

Year 9 Food Technology Recipe Booklet

Name:
Tutor Group:
Cooking Group:



<u>Recipe</u>	<u>Cooking Date</u>
Stir Fry	
Spaghetti Bolognaise	
Pasta Bake	
Quiche	
Tortilla	
Beef burgers	
Hawaiian pizza	

Oriental Stir Fry

Ingredients



For the coating sauce:



Equipment



Method

- Using green board, peel and chop vegetables.
- Using red board, cut chicken into strips.
- Heat oil in a wok until hot (DO NOT BOIL).



- Half fill pan with water and heat to boiling.
- Fry chicken in wok until cooked thoroughly.
- Add noodles to boiling water and cook for required time. Drain.



- Add vegetables to wok and cook until softened (2-3 mins).
- In small bowl, mix together sauce ingredients.
- Add noodles and sauce to wok. Mix thoroughly.



- Add noodles to boiling water and cook for required time.



- Heat chicken, onion and garlic in wok. Cook until chicken browned.



- Add hardest vegetable first and cook for 1 minute. Repeat with remaining vegetables.



- When vegetables tender, add in sauce.



- Drain noodles.



- Add noodles to wok and mix. Serve.



Spaghetti Bolognese

Ingredients

- 200g spaghetti
- 1 small onion
- 1 small carrot
- 2 sticks celery (optional)
- 2 cloves garlic
- Tin chopped tomatoes
- 225g minced meat/quorn mince
- 1 stock cube (beef/vegetable)
- Grated cheese (optional)

Equipment

-  Green chopping board
-  Cooks knife
-  2 saucepans
-  colander
-  wooden spoon
-  plastic container

Method



Place hot water onto boil (gas mark 5 or 6)



When water s boiling add spaghetti and cook for 10-12 minutes



Whilst waiting for water - chop Fine dice onion, Carrot, garlic and celery



Heat oil in saucepan



Cook onion, carrot, celery and garlic until soft



Add meat and fry until brown



Add stock cube, tin tomatoes and and pepper



Bring to the boil and then reduce to simmer gently



When spaghetti is cooked drain in colander



Taste and season bolognese sauce and then place in serving dish on top of drained cooked spaghetti



Sprinkle with grated cheese



Pasta Bake

Ingredients



Equipment



Method

1. Place hot water in largest sauce pan. Heat on hotplate on highest setting.



2. Meanwhile prepare any vegetables/meats that need chopping and grate cheese.



3. When boiling, add pasta to water. Time for 10–12 minutes (add onion to pan if you want it softened).



4. If using raw bacon, cook in frying pan.



5. Dissolve the butter in a pan and add the flour.



6. Stir until the mixture forms a smooth paste which leaves the sides and base of pan



P.T.O

7. Remove from heat and stir in cheese. (Leave some cheese to one side to sprinkle on top of dish).



8. Add salt and pepper to taste



9. At end of cooking time, drain pasta.



10. Stir vegetables and tuna/bacon into sauce.



11. Either, stir pasta into mixture or place in bottom of ovenproof dish



12. Place sauce mixture into ovenproof dish.



13. Sprinkle remaining cheese on top.



14. Cook under a hot grill until cheese bubbles and begins to turn brown.



Quiche

Ingredients

For the pastry:



For the filling:



Additional ingredients: cherry tomatoes, spring onions, bacon, mushrooms, sweetcorn, asparagus, ham or tuna

Equipment



Method

1. Heat oven to 200°C.



2. Grease quiche tin or cupcake tray.



3. Cut fats into small pieces



4. Sieve flour and salt into bowl.



5. Rub fat into flour using FINGERTIPS



6. Add water. A LITTLE BIT AT A TIME, until a dough is formed.



7. Flour work surface and rolling pin.



8. Roll pastry out to 3mm thick.



9. Line tin or cut circles of pastry to line cupcake tray.



10. Place baking parchment in tin/cupcake tray.



11. Fill with baking beads, lentils or rice.



12. Bake case/cases in oven for 10 mins (BAKING BLIND).



13. Remove from oven and take out parchment paper and beads.



14. Chop onion finely (and additional filling ingredients).



15. Heat a little oil in frying pan and fry onion etc until soft.



16. Place onion and additional ingredients in pastry base.



17. Whisk eggs in jug.



18. Add milk to jug and mix.



4. Sieve flour and salt into bowl.



5. Rub fat into flour using FINGERTIPS



6. Add water. A LITTLE BIT AT A TIME, until a dough is formed.



19. Pour on top of pastry case/cases and top with cheese.



20. Bake in oven for:



21. Remove from oven and leave to cool on a cooling rack.



Flour tortilla Ingredients

100g/4½oz plain white flour,
2 tbsp sunflower
or vegetable oil

Method

1. Stir together the flour and salt. Make a well in the centre and add 3-4 tablespoons of lukewarm water with the oil.
2. Using your hands, bring the dough together into a ball.
3. Turn out onto a work surface and knead for 5 minutes.
4. Break the dough up into 2 equal sized balls.
5. Roll into 2 thin circles.
6. Dry fry these in your frying pans until they are coloured on either side.
7. Immediately after each wrap has cooked you will need to make it pliable by wrapping it around a rolling pin and perhaps flicking it with some water

Chicken filling

2 large chicken breasts
1 red onion
1 red pepper
1 yellow pepper
1 red chilli

Mexican spices (chilli powder,
paprika, ground cumin/coriander)

1. Heat oven to 200C/180C fan/gas 6
2. Fine slice your red onion, the two peppers and the chicken breasts (on a separate red board),
3. Add some oil to a frying pan and heat until hot (gas mark 4-6), add the chicken to the pan.
4. When the chicken is cooked add the prepared vegetables and the mexican spices you have chosen.
5. Keep everything moving over a high heat for about 5 mins using a wooden spoon until you get a nice charred effect.
6. Fill your two wraps evenly with this mixture and any of the optional extras you might have.
7. Put the tortillas in the oven to heat up and serve with the cooked chicken, a bag of mixed salad and one 230g tub of fresh salsa.

Optional extras

1 handful fresh coriander
Grated cheese
Tomato salsa (made at home)
Guacamole
Soured cream

Beefburgers and wedges

Ingredients - Wedges

2 large baking potatoes
2 tsp dried mixed herbs
1tbsp olive oil

Ingredients - Beef burgers

1 small onion
500g good-quality beef mince
1 egg
1tsp Mustard and 1tsp worcestershire sauce (optional)
4 burger buns
All or any of the following to serve: sliced tomato, beetroot, horseradish sauce, mayonnaise, ketchup, handful iceberg lettuce, rocket, watercress

Method

Start with the wedges

Heat oven to 230C/210C fan/gas 8.

Slice the potatoes into chip sized wedges

Toss the potatoes with 1 tbsp oil and 1 tsp herbs on a large baking tray.

Roast for 25 mins, turning once, until the chips are golden



Burgers

Whilst your wedges are cooking make your burgers...

1. Fine dice your onion. Tip 500g beef mince into a bowl with 1 small diced onion and 1 egg, (if using the mustard and worcestershire sauce, then mix.
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
3. Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly. Put on a plate,
4. Heat the stove top to medium hot (3 or 4)
5. Lightly brush 1 side of each burger with vegetable oil. Place the burgers, oil-side down, on the frying pan.. Cook for 5 mins on both sides until the meat is dark brown.

Don't move them around or they may stick

6. Make your burgers with the buns and additional ingredients and serve with the wedges

Ingredients Serves 4

Hawaiian Pizza

8oz/225g Strong Plain Flour

½ tsp Salt

15g Margarine

15g Yeast

5floz Water (warm)

1 jar of pizza sauce

75g Cheddar cheese

½ yellow pepper

2 slices of ham

4 rings of pineapple

Method

For the base:

1. Preheat **oven** at 220 degrees (Gas mark 7). Grease a **baking tray**.
2. **Sieve** the flour, salt and sugar into a **large mixing bowl**. Rub in the margarine and make a well in the centre.
3. In a **measuring jug**, prepare warm water and then add the yeast. Cream until fully dissolved. Add liquid to flour mixture and then stir with fingers until a dough forms.
4. Turn out bowl onto surface and add knead for 5 minutes adding flour from a **shaker** if needed.
5. Roll out dough and place on baking tray in a large circle.

For the topping:

1. Using a **sharp knife** and a **chopping board**, dice onion and garlic. Cut pepper into strips and ham into squares.
2. In a **saucepan** heat a little oil, do the sizzle test with a piece of onion and then fry off onion and garlic on a low heat till softened. Stir regularly with a **wooden spoon**.
3. Add a tin of chopped tomatoes, salt and pepper and tomato puree and heat till bubbling. Simmer for 10 minutes until thickened. Add herbs.
4. On pizza base, place the sauce followed by peppers, ham, pineapple rings and cheese.
5. Place into oven and cook for 10-15 minutes until golden brown on the bottom.
6. Remove from the oven and place on a **cooling rack**.

Serves 4