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# YEAR 8 FOOD RECIPES

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Fruit Crumble

Swiss Roll

Pizza

Vegetarian Spaghetti Bolognese

Starch Based Salad

In year 8 practical lessons we aim consolidate the learning which has taken place in year 7 by further developing the rubbing in method, cutting and weighing skills. Then we introduce new skills of time management to be able to manage multiple items cooking or 2 step processes. We will also be continuing to develop the students understanding of food hygiene ready for the introduction of using raw meat in year 9.

# Fruit Crumble

This recipe aims to develop students weighing, chopping and coring skills. The students will develop their understanding of the 'rubbing in' method, hob and oven skills. They will also understand how to stew hard fruits and have the option to add in additional ingredients to enhance the flavour and taste profiles in food.

## Ingredients for Fruit Base:

250 - 300g Seasonal Fresh Fruit e.g. Cooking Apples, Pears, Plums, Rhubarb, Berries

25g Sugar (Caster Sugar or Demerara)

## Ingredients for Crumble Topping:

150g Plain or Wholemeal Flour

75g Butter

25g Sugar (Caster Sugar or Demerara)

## Additional Optional Ingredients:

50g Dried Fruit (Base)

30g Oats, Muesli, digestives or Cornflakes (Topping)

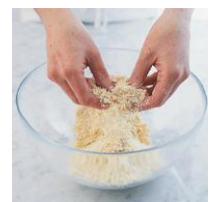
½ Teaspoon of Cinnamon (Topping)



Please bring an ovenproof dish to assemble your fruit crumble in and a piece of tin foil to cover the dish at the end of the lesson.

## Method:

1. Pre-heat the oven to 180°C or Gas Mark 5.
2. Prepare the fruit according to the type of fruit you decide to use, e.g. peel, core and thinly slice apples; wash and stone plums; wash and cut rhubarb.
3. If you are using any fruit that requires no preparation, this can be placed straight into your ovenproof dish.
4. If you are using apples, rhubarb or pears (hard fruit) you should stew the fruit in a saucepan with 25g of the sugar with 200ml of water. Simmer for 5 minutes to part soften the fruit, this is also known as stewing.
5. While the fruit is stewing sieve the flour into a large mixing bowl.
6. Cut the butter into small pieces and rub it into the flour until it looks like breadcrumbs.
7. Stir in the sugar. Add any additional ingredients to the crumble mix.
8. Once stewed, use a colander to remove any remaining water from the fruit. Run the fruit under cold water. Drain thoroughly.
9. Place the drained fruit into your ovenproof dish.
10. Add the crumble topping to the fruit base.
11. Place the ovenproof dish onto a baking tray and bake in the oven for 30 to 40 minutes until the crumble is golden brown.



## Swiss Roll

This recipe aims to develop students skills of using of raising agents by using the whisking method to add air into the cake mix. The students will be introduced to the electric whisk and this practical is all about times and precision. The students will learn to work at pace to ensure their Swiss roll is out to the oven and rolled quickly so it doesn't crack. The student will work on their spreading and presentation skills.

### Ingredients :

- 3 Eggs
- 75g Caster Sugar
- 75g Self Raising Flour
- 3 Tablespoons Jam (e.g. Strawberry, Raspberries)
- Caster Sugar for Sprinkling on Top of Swiss Roll



**You will need a container to take your Swiss roll home in.**

### Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Line a Swiss roll tin.
3. Crack the first egg into a jug, check for any shell before transferring it to a large glass bowl.
4. Crack the second egg into a jug, check for any shell and transfer this to the large glass bowl.
5. Crack the third egg into a jug, check for any shell and transfer this to the large glass bowl.
6. Whisk the eggs and sugar together using an electric whisk until thick and creamy.
7. Fold in the sieved flour gently using the spatula.
8. Pour the mixture into the lined tin being carefully not to knock the air bubbles out.
9. Bake in the oven for 8 to 10 minutes until golden brown. DO NOT overcook.
10. Transfer the jam into a small bowl and soften with a teaspoon.
11. Sprinkle some sugar onto the greaseproof paper.
12. Turn out the sponge onto the sugared greaseproof paper.
13. Spread with jam.
14. Roll.
15. Allow to set before trimming the edges of the swiss roll using a knife.



# Vegetarian Spaghetti Bolognese

This recipe aims to develop students understanding of safe use of the hob and develop the students hob control. They will continue to practice their cutting skills. The students will learn how to know when food is cooked when using a frying pan. The students will also be developing skills of knowing when vegetables, vegetarian mince, and pasta are cooked.

## Ingredients:

- 1 Carrot
- 1 Celery Stick
- 1 Small onion/ ½ a medium onion
- 1 Garlic Clove
- 15ml spoon of oil
- 125g Vegetarian mince
- 1 small can of chopped tomatoes
- 1 tbps spoon of tomato puree
- 5 tsp spoon of mixed herbs
- 50ml Water
- 150g Spaghetti
- Black pepper



Please bring an airtight container to take your Spaghetti Bolognese home in.

## Method:

1. Put water in a saucepan to boil for the spaghetti
  - Prepare the vegetable while monitoring the pan
  - Peel and dice the carrot
  - Finely chop the celery
  - Peel and finely chop the onion
2. Peel and crush the garlic using a garlic crusher
3. Fry the onion, garlic, carrot and celery in the oil.
4. Add the mince and cook until it is lightly brown.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil, then simmer for 20 minutes.
7. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10-12 minutes or until the spaghetti is 'al dente'.
8. Drain the water from the spaghetti using a colander and run cold water over it to remove the starch.
9. To serve, pour some of the bolognese sauce over the spaghetti.



# Pizza

This recipe aims to develop students understanding of safe use of the oven. The students will develop their knowledge of how prove, knead bread and the rubbering in method. They will continue to learn how rollout their dough, spread out sauce and apply precooked components to their food.

## Ingredients:

300g Strong plain flour

150ml Warm water

½ tsp Salt

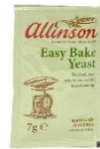
25g Margarine

1 Sachet of yeast (7g)

125g Cheese

20g Tomato puree

Plus toppings of your choice. **Please note any meat brought in must be cooked or cured.**



Please bring an airtight container or a large piece of foil to take your bread rolls home in.

## Method:

1. Preheat the oven to 200°C. Flour a baking tray.
2. Place the flour, yeast and salt in a large bowl.
3. Rub in the margarine.
4. Gradually add 150ml warm water until a soft dough is formed.
5. Knead the dough for 5 minutes.
6. Shape the dough. Remember it does not have to be round!
7. Place the dough on to your baking tray and leave to prove.
8. Grate your cheese.
9. Prepare your toppings.
10. Spread the base with puree.
11. Place all the toppings on top of the puree.
12. Sprinkle over cheese.
13. Bake in the oven for approximately 20 minutes until golden.



## Starch Based Salad

This recipe aims for the students to be able to demonstrate what they have learnt over this term to produce a pasta salad with ingredients to make a balanced meal using the Eatwell Guide to support their choices. The students will be showcasing their cutting and preparing, boiling and cooking of pasta as well as preparing protein.

Please bring a container to carry your starch-based salad home in.



### Ingredients:

Starch Select 1	Binder / Sauce (Fat)	Protein Select 1	Dairy Select 1	Fruit & Vegetables
50 - 75g Pasta, Rice, Cooked Potatoes, Couscous	50 - 100g Mayonnaise, Salad Cream, French Dressing, Vinaigrette, Own Choice	50 - 75g Cooked Ham, Cooked Chicken, Hard Boiled Egg prepared at home, Tinned Tuna	50g Cheese: Cheddar, Red Leicester, Cottage Cheese	50 - 75g Salad Vegetables, Onion (Red / White, Spring, Chives), Fresh / Tinned

### Method:

1. Bring a small saucepan of water to the boil and then add the pasta / rice. Simmer for about 10-12 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients using the correct chopping boards:
  - Prepare your vegetables and fruits
  - Prepare your protein food
  - Prepare your dairy food
  - Prepare your binder (sauce)
  - Prepare any other ingredients
3. Once the pasta / rice is cooked, drain the boiling hot water away from the pasta / rice into a colander in the sink. Cool the pasta by rinsing it under the cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and add your other ingredients.
5. Lastly, add your binder (sauce).
6. Store the finished salad in the fridge.

