



YEAR 9 FOOD RECIPES

Dutch Apple Cake

Tomato and Basil Tart

Fish or Halloumi Goujons

Potato and Chicken Curry

Macaroni Cheese

In year 9 practical lessons we aim to consolidate the learning which has taken place in year 7 and 8 by further developing the rubbing in method, cutting and weighing skills. Then we introduce new skills, safe meat and fish handling, hob skills and creaming cake making method. As well as refining our presentation skills giving the students a taste of what food and nutrition will be like for GCSE.

Dutch Apple Cake

This recipe aims to develop students weighing, chopping and coring skills and use of the electric whisk. The students will develop an understanding of using the creaming method of baking. The students will also be working on their presentation skills.

Ingredients:

100g Caster Sugar

100g Butter

100g Self Raising Flour

2 Eggs

1 Eating Apple

1 Teaspoon Baking Powder (**School will provide**)

1 Teaspoon Cinnamon Powder (**School will provide**)

1 Teaspoon Demerara Sugar (**School will provide**)



Bring in an airtight container to take home your cake at the end of the lesson.

Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Weigh and measure out all ingredients accurately.
3. Line the baking tin with some greaseproof paper.
4. Place the butter in a large plastic bowl and soften with a white plastic stirring spoon.
5. Add the caster sugar. Cream the sugar and butter together, using an electric hand whisk, until light and fluffy.
6. In a small bowl, crack the first egg and beat with a fork. Transfer to the large mixing bowl.
7. In a small bowl, crack the second egg and beat with a fork. Transfer to the large mixing bowl.
8. Mix in with the electric hand whisk and place beaters in the sink.
9. Sieve the flour and baking powder into the large bowl.
10. Fold the flour and baking powder into the mixture, a spoonful at a time using a spatula.
11. Use the spatula to move the mixture into the corners of the the cake tin.
12. Core the apple and slice thinly. **Leave on the skin!**
13. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and demerara sugar on top.
14. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
15. Remove from the oven and allow to cool on a cooling rack.



Tomato and Basil Tart

This recipe aims to develop students' pastry making skills, by developing the rubbing in method to create short crust pastry. They will continue to practice their cutting, weighing and measuring skills.

Ingredients:

200g Plain Flour

100g Butter or Margarine

2-3 Tablespoons Cold Water (**school will provide**)

2 Tomatoes

50g Cheese, e.g. Mozzarella, Gruyère or Cheddar

A Handful of Basil Leaves

2 Eggs

125ml Semi-Skimmed Milk

Black Pepper (**school will provide**)



Please bring an oven prove tart dish and a container to take your Tomato and basil tart home in.

Method:

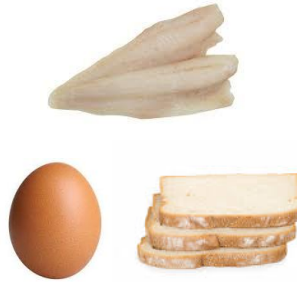
1. Preheat the oven to 180°C
2. Make up the short crust pastry: sift the flour into the bowl
3. Rub the butter or margarine into the flour using your fingertips, until it resembles breadcrumbs.
4. Add the cold water and start to mix.
5. Mix to form a firm, smooth dough.
6. Line the tart dish with the dough.
7. Trim the edges of the pastry using a round bladed knife.
8. Slice the tomatoes.
9. Grate the cheese.
10. Whisk the egg and milk together in the measuring jug. Tear the basil into the mixture.
11. Pour the egg mixture into the pastry base.
12. Arrange the tomato slices and grated cheese over the top.
13. Place the flan in the oven for 30 minutes.

Fish or Halloumi Goujons

This recipe aims to develop students understanding of safe fish handling or dairy products. They will continue to practice their cutting skills. The students will learn how to use the food processors and clean this safely. The students will also be developing skills of knowing when fish is cooked.

Ingredients:

- 1 Fillet of Fish/ 1 packet of halloumi
- 2 Slices of White or Wholemeal Bread
- 2 tbs Plain Flour: (**School will Provide**)
- 1 Egg



Optional Additional Ingredients:

- 1 tbs Dried Mixed Herbs
- 1 tbs Parmesan Cheese
- 1 tsp Chilli / Curry Powder
- 1 tsp Chilli Flakes
- ¼ tsp Black Pepper

Please bring a container to take your halloumi / fish goujons home in.

Method:

1. Preheat the oven to 200°C of Gas Mark 6.
2. Place line your baking tray.
3. Place the slices of bread into a food processor and pulse so the bread forms crumbs then scatter these onto a white tray. Add any additional flavours to the breadcrumbs.
4. Place the flour onto a plate.
5. Crack the egg into a small bowl and beat with a fork.
6. Cut the halloumi / fish into strips or dice the halloumi into cubes. This should be done on a white chopping board for dairy and a blue chopping board for fish.
7. Dip the halloumi / fish pieces into the flour.
8. Then dip the halloumi / fish pieces into the beaten egg.
9. Roll the halloumi / fish pieces in the breadcrumbs on the white tray.
10. Place on a baking tray.
11. Bake in the oven for 15 to 25 minutes until golden brown.
12. Use a food probe to check the halloumi / fish has a core temperature of 75°C. If it does not, it needs to be back into the oven until this core temperature is reached.

Potato and Chicken Curry and Raita

This recipe aims to develop students understanding of safe handling and preparation of meat. They will continue to practice their cutting, measuring, peeling and dicing skills. The students will learn how to use the hob to boil, simmer and fry. The students also be able to know when meat is cooked.

Ingredients

300g potatoes, preferably new

1 tbsp oil (**school to provide**)

2 small chicken breasts (approx. 250g)

1 onion, (approx. 150g)

1 tbsp spoon curry powder (**school to provide**)

400g can chopped tomatoes

50ml water (**school to provide**)



Please bring 2 airtight containers to take your curry and raita home in.

For the raita:

150g tub fat-free natural yogurt

¼ cucumber

1 tbsp spoon fresh mint or mint sauce (**school to provide**)



Method:

1. Prepare the ingredients:
 - dice the potatoes on a brown chopping board;
 - peel and slice the onion on a brown board chopping board;
 - cut the chicken into small pieces on a red chopping board;
2. Cook the potatoes in boiling water for 10 minutes, drain.
3. Meanwhile, heat the oil in a frying pan and fry the chicken and onion for 5 minutes until browned. Add the curry powder and cook for 1 minute.
4. Stir in the tomatoes and add 50ml water, cover and simmer gently for 5 minutes. Stir in the cooked potatoes and cook for a further 5 minutes.
5. Dice the cucumber on a green chopping board then mix with the yogurt and mint.

Macaroni cheese shop bought pasta and béchamel sauce (roux)

This recipe aims to develop students understanding of timing and hob control. They will continue to practice their measuring, weighing and grating skills. The students will learn how to make a sauce from a roux. The students will create a balanced dish by adding meat and vegetables of their choice to the dish to demonstrate their understanding of the Eatwell guide.

Ingredients:

100g Macaroni or any Shaped Pasta
100g Cheese (Cheddar or Red Leicester)
250ml Semi-Skimmed Milk
25g Butter
25g Plain Flour
Pinch of Salt (**school will provide**)
Pinch of Black Pepper (**school will provide**)
Bring in cooked meat or meat alternatives of your choice
Bring vegetable of your choice. (This doesn't include Potatoes)



Please bring an ovenproof dish to cook and take your macaroni cheese home in. You will either need a lid or a piece of tin foil to cover the dish at the end of the lesson.

Optional Ingredients:

Breadcrumbs to place on Top
Fresh or Dried Herbs (Parsley, Coriander, Oregano, Dried Mixed Herbs or Basil)
Pinch of Mustard Powder (Optional)

Method:

1. Switch on the oven to 190°C or gas mark 5.
2. Half fill a saucepan with warm water. Place this back on the hob. Bring the water to boil and then add the macaroni or pasta.
3. Once cooked use a colander to drain the water in the sink and wash with cold water and place in an oven proof dish.
4. Weigh and measure out all the ingredients accurately.
5. Grate the cheese onto a plate, transfer this into a small bowl ready to use later.
6. To make the best macaroni, you are going to use the Roux method of making sure all the ingredients are weighed out accurately.
7. Place a small saucepan at the front of the hob. **DO NOT** turn it on!
8. Place the butter into a saucepan; melt on a low heat stirring with a wooden spoon. Once melted add the flour and mustard powder (optional) and continue heating it for one minute, always stirring it.
9. Remove the saucepan from the heat and place it on a pan stand
10. Gradually add the milk a small amount at a time stirring well each time to avoid any lumps forming until all the milk has been added using a whisk.
11. Put the saucepan back on the heat and stir all the time heating the sauce until it boils and thickens (the sauce should coat the back of the wooden spoon and be smooth and glossy in appearance)
12. Remove the saucepan from the heat and place it on a pan stand. Add 3/4 of the grated cheese. Stir until the cheese has melted.
13. Pour the béchamel sauce over the pasta. Add a few twists of black pepper and any additional ingredients.
14. Prepare your vegetables on a brown or green chopping depending on the food.
15. Prepare the protein on a yellow or brown board.
16. Sprinkle the rest of the cheese on top. Bake in the oven at 190°C or Gas Mark 5 for 20 to 30 minutes until golden brown.

