



Year 8 Recipes



- The following recipes are from the Year 8 Food Rotation
- The students will hopefully complete one practical per week in the order of the slides where possible



Practical 1:

Bread rolls

Method:

1. Add all the dry ingredients into a bowl
Flour, yeast etc. Add any extra ingredients.

2. Add any other ingredients. Add oil to flour then mix with warm water to a dough. Use a wooden spoon to mix.

3. Mix into a ball and knead onto a floured surface.

4. Knead for a few minutes shape and put on tray.

5. Leave in a warm place to prove if time. (5-10 minutes)

6. Bake in a hot oven for 10 to 15 minutes.

Ingredients:

- 200g or 300g strong plain flour
- Pinch of salt
- 1 tablespoon of oil - optional
- 1 packet of dried yeast
- hand hot water to mix
- A container to take them home in.
- Any additional ingredients?

- Oven 220oC Gas 7



Practical 2: Tomato Pasta

- 1 Onion
- 2 cloves garlic
- Herbs
- Dribble of oil
- 2 cans chopped tomatoes
- You could add another vegetable and some tuna or ham for example
- 200g pasta



Don't forget a container to take it home in!





Pasta Product Process:

1. Half fill a large saucepan with hot water from the tap. Set it to boil on the hob.
2. When it is bubbling pour in your pasta – be careful not to splash the water as it will burn.
3. Stir with wooden spatula, allow to gently bubble, turn heat down.
4. Cook for 10-12 minutes, stir occasionally. While it's cooking prepare other ingredients. Wash, peel and chop vegetables.
5. Remove a piece of pasta with spoon to check it's cooked, drain pasta using a colander over the sink, rinse with hot water, drain well and place in container.
6. Dice onion and crush garlic, lightly fry and add tomatoes and other vegetables. Simmer gently then pour over pasta.
7. Clear and wash.



Practical 3: Chow Mein

- 150g noodles
- 1 clove garlic
- 1 small piece ginger
- 2 spring onions
- Handful mushrooms
- Handful broccoli florets
- 1 tablespoon oil
- 50g bean sprouts
- 1 tablespoon soy sauce
- You could add 1 large or 2 small chicken breast or some diced turkey or Quorn chicken if wanted.
- Container to take it home.

Chow Mein Process

- Use hot water from tap to half fill a big saucepan.
- Bring to boil then cook noodles for 4 minutes, drain over sink in a colander, **put in container.**
- Prepare the vegetables, slice and dice.
- Use the same pan or another if room (no water though) to cook onions/chicken for 3-5 minutes in a little oil.
- **Check chicken is white in middle.**
- Add other vegetables (not the beansprouts) and cook for 3 minutes
- Stir in bean sprouts and cook for 2 minutes.
- **Add into container** with noodles and soy sauce and stir.
- Clear and wash

Practical 4: Fruit Crumble

- Topping:
- 200g plain flour
- 100g block marg or butter
- 50g white or brown sugar
- Base:
- 500g Fresh fruit
- 50g sugar
- An oven proof dish.
- Oven 190oC, Gas 6
- On a chopping board peel and slice the fruit stew gently in a little water until it starts to go soft. Then lay in the dish add the sugar on top.
- Rub the margarine into the flour until it resembles fine breadcrumbs. Add the sugar and any other topping ingredients, stir.
- Place the topping over the fruit and cook for 20 mins.



Practical 5: English Tea Scones – sweet or savoury!



- 250g Self raising flour
- ¼ teaspoon baking powder
- 40g margarine
- 125ml milk
- 25g sugar (optional)
- 50g currants etc
- Grated cheese 50g (no sugar)
- Oven 200oC Gas 6
- Equipment: Mixing bowl, sieve, jug, knife, cutter, baking tray, cooling rack
- Sieve flour and baking powder, add margarine, rub in with fingertips.
- Add sugar/currants/grated cheese
- Use knife to mix in milk gradually to a soft not sticky dough – be careful not to add too much
- Bring dough together gently on worktop, pat into a round, 2cm thick.
- Cut into rounds with cutter
- Place on baking tray (you can brush tops with left over milk)
- Cook 10-15 minutes until golden. Cool on rack. Enjoy!

Practical 6: Fenland Pasty

- 200g plain flour
- Pinch salt
- 50g Lard
- 50g Margarine from block
- Cold water to mix
- Fillings from design

- Oven to 190oC, Gas 6
- In a large bowl rub the plain flour, lard and block margarine until it resembles fine breadcrumbs.



- Add a little water at a time and mix into a ball using a table knife and then gently with your hands.
- Roll out once forward, once back, rotate $\frac{1}{4}$ turn and repeat until thickness of 10p
- Cut into desired shape
- Prepare fillings, fill, seal edges with water.
- Bake for around 20 minutes, 190oC, gas 6.