

Year 8

Food Technology



Recipe Book

2018 - 2019 revised v3

Name _____ Group _____

Week 1 – Not just a potato!!!



Lesson1: In this lesson we look at how diverse the potato can be.

Students have the options to make a potato rosti and/or stuffed potatoes.

Ingredients

2 Potatoes

Students will be expected to S.C.A.M.P.E.R (change) the dish to suit their tastes.

Select some fillings to bring along, three would be a good idea!

Cheese, Onion, mushrooms, red pepper, bacon, chorizo, sausage, cheese, garlic.

Maybe you have your own combinations you like.

*Bacon, brie and cranberry is amazing!!

Equipment (Collect all equipment before you start cooking) Chopping board red for raw meat, white for the rest, sharp knife, grater, bowl, dessert spoon, baking tray, masher.

Students also need to bring with them

- A clean apron / 5p for a disposable apron
- A suitable container to take dish home in and tin foil

Method

1. Prepare the food handler – put on a clean apron and wash your hands.
2. Wash the bench and collect all equipment.
3. Potatoes for the stuffed potato option will already be in the oven, prior to lesson. Alternatively for the stacks they will be cut into 2mm thick slices and begin baking on a tray seasoned and with a little oil
4. Prepare the fillings such as chop bacon into small pieces, chopping onion, peppers and grating cheese. For meats these will need to be fried with a little oil and additional ingredients such as onion, mushroom, garlic can then be added when the meat starts to brown.
5. Set aside once all ingredients are cooked through approx. 5-7 mins.
6. Remove potato stacks from the oven after approx. 10 mins on 180 degrees
7. Assemble stacks with layered filling and add cheese bake for further 10-15 mins keeping an eye on them until the cheese is golden brown
8. Alternatively remove baked potatoes from the oven cut in half (**careful they will be hot**)
9. Using oven gloves to hold the potato, scoop the insides into a bowl add butter and a little milk and mash into creamy mashed potato.
10. Add the filling into the mashed potato in the bowl and add cheese
11. Fill the potato skins and place on a baking tray.
12. Bake for 8-10 mins or until golden brown/
13. Wash up and return all equipment to correct storage.
14. These can be served with a salad with baked beans or on their own!!

Week 1 – Lesson 2 Rock Buns

Ingredients

- 200g self-raising flour
- 75g butter or margarine
- 75g sugar
- 75g mixed dried fruit or 75g chocolate chips
- 1 egg



School will provide

4x 15 ml tablespoons of milk

Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A plastic container to take rock buns home in

Equipment: (Collect all equipment before you start cooking)

Mixing bowl, small bowl, palette knife, fork, dessert spoon, knife.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Add the flour into the bowl.
3. Rub in the butter or margarine into the flour.
4. Stir in the sugar and dried fruit.
5. Whisk the egg lightly in a small bowl and add the milk.
6. Make a well in the middle of the flour and carefully add the liquid.
7. Mix with a knife to form a soft dough.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. Bake for 12-15 minutes, until golden brown.
10. Allow to cool on a cooling rack.

Think about how you could change the recipe.

Swap chocolate chips for white chocolate?

Share with a friend, one bring dried fruit/ one bring chocolate chips and have both in your rock buns?

Week 2 lesson 1 Vegetable and Sausage casserole

Ingredients-

- 1 onion
- 2 garlic cloves
- 200g quality sausages
- 2 medium carrots,
- 1 medium stick celery,
- 1 pepper
- 1 x tinned tomatoes
- 1 x stock cube
- 1 courgette,
- 100g dried red split lentils (OPTIONAL)



Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A suitable container to take casserole home in.

Equipment

Chopping board, sharp knife, jug,
large saucepan or wok, wooden spoon.

Method

1. Prepare all ingredients. Finely chop onion and garlic, slice celery and carrots, chop pepper, thickly slice courgette, chunk sausage.
2. Heat the oil in a large, heavy-based pan. Add the chopped onions and cook gently for 5 - 10 mins until softened.
3. Add the garlic, spices, dried thyme, carrots, celery and peppers and cook for a further 5 minutes.
4. Next add the cut up sausages and cook for a further 5 minutes to brown the sausage skins.
5. Add the tomatoes, stock cube, 200mls of water, courgettes and lentils and cook for 20 - 25 minutes.
6. Meanwhile wash up.
7. At home serve with wild and white basmati rice or mash.

School will provide

- 1 tsp. smoked paprika
- ½ tsp. cumin
- 1 teaspoon dried thyme
- 1 tbsp. olive oil

Think about how you could change the recipe.

Use different vegetables such as sweetcorn, peas and beans.

Replace the lentils with butterbeans.

Use Quorn sausages or miss out the sausages altogether.

Try adding a cheesy crumble to the top of the casserole before it goes into the oven.

Change herbs for what you already have at home.

