

Year 10

Recipe

Book

For practical lessons you must:-

- Bring your recipe booklet
- Bring a suitable container
- Bring your valuables, pencil case, HE file and homework diary to the classroom
- Come to class prepared to cook – hair tied back, blazer and jumper off
- Come to class promptly



NAME :

Chicken Chow Mein



Ingredients

- 250g chicken
- 150g Straight to Wok noodles
- 1 small piece fresh root ginger
- 1 red onion
- 100g bean sprouts OR 4 spring onions
- 100g mange tout OR peas
- 3 tablespoons sweet chilli sauce
- 3 tablespoons soy sauce
- 1 tablespoon vegetable oil

Method

1. Prepare the vegetables- thinly slice the red onion and spring onion. Grate or finely chop the ginger. Halve the mange tout lengthways, wash the bean sprouts thoroughly.
2. Heat the oil in a wok and fry the chicken until golden brown
3. Fry the vegetables for 3-4 minutes.
4. Add the soy sauce, sweet chilli sauce and noodles.
5. Stir for 2-3mins.

Curried Parsnip and Apple Soup



Ingredients

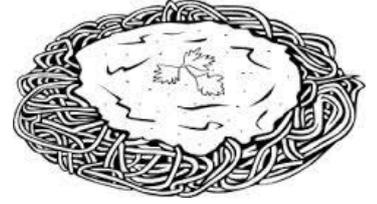
- 1 onion, roughly chopped
- 1 clove of garlic, crushed
- 1 parsnip, roughly chopped
- 1 cooking apple -peeled, cored and roughly chopped
- 1 tbsp plain flour
- 1 tbsp curry powder
- 1 litre hot vegetable stock

Method

1. Cook the onion, garlic, parsnips and apple with some oil over a low heat. Season with salt and pepper,
2. Cook for 10 minutes, stirring occasionally until the parsnips and apple are tender.
3. Mix in the flour and curry powder, stirring constantly to coat all the ingredients evenly and making sure that no lumps form.
4. Pour in the hot stock, stirring well, and bring to the boil.
5. Reduce the heat and simmer for another 5 minutes.
6. Pour the soup into a blender and blend to a smooth consistency.
7. Stir in the cream and chopped coriander.
8. To serve, pour the soup into bowls and spoon over a dollop of crème fraîche.

50 ml double cream
2 tbsp crème fraîche

Spaghetti Bolognaise



Ingredients

200g minced steak
200ml beef stock
200g spaghetti
1 tablesp flour
1 medium onion
1 carrot
2 sticks celery
1 small tin tomatoes
1 tablesp tomato puree
Pinch garlic granules
Few mixed dried herbs
Salt and pepper

Method

1. Wash and prepare the vegetables by chopping finely. Roughly chop the tomatoes
2. Place meat in a saucepan and dry over a gentle heat until the colour changes to brown
3. Add onion, celery, carrot and flour and cook for a further 5mins
4. Add stock to the pan with tomatoes, salt and pepper. Bring to the boil, lower the heat, cover and simmer for 30mins or until the ingredients are tender
5. Boil the pasta
6. Once soft, pour into a colander and drain well
7. Place spaghetti around the edge of a serving dish and pour meat sauce in centre.

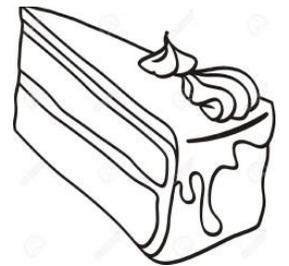
Citrus Torte

Ingredients

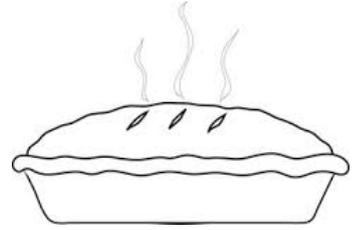
200g packet of digestive or ginger nut biscuits (crushed)
75g margarine
1 x 250g carton of mascarpone cheese
1 x 170g tube of condensed milk
1 large lemon or 2 limes

Method

1. Melt flora in a microwave or saucepan and blend in crushed biscuits
2. Press biscuits into base using the back of a spoon
3. Zest the lemon/limes and squeeze out juice
4. Using an electric mixer, mix the mascarpone cheese, condensed milk, lemon/lime zest and juice together with a spatula until it thickens slightly
5. Pour mixture onto the biscuit base and chill in fridge for several hours until firm



Cottage Pie



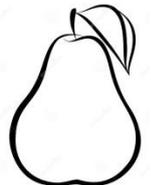
Ingredients

1 onion
1 carrot
250g mince
½ tin tomatoes
Beef stock cube
1 bay leaf
Tablespoon tomato puree
350g potatoes
1 parsnip
40g butter
25ml milk

Method

1. Preheat oven to 190°C and fill and boil kettle.
2. Peel and chop potatoes and parsnip and boil in the saucepan
3. Chop onion and carrot
4. Fry onion and carrot, gently over a medium heat for 5 mins
5. Add mince to pan and cook until brown
6. Dissolve stock cube in 150ml boiling water.
7. Add the tinned tomatoes, tomato puree, beef stock and bay leaf to mince. Cover and simmer.
8. When potatoes and parsnips are cooked, drain and mash them with butter and milk.
9. Place mince mixture into foil dishes.
10. Spoon mash over the top
11. Place in oven for 20 mins, until golden brown.

Pear, Oat and Cranberry Muffins



Ingredients

40g rolled oats
25g caster sugar
1½ teaspoons baking powder
Pinch mixed spice
50g dried cranberries
65g plain flour
75ml sunflower oil
75ml milk

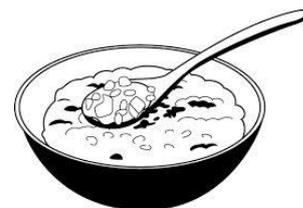
Method

1. Preheat oven to 200°C.
2. Collect ingredients and equipment.
3. Peel and chop pear into small chunks.
4. Sieve flour into large bowl. Add oats, sugar, baking powder, cranberries, mixed spice, and chopped pear.
5. In measuring jug, measure out sunflower oil and milk, then add egg and mix together well with a fork.
6. Gently fold egg and oil mixture into dry ingredients (do not overwork mixture).
7. Spoon mix into muffin cases and bake in oven for about 20 minutes, until risen and golden.
8. Wash and dry dishes and complete duties.
9. Remove muffins from oven when ready and transfer to cooling rack to cool.

½ a pear

½ an egg, beaten (share one egg between 2 groups)

Creamy Bacon Risotto



Ingredients

750g water

1 chicken stock cube

1 tablesp oil

3 rashers streaky bacon

100g button mushrooms – sliced

½ small leek – finely sliced

1 clove garlic – finely chopped

200g long grain rice

80ml Elmlea cream

25g grated cheese

Black pepper

A few chopped chives

Method

1. Place water and stock cube in a small saucepan and bring to the boil
2. Heat oil in a stewpan, cook bacon and mushrooms for 2-3mins
3. Add leek and garlic and cook gently until leek is soft
4. Add rice and 1 cup of boiling stock. Cook over a low heat until the liquid is absorbed – stirring
5. Continue to add water one cup at a time until the rice is tender
6. Add cream and heat through
7. Garnish with grated cheese, black pepper and chopped chives

Chocolate Sponge

Ingredients

50g/2oz cocoa powder

6 tbsp boiling water

3 free-range eggs

4 tbsp milk

175g/6oz self-raising flour

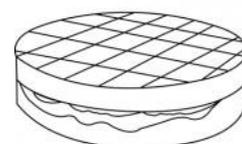
1 rounded tsp baking powder

100g/4oz baking spread or soft butter

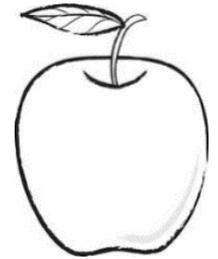
300g/10oz natural caster sugar

Method

1. Preheat the oven to 180C/350F/Gas 4
2. Grease and line two 20cm/8in sandwich tins with baking parchment.
3. Put the cocoa powder and boiling water into a large bowl and mix well to make a paste.
4. Add the remaining ingredients and beat again until combined.
5. Divide the cake mixture between the prepared tins.
6. Bake for about 25-30 minutes, or until well risen and shrinking away from the sides of the tin.



Little Apple Cakes



Ingredients

200g plain flour
A pinch of salt
½teaspn baking soda (bicarbonate of soda)
1 teaspn cream of tartar
100g butter or margarine
1 egg
100g caster sugar
a little milk
1 cup stewed apple

Method

1. Preheat oven to 180°C
2. Sieve flour, salt, baking soda & cream of tartar into large bowl
3. Cut and rub in the butter
4. Add the caster sugar
5. Beat the egg and add it to the mixture: mix all to a stiff paste, adding a little milk if necessary.
6. Roll out to about ¼cm thick and cut into rounds
7. Use half of these rounds to line bun trays
8. Fill with stewed apple and cover with the remaining rounds of the paste.
9. Bake in hot oven for 15 minutes. Time it!
10. Remove from oven, remove from tins and dust with icing sugar.

Chicken, leek and macaroni bake

Ingredients

For the sauce:

285ml Milk
1 tbsp plain flour
20g butter
½ teaspoon tarragon

For the bake:

150g macaroni
1 leek
250g chicken

Method

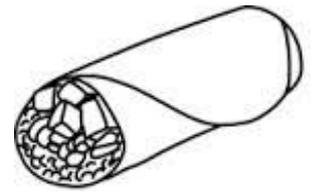
1. Put milk, flour and cheese into a saucepan and whisk continuously over a medium heat until the butter has melted and the sauce thickened
2. Leave to simmer on a low heat for 5mins, stirring occasionally
3. Add tarragon and cook for 5 mins
4. Preheat the oven to 200°C/ Gas mark 6
5. Cook the macaroni until soft and then drain
6. Cook chopped leek in boiling water for 2-3mins and drain
7. Fry chicken, macaroni, leeks and add sauce
8. Place in a shallow ovenproof dish
9. Top with breadcrumbs and Parmesan
10. Bake in the oven for 25 mins



20g breadcrumbs

20g parmesan cheese

Bacon and bean burritos



Ingredients

4 tortilla wraps

50g cheese

1 onion

3 slices of bacon

½ teaspoon chilli powder

½ tin red kidney beans

½ tin mixed beans

½ tin chopped tomatoes

Method

1. Peel and chop onion finely.
2. Cut bacon into small pieces
3. Add oil to saucepan and fry onion, bacon and chilli powder until soft
4. Add the beans and tomatoes
5. Cook for approx. 5 minutes until mixture is thick
6. Grate Cheese.
7. Soften tortilla wraps in microwave for approx. 20-30 seconds
8. Divide mixture between the tortillas and sprinkle cheese on top
9. Fold the tortilla wraps over to form a square parcel and serve.