



Student	
Group	
Teacher	

Yr8 RECIPE BOOK
The Underground



NEWARK
ACADEMY

Top Tips

Before you get started some tips to help you!

UNIFORM

Blazers need to be removed outside the food rooms and hung on hooks along with bags. Aprons will be provided along with tea towels and cleaning equipment.

INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Teacher at least **THE DAY BEFORE** the day of your practical with a note. If possible we will help.

If you arrive to a practical lesson with no ingredients you will be issued with a C2 and set supporting theory work. If you are absent then do check if any ingredients are needed for your next lesson and **ALWAYS** find out what you have missed in class.

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills.

ON THE DAY OF THE PRACTICAL Any high risk food items need to be stored in the refrigerator before registration on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the storage areas allocated by your teacher. Cooked and uncooked food left in the fridge for longer than 24 hours will be **thrown away** for health, safety and space reasons.

If you are allergic to any ingredients please discuss with your teacher or parent a suitable alternative that requires the same skill of preparation as the original ingredient.

OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

TAKEAWAY CONTAINERS & LARGE AIRTAIGHT CONTAINERS

The plastic dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. It is advisable to bring in a large airtight container with your name on the main container and the lid to store products in.

PARENTS

Please note that the recipes printed in this booklet have been planned according to the New National Curriculum on **Cooking and Nutrition** which encourages lifelong healthy eating, focuses on creating dishes that can be re-created at home and enjoyed as part of a balanced diet. It is not an option for your child to not take part in the practical lessons, this is part of their curriculum. If there are any issues please contact Mrs E Mowat – Lead Teacher of Food who will be willing to discuss the curriculum with you and any requirements we can help with.

VOLUNTARY CONTRIBUTION

We ask that students make a voluntary contribution of £1 at the beginning of the year, this will then be used towards items that are featured throughout the year in the recipe booklets that show with a * next to them, we hope this helps with having to bring in smaller items that you may not have at home or want to buy a large amount of and not use again. The contribution also assists in the purchasing of disposable items used throughout the year such as cling film, tin foil and cleaning materials such as washing up liquid and washing powder for aprons and tea towels used throughout the practicals.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, preparation of vegetables, controlling temperature (simmer, boil), handling and cooking meat, sweating off vegetables, reducing.

Ingredients

- 225g Minced Beef
- 440g tin Chopped Tomatoes
- 1 tbsp. Tomato puree*
- 1 beef stock cube (optional)*
- 1 Onion
- 1 Clove of Garlic*
- 1 tbsp. Mixed Herbs*

* Available from school with dry stores contribution

Bolognese - Method

1. Tie long hair up, put on an apron and **wash your hands**.
2. Peel and halve the onion. Dice into small pieces. Add the oil to the pan and heat on a medium heat.
3. Sweat the onion until softened. Peel and crush the Garlic. Add to the onion.
4. Turn up the heat a little and add the minced beef. Stir and cook until browned all over “sealed”.
5. If using a stock cube add this to the pan and allow to dissolve while cooking.
6. Add the tomato puree and stir. Pour in the tin of tomatoes.
7. Bring to the boil and then turn the heat down and simmer for 20 minutes.
8. Remove from the heat and allow to cool for a little before pouring into your container.
9. Wash up.
10. Leave to cool thoroughly before putting the lid on and storing in the fridge.

Outcome: Successfully and safely make a ragu based meat sauce.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of grater, use of hob, use of grill, boiling, simmering, stirring, seasoning.

Ingredients

- 25g Butter
- 25g Plain flour
- 250ml Milk
- 150g Pasta
- 75g Cheese
- Black pepper
- Any additional components you desire (e.g. cooked bacon, cooked broccoli, mushrooms)

Camden Market Mac “n” Cheese – Method

1. Tie long hair back, wash hands and put on an apron. Half fill a saucepan with water and bring to the boil. Add pasta and cook for about 10 minutes.
2. Drain the boiling hot water away from the macaroni into a colander in the sink.
3. Grate the cheese and put to one side.
4. In a saucepan melt the butter. Add the flour and stir into a paste. Cook for about 2 minutes.
5. Add the milk a little at a time, stir the sauce all the time to prevent lumps from forming.
6. Once all the milk has been added keep stirring and bring the sauce to the boil. Reduce the heat and simmer for a couple of minutes.
7. Remove from the heat and stir in $\frac{3}{4}$ of the grated cheese.
8. Stir the cooked pasta into the sauce, add a few twists of black pepper and any additional ingredients.
9. Sprinkle with some cheese.
10. Wash up ensure all equipment checked, returned and work surfaces all cleaned and sanitised.

Outcome: Successfully make a white sauce, to cook and drain pasta. Combine a sauce to create a final dish.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, knife skills, rubbing in technique, combining ingredients, rolling out/cutting, measuring thickness, cooking dough and using oven.

Ingredients

- 250g Strong plain flour
- 1 packet (7g) of Fast action dried yeast
- 1 tsp. Sugar*
- Pinch of Salt*
- 150ml Warm water
- Butter or margarine for greasing
- Milk to glaze
- Optional Toppings for finishing techniques e.g. sesame seeds, poppy seeds, grated cheese, dried herbs.

* Available from school with dry stores contribution

Borough Market Bread Rolls – Method

1. Pour 150ml of warm water into a jug. Add the yeast and 1 tsp. of sugar. Mix well and leave for 5 minutes.
2. Preheat oven to 180c Gas Mark 6. Grease the lined baking tray with butter or margarine.
3. Sieve the flour into the mixing bowl, add the salt. Stir in the yeast mixture with the end of a wooden spoon or your hand. The dough should be soft but not too sticky.
4. Knead on the worktop for 5 minutes.
5. Divide into 4 equal sized pieces. Shape each one into rolls as required: e.g. round rolls, plait, S-shape, twist. Brush with water or milk to glaze and sprinkle seeds or herbs if required.
6. Put onto a lightly greased baking tray and leave in a warm place to rise about 10 minutes (longer if you have time) to double in size.
7. Bake until light brown on top and the bottom sounds hollow when tapped. (10-15 mins) Remove from oven with oven gloves.

Outcome: Successfully design and safely make a batch of bread dough, shape and bake into evenly baked bread rolls.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, chopping, boiling, simmering, stirring, handling raw meat, sealing meat, seasoning, use of spices.

Ingredients

- 1 Tbsp. Vegetable oil
- 1 Onion
- 100-150g chicken breast/protein alternative
- 1 x 400g Tin of chopped plum tomatoes
- 2 Tbsp. Tomato puree
- 1 Red Pepper
- 2 Tbsp. Mango Chutney
- 75ml Double cream
- 75ml Natural yoghurt
- Fresh coriander (optional)

*Available from school with dry stores contribution

Covent Garden Chicken Tikka Masala – Method

1. Tie long hair back, wash hands and put on an apron.
2. Chop up the onion and add to non stick frying pan with a little oil. Heat on a low heat.
3. Dice the red pepper on green chopping board.
4. On a red chopping board, cut the chicken into small and even chunks.
5. Add the tikka paste to the onions and stir for 2 minutes.
6. Add the peppers and stir again.
7. When the chicken is sealed (turned white) stir in the chopped tomatoes, puree and 100 ml water.
8. Simmer for 10 minutes.
9. Stir in the mango chutney, cream and yoghurt. Gently warm back through.
10. Check the core temperature of the chicken is 75°C or above by using a temperature probe.
11. Place in container, sprinkle with chopped coriander and start to clean up area and equipment.

Outcome: Successfully and safely make a protein based curry using the hob and minimal pieces of equipment.