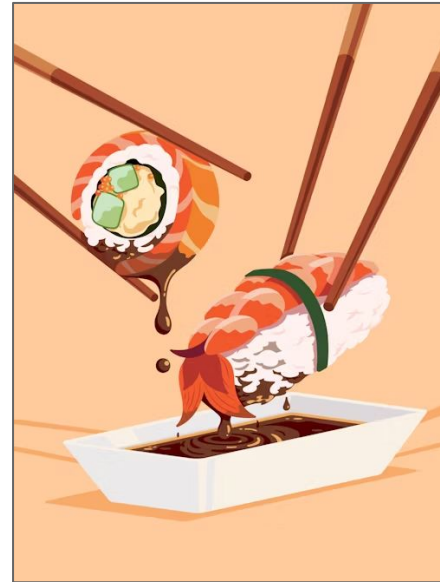


Year 8 Food Technology

What The World Eats

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 8

Stir fry



Spicy tomato soup



Bread rolls



Bread - Focaccia



Chocolate brownies



Spaghetti bolognese



Chicken Rogan Josh curry



Cheesecake



Parmesan chicken goujons and sweet potato wedges



Swiss roll



Sausage rolls



Two course meal from a country of your choice



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



Simple Stir Fry

Ingredients

250g vegetables e.g. 2 carrots

1 pepper (any colour)

Broccoli, baby sweetcorn, cabbage
or pak choi

1 garlic clove (peeled & diced)

½ tbsp oil

1 tbsp soy sauce

100g FRESH noodles

Optional: 2 tbsp sweet chilli sauce

1 chicken breast

Food skills highlighted



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



1

Mise-en-place (preparation):

Peel and finely **chop/ slice** your vegetables into roughly the same size pieces using the **knife skills** you have just learnt:

Slice the carrots diagonally

Slice the baby corn

Cut the broccoli into small florets, then slice the stem

Finely slice the peppers, cabbage or pak choi.

Peel and finely slice the garlic and ginger

CLEAR YOUR WORK AREA.

If you are using chicken to avoid cross-contamination use a red chopping board to cut your chicken into the same size pieces. Any equipment that has come into contact with raw chicken must be washed and dried separately from your other dishes.

2

Heat the oil in a large frying pan/ wok on the hob then **fry** the garlic and ginger for 1 min

Add chicken and allow to brown approx 5 minutes

3

Add the vegetables to the pan/wok and toss to **coat**.

Fry for 2 - 3 minutes, then add the soy sauce and sweet chilli sauce, if used and **mix** well.

4

Cook for another 2 - 3 minutes until the vegetables are tender.

Serve over the noodles.

Check the noodles for cooking instructions - half fill a saucepan with cold water from the tap. Place on the hob and bring to the **boil** (bubble) add the noodles and cook for approx 4 minutes. **Drain** the water from the pan by using a colander over the sink.

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Spicy tomato soup

Ingredients

1 onion (peeled and slice)
 1 carrot (peeled and diced)
 1 potato (peeled and small diced)
 500 ml cold water
 1 stock cube (vegetable) crumbled
 1 x can chopped tomatoes (400g)
 Pinch of chilli flakes
 1 x tablespoon tomato puree
 Pinch of salt and pepper to season

Optional: 100ml creme fraiche or double cream
 50g chorizo (chopped into small pieces)

Food skills **highlighted**



Bring a flask, thermal cup or container which can carry hot liquid to your lesson so you can bring your food home.



Step-by-step (method)

Mise-en-place (preparation)

- peel** and **slice** the onion
- top and tail**, peel and **small dice** the carrot
- peel and **small dice** the potatoes
- measure** your water into a measuring jug
- open your can of tomatoes



1. Put **all the ingredients** into a saucepan on the hob

2. **Stir** everything together, bring to the **boil** and then **simmer** for approx 20 minutes until soft (stir occasionally)

Boil - bubble (high heat)
 Simmer - soft bubble (low heat)

3. If you do not want your soup lumpy allow your soup to cool down and **pour** your mixture into a measuring jug and **blend** with an electric hand blender

Safety - before using electrical equipment your hands must be dry. Food blenders must be held in control and not left unattended when in use.

4. Open the optional creme fraiche and **drizzle** over your soup



Bread Focaccia



Ingredients

250g strong bread flour
7g dried fast action yeast
75ml olive oil (5 tablespoons)
1 tsp of flaky sea salt
1 garlic clove

Decoration:

Optional - Rosemary, peppers, tomatoes, herbs, onions

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 7/ Electric 200c
Weigh and measure your ingredients
Place a piece of greaseproof paper into a baking tray

2 Tip the flour into a large mixing bowl.
Mix the yeast into one side of the flour, and the salt on the other side
The mix everything together (stops the salt from killing the yeast)

3 Make a well shape in the middle of the flour
Add 2 tablespoons oil and 170ml lukewarm water - add the water gradually YOU MAY NOT NEED ALL THE WATER

4 **Brush** the work surface with a small amount of oil
Tip the dough onto it and **knead** for 5-10 min (until your dough is soft & less sticky)

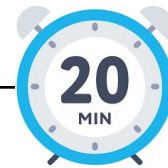
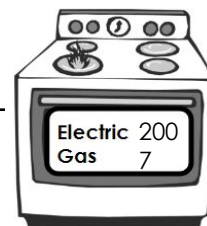
5 After kneading place back in the bowl and let it **prove** (rise) in the TOP OVEN for approx 10 -15 minutes (the heat from the bottom/main oven will WARM it)

6 Wash-up and dry your dishes

7 Take your dough out from the TOP OVEN
Roll it out the dough on the worktop (you may need to re-oil lightly the worktop) so it fits your baking tray

8 Press your fingers into the dough to make dimples
Mix together 1 ½ tablespoons of oil, 1 tablespoon of water and salt and drizzle over the bread

9 **Decorate** your bread - press down lightly any vegetables
When finished place in the oven and **bake** for 20 min until golden



Bread - Focaccia



Bread rolls

Ingredients

250g strong bread flour
1 level teaspoon salt
1 rounded teaspoon
quick-acting yeast (½ sachet)
1 tablespoon oil
100ml warm water
1 egg (to glaze)

Makes approx 4 - 6 rolls

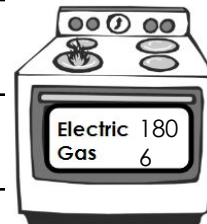
Food skills highlighted



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 180. Cut accurately greaseproof paper to fit your baking tray
2	Sieve the flour into a mixing bowl. Place the salt and yeast on opposite sides inside the bowl.
3	Make a well shape in the middle of your mixing bowl
4	Measure 100ml of warm water into a measuring jug Place $\frac{3}{4}$ of the warm water a little at a time into your mixture and stir until the flour leaves the sides of the bowl
5	Brush a small amount of oil onto the work surface and then start to knead your dough for approx 10 minutes until soft and slightly tacky
6	Prove your bread in the top oven (in your bowl) for approx 10 - 15 minutes to allow the dough to rise.
7	Knead your bread for a second time for a few minutes (this is called a knock back and removes any large bubbles of gas)
8	Divide/portion your mixture into the same size pieces and create your bread shapes Whisk egg in a small bowl and brush over your bread to glaze it
9	Place the rolls on the baking tray and bake in the MIDDLE of the oven for 20 minutes . Your bread rolls are cooked when you tap them on the bottom and hear a crisp and hollow sound. Allow to cool down on a wire rack



Chocolate brownies

Ingredients

100g butter
100g dark cooking chocolate
45g plain flour
20g cocoa powder
2 eggs
125g caster sugar

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 (preparation):

Preheat the oven: Electric 160/ Gas 4

If using a school tin line with greaseproof paper



1. Cut the butter into **cubes**

-break the chocolate into small pieces

-place butter & chocolate into a mixing bowl

2. **HALF FILL** A SAUCEPAN with cold water and place on the hob.

Put your mixing bowl on top of the saucepan.

The bottom of the bowl should **NOT** touch the water, if it is pour some of the water out. You are creating a '**bain-marie**' so you can control the temperature of the chocolate and don't burn it.

3. Turn the hob onto a **LOW HEAT** & **stir** constantly until the ingredients have melted.

Safety - do not use a metal spoon as it conducts heat and you will burn yourself.

4. Place the mixture to one side and carefully pour the hot water from the pan down the sink

Make sure the sink is empty and warn the people near you that you have hot water!



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Chocolate brownies



Step-by-step (method)	Quality control checks (QCC)
Cake mixture 5. Using a clean bowl add your sugar and crack your egg into it. Use an electric whisk to blend until the mixture resembles a thick shake <i>(when it is done the mixture will look pale and doubles in size)</i>	Safety - when using electrical equipment make sure your hands are dry and you are in control of the blender when in use.
6. Pour the chocolate mixture into your cake mixture bowl. Sieve the flour and cocoa powder into the bowl and GENTLY FOLD together	Folding is when you combine a light ingredient with a heavier one whilst keeping as much air as possible. Skill - cut through the mixture with the edge of your spoon in a figure of eight
7. Slowly pour the Brownie batter into your baking tin. Bake for approx 20 - 25 minutes until firm on the outside. Allow to COOL before cutting into squares else it potentially can fall apart.	Tap the sides of the tin/dish so the mixture goes in the corners and you have an even flat surface. Safety - remember to use oven gloves when taking hot food out of the oven.



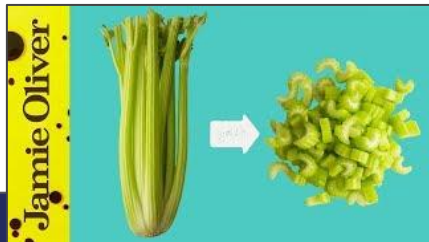
Spaghetti bolognese

Ingredients

240g dried spaghetti
250g minced beef or quorn
1 onion
1 garlic clove
1 pepper
1 can tomatoes (400g)
1 x 15ml tomato puree
15ml oil
100ml water
Black pepper and mixed herbs to taste

Optional: 100g mushrooms, 1 carrot (peeled and diced small pieces), 1 celery stick. Serves 2 people

Food skills highlighted



- | | | |
|---|--|--|
| 1 | Method sauce - prepare the vegetables:
Peel and chop the onion
Peel and crush the garlic
Slice and dice the pepper
Optional: peel and dice the carrot, finely slice the celery, wash the mushrooms and slice |  |
| 2 | Fry the onion, garlic, optional carrot and celery in the oil (in a saucepan) | |
| 3 | Add the meat and cook until the mince is lightly browned | |
| 4 | Add the can of tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Add black pepper. Bring to the boil (bubble) and then turn down to simmer for approx 20 mins. | |
| 5 | Method pasta - meanwhile in another saucepan half fill with water and bring to the boil . Turn down the heat and add your spaghetti cook for 10 -12 minutes until it is al-dente (tender). | |
| 6 | Drain the boiling water away from the spaghetti into the colander into the sink. | |
| 7 | Construction - to serve pour the bolognese sauce over the pasta. | |

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



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Chicken Rogan Josh Curry

Ingredients

1 onion
1 garlic clove
Small piece of ginger
30g tablespoons of curry paste (e.g. Rogan Josh)
400g can of tomatoes
1 - 2 chicken breast/thighs
1 tablespoons of oil (15ml)
Salt and pepper

Optional: 100g fresh spinach and/or 15ml fresh coriander

Food skills **highlighted**

Reminder: Raw chicken needs to be placed in the food tech fridge on the morning of your practical.

Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Step-by-step (method)

Mise-en-place (preparation)

-**peel** and **slice** the onion

-**peel** and **finely dice** the garlic

-**grate** the ginger (or dice into small pieces)

Open the can of tomatoes

1. On a **RED chopping board** remove the skin from the chicken (place in the bin) and **cube** into chunks

2. Place a tablespoon of oil into a saucepan, add the chicken and **brown** for 5 minutes

3. Add the curry paste, sliced onion and garlic to the pan **simmer** for another 3 minutes

4. Add the can of tomatoes and cook for another 5 minutes. Add optional spinach/ coriander
Season with salt & pepper

Hygiene - avoid cross contamination by separately washing and drying your RED chopping board and knife after using it.



Parmesan chicken goujons and sweet potato wedges

Ingredients

50g breadcrumbs (or 2 -3 slices bread)
5ml mixed herbs
15ml parmesan cheese
2 chicken breasts
15g plain flour
1 egg
2 sweet potatoes
40 ml olive oil

Food skills **highlighted**



Step-by-step (method)

Mise-en-place (preparation)

Preheat the oven: Electric 200/ Gas 6



1.grate the cheese and place in a small bowl

2. Add the breadcrumbs and herbs, and mix

3.Pour the flour onto a plate

4.Crack the egg into a small bowl

5.Cut the chicken into strips on a red chopping board

6.Enrobe your chicken:

a)coat the chicken in flour (b)then in egg (c)lastly breadcrumbs

7.Place on a baking tray (with greaseproof paper on) bake for approx 20 minutes. Turn once after 10 minutes using a spatula.
Wash your hands and anything which has come into contact with raw chicken separately.

8.Check with a digital thermometer that your chicken is cooked 74 degrees.



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 you 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?



Sausage Rolls

Ingredients for shortcrust pastry

200g plain flour

Pinch of salt

100g butter (not soft margarine)

4 tablespoons of cold water

1 egg (beaten)

Ingredients for the filling:

200g sausage meat

Food skills **highlighted**



Remember to bring in a container **labelled with your name** on so you can take your food home safely.

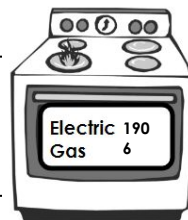


Step-by-step (method)

Mise-en-place (preparation)

Preheat the oven Electric 190/Gas 6

Weigh and measure your ingredients



1. Making the pastry

Sieve the flour and salt into a mixing bowl and **rub-in** the butter using your fingertips until the mixture resembles breadcrumbs

Quality checks:

If your butter is hard cut it into small cubes this will make it easier during the rubbing-in task.
Rubbing-in technique gives your pastry a crumbly texture.

2.Add 4 x tablespoons of COLD water to the mixture and **stir** to form a dough.

Place in the fridge to **cool**

Make sure you add your name tag to the bowl in the fridge so you can identify your pastry.

3.Clear and tidy your work area
After 10 - 15 minutes take your pastry out of the fridge.

Hygiene - you will need a clear and clean space to roll out your pastry

4.Add a small amount of flour to the worktop. Carefully **roll** out the pastry into a rectangle shape.

Avoid cross-contamination when using raw meat
separately wash/dry your equipment.





6



7



Step-by-step (method)

5. Roll your sausage meat into a long thin shape. Season with salt and pepper

6. Place the sausage meat in the middle of the pastry. Brush a little water on one edge to seal the pastry together

7. Brush a little bit of water along one edge, roll the pastry together

8. Press down with a fork to seal the pastry

9. Divide the pastry into the same size pieces and cut with a palette knife.

10. Beat the egg with a fork in a small bowl and brush over the top of the pastry

11. Place on a baking tray with greaseproof paper. Lightly score (mark) with a palette knife each sausage roll. Bake for 20 minutes until golden brown



9



10



11



Swiss roll

Ingredients

2 eggs
50g caster sugar
50g self-raising flour
2 - 3 tablespoons (75g) of jam, marmalade or lemon curd for the filling
(NO nutella - we aim to be a nut free school)
Extra sugar for rolling up

If chocolate 1tbs cocoa powder less 1tbs flour



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
2	Line a Swiss roll tin (16 x 28 cm) with greaseproof paper. Grease the paper with oil using a brush .
3	Crack the eggs into a mixing bowl and add the sugar. Using an electric whisk, whisk until the mixture is thick, white and creamy. Remember health and safety rules when using electrical equipment
The ribbon stage - a foam like batter is created when the eggs and sugar are mixed together. Lift the whisk from the mixture and the batter should fall back in thick trails. The ribbon lines will stay on top of the batter for a few moments below disappearing. This means your mixture is ready for the next stage.	
4	Use a METAL TABLESPOON, to fold in the sieved flour GENTLY, a little at a time into the mixture. This must be done very lightly and carefully. You are now adding air to your cake (this will help it to rise)
5	Pour the mixture into the prepared Swiss roll tin, and bake in the oven for approx 8 - 10 minutes until golden brown and firm. Always use oven gloves when adding or removing food from a hot oven.
6	Whilst the cake is cooking, clear and clean your work surface. Sprinkle sugar over a piece of greaseproof paper on the worktop.
7	When your cake is cooked using oven gloves to tip it onto the sugared greaseproof paper. Peel off the lining paper. Trim all the edges of the cake (approx ½ cm) using a palette knife
8	Warm your jam in the microwave until it is soft to spread (if it is not soft it will tear the sponge). Using your palette knife again spread the jam over your cake and roll it up.



Alternative recipes



Burger and wedges

Ingredients

400g lean beef mince
1 small onion
Black pepper
2 - 4 bread rolls

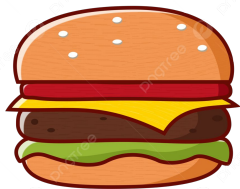
Wedges:

200g potatoes or
2 large potatoes

To serve: optional =

Salad
2 cheese slices
Sauces of your choice

Food skills highlighted



Method for burger

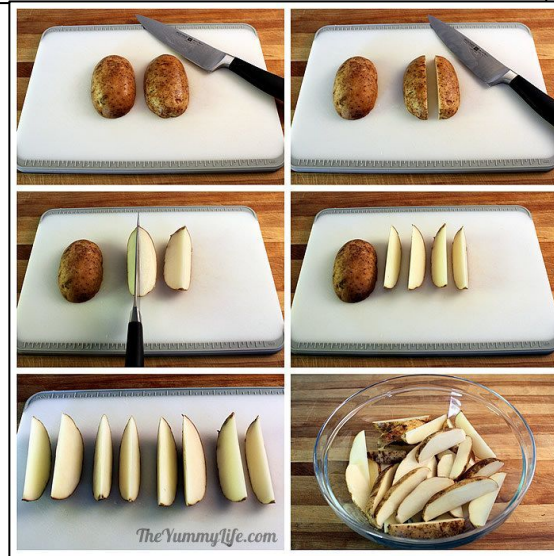
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|---|--|
| 1 | Peel and finely slice the onion |
| 2 | Mix the mince meat, onion and black pepper together in a mixing bowl |
| 3 | Divide the mixture into FOUR balls. Dust your hands with flour and flatten each ball into a burger shape . Thoroughly wash and dry hands after using raw meat. |
| 4 | Place on a baking tray (spaced out) and cook for about 7 minutes each side (Electric 180/Gas 5) <i>Make sure your meat is not pink by using a temperature probe 74c or above.</i> |

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



1 **WEDGES** - Wash and dry your potatoes. **Slice** your potatoes into wedge shapes. **Brush** VERY LIGHTLY with oil, salt and black pepper both sides

2 Place greaseproof paper on a baking tray. Add your wedges. Oven cook (**bake**) for approx 20 minutes. Electric 180c/ Gas 6 **Turn once whilst they are in the oven**



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Pineapple Upside down cake

Ingredients

- 1 small can of pineapples RINGS
- 2 tablespoon of golden syrup (50g)
- 100g self raising flour
- 100g soft margarine
- 100g caster sugar
- 2 eggs
- Optional: 3 glace cherries

Food skills **highlighted**

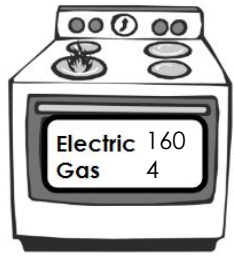


You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)

- | | |
|---|--|
| 1 | Mise-en-place (preparation):
Preheat the oven Electric 180/ Gas 4
Grease with butter your oven proof tin or dish (approx 18cm/20cm) With butter |
| 2 | Cover the bottom of the tin with a thin layer of golden syrup
Open the pineapple can and drain out the juice
Place the rings on the syrup with optional half a cherry in the middle of each ring |
| 3 | Sieve the flour into a mixing bowl
Add the margarine, sugar and eggs and beat until light and fluffy |
| 4 | Spread this mixture carefully over the pineapple and bake for approx 25-30 minutes until firm.
Turn out (upside down) on a plate |



Chilli con carne and rice

Ingredients

- 1 onion
- 1 clove garlic
- 1 green pepper
- 250g minced beef
- 15ml oil
- 1 x can chopped tomatoes (400g)
- 1 x 400g can red kidney beans
- 1 x 15ml spoon tomato puree
- 1 x 5ml spoon chilli powder
- 1 x mug size of long grain rice or basmati rice(approx 120g)

Food skills **highlighted**

Reheating rice advice: You can reheat rice safely if it's been cooled quickly, refrigerated within 24 hours, and reheated thoroughly until steaming hot all the way through. It's also recommended to reheat rice only once.



Step-by-step (method)	Quality control checks (QCC)
Mise-en-place (preparation) -peel and slice the onion -open the can of kidney beans and the tin of tomatoes(drain kidney beans only)	Hygiene - tie hair back, put an apron on wash and dry your hands 
1.Add 1 tablespoon of oil in a saucepan and fry the onion, garlic and minced beef until the meat is brown (medium heat)	Place the meat packaging in the bin. Turn pan handles inwards
2. Add tin of tomatoes Add the can of drained kidney beans	Use a spatula to stir your food Stir in the tomatoes and kidney beans Do not add too much chilli powder, you can add more later to season it
3.Stir in the tomato puree and chilli powder. Add salt and pepper	Reminder: Raw meat needs to be placed in the food tech fridge on the morning of your practical
4.Bring to the boil, then reduce the heat and simmer for 20 minutes	
Rice 5.Add your 1 x mug of rice to a saucepan and 2 x mugs of cold water (season with salt) Place a lid on your saucepan on the hob and bring to the boil then turn down low to simmer DO NOT LEAVE THE HOB else your rice can dry out. Cook for approx 15 - 20 minutes until light and fluffy.	

Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Paella

Ingredients

1 onion
1 - 2 cloves of garlic
1 red pepper
1 chicken breast or thigh
1 x 15ml oil
1 x 5ml spoon turmeric
1 x 5ml spoon paprika
750ml stock (1 stock cube)
250g long grain rice
25g frozen peas

Food skills **highlighted**

Reheating RICE advice: At home do not keep cooked rice for more than ONE day. You must keep cooked rice in the fridge until you are ready to reheat it. When you reheat rice it must be at a temperature of 165 degrees.

Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Step-by-step (method)



Preparation:

Prepare the vegetables

-**peel** and **chop** the onion, peel and **crush** the garlic

-chop and **deseed** the pepper, **Weigh** the rice

Crumble your stock cube into a measuring jug of warm water (750ml)

- | | |
|---|---|
| 1 | On a red chopping board - remove any skin from the chicken (place in the bin) and dice into chunks with a fresh knife |
| 2 | In a saucepan fry the onion and pepper in the oil for 3 minutes |
| 3 | Add the garlic, turmeric and paprika and cook for a further 2 minutes |
| 4 | Add the diced chicken and cook until it TURNS WHITE |
| 5 | Pour in the stock ,bring to the boil (water bubbles) and cook for 5 minutes |
| 6 | Add the rice |
| 7 | Bring to the boil (water bubbles), and then allow to simmer for 15 minutes |
| 8 | Stir in the frozen peas and cook for another 5 minutes |

Safety point - Any equipment that has had raw meat on it needs to be washed and dried separately to avoid cross-contamination.



Rocky Road

Ingredients

200g digestive biscuits (approx 14)
135g butter
200g dark chocolate
2 - 3 tablespoons of golden syrup
100ml mini marshmallows

Optional up to 100g:

Raisins, dried cranberries or other dried fruit or popcorn



Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Step-by-step (method)

- | | |
|---|--|
| 1 | Mise-en-place (preparation):
-weigh and measure ingredients accurately
Grease and line an 18cm brownie tin with with greaseproof paper |
| 2 | Place 200g biscuits into a bag, seal and bash with a rolling pin into you get small pieces no bigger than a 50p piece. Set aside |
| 3 | In a large saucepan, melt 135g butter/ margarine, 200g dark chocolate, 2 - 3 tablespoons of golden syrup over a gentle heat and stir until there are no lumps of chocolate left.
Leave to cool |
| 4 | Take the biscuits, 100g marshmallows and 100g of optional food and stir into the chocolate mix until everything is covered in chocolate |
| 5 | Tip the mixture into the lined tin and spread it out to the corners.
Chill for approx 1 hour and cut into 12 portions. |

