

Year 8 Practical lessons

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Before your lessons:

1. This year you'll mainly be bringing in your own ingredients from home. You need to plan carefully with a parent/ carer. Read through the recipe together and work out what you have and what you'll need to buy. All recipes can be adapted- perhaps using up leftovers or using items already in your fridge or larder. Vegetarian or vegan alternatives can also be used. Talk to your teacher if you're not sure how to do this.
2. Check out the actions (verbs) in the recipe. Do you understand them? Which stages of the recipe might you have to be extra careful- to avoid accidents?
3. If you need/ carry an EpiPen, please tell your teacher where it is.
4. Make sure your apron and tea towel are clean and packed in your bag the night before. You'll also need container or oven proof dishes sometimes- check the recipe! It's a good idea to set an alarm

After your lessons:

1. Remember to collect your food from your food room at the end of p6. If you have an after-school club, you can collect it after it finishes.
2. Take your apron and tea towel home and wash them!
3. Store your food in the fridge at home (unless your teacher tells you otherwise) and eat within 24 hours.
4. When re-heating food, make sure it is piping hot (steaming). Only ever reheat food once.

Focaccia

Ingredients

The following ingredients will be provided by CVC – your teacher will tell you how much money you need to bring:

225g strong white bread flour

7g easy blend dried yeast

¼ tsp salt

¼ tsp sugar

2 tbsp olive oil, plus additional for the tin

200ml warm water

Additional ingredients which need to be provided from home:

Toppings chosen from: garlic, rosemary, sun dried tomatoes, basil, cheese, onion, olives, coriander

Equipment

Correct chopping board, baking tray, pastry brush, butter knife, baking tray and paper, measuring jug mixing bowl, sieve, scissors, trivet.

Method

1. Heat water on the hob.
2. Pour 100mls hot water into a measuring jug and top up to the 200ml mark by adding cold water from the tap. Pour into a large mixing bowl.
3. Add the yeast, oil and sugar to the water, stir well, then sieve in the half the flour and stir in well with a knife. Then add the rest of the flour and the salt. Stir together well again with a knife.
4. Place a clean tea towel over the dough and leave to prove.
5. Using the correct chopping board, prepare your topping ingredients.
6. Wash up and clean down whilst the dough is rising.
7. Take the dough and scrape it out of the bowl and straight onto your lined baking tray. Pour a little oil on top. With clean fingers, shape and make dents/ holes into the dough and add additional ingredients e.g. press in sprigs of rosemary and slices of garlic in dents or sundried tomatoes and basil etc.
8. Sprinkle with sea salt and put in the main oven to bake until the bread is golden brown.
9. Transfer from baking tray to a cooling rack.
10. Wash up, dry, clean down and check cupboards.



What does focaccia look like?

Peach Cobbler

Ingredients

600g tinned peaches (drained weight)

1 small orange, juice only

2 tbsp soft brown sugar

For the cobbler topping

175g/6oz self-raising flour (white or wholemeal)

100g/3½oz unsalted butter, softened

25g/1oz porridge oats

50g/1¾oz soft brown sugar

½ tsp ground cinnamon or mixed spice

4 tbsp yoghurt (natural or flavoured)

Equipment

Oven proof dish, Mixing bowl, butter

knife, paring knife or chefs' knife,

tablespoon, citrus juicer

Method

1. Preheat the oven to 200°C
2. Roughly dice the fruit. Don't worry about the size being perfect, it is good to have a variety of chunks.
3. Place the fruit into an ovenproof dish and pour over the orange juice and the brown sugar.
4. Place the flour into a mixing bowl and chop the butter into small lumps. Rub in the butter- it doesn't have to be perfect, a few lumps are fine.
5. Stir in the oats, sugar and spices to the flour and butter mix and stir it through with a spoon or your hands.
6. Add the yoghurt one spoonful at a time. You may need to mix with your hands to form a rough dough.
7. Form the cobbler mix into small balls, about the size of ping pong balls and arrange them over the top of the fruit.
8. Place in the oven for 30-40 minutes or until the cobbler is golden-brown on top with the fruit bubbling up around the edges.
9. Remove from the oven and place on a trivet. When cooled put into a suitable named container to transport home.
10. Wash up, dry, clean down and check cupboards.



What does cobbler look like?

Loaded Potato Skins

Ingredients

2 large pre-cooked jacket potatoes

75g lardons or cut up bacon rashers *

50ml milk

Small handful of fresh parsley

100g cheddar cheese

Pinch of pepper

*In place of bacon, you can use one or more of onion, peppers, mushrooms

Equipment

Mixing bowl, frying pan, wooden spatula, fork, grater, teaspoon, trivet, sharp knife.

Method

1. Preheat the main oven to 180°C.
2. Gently fry the lardons or bacon pieces until the fat is golden brown. Remove from the heat. If using back bacon, you may need to add oil.
3. Cut the potatoes in half LENGTHWAYS to create shallow, wide “bowls”. Scoop out the insides into a bowl, leaving a good layer of potato on the skins.
4. In a mixing bowl, mash the scooped out potato with a fork, and then add in the milk and stir well with a wooden spoon until combined.
5. Stir in the bacon, the chopped parsley and HALF of the cheese. Season with pepper.
6. Spoon the mixture inside the hollowed out potatoes and top with the remaining cheese.
7. Place on a baking tray and bake in the oven for about 15 mins, until the cheese on top is bubbling and golden.
8. Allow to cool slightly before eating or refrigerating. When cooled put into a suitable named container to transport home.
9. Wash up, dry, clean down and check cupboards.

Coconut and Chickpea Curry

Ingredients

1 tin coconut milk

2 tins chickpeas

2 onions

2 cloves of garlic

1 carrot

3 tbsp tomato puree

1 tbsp curry powder

2 tsp garam masala

Black pepper

Coconut oil (or vegetable oil)

100 ml Water

UP to 2 large handfuls of additional vegetables e.g. kale, mushrooms, aubergine, peppers.

Coriander leaf to serve

Equipment

Correct chopping board, metal plate, sharp knife, tablespoons/ teaspoons, wok, wooden spatula, white tray, trivet

Method

1. Prepare the vegetables; peel and slice the onions, peel and crush the garlic, wash, peel and dice the carrot, wash and dice or slice the other vegetables. Keep in separate piles on your white tray. Open the chickpeas and drain them. Open the coconut milk.
2. Place a tbsp fat in the wok and turn the heat on- moderate to high. Add in the carrots and onion and sweat down, stirring occasionally.
3. When softened, add in the garlic, garam masala and curry powder. Stir for 1 minute. If using aubergine or mushrooms, add them now too.
4. Add the water, tomato puree and coconut milk. Stir well, bring to the boil, then immediately turn the heat down and gently simmer.
5. Add in the drained chickpeas remaining vegetables and stir again. Continue to simmer until all vegetables are cooked. Season with the black pepper
6. When cooked, turn off the heat and remove from the heat and place on a trivet. Transfer to your container. Chop fresh coriander and garnish the curry with it.
7. Wash up, dry, clean down and check cupboards.

Chilli con Carne

Ingredients

1 onion

250g minced beef (lamb, pork or Quorn can be used)

Stock cube

Tin of kidney beans, or other type of bean

2 large tins of tomatoes

2 tbsp tomato puree

1-2 cloves of garlic

1 tsp chilli powder or flakes

1 tsp ground coriander

2 bell peppers (any colour)

Large handful of mushrooms, sweetcorn, courgette, carrot or other vegetables from home.

Equipment

Large saucepan, measuring jug, correct chopping board, vegetable peeler, sharp knife, metal plate, wooden spatula, measuring jug, electric hand blender, trivet

Method

1. Prepare the vegetables: Wash the vegetables. Peel and dice the onion, deseed and dice the peppers, peel and crush the garlic. Drain and rinse the kidney beans, open the tins of tomatoes.
2. Heat a little oil in the large saucepan and fry the mince until most of the pinkness has gone, using the wooden spatula to move it around the pan. You can skip this stage if using Quorn.
3. Add the onion, garlic, chilli powder and ground coriander to the mince and stir. Cook for 2-3 minutes.
4. Add the chopped tomatoes, tomato puree, kidney beans and remaining vegetables, then stir.
5. Add the water and crumble the stock cube into the pan and stir again. Bring to a boil, then turn the heat to low and simmer for 30 minutes, stirring occasionally. If it reduces too much, add a little extra water in.
6. Turn off the hob, remove from the heat and place on a trivet. Check for seasoning, adjust as necessary and carefully pour into your container.
7. Wash up, dry, clean down and check cupboards.

Marble Pear Tray Bake

Ingredients

100g caster sugar

100g butter or soft baking spread

2 eggs

100g self-raising flour

1 x 15ml spoon cocoa powder

1 x 5ml spoon baking powder

1 small pear

Equipment

Baking tin (20cm square) or foil

tray, mixing bowl, electric hand

whisk, small bowl, sieve, metal

spoon, knife, fork, chopping

board, spatula, baking tray, trivet,

cooling rack

Method

1. Preheat the oven to 180°C. Grease and line the baking tin or foil tray.
2. Cream the sugar and fat together, until light and fluffy.
3. In a small bowl, beat the eggs with a fork.
4. Add the beaten egg, a little at a time, to the fat and sugar.
5. Sift the flour and baking powder into a bowl.
6. Fold the flour and baking powder into the mixture, a spoonful at a time.
7. Core and dice the pear into small pieces. Scatter pieces of pear into the lined cake tin.
8. Spoon half of the plain cake mixture into the tin.
9. Stir-in the cocoa to the remaining cake mixture.
10. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
11. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven, place on a trivet, transfer to cooling rack and allow to cool.
13. Wash up, dry, clean down and check cupboards.

Sizzling Stir Fry

Ingredients

100g noodles

1 x chicken breast (or 3-4 boneless thighs)

½ red chilli

1 clove garlic

1cm fresh ginger

1 onion

1 bok choy, or cabbage or kale

1 pepper

2 x tsp oil

2 x tsp soy sauce (reduced salt)

Equipment

Chopping board, sharp knife,,
wok, wooden spatula, saucepan,
colander, teaspoon

Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, prepare the vegetables on a **green** chopping board: peel and finely dice the garlic and the ginger; de-seed and slice the chilli; slice the onion, pepper and the bok choy. Set aside until needed.
3. Drain the noodles in a colander in the sink- beware steam can scald! Run cold water over the noodles to rinse off the starch, which should help prevent stickiness.
4. Remove any skin from the chicken and cut into **thin strips*** on a **red** board. Thoroughly wash and dry hands after touching raw chicken.
5. Heat the oil in the wok or frying pan. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Turn off the heat and place wok on a trivet. Stir in the cooked noodles.
9. Wash up, dry, clean down and check cupboards.

** The chicken must be cut into thin strips- to increase the surface area and decrease cooking time.*

Calzone

Ingredients

225g strong bread flour

¼ tsp salt

1 tsp sugar or honey

1 tbsp olive oil

7g dried yeast

150mls warm water (50mls boiling water from the kettle into a measuring jug and top up to the 150ml mark by adding cold water from the tap)

From home:

filling ingredients: Tomato puree plus your own choice of ingredients which could include cheese, tuna, garlic, rosemary, sun dried tomatoes, basil, onion, olives, sweetcorn, peppers, coriander

Equipment

Sieve, measuring jug, rolling pin, dredging flour, baking tray, parchment, cooling rack, fish slice.

Method

1. Put main oven on to 200°C, Gas Mark 6.
2. Place flour into mixing bowl and stir in yeast, salt and sugar. Add olive oil.
3. Heat the water using a saucepan to a warm temperature, not too hot to touch. Check with your teacher if you are unsure. Transfer to a jug to check that you have 150ml.
4. If you are SURE you have 150ml of water in your jug, add in all of the water to the ingredients in the mixing bowl using a butter knife to bring the mixture together. The mixture will start to bind together. Now start to use your fingertips to bring together into a soft dough which leaves the bowl clean.
5. Lightly flour the work surface, tip out your dough and knead the dough for 10-15 mins until stretchy and smooth.
6. Put your dough aside and place the bowl over it and leave to prove. Prepare your filling ingredients on your chopping board.
7. Now remove the dough to a flour-dusted surface and knead it around a bit to push the air out with your hands – this is called knocking back the dough. Roll out and place on a piece of baking parchment.
8. Pile up your ingredients onto one side of the dough, then fold over and crimp the edges to seal. Glaze the top with milk. Carefully lift the calzone on the paper and transfer it to the baking sheet.
9. Bake until golden brown top and bottom. Transfer to a cooling rack. Wash up, dry, clean down and check cupboards.



What does calzone look like?

Fish finger sandwich

Ingredients

1 hake fillet (or other white fish fillet)
100g plain flour
100g fresh breadcrumbs (3 slices bread)
1 egg
2 Freshly baked ciabatta rolls
1 tsp. fresh lemon juice
1 tsp. fresh lemon zest
2 tablespoon Mayonnaise
1 handful fresh rocket leaves
Sprigs of dill
1 pkt. crisps.
3 or 4 gherkin slices

Equipment

Blue chopping board, plates and bowl,
chefs knife, baking tray (lined), grill pan.

CONTAINER (FROM HOME)

Method

1. Preheat oven to 190°C. Line a baking tray
2. Cut hake fillets into goujons. Place in fridge till needed.
3. Make up lemon mayonnaise by combining with juice and zest of 1 lemon.
4. Flour, egg wash and breadcrumb goujons, transferring them to the baking tray
5. Spray the goujons with oil and place in the hot oven until the breadcrumbs are golden and crisp.
6. Toast or griddle rolls. Make up sandwich. Spread lemon mayonnaise on base of roll, add a bed of rocket then top with two or three medium sized hake goujons. Garnish with gherkin slices and dill sprigs
7. Optional: Serve with handmade crisps and a small dressed composite salad of your choice.
8. Wash up, dry, clean down and check cupboards



What does a fish finger sandwich look like?

Tuna and Veggie Pasta Bake

Ingredients

150g dried penne, rigatoni or fusilli pasta-cooked

25g butter

25g plain flour

250ml milk

Tin of tuna

1 onion

1 carrot

1 stick of celery

1 pepper (any colour)

1 small can of sweetcorn

80g of frozen peas

100g cheese

Equipment

OVEN PROOF DISH (FROM HOME)

Knife, chopping board, vegetable peeler, large saucepan, wooden spatula, grater, trivet, baking tray.

Method

1. Pre-heat the oven to 200°C. Wash the vegetables. Peel the onion and carrot. Top and tail the carrot and the celery. Deseed the pepper. Dice all vegetables.
2. Place the butter in the saucepan and add the onion, carrot and celery. On a moderate heat, sweat until softened but not coloured. Turn the heat down low.
3. Add in the flour and stir well. Bit-by-bit, add in the milk, whilst constantly stirring.
4. When all the milk is added and the sauce has thickened, turn off the heat. Stir in the tuna (drained), and the pepper, peas and sweetcorn, and finally the cooked pasta.
5. Transfer to an oven proof dish, sprinkle with the grated cheese. Place on a baking tray and bake until golden brown and bubbling hot.
6. Remove from the oven, place on a trivet and allow to cool before covering.
5. Wash up, dry, clean down and check cupboards

Additional Recipe- Savoury Tartlets

Ingredients

1 block of ready made puff pastry PLUS your choice of toppings.

GOATS' CHEESE AND RED ONION

2 Red Onions

Olive Oil

1tbsp Balsamic Vinegar

½ tbsp Chopped Thyme

6 Slices Goats Cheese

MUSHROOM AND PANCETTA

2 Shallots

400g Mushrooms

8 Slices Pancetta

6tbsp Double Cream

4tbsp Grated Parmesan

Equipment

Rolling pin, sharp knife, correct chopping board(s), baking tray or bun tin, trivet, cooling rack

Method

1. Pre-heat the oven to 180°C/gas 4. Line a baking tin with parchment paper.
2. Roll out the pastry and either line a 4 hole Yorkshire pudding tin or bun tins with the pastry but do not trim the edges yet. Alternatively, cut into squares and score a border about 1cm inside. Meanwhile:
 3. GOATS' CHEESE AND RED ONION
Peel and finely slice the onions.
Fry the onions in a little oil until soft.
Add the balsamic vinegar and thyme and cook through.
 3. MUSHROOM AND PANCETTA
Peel and finely chop the shallots.
Slice the mushrooms.
Fry the shallots and mushrooms in a little oil until soft.
Stir in the cream and simmer until it thickens.
Mix in the parmesan and shredded pancetta and season well.
4. Trim the pastry neatly and fill each of the pastry cases with their fillings.
5. Place a slice of goat's cheese on top of the goat's cheese and red onion tarts.
6. Bake for 15 minutes until crisp and golden. Place on a trivet to cool for a moment before transferring to a cooling rack.
7. Wash up, dry, clean down and check cupboards.