

Huntington School



Design and Technology: Food

Year 8

Recipes



Food Technology Recipes

Pasta Salad

Ingredients

150g pasta shapes

Choose 4-6 ingredients

- 2 sticks celery
- pepper
- 100g cheese
- 2 spring onions
- 1/2 cucumber
- 3-4 mushrooms
- 6 cherry tomatoes
- 2 or 3 slices salami / ham
- tuna
- sweetcorn/peas
- 3 tbsp mayonnaise or dressing

Equipment

Saucepan, green chopping board, vegetable peeler, plate, tablespoon, colander, vegetable knife

Method

1. Cover the pasta with hot water. Boil for about 10-12 minutes.
2. While the pasta is cooking, prepare the other ingredients and add to a large bowl:
 - chop the onions, celery, peppers
 - slice the mushrooms, ham, tomatoes
 - chop the cucumber into small chunks
 - chop the cheese into cubes.
3. Drain the pasta into a colander. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the colander over the pan and take to your table.
5. Add the pasta into the bowl. Add the dressing and gently mix.

Scones



Ingredients

200g self raising flour

50g butter/block fat

50g sugar

100ml milk

50g dried fruit (mixed fruit, sultanas, cherries, apricots)

Equipment: Large bowl, plate, measuring jug, knife, pastry brush, baking tray

Method

1. Prepare oven, 200°C or Gas No 6. Grease baking tray
2. Chop cherries and apricots.
3. Put flour and fat in large bowl.
3. Rub fat into flour, stir in fruit and sugar.
4. Make a well in the centre
5. Gradually pour in half the milk, mix with a knife, continue to add milk to form a soft dough (you may not need all the milk).
6. Turn onto floured table.
7. Press out to 3cm thick. Cut into eight equal pieces.
8. Glaze with milk.
9. Bake for 10 minutes until golden brown.



Food Technology Recipes

Cheese Whirls


Ingredients

200g self raising flour
50g butter/block fat
100g cheese
100ml milk
2 tablespoons tomato puree

School will provide
Salt & pepper

Equipment: Large bowl, plate, measuring jug, knife, tablespoon, rolling pin, palette knife, grater, baking tray

Method

1. Prepare oven, 200°C or Gas No 6. Grease baking tray
2. Grate cheese onto a plate. Measure the milk.
3. Put flour and fat in large bowl, rub in fat. Stir in salt and pepper and **half** of the cheese.
4. Add milk and mix to a soft dough.
5. Roll out to $\frac{3}{4}$ length of the rolling pin.
6. Spread with tomato puree then sprinkle with the remaining cheese.
7. Roll starting from the edge nearest you. Cut into 8 equal pieces.

8. Put whirls on tray, cut side down, flatten slightly.
9. Bake for 10 minutes, until golden.

Bread Dough

Ingredients

250g strong plain flour
15g fresh yeast
1 tsp salt
1 tsp sugar
175ml warm water

School will provide all the ingredients.

Equipment: Large bowl, measuring jug, knife, spoon, tray

Method

1. Preheat oven 220°C, Gas mark 7.
2. Put the flour into a large mixing bowl and add salt.
3. Measure the **warm** water (not hot) add yeast, sugar and stir until dissolved.
4. Add to the flour and mix to a soft dough with a knife.
5. Turn onto a lightly floured table and knead well for five minutes.
6. Divide into 6.
7. Shape and place on the baking tray.
8. Cover with oiled cling film.
9. Leave to rise (prove) in a warm place until doubled in size.
10. **Remove** the cling film.
11. Bake for 10 minutes until golden.



Food Technology Recipes

Pizza

Ingredients

Topping

2 tablespoons tomato puree
100g cheese

School will provide:

1 teaspoon mixed herbs

Selection from (25g of each)

Cooked bacon, ham, tuna, onion, salami, mushrooms, pepper, pineapple.

Equipment: Chopping board, plate, grater, baking tray, sharp knife

Method

1. Set oven 220°C, Gas 7. Grease tray.
2. Knead bread dough until smooth.
3. Press the dough onto the tray.
4. Grate cheese.
5. Peel and chop other ingredients.
6. Spread the tomato puree on the pizza base.
7. Add the other ingredients on the pizza base.
8. Add the grated cheese and mixed herbs.
9. Bake 10-15 minutes.



Chicken Curry

Ingredients

200g-400g chicken or soya/
Quorn chunks
1 onion
1 pepper
1 x can tomatoes
Optional: can of chickpeas

School will provide:

¼ teaspoon garlic
1 tablespoon oil
1 tablespoon chutney
1 tablespoon lemon juice
2/3 **teaspoons** curry powder

Equipment: Red chopping board, wooden spoon, saucepan, tablespoon, sharp knife, scissors, measuring jug

Method

1. Cut chicken into chunks, add to the saucepan with the oil stir to coat the chicken. Throw away packaging.
2. Chop the onion add to the pan with the garlic.
3. Fry on a **low heat** until the onions are soft and the chicken is **white in the middle**. Stir every few minutes.
4. Chop pepper and add to the saucepan.
5. In a measuring jug add the tomatoes, curry powder, chutney and lemon juice.
6. Pour into the saucepan at your desk.
7. Rinse the chickpeas in a sieve and add to the saucepan.
8. Simmer for 15-20 minutes.

Food Technology Recipes

Marble Pear Tray Bake

Ingredients

100g caster sugar
100g soft margarine/butter
2 eggs
100g self raising flour
1 x tablespoon cocoa powder
1 small pear

Equipment: Large bowl, chopping board, plate, spatula, wooden spoon, sharp knife.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Mix the sugar, margarine/butter, flour and eggs together, using an electric whisk, until light and fluffy.
3. Core and slice the pear. Scatter slices of pear into the foil dish.
4. Spoon half of the plain cake mixture into the tin.
5. Stir-in the cocoa to the remaining mixture.
6. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
7. Place in the oven and bake for 20 minutes.



Chilli-Con-Carne

Ingredients

200-400g minced beef/ soya/Quorn
1 onion
1 pepper
1 can tomatoes
1 tablespoon tomato puree
1 large can red kidney beans or baked beans

School will provide

1 tsp chilli powder,
1 tsp mixed herbs,
¼ teaspoon garlic
pinch salt and pepper



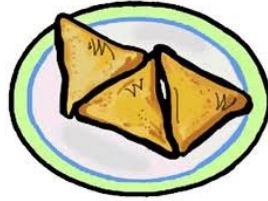
Equipment: Chopping board, saucepan, wooden spoon, plate.

Method

1. Add the mince to the saucepan pan, throw away the packaging, break up the mince with a wooden spoon.
2. Fry on a **low heat** stirring regularly over a low heat.
3. Meanwhile, peel and chop the onion. Add to the pan with garlic when the **mince has browned**.
4. Remove seeds from the pepper, chop and add to the pan.
5. In a measuring jug add tomatoes, tomato puree, chilli powder, herbs, salt and pepper.
6. Pour into the saucepan and bring to the boil and simmer.
7. Rinse the kidney beans in a sieve and add to the saucepan OR add the baked beans.
8. Simmer for 10 minutes.

Food Technology Recipes

Vegetable Samosas



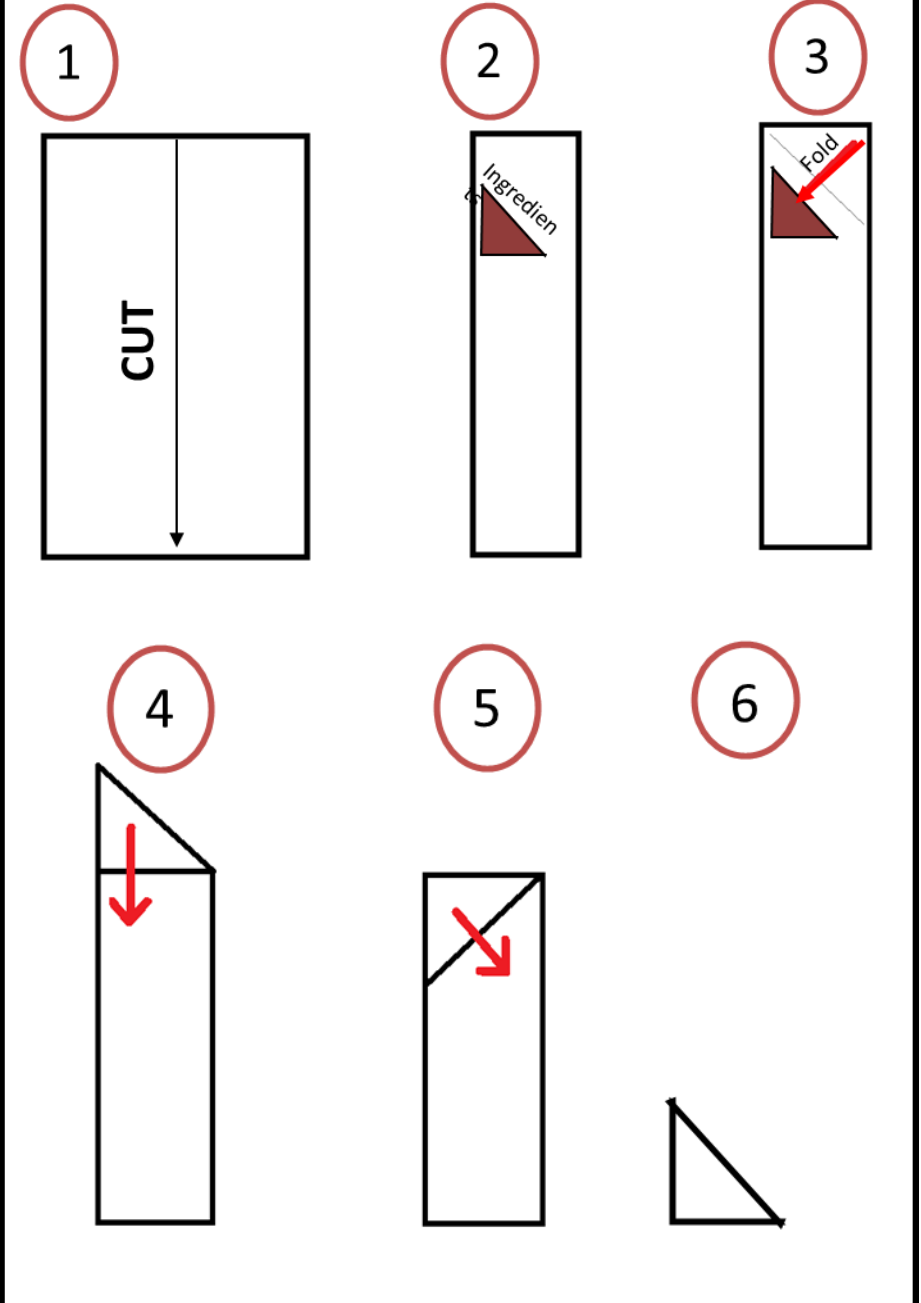
Ingredients

- 100g potato
- 100g carrot
- 2 x spring onions
- 1 tablespoon peas
- 2 x teaspoons curry paste
- 4 x sheets filo pastry

Equipment: Saucepan, large bowl, chopping board, plate, sieve peeler, small bowl, pastry brush.

Method

1. Preheat the oven to 190°C or gas mark 5.
2. - Wash, peel and dice (small cubes) the potato
- Peel and dice the carrot
- Use scissors to snip the spring onion into small pieces
3. Lightly grease the baking tray
4. Boil the carrot and potato for 10 minutes until soft.
5. In a mixing bowl add the curry paste, onion and frozen peas.
6. Drain the carrot and potato and add to the mixing bowl.
7. Lay a sheet of filo pastry on the work surface long sides at the top and bottom (Landscape)
8. Cut in half.
9. Use a pastry brush to dab with oil. Fold the samosas. Bake for 15-20 minutes.



Food Technology Recipes

Ginger biscuits

Ingredients

100g self raising flour
40g caster sugar
50g butter

School will provide:

1 tsp bicarbonate of soda
2 tsp ginger
2 tbsp syrup

Equipment: Large bowl, saucepan, teaspoon and tablespoon.

Method

1. Preheat the oven gas 5, 190°C
2. Place the self raising flour, sugar, bicarbonate of soda and ginger in bowl.
3. Gently melt the butter and syrup in a pan.
4. Add the dry ingredients to the pan.
5. Stir to form a soft dough.
6. Divide the mixture into 8.
7. Roll each piece into a ball and place well apart on the tray, flatten slightly.
8. Bake 12 – 14 mins until golden and cracked on top. Leave to firm up for 10 mins.

Rocking Rock Cakes

Ingredients

200g self-raising flour
75g butter or block fat
75g sugar
75g mixed dried fruit\ 25g coconut
1 egg

School will provide:

2 tablespoons of milk

Equipment

Mixing bowl, small bowl, palette knife, small bowl, fork, dessert spoon teaspoon

Method

1. Preheat the oven to 200°C or gas mark 6. Grease a baking tray.
2. Add the flour into the bowl.
3. Rub the fat into the flour.
4. Stir in the sugar and dried fruit.
5. Whisk the egg lightly in a small bowl and add 2 tablespoons of milk.
6. Make a well in the middle of the flour and carefully add the liquid.
7. Mix with a knife to form a soft dough.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. Bake for 12-15 minutes, until golden brown.