



Student	
Group	
Teacher	

Yr8 RECIPE BOOK
The Underground



NEWARK
ACADEMY

Top Tips

Before you get started some tips to help you!

UNIFORM

Remember you need your apron and a clean tea-towel for every practical lesson, ensure your name is in your apron.

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 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.

Any perishable items of food 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 unit storage areas. 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 **Food Preparation 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.

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
- 50g Bread (2 slices) or 20g Crushed Cornflakes
- Black pepper
- Any additional components you desire (e.g. cooked bacon, cooked broccoli, mushrooms)

London 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 and/or bread crumbs/crushed cornflakes
10. Brown under the grill or gratinate in the oven, remove using oven gloves.

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
- Toppings for finishing techniques e.g. sesame seeds, poppy seeds, grated cheese, dried herbs.

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, peeling, chopping, boiling, simmering, stirring, deseeding chillies, handling meat, sealing meat, crushing garlic, juicing fruit, seasoning, use of spices.

Ingredients

- 1 Tbsp. vegetable oil
- 3 Spring onions
- 1 Clove of garlic (optional)
- 80g Sugar snaps/broccoli/runner beans
- 100-150g Chicken breast/protein alternative
- 2 Tbsp. Thai green curry paste
- 200ml Coconut milk (light/reduce fat)
- 1 Red chilli (optional)
- Juice of ½ a Lime
- Handful of coriander

*Available from school with dry stores contribution

Thai Green Curry – Method

1. Tie long hair back, wash hands and put on an apron.
2. Prepare the vegetables:
 - Slice the spring onions.
 - Cut the sugar snap peas in half.
 - Crush the garlic.
3. On a chopping board, cut the chicken into small and even chunks.
4. In a sauce pan place the oil, spring onions and chicken and cook for 3-5 minutes on a medium heat.
5. When the chicken has turned white, stir in the green curry paste, followed by the sugar snap peas.
6. Pour in the coconut milk and simmer for 10-15 minutes.
7. Squeeze the lime and pour in the curry.
8. Tear the coriander and add to the curry.
9. Place in container and start to clean up area and equipment.
10. At home, reheat until piping hot and serve with cooked boiled rice.

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