

Year 8

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 :

Milky Drink Practical



Before we start to cook we need to:

Take off our _____

Place our _____, _____, and _____ in the corridor

Tie our _____

Wash our _____ with _____

Collect a _____ and _____

Equipment

- Cup
- Side plate
- Small Saucepan
- Teaspoon
- Pot stand
- Wooden spoon
- Apron, tea towel and dish cloth

Method

- Collect equipment and ingredients
- Take you cup and pour cold milk into it
- Collect a biscuit
- Collect a teaspoon of hot chocolate
- Pour cold milk into the saucepan and place on the hob over a medium heat. One person should stay and stir the milk until it is steaming but not boiling
- Bring the saucepan back to the desk and place it on the pot stand
- Pour milk carefully into the cup and stir in the chocolate powder

Washing up the dishes

- Stack dishes to one side of the table
- Wipe your table with spray and a damp cloth
- Collect a basin from the cupboard below the sink and collect fairy liquid from the teacher
- Fill basin with $\frac{1}{2}$ hot water and $\frac{1}{4}$ cold water
- Take the basin back and place it in the middle of your desk
- Wash dishes using the dish cloth, cleanest to dirtiest
- Dry the dishes and place them to the other side of the table
- Get your teacher to check them and then put them away



Soda Bread Pizza



Ingredients

Half of a soda farl
3 tablespoons passata
25g grated cheese

Toppings - choose a maximum of 3

1 dessertspoon cooked onion
1 slice cooked ham—chopped
1 mushroom—sliced finely
4 pineapple chunks
1 dessertspoon sweetcorn
1 dessertspoon diced pepper

Method

1. Preheat the grill
2. Spread the passata onto the inside surface of the soda bread
3. Sprinkle over the toppings of your choice
4. Sprinkle over the grated cheese
5. Cook under the preheated grill until piping hot
6. Remove from the grill using a fish slice

Eves Pudding



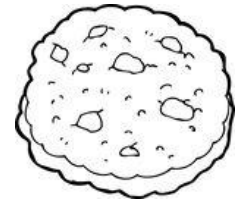
Ingredients

2 cooking apples
1 dessertspoon sugar
Pinch of cinnamon
75g soft margarine
75g caster sugar
75g self-raising flour
1 egg
2 teaspoon milk

Method

1. Peel, quarter and slice cooking apples. Arrange in a foil dish and sprinkle with sugar and cinnamon. Preheat oven to 180oC/Gas Mark 5
2. Make the sponge topping by the all-in-one method i.e. place the margarine, sugar, SR flour, egg and milk into a mixing bowl and beat for approx. 2 mins using the hand held whisk until the mixture is a soft dripping consistency.
3. Pour the sponge mixture on the apples and smooth over evenly
4. Place in a preheated oven for approx. 20-25 mins until golden brown and well risen
5. Serve hot with custard or cold with fresh cream or ice cream

Oat Biscuits



Ingredients

100g self-raising flour

100g rolled oats

100g margarine

100g granulated sugar

30ml golden syrup

Method

1. Preheat the oven to 180oC/Gas Mark 4
2. Mix flour and oats together
3. Melt margarine, sugar and syrup in a saucepan and pour over dry ingredients
4. Stir well
5. Shape into small balls and place well apart on a greased baking tray
6. Bake until golden brown (approx. 15 minutes)

Chicken Divan



Ingredients

200g chicken pieces

1/2 tin condensed chicken soup

3-4 florets frozen broccoli

1 tablespoon sweetcorn

Pinch curry powder

1/4 onion

1 tablespoon oil

2 tablespoons milk

Few peach slices

Salt and pepper

Topping - 1 tablespoon breadcrumbs

Method

1. Preheat the oven to 180oC or Gas mark 5
2. Chop onion finely. Heat oil gently in frying pan and fry onion and chicken pieces together for 10 minutes
3. Blend soup with the milk and add a pinch of curry powder
4. Combine chicken, onion, peaches and vegetables together with the soup mixture. Season lightly
5. Place mixture in a greased dish and sprinkle crumbs and cheese on top
6. Cook for 30mins until heated through and lightly browned on top

To reheat at home—Preheat oven to 170oC or Gas mark 4. Heat until bubbling and piping hot. This will take approx. 20 mins

1 tablespoon grated cheese

Scones



Ingredients

200g plain flour

1 level teasp. baking soda

2 level teasp. cream of tartar

25g margarine

2 tablespoons sugar

Approx. 125ml milk

Method

1. Preheat the oven to 220oC/ Gas mark 8. Lightly grease and flour a baking tray
2. Sieve flour, baking soda and cream of tartar into a bowl. Rub margarine into flour until the mixture resembles breadcrumbs. Add sugar.
3. Gradually add milk and mix using a knife until an elastic dough is formed
4. Turn onto a lightly floured table and knead gently to remove cracks. Flatten with hand until 2cm thick and cut into shapes
5. Place on a baking tray and brush the top of each scone with milk. Bake for 10 mins.
6. Wrap in a clean tea towel and cool on a cooling tray

Chocolate Brownies



Ingredients

50g chocolate

1 egg

65g butter

135g sugar

25g self raising

15g plain flour

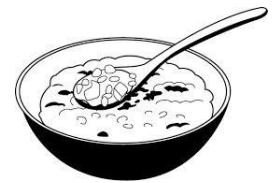
1 tablespoon cocoa

Drop of vanilla essence

Method

1. Heat oven to 180oC/ Gas Mark 6
2. Put butter, sugar and vanilla essence into large bowl and mix with electric whisk until fluffy
3. Stop whisking and add a little egg then continue whisking – continue until all egg is combined
4. Sift all flour and cocoa into large bowl
5. Break chocolate into small pieces in small bowl
6. Melt chocolate in microwave – CAREFULLY!!
7. Add melted chocolate and mix using wooden spoon
8. Carefully pour mixture into tinfoil dishes
9. Place on baking tray
10. Bake for 15mins

Chilli Con carne



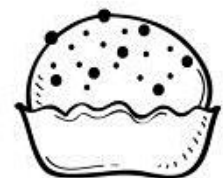
Ingredients

- ½ Tin Tomatoes
- 300g Minced Steak
- 2 spoonfuls Kidney Beans
- 1 Pepper
- 2 mushrooms
- 1 Onion
- 1 Clove Garlic
- 1 Beef Stock Cube
- 1 Teaspoon Chilli Powder

Method

1. Chop onion and garlic finely and chop pepper and mushrooms
2. Pour kidney beans into sieve and wash under a cold tap
3. Dissolve stock cube in 100ml boiling water
4. Heat oil in frying pan, add onion and garlic and cook for 3-4 mins until softened
5. Add mince to frying pan and cook until brown
6. Put rice on to boil
7. Add Chilli powder and cook for 1 minute, then add kidney beans, peppers, mushrooms, tomatoes and stock to frying pan, cover and simmer for 20 minutes.
8. Drain rice when cooked.

Truffles



Ingredients

- 10 digestive biscuits
- 5 level tablespoons coconut
- 3 level tablespoons drinking chocolate
- 25g hard margarine
- 1 small tin sweetened condensed milk

Method

1. Crush digestive biscuits in the food processor
2. Melt margarine
3. Place crushed digestive biscuits, coconut, drinking chocolate into a mixing bowl. Add condensed milk and melted margarine. Mix well
4. Roll into 24 balls
5. Place the coating of your choice on a small plate
6. Cover the truffles in the coating and place in petit four cases

Coating

1 tablespoon of drinking chocolate,
coconut, icing sugar or finely chopped nuts

Vegetable Stir Fry



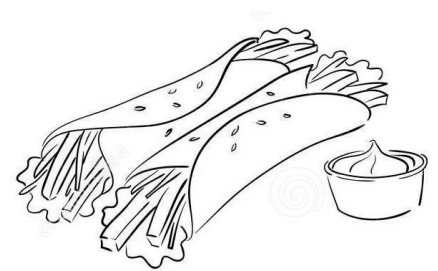
Ingredients

2 peppers
2 carrots
2 red onions
6 florets broccoli
2 cloves garlic
1 stock cube
2 sachets noodles
4 tbsp clear honey
8 tbsp soy sauce
2 tbsp vinegar

Method

1. Chop carrot and peppers into small strips
2. Chop red onion and garlic finely
3. Chop broccoli into small pieces.
4. Place oil in the electric frying pan
5. Put all vegetables into the pan and cook for 3-4 minutes.
6. Add noodles to pan
7. Dissolve stock cube in 280ml of boiling water, add honey, vinegar and soy sauce and stir together well.
8. Pour marinade into the frying pan and cook for another 4-5 mins

chicken fajitas



Ingredients

1 chicken breast
2 tablespoons olive oil
2 tortilla wraps
Fajita spice mix
1 onions
2 peppers

Method

1. Chop chicken into fine strips.
2. Heat the oil in frying pan/wok and cook the chicken strips for approx. 10 minutes until cooked.
3. Meanwhile, chop your onions and slice peppers into strips.
4. Add onions and peppers to pan along with spice mix and stir well to coat all the chicken and vegetables
5. Heat the tortilla wraps in the microwave on a plate covered in cling film for 20-30 seconds.
6. Place a large spoonful of filling into the centre of each tortilla. Add any toppings and fold into a packet to serve.

