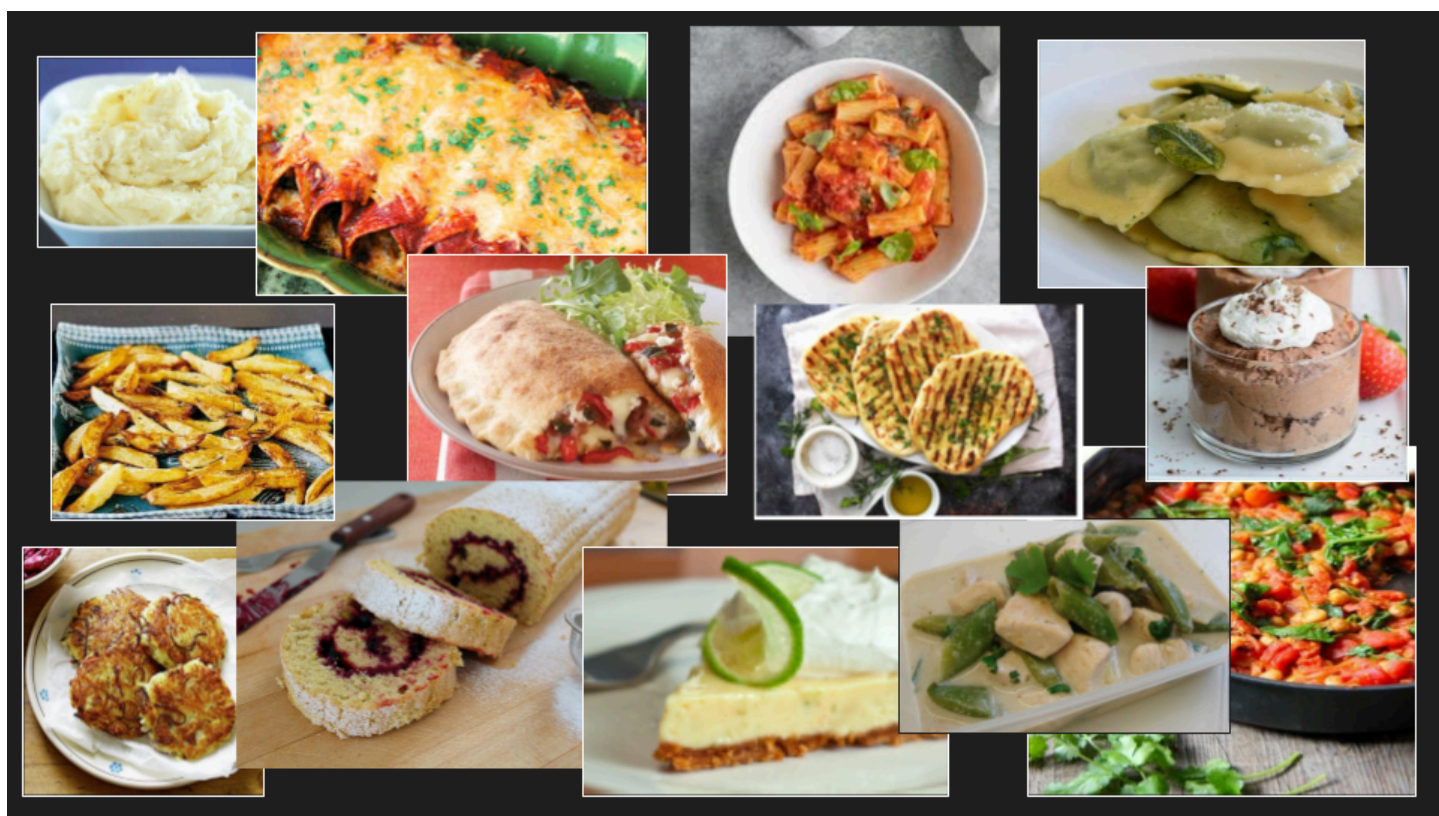


Year 9 Recipe Book



Please adapt recipes to suit tastes and/or allergies and intolerances

Calzone

Skills: chopping, grating, kneading, frying, seasoning, folding, crimping, baking

250g bread flour, 1/4tp salt, 1 tsp sugar,
7g yeast
120ml warm water
50 g hard cheese grated
1 tsp dried mixed herbs
1/2 tin chopped tomatoes
1/2 onion, finely chopped
3 mushrooms
3 tsp tomato puree

Optional fillings:

Fresh basil, sweetcorn, peppers,
cooked meats



Method

1. Preheat oven to 180c.
2. Put the bread flour, salt, yeast and sugar in a bowl and add warm water - slowly!
3. Mix into a dough using a palette knife
4. Scrape all the dough onto the work surface
5. Knead the dough for 5 minutes until it feels smooth.
6. Roll the dough into 2 balls and then flatten out into 10 cm circles and place on a greased tray.
7. Fry the chopped onion in oil until soft. Add the mushrooms (with any other hard vegetables) and fry for a further 2 minutes.
8. Add the puree, tinned tomatoes and herbs and seasoning. Mix thoroughly.
9. Place a spoonful of mixture in the centre of each circle of dough.
10. Top with grated cheese.
11. Fold over to make a semi circle and crimp the edges firmly together.
12. Scatter the remaining cheese on top and bake on a greased and lined tray for 15 minutes.

Chicken Arrabiata and pasta

Ingredients

1 onion
1 clove garlic
1 chicken breast or tofu
1 tsp oil
1 tin tomatoes
1 tbsp tomato puree
1 chilli
mixed herbs, paprika or chilli flakes for more heat!
200g pasta
1 stock cube



Method

1. Finely dice the onion and chilli. Peel and crush the garlic.
2. Half fill a saucepan with water and put on to boil.
3. Slice the chicken into even sized strips.
4. Add the oil to a deep frying pan and cook the onions, chilli and garlic for 2 minutes until softened.
5. Add the chicken and cook until it is sealed, white.
6. Add the tomatoes, herbs and seasoning.
7. Turn the heat down to low and leave to cook.
8. Once the water in the other saucepan is boiling add the stock cube and pasta.
9. Stir every few minutes to stop it sticking.
10. Pasta will take 7-9 minutes depending on the type of pasta you have.
11. Drain the pasta in a colander over the sink. Add it to the chicken and tomato sauce. Stir.

Beef, tomato and chilli enchiladas

Skills: chopping, slicing, grating, wrapping, baking, dextrinisation, reducing, browning

400g	tin of tomatoes
1	red chilli, split, deseeded and chopped
30ml	olive oil
1	large onion, peeled and finely chopped
2	garlic cloves, peeled and crushed
5ml	ground cumin
300g	minced beef
30ml	fresh oregano or 5ml dried
5 ml	caster sugar
8	flour tortillas
200g	mature cheddar, grated

Salt and freshly ground black pepper

Ceramic oven proof dish or foil tray



Method

1. In a medium pan, heat the olive oil, add the onion and allow to soften.
2. Stir in the garlic, chilli and minced beef and fry the meat till brown.
3. Add the cumin and oregano and stir, add the tinned tomatoes and their juice, salt and pepper and the sugar. Cook gently for twenty minutes to make a thick sauce.
4. Spread a tablespoon of the sauce and a sprinkling of grated cheese on each tortilla. Tightly roll and place seam side down in an oiled oven proof dish.
5. Spoon over the remaining sauce and grated cheese.
6. Bake in the oven for 25-30 minutes.
7. Serve with sliced avocado and shredded lettuce drizzled in olive oil with soured cream

For serving (DO NOT BRING)

Iceberg lettuce, 2 ripe avocados, sour cream, olive oil

Oven baked chips

Skills: peeling, chopping, blanching, drizzling, seasoning, baking

2 large potatoes (maris piper)

Salt and pepper

Vegetable oil



Method

1. Preheat the oven to its hottest setting
2. Peel the potatoes.
3. Cut each potato into 1cm-wide slices, then into 1cm-thick sticks.
4. Blanch in a large pan of boiling water for 3 mins, then drain well.
5. Shake the potatoes out onto a roasting pan, drizzle with oil, ensuring each chip is evenly coated, then season well.
6. Bake for about 15-20 mins, turning the potatoes at least twice, until golden brown and crisp.

Dry heat method, conduction and convection heat transfer

Mashed potato

Skills: peeling, chopping, boiling, simmering, seasoning, mashing



2 large potatoes (maris piper)

15g butter

Dash of milk



Method

1. Peel and chop the potatoes into chunks, equal sized pieces.
2. Place in a pan of boiling salted water for 15-20 minutes or until tender.
3. Drain the water away with a colander in the sink. Leave the potatoes to steam in the colander for 2 minutes.
4. Tip back into the pan and mash well.
5. When the potatoes are almost smooth, add the butter and a dash of milk.
6. Mash well and season with pepper.

Moisture method of cooking, conduction and convection heat transfer

Potato rostis

Skills: grating, slicing, combining, shaping, frying, seasoning



- 2 large potatoes
- ½ a red onion
- 1 clove of garlic
- 3 tablespoons vegetable oil
- Salt and pepper



Method

1. Coarsely grate the potatoes, then squeeze out the excess liquid.
2. Peel and finely slice the onion, peel and crush the garlic
3. Combine the potatoes, onion and garlic in a large bowl, season.
4. Use your hands to shape into 4 patties.
5. Heat the oil in a pan and fry the rostis over a medium-low heat for about 10 minutes on each side, turning carefully and adding more oil, if needed.

Oil based cooking method, conduction method of heat transfer

Spinach, potato and chickpea curry

Skills: chopping, peeling, combining, seasoning, simmering, reducing

1 onion
1 clove garlic
1 x 5ml spoon oil
2 x 15ml spoons curry paste
200ml water
1 large potato
400g can chopped tomatoes
400g chickpeas, canned (**drained**)
3 handfuls of fresh spinach



Method

Prepare the onion, garlic and potatoes:

- slice the onion;
- peel and crush the garlic;
- peel and cube the potatoes, even sized small cubes

2. Fry the onion and garlic for 2 minutes in the oil.

3 Stir in the curry paste, potatoes and water.

4. Add the tomatoes and drained chickpeas, then allow to simmer for 20 minutes, until the potato is tender.

5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

Top tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Batch cook – freeze portions for a rainy (busy) day

Thai Green Chicken Curry

Skills: preparing vegetables, preparing raw chicken, frying, squeezing, simmering, reducing, tearing, cooking poultry

1 x 10ml spoon oil
3 spring onions
1 clove of garlic
80g sugar snap peas
1 small chicken breast
2 x 15ml Thai green curry paste
200ml coconut milk (reduced fat)
1/2 lime
Small bunch of coriander



Method

1. Prepare the vegetables:
 - slice and wash the spring onions
 - Wash and cut sugar snap peas in half
 - crush the garlic.
2. Cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. When the chicken has turned '**white**', stir in the green curry paste, followed by the sugar snap peas.
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. Place in container and leave the lid off to cool.

Top tips

- For a vegetarian curry, replace the chicken with quorn pieces, chickpeas and/or mushrooms?
- Try different vegetables, try frozen peas, runner beans or green peppers.

chicken and spinach curry

Ingredients:

Coconut oil
3 chicken breasts, cubed
1/2 tin chopped tomatoes
1 tin chickpeas
1 tin full fat coconut milk
3 heaped tsps hot curry powder
Salt and pepper
1 onion, finely diced
2 red romano peppers
1 large clove garlic
1 bag ready washed spinach



Method:

1. Prepare vegetables
2. Cube chicken breasts into even sized pieces.
3. Fry onion, garlic, red pepper and chicken in oil with curry powder
4. When sealed add tinned tomatoes, coconut milk and chickpeas
5. Season with salt and pepper
6. Stir, cover and Cook for 30 minutes.
7. When cooked add spinach and mix in so wilts before serving.

Serve with brown basmati and poppadoms or naan bread

Flatbread

250g plain flour
250g plain yoghurt. (vegan works too)
2 teaspoons baking powder
1 teaspoon salt

optional extras

black onion seeds/ nigella seeds
butter and rock salt to top and/or chopped
herbs

Makes 8 flat breads



1. Mix together all of the ingredients in a bowl until they come together (minus the butter, rock salt and herbs)
2. Knead for a minute or two until you have a basic smooth dough, Add more flour as appropriate (if it's too wet to handle).
3. Divide into 8 balls and flatten with a rolling pin into rough circles. Use flour to help it come free from the rolling pin & work surface.
4. Heat a griddle pan on a high heat, and place the flatbreads one at a time into the pan to cook. When one side is charred and it has puffed up, flip it over and do the same on the other side. If you do not have a griddle pan, a normal frying pan will work just fine, you just might not get the charred griddle marks.
5. When they come out of the pan, cover with butter and rock salt, or chopped herbs like parsley or coriander and eat straight away!

Ravioli

Skills: kneading, cracking, rolling, cutting, shaping, sealing, filling, boiling

200g 00 pasta flour **OR** plain flour
2 eggs

Filling

1 tub Flavoured Cream cheese

Optional: any cooked meats, pepper, fresh basil, garlic



Method

- Place the flour on the table.
- Make a well in the centre and crack the eggs into it. Beat the eggs with a fork until smooth.
- Using the tips of your fingers, mix the eggs with the flour, incorporating a little at a time, until everything is combined.
- Knead the pieces of dough together – with a bit of work they'll all bind together to give you one big, smooth lump of dough!
Once you've made your dough you need to **knead and work it** with your hands to **develop the gluten in the flour**, otherwise your pasta will be flabby and soft when you cook it, instead of springy and al dente.
- You stop kneading when your pasta starts to feel smooth and silky instead of rough and floury.

Half the dough and roll out each piece thinly.

- Place teaspoons of your chosen filling along one strip of pasta.
- Egg wash around each of the filling mounds.
- Place the 2nd strip of pasta over the top and gently press around each mound to seal the edges.
- Use a cutter to cut out your ravioli shapes - leave an edge of dough around each mound of filling to stop them being overfilled.
- Flour each parcel lightly and put in your container. **Seal it.**
- **When home drop each parcel in boiling, salted water for about 4-8 minutes or until they bob to the surface. This will depend on the size of parcels you have made. Drizzle with olive oil to serve.**

Chocolate mousse

Ingredients

100g milk or dark cooking chocolate

2 eggs, separated

150ml double cream

1 tbsp orange juice and zest if wanted



Method

1. Melt the chocolate in a bain marie.
2. Separate the eggs - do 1 at a time to make sure no yolk is in the white. Egg whites must be in a metal or glass bowl, not plastic.
3. When the chocolate is melted, stir in the egg yolks. Add the orange juice and zest if using now.
4. Allow this to cool slightly.
5. Beat the egg whites until you have soft peaks in a metal bowl with clean whisks.
6. Whip the cream until you have soft peaks
7. Fold the chocolate mixture into the cream with a spatula.
8. Lightly fold in the egg whites being careful not to knock out the air.
9. Place in 2 bowls or a larger bowl. Decorate as wanted.
10. Chill to set.

Key lime pie

Skills: crumbing, melting, separating, juicing, zesting, beating, baking, whisking, decorating, meringue

Biscuit base

50g butter
120g digestive biscuits

Topping

2 eggs
1 tin (397- 405g) condensed milk
2 limes
50g caster sugar

Flan dish or 4 ramekin dishes



Method

1. Preheat the oven to 180c
2. Crush the biscuits in a sealed bag until crushed to a fine crumb.
3. Zest the limes and juice them.
4. Melt the butter gently in a saucepan.
5. Remove from the heat and stir in the biscuit crumbs.
6. Press firmly into the flan or ramekin dishes.
7. Seperate the eggs.
8. Beat the egg yolks into the condensed milk. Stir in the lime juice and zest, keep a little zest for decoration.
9. Pour the mixture onto the biscuit base.
10. Bake this for 15-20 minutes until set.
11. Whisk the egg whites until stiff and dry.
12. Gradually whisk in the sugar until the meringue is thick and glossy.
13. Spoon the meringue onto the cream base and return to the oven for 5-8 minutes until golden brown. Add zest for decoration.

Swiss roll

Skills: lining, whisking, folding, sieving, baking, rolling, filling, spreading

75g caster sugar
3 eggs
75g self raising flour
Drop of vanilla essence

(50g SR flour, 25g cocoa powder for chocolate swiss roll)

Filling

100g jam, lemon curd or chocolate spread.

Caster sugar to sprinkle on top



Method

1. Preheat oven to 190c
2. Grease and line a swiss roll tin tin (cut into corners to allow the to fold in neatly)
3. Whisk the eggs, sugar and vanilla essence until they are thick enough to leave a trail.
4. Fold in the sieved flour carefully with a metal spoon - do not knock the air out by mixing!
5. Pour into the tin and bake for 6-7 minutes until light and springy to the touch
6. Place a piece of greaseproof paper on the work surface and sprinkle with sugar.
7. Tip out your swiss roll onto the paper. Remove the backing paper.
8. Trim edges if needed
9. Spread jam over using a hot palette knife
10. Carefully roll it up using the paper and hold in place for a minute.

Chocolate Puff Pastry Christmas Tree

[Chocolate Puff Pastry Christmas Tree | Pull Apart Bread Recipe | Jus-Rol](#)



Ingredients

- 2 x 320g Jus-Rol™ Chilled Ready Rolled Puff Pastry Sheets
- 4 tablespoons chocolate spread
- 1 egg, beaten
- Icing sugar, for dusting



Method

1. Preheat the oven to 200°C (180°C for fan assisted ovens), Gas Mark 6. Line a baking sheet with baking paper.
2. Unroll one of the puff pastry sheets and place on the baking sheet. Spread the chocolate spread over the puff pastry sheet. Unroll the second puff pastry sheet and place on top of the first one.
3. Use a star-shaped cookie cutter to cut out a star from one corner of the layered pastry and set aside. Cut the remaining layered pastry into the shape of a Christmas tree (triangle) with a wide base and trunk. Pull away the excess pastry.
4. Lightly score 2 lines down the middle of the triangle to form a tree trunk approximately 3cm wide. Using the trunk as a guide, cut branches into the sides of the triangle, approximately 2cm wide. Leave the top 5cm as this will be covered with the pastry star.
5. Starting at the top, twist each branch away from you, giving two turns to each branch.
6. Place the pastry star on top of the tree, securing with a little beaten egg. Brush the star and tree with beaten egg.
7. Bake for 12-15 minutes, or until risen and golden brown. Cool for a few minutes before carefully transferring to a wire rack to cool. Transfer to a serving plate or board and dust with icing sugar to serve.

SPECIAL DIETS RECIPES

Vegan Pasta dough



Ingredients

- 130g Flour (00)
- 70 ml water
- 1 tbsp olive oil
- Extra flour for dusting and kneading
- Salt for the cooking water



Method

1. Place flour into mixing bowl
2. Add oil to the flour
3. Add luke warm water to the mix and blend together
4. Once the mix has started to take form sprinkle some flour over the work surface and knead the dough until the mix has blended completely
5. Either roll the dough out to the desired thickness and hand cut your pasta or use a pasta roller machine.

Gluten-free pasta dough

Ingredients

- 50 g gluten-free rice flour , plus extra for dusting
- 17 g potato starch
- 1 teaspoon corn flour
- 1 tablespoons xanthan gum
- Pinch of sea salt
- 1 egg
- 1 teaspoon olive oil



Method

1. Place the ingredients in a food processor and blitz to a rough dough.
2. Tip out onto a flour-dusted surface and knead for 3 to 5 minutes, or until smooth.
3. Cut the dough into four pieces, then carefully press a portion out at with your fingertips and start to roll it out using a pasta machine.

To cook, place in a pan of boiling salted water for around 3 minutes, or until al dente, then serve how you like it.

Egg free chocolate mousse

Ingredients

- 500 ml whipping cream
- 250 g dark chocolate roughly chopped
- 1 teaspoon vanilla extract



Method

1. Heat half of the cream (250mls) in a small saucepan over medium-high heat until bubbles begin to form around the edges.
2. Place the chopped chocolate into a heatproof bowl. When the cream is heated, pour it over the chocolate and add the vanilla. Leave to melt for a minute, then stir with a whisk until all of the chocolate is melted and the mixture is smooth and well combined.
3. Whisk in the remaining 250ml of cream. Adding this cold cream helps to cool the mixture down faster.
4. Taste the mixture, and if the chocolate is a little too bitter you can add some caster or icing (confectioner's) sugar until it's as sweet as you want it.
5. Cover and chill the mousse mixture until it is very cold. This can either be done in the fridge or freezer.

Fridge - refrigerate for several hours or overnight.

Freezer - place in the freezer for 1 hour, stirring every 10-15 minutes to make sure it doesn't freeze around the edges.

1. Whip the chocolate cream with an electric hand mixer just until stiff peaks form. It won't take very long, **be careful not to over whip it**.
2. Pipe or spoon the mousse into glasses or small bowls. You can serve it immediately for a softer, smoother mousse, or chill for an hour or two for a fluffier mousse.
3. Store, covered, in the fridge for several days.