

Year 9 Practical lessons

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Before your lessons:

1. Once again, 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.

Sweet potato muffins

Ingredients

olive oil

300 g sweet potatoes or ¼ of a butternut squash

2 spring onions

1 fresh red chillies

3 large free-range eggs

1-2 tablespoons cottage cheese

125 g wholemeal self-raising flour

25 g Parmesan cheese

1 tablespoon sunflower seeds

2 tsp poppy seeds

Equipment

Muffin tin, potato peeler, grater, knife, chopping board, wooden spoon, table spoon, cooling rack

Method

1. Preheat oven to 180°C, Gas Mark 4.
2. Line a 6-hole muffin tin with paper cases or 15cm folded squares of greaseproof paper, then lightly wipe each one with oiled kitchen paper.
3. Peel the sweet potatoes or squash and coarsely grate into a large bowl. Trim the spring onions, then finely slice with the chilli and add to the bowl, reserving half the chilli to one side.
4. Crack in the eggs, add the cottage cheese and flour, then finely grate in most of the Parmesan and season with black pepper. Mix until nicely combined.
5. Evenly divide the muffin mixture between the cases. Sprinkle over the sunflower and poppy seeds, then dot over the reserved slices of chilli.
6. Use the remaining Parmesan to give a light dusting of cheese over each one, then bake at the bottom of the oven for 45 to 50 minutes (if using squash, it'll be a bit quicker – check after 35 minutes), or until golden and set.
7. Transfer to a cooking rack, then wash up, dry, clean down and check cupboards

These are amazing served warm 5 minutes after taking them out of the oven, and good kept in the fridge for a couple of days. Enjoy 2 muffins per portion.



What do sweet potato muffins look like?

Mini Spanakopita

Ingredients

200g Plain flour

150g butter

8 - 16 tsp water

Additional flour for rolling out

450g. frozen spinach (defrosted_

1 block (200g) feta cheese

1/2 small onion

3 eggs

Equipment

Muffin tin, knife, sieve, tea spoon,
chopping board, large bowl, jug, knife,
cooling rack, rolling pin



Method

1. Put main oven on to 190°C.
2. With a table knife, cube the butter and divide into 3 even piles.
3. Sieve the flour into a large bowl and rub the first pile of butter in until it looks like breadcrumbs.
4. Add a little cold water at a time to the flour mixture to form a soft dough.
5. Gently knead the dough on a floured surface just until it is smooth. Roll out into an oblong.
6. Dot the next pile of butter at regular intervals on the top 2/3 of the pastry.
7. Fold up the bottom third of the oblong onto the middle third and the top third on top of them both.
8. Turn the dough around 90° anti clockwise. Press the rolling pin along the 3 edges to seal the dough. Rest the dough in the fridge whilst you prepare your filling
9. Squeeze out excess water from spinach, then finely chop.
10. Crumble or finely chop the feta
11. Finely dice the onion
12. Roll out the dough again, repeating the addition of the fats, and then roll into a square
13. Cut the puff pastry into nine square(ish) pieces by cutting into a 3x3 grid.
14. Line 9 muffin pan cups with the puff pastry, pressing down to push it up the sides to completely cover the inside of the cups.
15. Mix the spinach, feta, onion, 2 eggs, and pepper to taste in a bowl.
16. Fill each pastry lined muffin cup with the spinach mixture (feel free to stuff it very full).
17. Beat the remaining egg very thoroughly in another bowl. Brush the tops and edges of each spinach pie with the egg mixture, until egg is completely used up.
18. Bake until the pastry is golden brown top and bottom (about 30 minutes). Cool for 5 minutes in the pan, then transfer to a cooling rack.
19. Wash up, dry, clean down and check cupboards.



What does spanakopita look like?

Cardamom Buns

Ingredients

8 cardamom pods
135ml milk
60g butter, softened
225g strong bread flour
7g sachet fast-action dried yeast
½ tsp salt
110g golden caster sugar
1 egg
vegetable oil, for greasing
½ tsp ground cinnamon
1 tsp ground mixed spice
½ orange, zested
50g dried mixed peel

APRON

TEA TOWEL

CONTAINER

Method

1. Crack open 5 cardamom pod. Transfer to a saucepan with the milk and half of the butter. Warm over a low heat until the milk is steaming and the butter has melted; leave to cool for about 5 mins until warm but not hot.
2. Mix the flour, yeast, salt and 1 tbsp of the sugar in a large bowl. Make a well in the centre; pour in the milk through a sieve. Add half of the egg and mix to form a dough.
3. Tip onto a lightly floured surface and knead for 10 mins. You may need a little extra flour to stop the dough sticking, but try to add as little as possible to avoid drying out the dough. Shape into a ball, blast for 15 seconds on high in the microwave, then place the upturned bowl over it to rest.
4. Meanwhile, bash the remaining cardamom pods, then remove and discard the husks. Grind the seeds to a rough powder. Mix in a bowl with the remaining butter, sugar, cinnamon, half of the mixed spice and the orange zest.
5. Place the dough onto a lightly floured surface, press in the mixed peel, then knead to combine. Roll out to a rectangle, with a long edge closest to you. Spread over the spiced butter to cover. Lightly mark it into equal vertical thirds. Fold the left third across so it leaves the right third exposed. Fold the exposed dough across to meet the lefthand side. Roll out again to its original size. Cut the dough into 6 vertical strips.
6. Cut a long slit lengthways down each piece, leaving them attached by 2cm at the top. Plait the 2 strips around each other, then roll the dough up into a loose snail shape. Twisting together gives the buns their traditional striped look. Secure by tucking the ends underneath.
7. Repeat with the remaining dough, be sure to tuck the ends in, or the knots will spring apart. Space them on a lined baking tray, leave to prove if possible, then brush with remaining egg, place in a cold oven, and turn onto 170°C and bake until risen and golden
8. Wash up, clean down and check cupboards. At home, glaze with a sugar syrup and scatter over crushed pistachio nuts if you want

Cardamom Buns

Photo guidance





What do Cardamom Buns look like?

Thai turkey meatballs with rice

Ingredients

120g turkey breast mince

1 egg white

½ tsp soy sauce

½ tsp ginger, peeled and grated

15g panko or fine white breadcrumbs

salt and pepper

1 small bunch coriander, finely chopped

1 tsp olive oil

½ onion, peeled and finely chopped

10g Thai red curry paste

100ml reduced-fat tinned coconut milk

½ tsp fish sauce

40g wholegrain basmati or jasmine rice

Lime wedges, to serve

Equipment

Wok or large frying pan, correct chopping boards, cooks knife, measuring jug, tablespoon, wooden spoon, trivet

Method

1. Mix the turkey mince, egg white, soy sauce, ginger and breadcrumbs together in a bowl, along with a little salt and pepper and most of the coriander. Combine with your hands then roll into equal-sized balls.
2. Heat the oil in a non-stick frying pan over a medium heat. Cook the meatballs for 4-5 minutes until browned all over before adding in the onion.
3. Fry for a few more minutes then add the curry paste, stirring for a further minute.
4. Pour in the coconut milk and fish sauce and leave to simmer over a low heat until the sauce has thickened slightly and the meatballs are hot through.
5. Meanwhile cook the rice according to the packet instructions.
6. Wash up, dry, clean down and check cupboards.

Serve the rice topped with the meatballs and sauce. Squeeze over some lime juice and scatter over the remaining coriander leaves to serve.



What do Thai meatballs with rice look like?

Baked churros

Ingredients

110g unsalted butter

250ml water

125g plain flour

3 eggs

1 teaspoon vanilla extract

60g caster sugar, mixed together with...

1-2 teaspoons cinnamon

Equipment

Baking tray, saucepan, wooden spatula, piping bag, large star nozzle, measuring jug

Method

1. Preheat the oven to 180 C
2. Fold the greaseproof paper down the middle, lay flat and sieve the flour onto it.
3. In a medium saucepan, combine the butter and water. Bring to the boil over a medium to high heat.
4. Remove from heat and add the flour quickly. Immediately stir with a spoon to combine. The mixture will thicken and start to resemble the texture of mashed potatoes. Keep the paper to line your baking tray
5. Leave the mixture in the saucepan to cool for a while, then beat with a wooden spoon, adding one egg at a time, mixing well before adding the next.
6. After adding each egg, the mixture will become wet and glossy, but with some perseverance it will thicken again.
7. When all the eggs are combined, add the vanilla. The mixture will be thick and starchy (still with a similar texture to mashed potato).
8. Spoon into a piping bag fitted with a large star tip. Pipe 10cm lengths onto the lined baking tray
9. Bake in the oven until a deep golden brown (20 to 25 minutes). Wash up, dry, clean down and check cupboards. Place on a cooling rack to cool. Remember to turn your oven off!
10. When cool, take the churros and one at a time, transfer them to your container and sprinkle them with cinnamon sugar.



What do churros look like?

Zinger sliders No1. “The chicken”

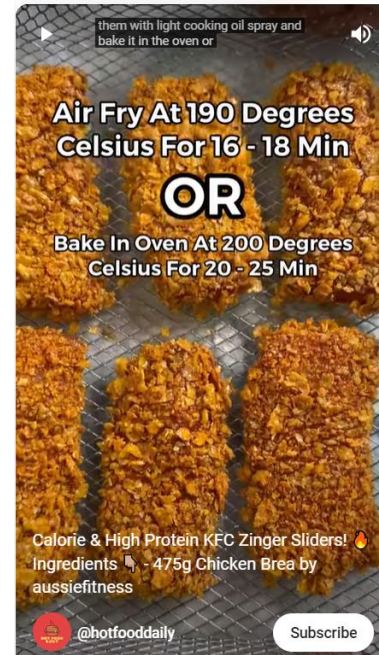
Ingredients

2 chicken breasts
50g cornflakes
2 eggs
garlic powder
smoked paprika

Cayenne pepper (optional)

Equipment

Red chopping board, rolling
pin, plate and bowl, baking tray
(lined)



Zinger sliders No2. "The wraps"

Ingredients

For the wraps:

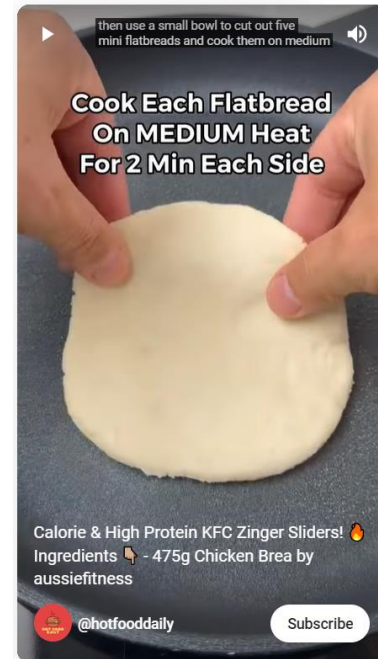
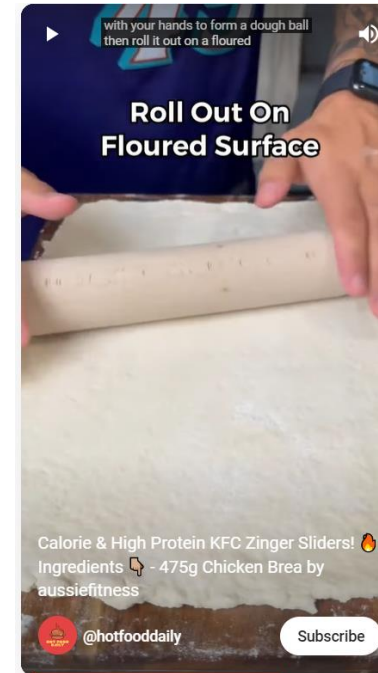
- 120g plain flour
- 100g Greek yogurt
- 1.5 tsp baking powder

To serve:

- 70g Greek yogurt
- 1 tsp smoked paprika
- sriracha
- lettuce (to serve)

Equipment

Mixing bowl, spoon, rolling pin,
plate



Paella orzo traybake

Ingredients

1 large onion, sliced

2 garlic cloves, peeled and finely sliced

2-3 mixed coloured peppers, thickly sliced

100g black or green pitted olives

A few thyme sprigs

1 tbsp olive oil

1 x 400g tins chopped tomatoes

260g frozen white fish

250g orzo (pasta)

1 vegetable stock cube, made up to 575ml

1 lemon, cut into wedges, to serve

handful flat-leaf parsley, chopped, to serve

Method

1. Prepare the vegetables; wash them, then peel and slice the onion, de-seed and slice the pepper, peel and slice the garlic.
2. Preheat the oven to 180°C. Put the onions, garlic, peppers, olives and thyme in a large roasting tin, drizzle over the oil, season and toss together to coat. Roast for 15-20 mins until the onions and peppers are tender.
3. Make up the stock, and remove fish from packaging. Check for pin bones.
4. Remove the tin from the oven, discard the thyme sprigs, then pour in chopped tomatoes. Add the fish, tucking the pieces into the sauce. Add the orzo, spreading it evenly over the fish, and pour over the stock. Give everything a gentle stir.
5. Bake for 40-45 mins, uncovered, stirring gently after 20 mins, until the orzo is cooked and has soaked up most of the stock. Remove from the oven and leave to stand for 10 mins so the orzo can soak up the rest of the stock. Stir gently, then season to taste. Squeeze over a little lemon juice, then top with the lemon wedges and parsley to serve.
6. Wash up, dry, clean down and check cupboards.

This is lovely served with a green salad and a dollop of aolli



What does paella orzo traybake look like?

Katsu Curry

Ingredients

Curry Sauce:

- 1 tbsp sunflower oil*
- 1 onion, peeled and sliced
- 2 garlic cloves
- 1 medium carrots
- 1 tbsp plain flour*
- 1 tsp curry powder
- 1 stock cube
- 1 tsp honey
- 2 tsp soy sauce
- 1 bay leaf
- 1 tsp garam masala

Breaded Chicken:

- 2 chicken breast fillets.
- pepper
- 1 tbsp plain flour*
- 1 egg
- 100g fine breadcrumbs or panko breadcrumbs*
- Oil for baking*

Method

1. Wash and grate the carrot into a saucepan. Peel and dice the onion. Peel and chop the garlic. Add the oil into the saucepan, stir and then sweat over low to moderate heat for 5 to 10 minutes (until softened but not browned).
2. Meanwhile, in a saucepan, heat 250ml water and a stock cube. Stir until dissolved then turn off the heat. Do not allow this to boil
3. To the onion and carrots, add flour and the curry powder; cook for 1 minute.
4. Bit-by-bit, gradually stir in the stock until combined; then add honey, soy sauce and the bay leaf. Slowly bring to the boil.
5. Turn down heat and simmer for 1-2 minutes. Remove from the heat and place on a trivet.
6. Place flour, egg and breadcrumbs on separate plates and arrange in a row. On a red chopping board, butterfly the chicken breasts, one at a time, to about 1cm thickness.
7. Coat the chicken breasts in flour, then dip them into the egg, then coat in breadcrumbs, making sure you cover both sides.
8. IF TIME PERMITS...Place the breaded chicken on a lined baking tray and bake in the oven (180°C) until golden brown and cooked through. Use a temperature probe to check the core has reached 75°C.
9. Stir in the garam masala to the carrot mixture. Blend using a hand blender. Place into your container to cool.
10. Transfer the chicken and sauce to separate containers. Wash up, clean down and check cupboards

Creamy Crab Gnocchi

Ingredients

1 tbsp olive oil

1 red chilli, finely chopped

1 x 170g tin crab meat, drained

100ml half-fat crème fraîche

1 x 30g pack flat-leaf parsley, leaves chopped

1 baked potato (PRE COOKED)

50g plain flour

1 tbsp egg

Extra flour if necessary

Equipment

Wok, correct chopping boards, cooks knife, small

bowl, tablespoon, grater, wooden spoon, trivet,

Mixing bowl, fork, saucepan, knife, wooden

spoon, slotted spoon, dessert spoon

Method

1. Put a pan of water on to boil on a back ring.
2. Cut the potato in half lengthways and scoop out the potato into a bowl.
3. Mash with a fork until there are no lumps.
4. Add in a dessert spoon of beaten egg and the flour and stir until well combined.
5. Add more flour if the mixture is sticky.
6. Roll out into a sausage shape and cut into 2cm lengths.
7. Use the back of a fork to make a striped indent into each.
8. When the water is at a 'rolling boil', cook the gnocchi for 1-2 minutes. They will rise to the top and float when cooked..
9. Meanwhile, heat the oil in a wok and add the chilli. Cook for 1 min, stirring, then add the crab meat.
10. Use a slotted spoon to transfer the cooked gnocchi to the wok, along with the crème fraîche and 5 tbsp of the cooking water.
11. Season and stir to combine the sauce and gnocchi. Add a little more water if it's too thick. Remove from the heat and stir in the parsley.
12. Transfer to a container. Wash up, clean down and check cupboards



What does Crab Gnocchi look like?

Savoury Plait

Ingredients

Pastry– your teacher will tell you which recipe to use.

200g chicken or turkey mince

1 medium onion

1 red pepper

2 large carrots

Small handful of thyme and/ or 1 - 2 sage leaves(fresh if available)

Egg or milk for glaze

Optional: mushrooms, olives, sundried tomatoes

Additional flour for rolling out

APRON

TEA TOWEL

CONTAINER

Method

1. Pre-heat the oven to 180°C/gas 4. Line a baking tray with parchment paper.
2. Make the pastry– either shortcrust or flaky pastry can be used. Your teacher will tell you which one you will be using. Recipes for both can be found towards that back of this recipe book.
3. Prepare the vegetables; Wash, peel and grate the carrot. Finely dice the onion and pepper. Pull the leaves from the thyme if you are using fresh and roll up then finely slice the sage if you are using fresh. Slice/ dice optional extras.
4. On a low to moderate heat, gently fry the vegetables in a little oil until they have softened and are translucent. Transfer to a mixing bowl and allow to cool.
5. On a floured surface, roll out your pastry to a thickness of about a One Pound coin. Try to achieve a long rectangular shape.
6. Add your mince to the vegetables and mix together until well combined. Add a little black pepper or any other seasoning, but avoid salt!
7. Place a long 'sausage' of the meat and vegetable mixture along the length of the pastry, in the centre. Then cut diagonal strips from the meat mixture to the edge of the pastry and wrap them alternatively around the mixture in a plait.
8. Tuck under and trim the rough pastry edge, cut place on a baking sheet, then glaze with egg or milk before placing into the oven.
9. Bake for approximately 15-20 minutes until crisp and golden, checking the core temperature. Place on a trivet to cool for a moment before transferring to a cooling rack.
10. Wash up, clean down and check cupboards

Own Meal Design (guidance)

Planning the dish

Quantities- You can factor a recipe up or down to make more of less, to suit your requirements. The more you make, the longer it takes to prepare and possibly cook though, so be mindful of this.

You can adapt existing recipes by:

- Reducing the salt- use herbs or spices to add flavour instead. Be aware that soy sauce, cured meats like salami and chorizo, cheese and stock cubes all contain high levels of salt already.
- Increasing the volume/ variety of fruits and vegetables in your dish. Choose in season, locally produced if you can.
- Increasing fibre- with additional vegetables, adding seeds, choosing wholegrain varieties of flour, pasta or rice
- Reducing/ improving the fat content- trim visible fat from meat, use low fat versions such as yogurt, reducing the amount of added fat- this might be possible by changing cooking methods- steaming and poaching do not require any additional fat. Choose unsaturated fat where possible.
- Adding healthy accompaniments to make the meal more balanced.

Equipment

Consider what equipment we have available in school. For example, we do not have powerful blenders like NutriBullets and we have limited pasta machines.

Method

1. You will need to write a time plan or a method for your recipe. You can use the school recipe format if you like.
2. You will need to read it through beforehand to make sure it makes sense to you. We can't help you if your recipe doesn't make sense to us.

A few days before

Talk to someone at home about what you're intending to make. Read through your recipe and work out what you have at home that you could use, and what you need to purchase. If you think you might have difficulty getting hold of ingredients, then let us know in advance (preferably 48 hours). We will work with you to try to ensure you have what you need.