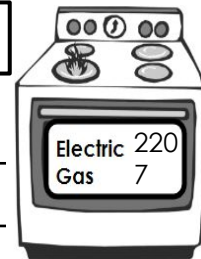
Food skills **highlighted**



Remember to bring
in a container with
a lid so you can take
your food home.



Step-by-step (method)	
1	Mise-en-place (preparation) Preheat oven 220 electric /Gas 7 Weigh and measure your ingredients accurately
2	Grease a deep-side tin or swiss roll tin
3	Sift the flour and salt into a mixing bowl Rub in 15g of the butter and add the yeast
4	Warm the milk in a measuring jug in the microwave until LUKEWARM Pour the warm milk into the flour mixture Mix into a soft dough Knead for 10 minutes until smooth and elastic
5	Roll out into a square (25cm x 25cm) on a floured surface
6	Melt the remaining butter in a small saucepan, then brush over the dough
7	Sprinkle the currants, mixed peel, spice and sugar over the dough Roll up the dough like a Swiss roll Cut into 8 slices
8	Arrange slice in baking tin, cover and leave to rise (until they double in size) Bake for 20 minutes until golden brown



Profiteroles (Choux pastry)

Ingredients for pastry

50g butter unsalted (cut into cubes)
2 teaspoons caster sugar
75g strong white flour (sieved)
Pinch of salt
2 eggs
150ml cold water

Filling

300ml double cream
Few drops of vanilla extract

For the sauce

200g cooking chocolate

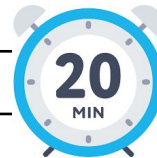
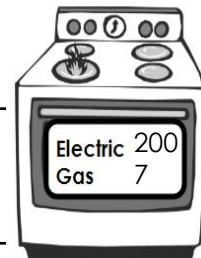
Food skills **highlighted**

Remember to bring
in a container with
a lid so you can take
your food home.



Step-by-step (method)

1	Mise-en-place (preparation) Preheat oven 200 electric /Gas 7 Weigh out all your ingredients in advance
2	Add the butter and 2 tsp of the caster sugar in a saucepan with 150ml COLD water
3	Place the pan on a low heat until the butter and sugar have melted , then bring to the boil and stir with a spoon.
4	TAKE OFF THE HEAT, add the flour and beat energetically until the dough comes away from the pan.
5	Leave to cool for 5 minutes.
6	Beat in the eggs, bit by bit until you have a stiff, glossy mixture
7	Using 2 teaspoons, spoon blobs of the mixture onto the cool baking trays (covered in greaseproof paper)
8	Bake for approx. 18 - 20 minutes until well risen and brown.



Profiteroles (Choux pastry)

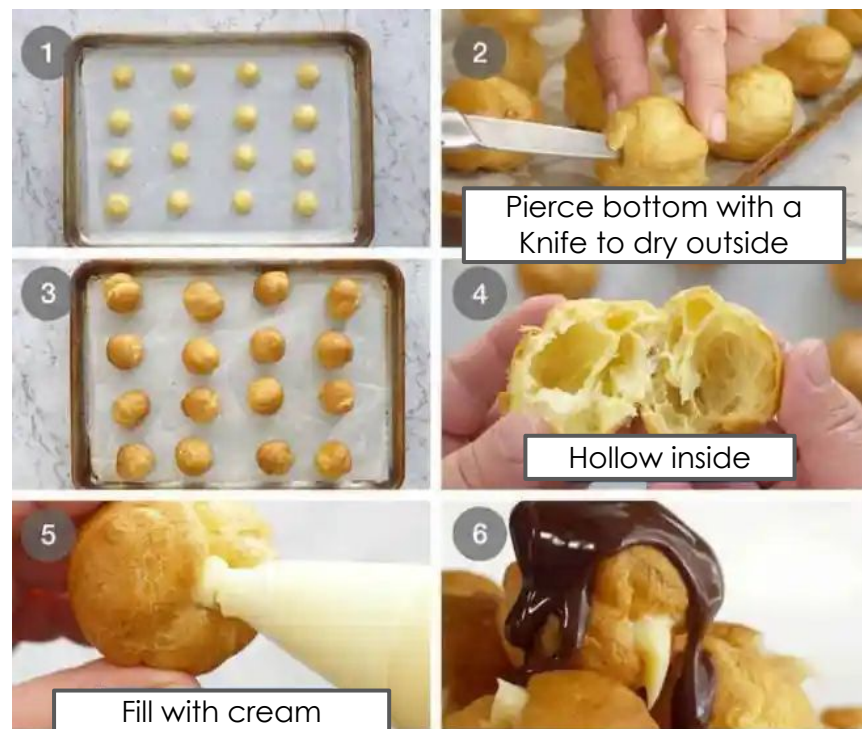
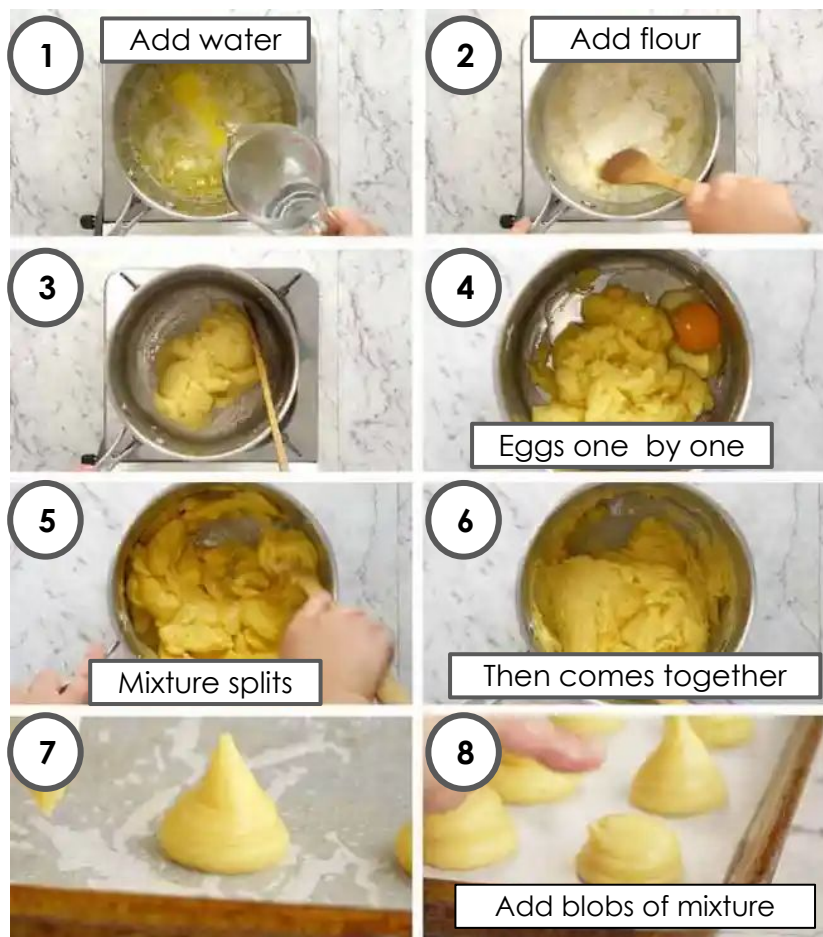


9	Remove the profiteroles from the oven and cut a small slit in the base of each of them so they don't collapse . Cool on a wire rack
10	When they are cold. Whip the cream lightly until just holding its shape Sweeten to taste with remaining sugar and a few drops of vanilla extract Place the cream into a piping bag
11	In the slit at the base of the profiterole pipe in the cream. Do not overfill or you not have enough mixture for all the cakes
12	Place in the fridge for 1 hour (no longer else the pastry will go soggy)

Chocolate sauce

13	Break your chocolate into small pieces and place in a mixing bowl Half fill a saucepan with warm water from the tap and place on the hob.
14	Place the bowl on top of the saucepan (make sure the bottom of the bowl does not touch the water) this is called a bain-marie Turn the hob onto a low heat and stir until the chocolate has melted CAREFULLY pour the hot water down the sink With a teaspoon drizzle the chocolate over your profiteroles and place back in the fridge to chill .





There's no baking powder or other rising agent. The thing that makes **choux pastry** puff up is the large volume of water in the batter which evaporates into steam as it bakes, causing the protein in the egg to expand and puff up.

Celebration cake

PART 1

Ingredients for cake (sponge)

200g caster sugar
200g soft margarine
200g self raising flour
4 eggs (beaten)
1 teaspoon baking powder
2 tablespoons milk

Food skills highlighted

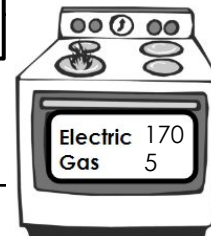


Cake tins: If you do have cake tins at home please bring them into school with. Do not worry if you don't we have tins for you to use.

If you would like to make cupcakes instead of a large cake then half the ingredients list. Remember to bring approx 8 muffin size paper cases.

We will probably freeze your cakes after they have cooled down because decorating and handling sponge cake when it is warm potentially may cause it crumble and fall apart.

Step-by-step (method)	
1	Mise-en-place (preparation) Preheat the oven Gas 5/ Electric 170 Line two sandwich tins with non-stick greaseproof paper Beat your eggs in a small bowl with a fork
2	Weigh out your ingredients. In a large mixing bowl, beat: 200g caster sugar, 200g butter, 4 eggs, 200g self raising flour, 1 tsp baking powder and 2 tbsps milk together (this is called the ' all-in-one ' method) until you have a smooth, soft batter.
3	Divide the mixture between your two sandwich tins and smooth the surface with a spatula or back of a spoon.
4	Bake for approx 20 minutes until they are golden and the cake springs back when pressed
5	Turn (place) onto a cooling rack to completely cool down



Celebration cake - Construction and decoration

PART 2

For the filling:

200g icing sugar

100g butter

170g jam (any flavour)

Decoration - Depending on how you plan to decorate your cake:

- make extra buttercream
- fondant icing
- glace icing
- food dye(s)

Remember to bring a very large **container** to take your cake home. (e.g. celebration tin)

1	Method for the filling Sift the icing sugar to get rid of any lumps Weigh and place the butter in a mixing bowl and soften Mix the icing sugar into the butter
2	Use a palette knife to spread the buttercream over the bottom of one of the sponges. Top it with the jam and sandwich the second sponge on top DECORATE YOUR CAKE



Chicken Tikka with raita

Optional side dishes: spiced rice and/or flatbreads

Ingredients

- 1 skinless chicken breast
- 150g pot low fat natural yoghurt
- 50g tikka paste
- 100g cucumber
- 1 tbsp mint leaves
- 1 red onion

Spiced rice

- 140g easy cook long grain rice
(cook your rice in 280ml of water)
- 1 tbsp medium curry powder
- 50g frozen peas
- 1 small red pepper
- Salt and black pepper



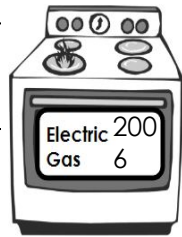
Food skills highlighted

Remember to bring
in a container with
a lid so you can take
your food home.



Mise-en-place (preparation)
-**preheat** the oven 200 electric / Gas 6

Step-by-step (method)



1.on a red chopping board slash the chicken breast deeply
With a knife 3 -4 times on one side. Put into a mixing bowl with
50g of the yoghurt and the tikka pasta, mix well (marinade)
Cover your bowl with cling film and place in the fridge

2.peel and slice the onions into wedges.
Scatter the onion over a baking tray lined with greaseproof paper. Remove
the chicken from the marinade, shake off any excess and place on top of
the onion wedges. Cook for 20 minutes in the oven (check half way through)

3.**How to make the rice dish:** wash and dice the pepper.
Tip the rice, curry powder, peas and red pepper into a pan of boiling water
and simmer for 10 minute until the rice is tender. Drain well.

4. **While the rice is cooking make the raita** - wash and dice the cucumber
and chop the mint leaves. Stir the cucumber and mint into the rest of the
yoghurt in a small bowl. Season with black pepper

5.remove the chicken from the oven check the internal temp is 71 degrees
or over and serve with the rice and raita.

Health and safety point: To avoid cross contamination separately wash and
dry all equipment that has come into contact with raw meat.



Pasta with tomato sauce

Ingredients for sauce

1 small onion
1 clove of garlic
1 tin of tomatoes
Level tablespoon of tomato puree
Salt and pepper
1 teaspoon (5g) dried mixed herbs
10ml oil

To make the FRESH pasta:

100g plain flour or '00' flour
1 egg

Food skills highlighted

Container: container with a lid



Homemade

Step-by-step (method)

Mise-en-place (preparation)

weigh and measure your ingredients accurately

1.make your fresh pasta - add the flour to a mixing bowl and make a well shape in the middle. Crack the egg and place in the well, **mix** together to form a dough (add a small amount of water if dry)

2.knead the dough for approx 10 mins, create a ball **shape** and wrap the dough in cling film, place in the fridge for 20 minutes to rest.

3.Take the **dough** out the fridge and roll out. **Shape** accordingly.

4.SAUCE = Peel and chop finely THE onion. **Peel and crush** garlic
Heat oil in a small saucepan on the hob.
Add onion and garlic cook for 2 minutes until onion is tender (soft)
Add the tin of tomatoes and tomato puree. Add mixed dry herbs and salt and pepper. Cook on a low heat for approx 10 - 15 minutes

5.half fill a saucepan with cold water & bring to the **boil**, add a pinch of salt. Put the pasta into the pan and cook until al-dente (approx 3 - 4 mins) **Drain** the water when cooked.

6.mix the pasta and sauce together in your container



Pasta Carbonara

Ingredients for sauce

25g plain flour (sieved)

40g butter

300ml milk

½ teaspoon mustard powder (opt)

Salt and pepper to season

200g grated cheese

1 onion

100g mushrooms (optional)

2 slices of cooked ham

1 bag ready salted crisps, crushed (optional)

To make the FRESH pasta:

100g plain flour or '00' flour

1 egg

Food skills **highlighted**

Container: container with a lid

Homemade



Mise-en-place (preparation) -**weigh and measure** your ingredients accurately

Step-by-step (method)

1. make your fresh pasta - add the flour to a mixing bowl and make a well shape in the middle. Crack the egg and place in the well, **mix** together to form a dough (add a small amount of water if dry)

2. **knead** the dough for approx 10 mins, create a ball **shape** and wrap the dough in cling film, place in the fridge for 20 minutes to rest.

3. Take the **dough** out the fridge and roll out. **Shape** accordingly.

4. **fry** the onions and mushroom in another pan until soft. Remove from the heat and place on a plate.

5. **Make a white sauce using the Roux method.** Gently **melt** the butter in a pan. Remove from the heat and add the flour and **mix** quickly to ensure all LUMPS are removed and smooth paste is formed

6. return the saucepan to a medium heat and slowly add the milk to the mix, about 25 ml at a time, **stirring** to prevent any lumps from forming.

7. once all the milk has been added, turn the heat as LOW as possible and allow to cook for approx 2-3 minutes. Add salt, pepper and mustard . **TAKE OFF THE HEAT**

8. add in 100g **grated** cheese to the sauce and **stir** until **melted**. Add the ham, mushrooms & onions.

9. half fill a saucepan with cold water & bring to the **boil**, add a pinch of salt. Put the pasta into the pan and cook until al-dente (approx 3 - 4 mins) **Drain** the water when cooked.

10. **mix** the pasta and sauce together in your container





Making the bow shapes

- | | |
|----|---|
| 8 | Use a palette knife to cut a rectangle shape |
| 9 | Use a ravioli cutter or palette knife to cut the rectangle into strips 4 - 5 cm wide and 2 cm long |
| 10 | Using your fingers take the sides of each strip and pinch in the middle until you have a bow shape |
| 11 | Space the bows out and allow to dry for 10 minutes |
| 12 | Bring a large saucepan of water to boil , add a pinch of salt, add the bows and cook for 3 - 4 minutes |
| 13 | Use a colander to drain the hot water in the sink |



Pasta Carbonara

Ingredients

25g plain flour (sieved)
40g butter
300ml milk
½ teaspoon mustard powder
Salt and pepper to season

1 onion
100g mushrooms
5 slices of cooked ham

200g pasta

200g grated cheese
1 bag ready salted crisps, crushed

Food skills **highlighted**

Container:
Ovenproof dish



Mise-en-place (preparation)

-**wash & chop the mushrooms** -**peel & cube the onion**

-**weigh accurately your ingredients 25g plain flour, 40g butter and 425ml milk**

Step-by-step (method)

1.half fill a saucepan with cold water & bring to the **boil**, add a pinch of salt. Put the pasta into the pan and cook until al-dente (approx 10 min)

2.fry the onions and mushroom in another pan until soft. Remove from the heat and place on a plate.

3.Make a white sauce using the Roux method.

Gently **melt** the butter in a pan. Remove from the heat and add the flour and **mix** vigorously to ensure all LUMPS are removed and smooth paste is formed

4.return the saucepan to a medium heat and slowly add the liquid (milk) to the mix, about 25 ml at a time, **stirring** to prevent any lumps from forming.

5.once all the milk has been added, turn the heat as LOW as possible and allow to cook for 6 - 10 minutes. Add salt, pepper and mustard .

6.add in 100g **grated** cheese to the sauce and **stir** until **melted**
Add the ham, mushrooms and onions to the sauce. Stir until melted

7.Drain the pasta thoroughly

8.mix the pasta and sauce together in the oven proof dish
Sprinkle the top with 100g grated cheese and the crushed crisps

Place under a hot grill at home to brown the top

Ambitious ● **Caring** ● **Equal**
#proudtobeUCC



Cheese straws

Ingredients

150g plain flour
100g butter or margarine
75g cheddar cheese
Salt and pepper to taste
1 egg

Food skills **highlighted**

Container: sandwich box with lid



Mise-en-place (preparation)

Weigh all ingredients accurately

Step-by-step (method)

1. preheat the oven Electric 200/ Gas no.6

2. Use a hard plastic spoon to **beat** the butter until soft. Add the **grated** cheese, salt, pepper and flour to form a dough.

3. **roll** out into a 5mm thickness and **cut** with a palette knife into the **same size pieces** and gently twist.

4. place on baking tray - make sure the straws are not touching each other, space them apart.

Beat the egg in small bowl and **brush** over the top of the straws to give a golden texture.

Bake in the oven for approx 10 minutes until golden. Place on a wire rack to **cool**.



Ingredients for Flatbread



200g plain flour
¼ tsp salt (S)
100ml warm water (from the tap)
2 tablespoons of oil

Skills highlighted



Remember to bring
in a container with
a lid so you can take
your food home.



1	Place the flour and salt in a large bowl and trickle on water bit by bit
2	Mix the water and flour mixture together.
3	Add the oil and knead the dough - you are aiming for a soft dough (if too sticky add a little more flour - too dry add a splash of water)
4	Knead for 5 minutes. Divide the dough into four balls.
5	On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it has not stuck (you may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough)
6	Add the oil to a large frying pan and heat for 1 minute (low heat) Cook each flatbread for about 2 minutes on one side - it should puff up a little. Flip the flatbread over and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in a clean tea towel



Sweet and sour chicken

with noodles

Ingredients

2 tbsp (30ml) oil

1 onion

1 red pepper

250g chicken or turkey breast

1 small can of pineapple pieces

2 tbsp (30ml) white wine vinegar

1 tbsp (15ml) soy sauce

1 tbsp tomato puree

1 level tbsp cornflour

Salt and pepper

100g of noodles per person

Food skills **highlighted**



Remember to bring
in a container with
a lid so you can take
your food home.



Step-by-step (method)

Mise-en-place (preparation)

-**weigh** and **measure** your ingredients accurately

1. peel and **chop** the onions

2. on a red chopping board cut the chicken into **cubes**

3. Open the can of pineapples, **drain** the juice
(place the pineapple pieces in a small bowl to use later)
Mix the cornflour into the pineapple juice and add enough water to
make it up to 250ml

4. add the tomato puree, soy sauce and vinegar into the jug

5. fry the chicken for a few minutes until it turns white, then add the
onions. Cook on a low/medium heat for a few minutes until the
onions are soft

6. Add the pineapple pieces to the pan

7. Add the liquid in the jug to the chicken in the pan and stir until
thickened. **Simmer** for 5 minutes until the chicken is cooked through

8. cook your noodles as per instructions on the packet and add them
to your mixture.



Quiche

Ingredients for the pastry

200g plain flour

Pinch of salt

100g block butter or lard

100ml COLD water

For the filling

3 eggs

200ml milk

75g grated cheese

Optional extra:

2 - 3 small tomatoes (washed and sliced)

25g mushrooms (washed and sliced)

2 - 3 rashers of bacon

1 onion (peeled and thinly sliced)

Food skills **highlighted**

**Container: ovenproof dish (33 x 23cm) or
flan dish**



Mise-en-place (preparation)

-preheat the oven 200c Electric/ Gas 6

-grease your tin/dish **-weigh** accurately your ingredients

Step-by-step (method)

1.To make the pastry

Cut the butter into small pieces

Sieve the flour and salt into a bowl

Rub the fat (butter) into the flour using your fingertips

Add a little water AT A TIME, until a soft dough is formed

2.on a floured surface **roll out** the pastry to 3mm thick and line your tin/dish with it

3.Place greaseproof paper in the tin/dish and fill with baking beads.

Bake in the oven for 10 mins (**blind baking**)

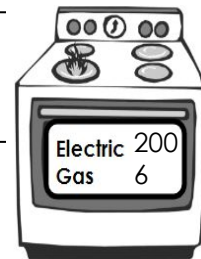
4.Remove the paper from the bottom of your pastry dish.

5.**Whisk** the eggs in a measuring jug. Add the milk and mix.

6.**sprinkle** the grated cheese over the bottom of your pastry and **pour** the egg/milk mixture over the **top**.

7. **OPTIONAL EXTRAS:** Cut the rind off the bacon (red chopping board) and cut into small pieces. **Fry** for a few minutes in a small pan. Peel & thinly slice the onion & add to the pan.

8.**Bake** in the oven for **approx.30 - 40 minutes**(middle shelf) until golden & firm to touch.



Summer Pasta

Ingredients

150g dried pasta
2 tbsp oil (40ml)
1 small pack of pancetta/ chorizo or 3 rashers of bacon
½ onion
1 garlic clove
200g pack of cherry tomatoes or large tomatoes chopped up

Optional:

10 basil leaves
Chilli flakes (pinch)
1 tbsp creme fraiche (20ml)
Green or black olives (handful)

Food skills **highlighted**

**Container: large
container with a lid**



Step-by-step (method)

Mise-en-place (preparation)

-weigh and measure accurately your ingredients

-peel and **dice** garlic and onion

-chop bacon or chorizo into small pieces

(keep raw meat away from other foods to avoid cross contamination)

1. fill half a saucepan of water and bring to the **boil**.

Add your pasta and cook as per packet instructions

(avoid adding dried pasta to cold water - it may not cook evenly & can stick together)

Whilst the pasta is cooking start on your sauce.

2.SAUCE - add a small amount of oil to a frying pan.

Add the onion, bacon/ chorizo and **saute**

Once golden and soft add the tomatoes, garlic, salt and pepper. Cook for approx 5 -6 minutes - stir often

3. Check the pasta is cooked. It should be '**al-dente**' (*firm and slightly chewy*). **Drain** the pasta using a colander in the sink

4. add the pasta to the pan and **mix** together (turn the heat off). Add optional basil leaves, chilli flakes and creme fraiche



Chicken caesar salad

Ingredients

4 thick slices of white bread or
1 medium ciabatta loaf
75g olive oil
2 chicken breasts
1 large cos lettuce or bag of lettuce

Dressing:

1 garlic clove
1 teaspoon of soy sauce or
 Worcestershire sauce
1 lemon (1 tablespoon lemon juice)
100g mayonnaise
Parmesan cheese (or hard cheese)

Optional: sea salt

Food skills highlighted

Remember to bring
in a container with
a lid so you can take
your food home.



1	Mise-en-place (preparation) Preheat the oven Gas 6/Electric 200 Making the croutons: cut 1 medium ciabatta loaf or pieces of bread into small squares and place on a baking tray with greaseproof paper on it and sprinkle 2 tablespoons of olive oil.
2	Rub the oil into the bread and season with sea salt. Bake for 8 -10 minutes TURNING several times during cooking so they brown evenly.
3	Rub 2 chicken breasts with 1 tablespoon of olive oil, season with salt and pepper. Place in a frying pan on a medium heat for 1 minute.
4	Cook for a further 4 minutes and turn the chicken over and cook for another 4 minutes. CHECK IF CHICKEN IS COOKED: Use a food thermometer to check the internal temperature, it should be 73.9c. You can also put the tip of a sharp knife into the thickest part of the chicken, there should be no sign of pink and the juices should run clear.
5	Make the dressing: Peel and slice your garlic & grate the parmesan cheese or hard cheese. Mix the garlic, cheese, mayonnaise, lemon juice and soy sauce together
6	Wash the lettuce and place into a bowl, tear the chicken into bite size strips, & add the croutons. Pour some of the dressing over the top.



Viennese rosettes or fingers

Ingredients

175g soft margarine
175g self raising flour
50g caster sugar
Few drops of vanilla essence
Optional: 1 bag chocolate chips or a few glace cherries

If you are going to add a filling:

50g jam (strawberry or raspberry)
100g butter (softened)
170g icing sugar

If you are dipping chocolate on the ends:

150g cooking chocolate



Step-by-step (method)

Mise-en-place (preparation)

- preheat** the oven 160c/ Gas 3
- weigh** and **measure** your ingredients
- add greaseproof paper to your baking tray

1. use the **creaming method** to **mix** your margarine and sugar together.

Stir in the flour and vanilla essence.

2. place the mixture in a piping bag with a large star nozzle and **pipe** into 7.5cm lengths or rosettes on to a baking tray.

Optional: add a small piece of cherry to rosettes.

Bake for approx 20 minutes. Allow to **cool**.

3. place the chocolate in a mixing bowl over a saucepan $\frac{1}{4}$ full with water on the hob (bain marie) and gentle melt, stirring the chocolate

4. Dip the biscuit ends of the fingers in melted chocolate and place on greaseproof paper to set.

Remember to bring in a container with a lid so you can take your food home.

