



YEAR 10 FOOD RECIPES

Ratatouille

Risotto

Focaccia

Shepherd Pie or Cottage Pie

Lemon Tart / Lemon Meringue Pie

Mince Meat Sauce

In year 10 term 1 practical lessons we aim consolidate the learning which has taken place in year 7, 8, and 9 by further developing the rubbing in method, cutting and weighing skills. Then we introduce more complex skills, time management to be able to manage multiple items cooking, 2 step processes and for the students to work more independently. We will also be continuing to develop the students understanding of food hygiene and they develop cleaning as you go to aid them with their NEA's in the future.

Ratatouille

This recipe aims to develop students, chopping and hob control skills. The students will be reminded of their board colours and refining their cutting techniques of dicing, slicing, julienne, batons and mince.

Ingredients:

- 400g Can of Chopped Tomatoes
- 100g Mushrooms
- 1 Onion
- 1 Small Aubergine
- 1 Pepper (Any Colour)
- 1 Courgette
- 1 Clove of Garlic
- 1 Dessert Spoon Dried Mixed Herbs
- 1 Dessert Spoon of Oil (**School will provide**)
- Pinch of Salt (**School will provide**)
- Pinch of Pepper (**School will provide**)

Optional

- 1 Dessert Spoon Tomato Puree
- 1 Handful of Fresh Basil

Method:

1. Weigh and measure out all ingredients accurately.
2. Prepare the vegetables, your vegetables should be cut into even size pieces:
 - Peel and cut the onion, place this straight into the saucepan
 - Peel and crush the garlic, place this straight into the saucepan
 - Dice the aubergine
 - De-seed and cut the pepper
 - Slice the courgette
 - Slice the mushrooms
3. Fry the onion and garlic in the oil for 3 minutes on a low heat.
4. Add the aubergine and fry for a further 5 minutes.
5. Add the pepper, courgette, mushrooms and fry for a further 5 minutes.
6. Add in the tinned tomatoes; stir-in the torn basil leaves, the dried mixed herbs, salt and pepper.
7. Bring to the boil and then simmer gently for 15 minutes.



Please bring in an airtight container from home to for your Ratatouille.

Risotto

This recipe aims to develop the student hob control skills and to help them develop timing with a recipe to ensure all the ingredients are cooked. Also this recipe provides the students with more control over what they are including in their foods so they can develop their own flavour profiles.

Ingredients

- 500ml Hot Water
- 200g Vegetables of Your Choice (e.g. Courgettes, Mushroom, Peppers, Peas, Sweetcorn, Leeks)
- 100g Meat (e.g. Chicken, Bacon, Pork, Beef, Prawns, Salmon)
- 100g Arborio Rice (Risotto Rice)
- 15g Parmesan or 25g Cheddar Cheese for Sprinkling on Top
- 1 Onion
- 1 Tablespoon Olive Oil
- 1 Tablespoon Herbs (e.g. Dried Mixed Herbs, Basil, Coriander, Parsley, Thyme)
- 1 Garlic Clove
- 1 Stock Cube (Your Choice of Flavour)



Please bring a container to carry your risotto home



Method:

1. Weigh and measure out all ingredients accurately.
 2. Measure out 500ml of hot water into a jug and dissolve the stock cube in the water.
 3. Cut the vegetables into small even size pieces.
 4. Crush the garlic.
 5. Prepare the meat, this needs to be prepared into small even size pieces. Remember a red chopping board should be used when preparing raw meat.
 6. Wash the rice in a sieve under the cold tap.
 7. Put the oil into a saucepan, add the meat (excluding prawns and salmon), garlic and onion and heat gently.
 8. Cook for approximately 5 minutes on a low heat making sure you regularly stir the mixture with a wooden spoon to avoid sticking. Do not leave the saucepan unattended.
 9. Add the rice, heat and stir for 2 minutes.
 10. Add any other vegetables and cook for a further 2-3 minutes, if you are using prawns or salmon this should be added at this point. If you are adding peas and sweetcorn these only need to be heated for 1 minute.
 11. Start to add the stock mixture to the rice mixture, slowly making sure you continually stir.
 12. Continue adding the stock until it has all been added to the saucepan.
 13. Add herbs and stir thoroughly.
 14. Cook gently (simmer) until the rice is tender and all the water is absorbed; this will take approximately 15 minutes).
 15. Grate Cheese for sprinkling on the top.
- Serve, piping hot. Remember to sprinkle cheese on the top.



Focaccia

This recipe aims to develop the student baking skills develop the skills they learnt previously when making bread. The students will be looking at their flavour profiles and how to make different style of bread.

Ingredients:

- 250g Strong Bread White Flour
- 150ml Warm Water (**School will provide**)
- 7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
- 3 Tablespoons Olive Oil
- 1 Teaspoon Salt (**School will provide**)
- 1 Teaspoon Coarse Sea Salt (**School will provide**)



Optional Ingredients:

- Any Fresh Herbs
- Garlic
- Dried Herbs
- Sundried Tomatoes
- Rosemary (Decoration)
- Olives (Decoration)



You will need to bring a container to take your focaccia home in.

Method:

1. Weigh and measure out all ingredients accurately. Ensure the warm water is weighed out into a measuring jug.
2. Sieve flour into a large bowl.
3. To the flour add the yeast and salt. Add any optional ingredients.
4. Stir 2 tablespoons (keep 1 tablespoon for later) of the olive oil into the 150ml of warm water in the jug. Mix thoroughly with a round bladed knife to form a soft dough.
5. Turn the dough out onto a lightly floured surface and knead for 10 minutes or until the dough is smooth and elastic.
6. Place the dough on a baking tray and leave to rise in the room for at least 5 minutes.
7. Roll the dough out into a rectangle.
8. Brush olive oil over half of the dough. Brush water around the edges of the other half and fold the dough in half into a rectangle shape.
9. Place the dough back onto the baking tray and press your knuckles down into the dough to give it a dimpled surface.
10. Drizzle the remaining olive oil over the dough, leaving it to pool slightly in the dimpled dough. Sprinkle over the coarse sea salt.
11. Place the dough on the baking tray into a cold oven and straight away turn the oven to 200°C or Gas Mark 6. Bake for 30 minutes, or until it is risen and golden in colour.
12. Remove the baking tray from the oven; use a fish slice to transfer the focaccia onto a cooling rack to cool.
13. Place olives or rosemary on top to decorate.
14. When cool, cut into chunks and serve.



Shepherd Pie/ Cottage Pie

This recipe aims students chopping and preparing of vegetables, sauteing and browning of mincemeat. It allows the students to develop seasoning and balancing flavour skills. The students will also understand boiling and mashing potatoes so they can spread, pipe or style pipe top.

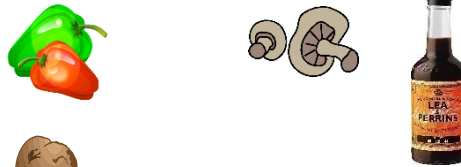
Basic Mince Ingredients:

250g Mince Beef or Lamb or a Vegetarian Alternative
250ml Stock of your Choice or a 400g Tin of Tomatoes
1 Large Onion
1 Garlic Clove
1 Level Tablespoon of Plain Flour (**School to Provide**)
Seasoning of Your Choice (Fresh or Dried)



Additional Mince Ingredients:

Vegetables of your choice: Pepper, Mushrooms, Courgette, Carrot, Celery, Swede, Peas
Chilli (Fresh, Flakes or Powder)
Worcester sauce



Please bring an ovenproof dish to assemble your product in. You also need a lid or a piece of tin foil to cover the dish at the

Ingredients for Potato Topping:

750g Potatoes
30g Butter
2 Tablespoons Milk
Salt and Pepper



Method:

1. Half fill a saucepan with warm water and put it onto boil. This should be placed at the back of the hob.
2. Meanwhile, peel the potatoes with a vegetable peeler; make sure the peelings go onto the plate. Cut the potatoes into even size pieces. Ensure the pieces are not too small or they will turn to mush when cooking.
3. Add the potatoes to the boiling water, once the water reaches boiling point, turn the water down until it is simmering and cook for 20 minutes.
4. While the potatoes are cooking, ensure all other ingredients are weighed and prepared.
5. Place the mincemeat (beef or lamb) straight into the second saucepan and place this at the front of the hob. Do not turn the hob on. Ensure you wash your hands thoroughly after touching the raw meat.
6. Add any hard vegetables to the saucepan of raw meat, hard vegetables include onions, celery, swede or carrots.
7. Prepare and crush the garlic, add this straight to the saucepan with the raw mincemeat.
8. If you are using stock, add the stock cube to a measuring jug and top up with 250ml of warm water. Set this aside.
9. Ensure the mincemeat, onions, garlic and any hard vegetables are in the saucepan. You do not need to add any oil to the saucepan unless you are using Quorn.
10. Heat for 5 minutes to brown off the mincemeat.
11. Add in any additional vegetables and heat for a further 5 minutes.
12. Add all other ingredients such as the stock / tinned tomatoes and any seasoning / Lea and Perrins. This should be heated through for a further 5 minutes.
13. After 20 minutes of cooking the potatoes, check the potatoes are ready, place a sharp knife into one of the potatoes and it should slip off easily. If the potatoes are ready, drain the water from the potatoes using a colander over the small part of the sink. If the potatoes are not ready, continue to heat until they are. Place the potatoes back into the saucepan and ensure the saucepan is placed on a pan stand so it does not burn the work surface. Mash in the butter. Add the milk a small amount at a time as you may not need to use all of this. Add in the salt and pepper.
14. Once the mincemeat sauce is cooked, spread the mixture into the ovenproof dish and spoon the mash over the top. You can use a fork to add decoration to the potatoes mixture.
15. At Home: Preheat the oven to 200°C or gas mark 6. Cook for 25 to 35 minutes, until the potato is golden brown. Ensure the product is piping hot all the way through before serving.



Lemon Tart / Lemon Merigue Pie

This recipe aims to further develop pastry making skills, by developing the rubbing in method to create short crust pastry and understanding of the gelatinisation process. They will continue to practice their cutting, weigh and measuring skills.

Ingredients for Short-Crust Pastry:

200g Plain Flour
50g Butter
50g Lard / Trex / Butter
40ml Cold Water (approximately)
Pinch of Salt

Ingredients for Filling:

Grated Rind and Juice of 2 Large Lemons and Cold Water to make up to 300 ml
50g Cornflour
75g Caster Sugar
3 Egg Yolks (**this means 3 eggs in total**)
40g Butter



Ingredients for Meringue:

3 Egg Whites
150g Caster Sugar



**You will need a round tin:
18 - 20cm in diameter
and a piece of tin foil to cover the
dish at the end of the lesson.**

Method:

1. Preheat the oven to 190°C or Gas 5.
2. Weigh and measure out all the ingredients accurately.
3. Cut the butter and lard / trex into small pieces.
4. Put flour, salt, butter and lard / trex in a mixing bowl.
5. Rub fat into the flour with your fingertips until it resembles breadcrumbs.
6. Measure the cold water on the scales, you need 40ml.
7. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
8. Allow to chill in the fridge for 10 minutes while you do the washing up.
9. Roll out the shortcrust pastry onto a floured surface, using a floured rolling pin, to approximately 0.5cm thick.
10. Put dish for cooking your lemon merigue pie on a baking tray.
11. Line the dish with the pastry and trim edges.
12. Blind bake for 20 minutes on the top shelf of the oven until fully cooked.
13. While the pastry case is blind baking, separate the egg yolks from the egg whites.
14. For the filling: Grate the rind from the lemons and then use a juicer to remove the juice. Add water to the lemon juice to make it up to 300ml of lemon flavoured water. Place the cornflour in a small plastic bowl and blend to a smooth paste with a little of the lemon flavoured water. Add the rest of the liquid.
15. Transfer the mixture into a saucepan and bring to the boil. Simmer for 1 minute, stirring constantly.
16. Remove from heat and beat in egg yolks, caster sugar, butter and lemon rind.
17. Remove pastry case from the oven, leave to cool on a cooling rack and reduce the oven temperature to 150°C / Gas Mark 2.
18. For the meringue, use a large mixing bowl and use an electric whisk to whisk the egg whites until they form soft peaks, you should be able to turn the bowl upside down without the egg whites moving!
19. Whisk in 1 tablespoon of caster sugar at a time until all is added (mixture should have formed stiff peaks).
20. Pour the lemon mixture into the pastry shell and spread it out evenly.



- 21.** Pipe the meringue mixture all over the filling so it seals the top completely.
- 22.** Cook in the oven for 45 minutes, until the meringue has turned pale beige and is crisp on the outside and squashy in the middle.

Mince Meat Sauce

This recipe aims for students to develop a product from a basic starting point to produce a final product of their choosing.

Basic Ingredients:

250g Mince Meat of your Choice or a Vegetarian Alternative

250ml Stock of your Choice or a 400g Tin of Tomatoes

1 Large Onion

1 Level Tablespoon of Plain Flour: School to Provide

Fresh or Dried Seasoning of Your Choice

Additional Ingredients:



Vegetables of your choice Pepper, Mushrooms, Courgette, Carrot, Celery.



Please bring an oven proof dish to carry your food home in.

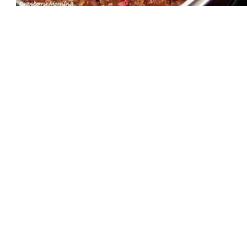
Students select Lasagne or Burrito

Modifications:

Meat Sauce for Lasagne:	Meat sauce for Burritos:
1 large tin of tomatoes 1 tbsp tomato purée 1 tsp mixed herbs or oregano Lasagne sheets 25g Flour 25g Butter 250ml Milk 100g Cheese 	1 tin of red kidney beans, 1 tin of tomatoes 1 tsp chilli powder. 250ml Sour cream 1 Pepper 1 Chilli 40g Sweetcorn 4 Tortillas 100g Cheese 1 Egg 

Method:

1. Weigh and measure out all ingredients accurately.
2. Place the mince in a large saucepan, place at the front of the heat and throw all the packaging in the bin. **DO NOT** turn the hob on.
3. Peel and chop the vegetables into even sized pieces. Place the vegetables into small bowls.
4. Prepare all other ingredients.
5. To the saucepan containing the mince, add the garlic, onion and any other hard vegetables (carrots, celery, swede) and brown off, this will take approximately 5 minutes. (1 Tablespoon of oil is needed for white meat and Quorn).
6. Add in the soft vegetables and fry for 3 to 5 minutes.
7. Add all other additional ingredients such as the stock / tinned tomatoes and seasoning.
8. Bring to the boil and then reduce the heat and simmer for 10 to 15 minutes until the vegetables are soft. If the sauce looks runny, stir in a tablespoon of plain flour.
9. Use as required to make Lasagne or burritos



Option Lasagne Method:

1. Pre-heat the oven 190°C or gas mark 5
2. Weigh and measure out all the ingredients for the white sauce accurately
3. Grate the cheese onto a plate, transfer this into a small bowl ready to use later.
4. To make the best macaroni, you are going to use the Roux method of making sure all the ingredients are weighed out accurately.
5. Place a small saucepan at the front of the hob. **DO NOT** turn it on!
6. Place the butter into a saucepan; mount 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.
7. Remove the saucepan from the heat and place it on a pan stand
8. 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.
9. Put the saucepan back on the heat and stir all the time heating the sauce until it boils and thickens (the source should coat the back of the wooden spoon and be smooth and glossy in appearance)
10. 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.
11. Then layer together meat, pasta, Cheese sauce, meat, pasta, cheese sauce, meat, pasta, cheese sauce and sprinkle with cheese.
12. Place in the oven to cook for 30 minutes



Option Burritos Method:

1. Pre heat the oven to 140°C or gas mark 2
2. Prepare vegetables. Place the peppers, chilli and sweetcorn in the pan with the meat mixture
3. Heat up the tortilla in a fry pan for 10 secs
4. Place 3 spoons of the mixture into the tortilla of the meat mixture onto the centre of the wrap.
5. Top some cheese, then brush beaten egg around the edge. Fold the ends over the filling, then fold in the sides, like an envelope.
6. Flatten a little to a parcel, then place, seam-side down, in the hot pan. Cook for 2 mins until the underside has sealed shut and is toasted a golden brown, flip over and cook for a few mins more.
7. Place the burrito in an oven prove dish and keep warm in the oven while you continue assembling and cooking the remaining burritos. Serve with soured cream, if you like.

