



Year 8
Recipe Booklet
2017

Fresh Farmhouse Bread Rolls

Keywords: biological raising agent, yeast, gluten, knead, bake, finishing technique (shaping, egg wash glaze.)

Ingredients	Function
7g yeast	
180ml warm water	
250g strong white flour	
½ tsp salt	
25g extra flour for kneading	

Equipment

Large mixing bowl

Weigh scales

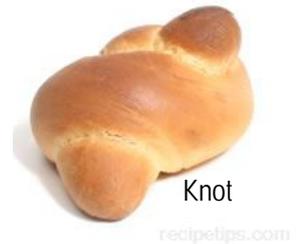
Wooden spoon or palette knife

Measuring jug

Baking tray

Method

1. In a large mixing bowl, mix the flour and salt together and rub in the butter. Stir in the yeast.
2. Make a well in the centre of the flour mixture and using a wooden spoon or a palette knife, gradually add the warm water to form a soft dough.
3. Turn dough onto a lightly floured work surface and knead until the dough is smooth and elastic, about 10-15 minutes.
4. Heat the oven to 220C/ Gas 7. Lightly grease a baking tray.
5. Turn the dough on to the work surface again and knead for 5-10 minutes. Shape the dough into bread rolls. Cover with a clean tea towel and sit in a warm place to allow it to rise, about 15 minutes.
6. Bake in the oven until golden and risen, about 30 minutes. The base of the loaf should sound hollow when you tap it. Turn on to a wire rack to cool.



Practical 4: Vegetable Supreme Pizza

One of the nicest ways of eating bread is as a pizza – freshly baked bread dough with delicious toppings on top. The challenge of this task is that you will have to combine the skills that you learned in the classic ragù and bread lessons. You will have to weigh liquids and solids, boil, simmer, stir, knead, chop, dice, grate and shape dough to make a delicious and attractive looking pizza... all in one lesson!



Ingredients

250g strong white flour + 25g for kneading

1 sachet of dried yeast

1 teaspoon salt

180ml warm water

½ tablespoon extra virgin olive oil

Either- 5 tablespoons jar pizza topping **or** homemade pizza topping **or** 3-4 tablespoons tomato puree **or** 4-5 tablespoons passata

Toppings of your choice e.g. tuna, red pepper, ham, pineapple, pepperoni. If using meat then it must be precooked (like the meat you would have in your sandwiches)

75-100g cheese – grated cheddar/ mozzarella/ goats cheese or a mixture of cheeses

For stuffed crust you will need 150g cheese in total

Method

1. Combine flour, yeast and salt in large bowl.
2. Stir in warm water and olive oil. Add more water if necessary.
3. Tip the dough onto lightly floured surface and knead for 5 minutes.
4. Put dough into oiled bowl and cover with cling film. Leave to stand for 1 hour in a warm place.
5. Preheat oven to 240°C/ Gas Mark 9.
6. Knock the air out of the dough, knead a little. Press into shape on baking tray.
7. Cover with tomato sauce mixture and toppings. Put in oven for 20 minutes.

Vegetable curry

Learning Objective

In this activity, you will:

- make a sauce using the **reduction method**;
- demonstrate safe use of a knife and other small tools and equipment;
- prepare a range of fresh ingredients, e.g. peeling, slicing
- apply a **finishing technique** (garnish).

Keywords: sweat, fry, boil, simmer, reduce, drain, colander, garnish.

Ingredients

1 onion
125g mushrooms
250g baby potatoes or 1 large potato
1 x 15ml spoon oil
2 x 15ml spoons curry paste any type
150ml water
1 stock cube (optional)
1 can coconut milk OR chopped tomatoes (400g)
½ aubergine OR can chickpeas (410g), drained OR
1 courgette OR 1 pepper
(Optional) 3 handfuls of fresh spinach

Equipment

Knife, chopping board, garlic press, measuring spoons, saucepan, wooden spoon, saucepan.

Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cut the potato into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potato and water.
4. Drain the chickpeas and add to the pan.
5. Add the tomatoes, then simmer for 20 minutes, until the potato is tender.
6. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

Top tips

- Use dried herbs if you do not have fresh.
- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 3, for a simple veggie sauce.
- Add and brown 200g chicken after stage 3 for a simple meat sauce.
- Add chicken or chickpeas and serve over rice.
- **Skills**



Using the hob	Onion preparation (Bridge hold / Claw grip)	Simmering (heat control)
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Macaroni cheese

Ingredients

100g Macaroni
100g Cheddar cheese
1 tomato
30g soft margarine
30g plain flour
250ml semi-skimmed milk
Black pepper



Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish or foil tray.

Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce.
 - ◆ Place the butter or margarine, flour and milk into a small saucepan.
 - ◆ Bring the sauce to a simmer, whisking it all the time until it has thickened.
 - ◆ Reduce the heat and allow to simmer for 2 minutes.
 - ◆ Stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- ◆ Try different varieties of pasta shapes, such as rigatoni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.
- ◆ During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.

Tomato and basil tart

Ingredients

120g plain flour
60g butter or margarine
2-3x15ml spoons cold water
2 tomatoes
Handful of basil leaves
2 eggs
125ml semi-skimmed milk
50g cheese, e.g. Mozzarella, Gruyere or Cheddar
Black pepper



Equipment

Weighing scales, sieve, mixing bowl, sandwich tin or 18cm flan ring and baking tray, palette knife, measuring spoons, measuring jug, rolling pin, flour dredger, small bowl, chopping board, knife, fork, grater.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Make up the shortcrust pastry.
 - ◆ Sift the flour into the bowl.
 - ◆ Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - ◆ Add the cold water and start to mix together.
 - ◆ Mix to form a firm, smooth dough.
 - ◆ **Wrap up in cling film label and place in the fridge.**
3. Roll out the pastry, on a lightly floured surface.
4. Line the flan ring or sandwich tin.
5. Trim the edges of the pastry using the palette knife.
6. Prick the bottom of the pastry with a fork.
7. Slice the tomatoes.
8. Grate the cheese.
9. Whisk the eggs and milk together. Tear in the basil into the mixture, then add a few twists of black pepper.
10. Pour the egg mixture into the pastry shell.
11. Arrange the tomato slices and cheese over the top.
12. Bake for 30 minutes, until golden and firm.



Cheese and veg frittatas

Ingredients

1/2 onion red or white
100g cheese, e.g. Cheddar, Cheshire or feta
2 slices of ham
1 courgette, halved with the ends cut off
1 garlic clove
4 tablespoons of frozen peas, defrosted
Fresh coriander or chives
4 eggs
Black pepper

Equipment

Chopping board, vegetable knife, grater, plate, bowl, silicone, non stick or glass heatproof dish, spoon.

Method

1. Sweat the onions and garlic in a little oil until softened, then add the courgette and peas and cook gently for 3-4 minutes.
2. Add the herbs and seasoning and pull the pan off the heat and allow to cool slightly.
3. Break the eggs into a bowl and beat well, add the warm ingredients from the pan, and fold together.
4. Return the pan to the heat and tip in the contents of the bowl. Stir with a spatula for a couple of minutes until the frittata begins to set. Cook on the lowest heat until just firm.
5. Turn out, scatter with cheddar and serve with a tomato and mixed leaf salad.