

# Year 9 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 :

# Apple & Cinnamon Buns



## Ingredients

150g self-raising flour

Pinch of baking powder

1 ½ level teaspoon cinnamon

75g margarine

75g soft brown sugar

1 small cooking apple

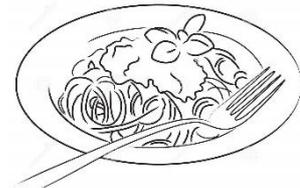
1 egg

Milk to mix (if necessary)

## Method

1. Preheat the oven to 200oC/Gas 6
2. Place bun cases in patty tins (approx. 12)
3. Sieve the flour, baking powder and cinnamon together into a baking bowl. Rub in margarine and add sugar.
4. Wash, peel and chop apple and add to flour mixture
5. Lightly beat egg and add to other ingredients, mixing to a dropping
6. 5. Place a spoonful in each patty tin and bake for 10-15 mins until firm and golden brown
7. Place on a cooling tray

# Lentil Bolognaise



## Ingredients

1 tablespoon vegetable oil

1 clove garlic

1 small tin tomatoes

2 tablespoons tomato puree

3-4 mushrooms

1 onion

1 teaspoon basil

115g red lentils

500ml vegetable stock

(1 stock cube and 500ml water)

Salt and pepper

150g spaghetti

1 tablespoon grated cheese

## Method

1. Peel onion and garlic. Wash lentils in sieve and leave to drain. Wash mushrooms
2. Chop onion finely. Crush garlic, chop tomatoes and slice mushrooms
3. Place oil in a stewpan, heat over a low heat, add onion and garlic and fry until soft. Add tomatoes, lentils, mushrooms, salt, pepper and tomato puree. Add stock and bring to the boil, reduce heat, cover and simmer for 40mins until lentils are soft. (The mixture should be quite thick)
4. While lentils are cooking, cook spaghetti in boiling water until tender (do not put lid on pan)
5. Drain spaghetti well and place on a serving dish. Pour lentil mixture over and sprinkle with cheese

**To reheat at home** – Place lentil Bolognaise in a covered microwavable dish and microwave on FULL power for 3 ½ - 5 mins depending on wattage of the microwave

# Double Chocolate Chip Muffins



## Ingredients

125g self-raising flour  
½ teaspoon baking powder  
2 level tbspoons drinking chocolate  
50g chocolate chips  
75g caster sugar  
80ml milk  
50g hard margarine – melted  
1 egg - beaten

## Method

1. Sieve dry ingredients together and add sugar
2. Stir in chocolate chips
3. Add melted margarine, milk and egg. Fold in – do not beat
4. Spoon into bun or muffin cases, 2/3 full
5. Bake for approx. 15 mins at 180oC (fan oven) until well risen and firm to touch

# Pizza



## Ingredients

### **Base**

150g soda bread flour  
½ teaspoon oregano  
Approx. 100ml buttermilk

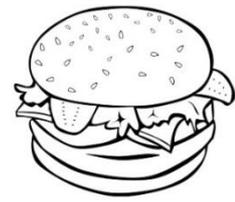
### **Topping**

1 small tin tomatoes + 1 dessertspoon tomato puree  
Small pieces of onion (chopped)  
1 piece cooked ham  
Chopped pepper, sweetcorn and pineapple  
50g grated cheddar cheese  
½ teaspoon mixed herbs

## Method

1. Preheat the oven to 200oC/Gas 6
2. Lightly grease a baking tray
3. Drain tomatoes and chop roughly. Stir in tomato puree
4. Mix flour and oregano in a bowl. Gradually add the buttermilk to mix to an elastic dough
5. Shape dough into a large circle (or two small circles) and place on a baking tray
6. Layer the onions, tomato mixture, peppers, sweetcorn, pineapple and herbs on top of the base and sprinkle with grated cheese
7. Bake for 15-20 mins until well risen and golden brown on top.

# Healthy Burgers



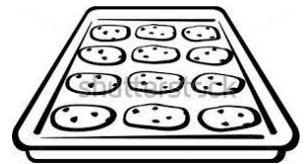
## Ingredients

125g minced beef  
2 burger baps  
Few drops Worcester sauce  
½ onion  
2-3 tblsp breadcrumbs  
1 egg

## Method

1. Preheat oven to 180oC
2. Chop onion finely
3. Whisk egg in a small bowl using fork
4. Mix together mince, onion and breadcrumbs in the mixing bowl and stir with wooden spoon
5. Add in Worcester sauce, herbs and eggs and mix with wooden spoon
6. Using your hands shape the mixture into burgers
7. Cover baking tray in tinfoil
8. Place burgers on tray and in the oven

# Shortbread



## Ingredients

225g plain flour  
75g caster sugar  
150g butter

## Method

1. Heat oven to 170° C
2. Place flour, margarine and sugar in mixing bowl. Rub in all these ingredients until the mixture forms a soft but not sticky dough.
3. Lightly flour the table and roll out the dough to the thickness of 5mm.
4. Use a cutter to cut biscuits out.
5. Arrange biscuits on baking tray.
6. Prick the top of each biscuit twice with a fork.
7. Bake in oven for approx. 20 minutes.
8. Remove biscuits from oven, sprinkle with caster sugar on baking tray.
9. Cool biscuits on a wire rack.
10. Wash dishes.

# Fruit Crumble



## Ingredients

Choose 3 fruits from the selection below

- 1 pear
- 1 peach
- 1 apple
- 100g tinned fruit E.g. Pineapple, peaches
- 30g dried fruit (apricots, raisins, etc.)

¼ teaspoon mixed spices

1 tablespoon sugar

**Crumble:**

100g self-raising flour

75g PUFA margarine

50g porridge oats

20g brown sugar

## Method

1. Collect ingredients and equipment
2. Preheat the oven to 190oC/Gas mark 5
3. Place the prepared fruit into foil dishes
4. Sprinkle the sugar and spices over the fruit
5. Sieve the flour into a large bowl
6. Use a knife to cut the butter into pieces. Rub into the flour until it resembles fine breadcrumbs
7. Add the oats and sugar to the crumble and stir well
8. Sprinkle the crumble over the top of the fruit
9. Bake for approx. 30mins until golden brown

# Spicy Chicken Pasta



## Ingredients

1 onion

25g margarine

½ pepper

1 chicken stock cube

1-2 dessertspns chutney

2 x teaspn curry powder

1 x teaspn ground ginger

2 x pinches chilli powder

2 x rounded dessertspns wholemeal flour

1-2 dessertspoons sultanas / peas / sweetcorn

2-3 dessertspoons natural yoghurt

## Method

1. Put pasta on to boil
2. Dissolve stock cube with 400ml boiling water
3. Melt margarine in a saucepan, add chicken and cook until sealed (approx. 5 mins)
4. Add chopped onion
5. Remove pan from heat and add spices and flour. Return to low heat and cook for 1 minute.
6. Add stock to mixture in saucepan, stir gently and bring to boil until sauce thickens.
7. Add chutney and leave to simmer for 10 mins
8. Drain pasta when cooked
9. Add chopped peppers, sweetcorn, peas and sultanas to mixture and cook gently for 5 further minutes.
10. Add cooked pasta to sauce
11. Stir in yoghurt. Heat but do not boil!!

1 chicken fillet

150g pasta

# Sweet and Sour Chicken



## Ingredients

150g chicken pieces

15ml cooking oil

½ small onion

1 small tin pineapple pieces

1 teaspoon brown sugar

10ml tomato puree

½ medium green pepper

½ small carrot

1 tablespoon vinegar

Pinch ginger

2 teaspoon cornflour

## Method

1. Chop onion finely, dice green pepper, peel and coarsely grate carrot
2. Heat oil gently and fry chicken, onion, pepper and carrot together until the chicken is no longer pink
3. Drain pineapples and make the juice up to 125ml with water
4. Blend cornflour with a little of the pineapple juice. Add to the pan with the remainder of juice, vinegar, sugar, ginger and tomato puree
5. Stir over a gentle heat until the mixture thickens slightly
6. Simmer gently for 10min until the chicken is cooked thoroughly
7. Serve on a bed of boiled rice and garnish

**To reheat at home:** Place in a microwavable container (covered) and microwave on full power for 3 ½ - 5mins until piping hot.

# Chicken Curry

## Ingredients

200g chicken pieces

1 small tin apricots

1 dessertspoon brown sugar

1 dessert tomato ketchup

75ml chicken stock

40ml natural yoghurt

½ medium onion

15ml cooking oil

15ml lemon juice

10g curry powder

## Method

1. Gently fry the chicken pieces and finely chopped onion in the oil for approx. 10 mins
2. Boil rice for approx. 15mins until soft
3. Add curry powder to chicken and cook for 2-3mins
4. Add sugar, lemon juice, stock, tomato ketchup and seasoning. Mix well.
5. Puree apricots and juice in the food processor and add to curry. Simmer for 10mins until the chicken is thoroughly cooked
6. Fold in the yoghurt and cream
7. Heat through and serve on a bed of boiled rice.

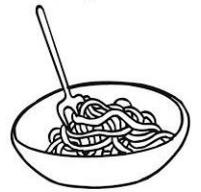


50ml low fat cream

Salt and pepper

200g long grain rice

# Chicken Tagliatelle



## Ingredients

2 slices bacon chopped

1 chicken breast fillet

1 medium onion

1 clove garlic

6 mushrooms

300ml low fat creme fraiche

250g spaghetti

25g grated Parmesan cheese

## Method

1. Fry the chopped bacon and diced chicken on a medium heat until lightly browned.
2. Add in the diced onion and crushed garlic clove.
3. Fry for 2 to 3 minutes before adding in the chopped mushrooms.
4. Once the mushrooms have softened slightly, add in the creme fraiche and reduce the heat down low, stirring occasionally.
5. Boil pasta
6. Once the creme fraiche begins to bubble slightly, add in the grated Parmesan
7. Once the cheese has melted and the sauce is simmering, add in the chopped parsley and add salt and pepper to taste. Allow the sauce to cook well.
8. Drain the cooked pasta
9. Mix the creamy creme fraiche sauce into the pasta
10. Allow the pasta and sauce combination to continue cooking over a low heat for a further few minutes.
11. If the sauce is very thick, add boiling water to thin it slightly.