



NEWARK
ACADEMY

Student	
Group	
Teacher	
Target Grade	

Yr 9 RECIPE




BOOK

Term 1

How to "Max Up" your skills!

	Basic level skills	Medium level skills	High level skills
	<ul style="list-style-type: none"> Assembling with shop bought ingredients (e.g. bought meringues, bread, sauces) Basic desserts Salads Sandwiches Baked potato Blended soups Simple starters 	<ul style="list-style-type: none"> Bought puff or filo pastry Simple sauces (<i>bolognaise, chilli</i>) Simple whisked desserts Vegetable & fruit dishes requiring even sizes for appearance All in one sauces & batters (<i>cheese sauce, custard, pancakes</i>) Simple cakes Simple meat & fish cookery Basic yeast dough Milk puddings 	<ul style="list-style-type: none"> Skilled Pastry (<i>Short crust, pate Sucre, choux, puff</i>) Roux based sauces (<i>béchamel, velouté</i>) Meringues and pavlovas Complex meat and fish cookery (<i>meat or fish is stuffed or a sauce is used</i>) Complex decorated cakes Rich yeast dough Pasta & tortilla making
Typical dishes	<ul style="list-style-type: none"> Simple fruit crumble Jacket potato with cheese / beans Pasta dishes using bought pasta & readymade sauces Sweet & sour using readymade sauces Prawn cocktail, salads Fruit platters Flapjacks Pizza (<i>shop bought base</i>) Shop bought tacos filled with cheese / meat 	<ul style="list-style-type: none"> Pies & pastry dishes using shop bought pastry Samosas, spring rolls, risotto Shepherds / cottage pie Pancakes Stir fry, fruit salad & soups Blancmange, custard, rice pudding Lasagne & cannelloni (<i>using bought pasta</i>) Mousse, cheesecake Steak or chicken (<i>no stuffing or sauces</i>) Fajitas (<i>shop bought tortilla wraps</i>) Fish dishes with a simple sauce Scones, muffins, fairy cakes Any type of pizza or bread Pineapple upside down cake 	<ul style="list-style-type: none"> Apple / Lemon meringue pie, Bakewell / French apple tart, Millefeuille Éclairs / profiteroles Eton mess Quiche, meat or fish pie Lasagne, tagilatelle, spaghetti Chicken Kiev / other stuffing's Soufflé Chelsea buns, iced buns Gateaux, roulade, Swiss roll Sweet & sour (meat or fish) Fajitas / Enchiladas Panna cotta

This recipe book will be used during your practical lessons as part of your GCSE course. The recipes use the following symbols to show how difficult they are in terms of skill levels.

	Basic
	Medium
	High

Top Tips

Before you get started some tips to help you!

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

The foil 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. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

UNIFORM

Remember you need your Chef Whites (washed and ironed), Skull cap and a clean tea towel for every practical lesson.

INGREDIENTS

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 P1 on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the storage areas.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, handling raw meat, use of the oven, use of grill, use of hob, mixing, combining, boiling, piping, mashing, simmering.



Ingredients

- 500g minced beef/lamb
- 2 onions
- 2 carrots
- 2 stock cubes*
- 750g potatoes
- 25g butter or margarine
- 100mls milk
- 50g grated cheese for top (optional)

- Large oven proof dish to bake in and take home

Cottage Pie/Shepherds Pie– Method

1. Peel and chop potatoes evenly. Just cover with fresh cold water.
2. Bring potatoes to boil and then simmer for 20 minutes (time them from when they come up to boil).
3. Prepare meat sauce: place chopped onions, grated carrots and meat in a saucepan and stir over a medium heat until meat is brown.
4. Make stock – use 125ml of boiling water with the stock cube.
5. Add stock to meat mixture and simmer for 15-20 minutes.
6. When potatoes are cooked, drain through a colander and mash them finely, adding butter and milk to soften and give a creamy consistency. Add pepper if wanted.
7. Place meat sauce into an ovenproof dish. Place mashed potatoes evenly over the meat or pipe. Smooth and then fork mixture round, following the shape of the dish.
8. Cover with grated cheese. Place in oven Gas mark 5/180oC for approximately 30 minutes.
9. To reheat, place in a pre heated oven for 20mins, make sure it is served piping hot.

Outcome: Successfully and safely produce a meat based dish topped with piped potatoes and gratinated cheese.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, preparation and cutting of vegetables, use of the oven, use of hob, mixing, combining, boiling, creating a dough, rolling out, creating a roux based sauce, grating, gratinating, simmering.

Ingredients

- 2 onions
- 2 courgettes
- 1 red/yellow pepper or and 1 aubergine
- 1 vegetable stock cube*
- 1 tin chopped tomatoes
- 1-2 tbsp tomato puree*
- ½ teaspoon mixed herbs*

Cheese sauce:

- 50g margarine
- 50g flour
- 500 mls milk
- 100-150g cheese to grate

Single lesson

Fresh Egg Pasta Sheets:

- 50g Semolina*
- 50g 00 Flour or Strong Plain Flour
- 1 Large Egg
- Pinch of Salt*

Large oven proof dish to bake in and take home

Roasted Vegetable Lasagne– Method



1. Chop, dice or slice all vegetables into even sized pieces.
2. Place all vegetables in a large pan with the tin of tomatoes, stock cube, 125mls water, herbs and tomato puree .
3. Bring to boil and then simmer gently for approx 20-30 mins. Check seasoning.
4. Make cheese sauce, melt margarine add flour add milk a little at a time! Bring to boil stirring all the time. Remove from heat, add cheese, stir in.
5. Assemble lasagne – put a spoonful of cheese sauce on base, then layer of lasagne sheets, spoonful of vegetable sauce etc. Finish with lasagne sheets and pour cheese sauce all over the top.
6. Grate cheese and sprinkle on top.
7. Bake for approximately 30 minutes Gas mark 5/180oC. Check core temperature with probe.

Pasta Making (Single Lesson) Method

1. Mix together the semolina and the strong plain flour.
2. Place into the food processor, the flour, salt and egg until it form crumbs.
3. Now time to knead; The easiest way is to squash it with both hands and then stretch the dough away from you with one of them while holding it with the other, pushing with the base of my hand near your wrist.
4. Flour a rolling pin and chopping board. Now either a) roll out to the required thickness and cut into strips with a knife (or if you're using a machine) roll out with to about 1/2 a cm thick
5. If you're using a machine you can now pass it through on the widest setting; do this a couple of times, before reducing the width by one setting and passing through. Repeat the passing / reducing width process until the desired thickness of pasta is reached. Once done cut your pasta with a knife or cutting device on your machine into the desired shapes.

Your pasta is ready. You can now either hang it to dry or cook it right away in salted boiling water – it'll only take a couple of minutes, unlike dried pasta, so keep an eye on it. Over cook it and it will look and taste awful!

Outcome: Successfully and safely produce a meat based pasta dish with a ragu sauce and béchamel topping

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, cooking using meat alternatives or handling raw meat, use of hob, mixing, combining, boiling, simmering, cooking a farinaceous product.



Ingredients

- 500g Quorn mince/Beef mince if preferred
- 1 onion
- 2 tblsp tomato puree
- 1 tin chopped tomatoes
- 1 Beef stock cube*
- 1 tin red kidney beans – drained and rinsed
- 1 tsp chilli powder
- 1 diced green or red pepper if wanted
- 100g Wholegrain Rice/White Rice

**2 x Plastic containers
to take home in
(1 x rice, 1 x Chilli Con
Carne)**

Quorn Based Chilli Con Carne with Rice– Method

1. Chop onion finely.
2. Drain beans. Dice pepper. Open tin of tomatoes.
3. Make 125mls stock with stock cube & hot water.
4. Place Quorn/meat & onion into saucepan and stir over a medium heat for 4-5 minutes until meat is sealed in.
5. Add **all** other ingredients. Bring to boil, reduce heat then simmer gently for 20 minutes.
6. Whilst simmering rinse rice through a sieve and cold water.
7. Add rice to a saucepan and add 230ml of cold water. Stir once and bring to the boil – **DO NOT STIR AGAIN!** Once Boiled, allow to simmer for 20 mins until liquid has reduced down. Take off heat and fluff up rice grains.
8. Add more stock to chilli mixture if necessary. Check seasoning.
9. Serve Chilli with cooked rice.

****Please note the rice is just to use as an accompaniment with the chilli when plating up, there will **not** be enough to accompany the whole Chilli*****

Outcome: Successfully and safely produce an alternative meat based dish served with boiled rice.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, rubbing in technique, combining ingredients, dividing the mixture and use of oven, boiling, simmering, creating an egg based custard, whisking.

Crumble Ingredients:

- 150g Plain Flour
- 75g Block Margarine
- 75g Sugar (any type-brown creates a caramelised topping)
- 50g Sugar if needed to add to fruit
- 25g Rolled Oats*
- Any type of fruit can be used e.g. apple/rhubarb/plum etc.
Alternatively you can bring canned fruit pie filling, frozen fruits or tinned fruit as long as there is enough juice to cook the fruit in.

Custard Ingredients:

- 600ml/1 pint full-fat milk
- 1 tsp vanilla extract*
- 3 free-range eggs, yolks only
- 25g caster sugar
- 2 tsp cornflour

Fruit Crumble Method:

1. Pre heat oven to 180oC, gas mark 6.
2. Tie long hair back, wash hands and put on an apron.
3. Prepare the fruits, if using apples ensure they are submerged into salted water to prevent the oxidisation process.
4. Cook fruits down with sugar if needed and any spices you wish to add.
5. Sieve the flour into mixing bowl.
6. Add the margarine cut into small pieces.
7. Rub the fat into the flour with your finger tips until it looks like breadcrumbs.
8. Stir in sugar and oats.
9. Spoon the fruit into your dish. Sprinkle crumble mixture on top.
10. Bake in oven for 15-20 until golden brown.
11. Remove from oven using oven gloves.
12. When finished, wash up your equipment and clean your work areas.

Homemade Custard Method:

1. Heat the milk and the vanilla pod and seeds in a pan over a medium heat, stirring frequently, until just coming up to boiling. Set aside for 15 minutes to infuse and cool slightly.
2. Mix together the egg yolks, sugar and cornflour in a heatproof bowl stirring to get a smooth paste.
3. Slowly pour the hot milk into the paste, stirring constantly until completely combined.
4. Strain the mixture into a clean saucepan and, stirring constantly, cook gently over a low heat until the custard thickens. This happens at around 75C/165F, if you have a cooking thermometer. If you don't, coat the back of the spoon with custard and draw a line through with your finger. If the line holds, the custard is ready.

Outcome: Successfully and safely make a seasonal fruit crumble with accompaniments.