



Huntington School



Design and Technology: Food

Year 9

Recipes



# Food Technology Recipes



## Bolognaise Sauce



### Ingredients

200-400g minced beef  
1 X 400g can tomatoes  
1 tablespoon tomato puree  
1 onion  
100g mushrooms (optional)  
1 pepper (optional)

### Container with a lid

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

### Method

1. Peel and chop the onion.
2. Add the mince to the saucepan and stir over a low heat until the meat has browned.
3. Add the chopped onion and garlic.
4. Slice the mushrooms and add to the pan.
5. Remove the seeds from the pepper, chop and add to the pan
6. Take off the heat and add the canned tomatoes, mixed herbs, salt and pepper.
7. Bring to the boil and simmer for 15 minutes.
8. Place in a container.

### School will provide:

1 tsp mixed herbs,  
salt and pepper  
1/4 tsp lazy garlic

## Stuffed Peppers

### Ingredients:

2 -3 even sized peppers  
1 onion or spring onions  
Container with a lid

**Choose 50g:** bacon, chorizo, ham, pepperoni, cheese, sweetcorn, peas, sundried tomatoes, cherry tomatoes, olives, mushroom, leek, courgette etc.

**Equipment:** Chopping board, large bowl, small bowl, plate, wooden spoon, fork, scissors

### Method

1. Cut the tops off each pepper. Remove core & seeds.
2. Chop bacon, onion and garlic. Fry lightly to soften. Remove from heat and add to the mixing bowl.
3. Prepare other ingredient e.g. grate cheese, chop tomatoes, chop the courgette, slice mushrooms etc.
4. Add 1 - 2 tbsp breadcrumbs and additional ingredients to the mixing bowl.
5. Add herbs and salt and pepper to the bowl and stir well.
6. Fill the peppers with stuffing and replace tops.
7. Bake for 15 minutes, gas mark 5, 190°C at home.

### School will provide:

1 tsp mixed herbs,  
salt and pepper  
1/4 tsp lazy garlic  
Breadcrumbs

# Food Technology Recipes



## Sausage Rolls



### Ingredients

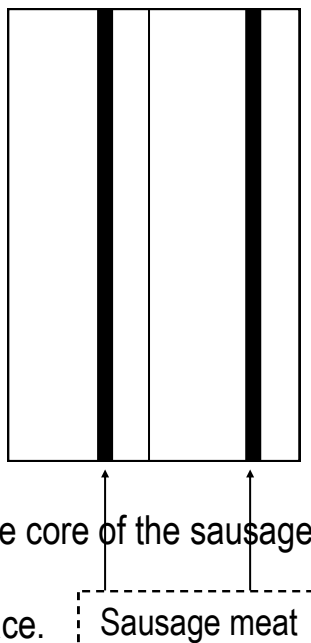
- 1 block of puff pastry
- 1 packet of thick sausages (Vegetarian sausages can be used)
- 1 egg

### Container with a lid

**Equipment:** Rolling pin, plate, small bowl, fork, pastry brush, sharp knife.

### Method

1. Preheat the oven, Gas 7, 210°C.
2. Remove the skins from the sausages. Wash hands.
3. Roll the pastry. Cut into a rectangle about 30cm x 25cm.
3. Cut in two, lengthwise.
4. Place sausages on the pastry as shown
5. Brush the edges with egg and seal them.
6. Knock up the edges with a knife and flute the edge using your fingers.
7. Brush with the beaten egg and/or milk.
8. Cut into 5cm lengths, mark the tops with a knife.
9. Place on the baking tray and cook for about 20 minutes until golden brown and the core of the sausage roll reaches 75°C.
10. Sanitise the probe and clean the work surface.



## Chicken Goujons (Cauliflower)



### Ingredients:

- 1 chicken breast or ½ cauliflower
- 1 egg
- 2 slices of bread

### School will provide:

- 1 tsp mixed herbs,
- pinch salt and pepper

Named container with a lid

### Method

1. Preheat the oven gas 6, 200°C.
2. Beat egg in a small bowl.
3. Place breadcrumbs in a small glass bowl. Add seasoning.
4. Cut chicken into strips or cut the cauliflower into florets.
5. Dip into beaten egg and coat with breadcrumbs Place on the baking tray.
6. Cook for 20 minutes until golden brown and the core of the chicken reaches 75°C.
8. . Sanitise the probe and clean the work surface thoroughly.

# Food Technology Recipes

## Lemon Tray Bake

### Ingredients

100g Soft Spread  
100g Caster Sugar  
100g Self Raising Flour  
2 Eggs  
1 Lemon (Zest/Juice)

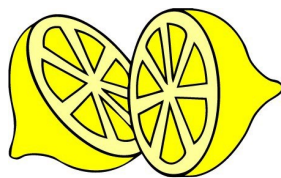
50g Lemon Curd (Optional)

**For the icing:** 50g Caster Sugar  
Container with a lid

**Equipment:** Large bowl, measuring jug, wooden spoon, spatula, lemon squeezer

### Method

1. Preheat oven, 180°C or Gas Mark 4 .
2. Place the soft spread and 100g caster sugar into a large bowl. Cream together with a wooden spoon until light and fluffy.
3. Add half the flour with one egg and beat. Add the remaining flour and egg and beat.
5. Zest and juice the lemon.
6. Add the zest to the cake mixture. **Do not add the lemon juice.**
7. Place the mixture into the foil tray and swirl the lemon curd into the mixture using a spoon.
8. Bake for 20-30 minutes until golden brown and firm to the touch.
9. Whilst the cake is baking pour the lemon juice into a measuring jug and add the 50g of caster sugar and stir together.
10. Pour the lemon juice mix over the warm cake and leave to cool.



**School will provide:**  
A foil tray

## Garlic and rosemary focaccia bread.



### Ingredients:

250g strong plain flour	1 clove garlic
15g fresh yeast	olive oil
1 tsp salt	1 x 5ml spoon salt
1 tsp sugar	1 x 5ml spoon dried rosemary
175ml warm water	

**Equipment:** measuring jug, teaspoon, mixing bowl, knife, plate

### 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. Press the dough into the baking tin - cover and leave for 10 mins.
7. Peel and chop the garlic.
8. Press fingers into the dough to make dimples.
9. Sprinkle over the garlic, rosemary and salt.
10. Spray with oil, then press in the oil using fingers.
11. Cook for 15-20 mins, until golden.

# Food Technology Recipes

## Tomato Pasta Bake

### Ingredients:

300g pasta  
1 x 400g tomatoes  
1 onion  
½ tsp garlic

### Additions:

1 can tuna  
50g frozen peas or sweetcorn  
3-4 slices ham  
2 rashers of bacon/chorizo  
1 pepper  
25g sundried tomatoes

### School will provide:

1 tsp mixed herbs, pinch salt and pepper

**Equipment:** Saucepan, chopping board, plate, wooden spoon, small bowl

### Method

1. Half fill a large pan with water add the pasta and boil. Cook until soft (10 minutes).
2. Chop the onion and bacon and gently fry. Prepare the other ingredients.
3. Add the garlic.
4. Add additional ingredients: sliced mushrooms, chopped pepper, sliced ham etc.
5. Add the can of tomatoes, herbs and seasoning and simmer.
6. Drain the pasta and add to your container
7. Pour over the tomato sauce and mix.

## Creamy Pasta Bake



### Ingredients:

300g pasta  
100g grated cheese  
300ml milk  
25g plain flour  
25g soft spread/butter

### Additions:

1 can tuna  
50g frozen peas or sweetcorn  
3-4 slices ham  
1 pepper  
25g sundried tomatoes

### School will provide:

1 tsp mixed herbs, pinch salt and pepper

**Equipment:** Saucepan, chopping board, plate, wooden spoon, small bowl

### Method

1. Half fill a large pan with water add the pasta and boil. Cook until soft (10 minutes).
2. Grate the cheese.
3. Drain the pasta add to container.
4. **Cheese sauce:** Put the milk, flour, margarine, salt, pepper in a pan. Bring to the boil stirring all the time.
5. Remove from the heat and stir in the cheese.
6. Add the pasta to the cheese sauce and add any extra ingredients and stir well.
7. Place back in a container to take home.

# Food Technology Recipes

## Double chocolate chip muffins

### Ingredients

140g self raising flour  
1 medium size egg  
125ml milk  
75ml oil  
90g caster sugar  
15g cocoa  
50g chocolate chips



**School will provide:**  
1tsp baking powder  
6 x muffin cases

**Equipment:** Large bowl, measuring jug, wooden spoon, spatula, teaspoon,

### Method

1. Oven 200°C / gas 6, place 6 muffin cases in muffin tin.
2. Place the flour, baking powder, sugar and cocoa powder together in the bowl.
3. In a measuring jug mix together the milk, oil and eggs.
4. Add the liquid mixture to the flour and mix gently to a lumpy batter. Add the mixture to the measuring jug.
5. Add half the chocolate chips to each muffin case.
6. Pour the mixture between the muffin cases.
7. Scatter the remaining chocolate chips on the top of the mixture and press down with a teaspoon. Bake for 25-30 minutes until well risen and firm.

## Chilli vegetable noodles

### Ingredients:

50g dried noodles,	Pinch chilli flakes
½ onion	50g frozen peas
1 carrot	5ml spoon ginger
1/2 pepper	Pinch pepper
1 x 5ml spoon oil	1 x 1teaspoon soy sauce



### Equipment

Measuring jug, chopping board, knife, frying pan/wok, teaspoon, wooden spoon.

### Method

1. Place the noodles in a measuring jug and cover with boiling water, leave for 10 mins .
2. Peel and chop the onion and grate or ribbon the carrot.
3. Deseed and slice the pepper.
4. Fry the onion and carrot for 3-4 mins, then add the garlic and chilli flakes and cook for 1-2 mins.
5. Add the pepper, peas, ginger and cook for 2-3 mins.
6. Drain the noodles.
7. Mix the noodles into the vegetables.
8. Stir through the soy sauce.