

# KS3 RECIPES



# Year 7 Recipes





# Fruit Crumble - Method



Preheat oven to **180 degrees** / gas mark 5.

In a **LARGE BOWL** use the scales to weigh 100g flour. Take bowl off the scales.

**In a SMALL BOWL** weigh 50g of sugar. Take off the scales.

Into the **LARGE BOWL** Add the pre cut butter. Use the **rubbing-in method** to get a 'breadcrumb' consistency.

Optional- Add 1 handful oats.

Add the sugar. Mix together with the large spoon Leave bowl of crumbs to one side.

Wash, peel and core **2 apples** using bridge and claw methods.

On a chopping board, cut the apples into slices and arrange in the oven proof dish.

Optional - Add 1 handful of berries or other fruits.

Sprinkle 1 tablespoon of sugar on top. Only if using cooking apples

Spoon the crumble mixture on top of the fruit.

Bake in the oven for 30-35 minutes.

- Scales
- Large mixing bowl
- Small bowl
- Tablespoon
- Chopping board
- Scraps plate
- Vegetable knife
- Vegetable
- Oven proof



# Tear 'n' Share Bread – Method:

## Equipment:

Bowl

Palette knife

Scales

Measuring jug

Knife and chopping board- to just onion, garlic etc

Baking tray with parchment paper

1. **Preheat** the oven to 180°C gas mark 5.
2. **Weigh** 250g strong flour. **Take off scales**
3. Rub 25g butter / margarine into the flour.
4. Stir in 1/2 level teaspoon of salt.
5. Stir in 1 sachet of yeast.
6. Prepare then add any extra ingredients and flavourings- cheese, onion, olives etc...
7. **Measure** 150 mls **hand hot water** from the tap into a liquid measuring jug.
8. Gradually add water and make a dough, using a palette knife to mix.
9. **Lift the soft dough onto a floured surface and knead for 5 minutes.**
10. Shape the dough and decorate
11. Leave to **prove** until at least double in size. (At least 10 minutes.)
12. Wash up and **leave all equipment on the work top for the teacher to check.**
13. Bake in the oven for 30-35 minutes.





## Equipment:

Large Mixing Bowl

Wooden spoon

Table spoon

Measuring jug

Fork

Small bowl

# Muffins - Method



1. Preheat the oven 180°C gas mark 5.
2. In a small bowl weigh 100g of flour
3. In a large bowl weigh 100g of caster sugar then with a wooden spoon add the margarine. Cream together until the mixture looks smooth.
4. In a measuring jug whisk two medium eggs with a fork.
5. In your large bowl add a table spoon of flour and mix well, then add a small amount of egg and mix. Continue this until all ingredients are in the large bowl.
6. Added ingredients such as chocolate chips, toffee chunks. This should be no more than **60g**.
7. Using 1 metal spoon and 1 wooden spoon place a scoop of muffin mixture into each muffin case, filling each to just over half way. Wipe any spilt mixture off the tray. This should make 6 muffins.
8. Bake in the oven for 20 minutes, or until golden on top.
9. Wash up and place equipment on clean worktop for teacher to check.





## Equipment list:

Large saucepan,  
knife, scraps plate,  
small metal bowl,  
chopping board,  
wooden spatula,  
tablespoon, colander

# Pasta Salad



## Ingredients:



2/3 Vegetables  
1½ tablespoons of dressing  
200g of pasta shapes  
(small bowl)  
vegetable or chicken stock



## Method:

1. Tie hair, take blazers off, wash hands and put apron on.
2. Fill a large saucepan with water  $\frac{3}{4}$  of the way, on high heat allow the water to boil. Add your stock cube.
3. In the meantime, prepare all your salad vegetables. Cut evenly and put into your container.
4. Once the water has reached boiling point add a small bowl of pasta.
5. While your pasta is cooking wash, dry and put away equipment you have used.
6. Drain your pasta using a colander. Add pasta to your container
7. Add a tablespoon of your chosen dressing.



# Year 8 Recipes



# Pizza - Method

1. Students with long hair should tie hair up/blazers are to be taken off.
2. Wash hands, put apron on. Go to bays and take out ingredients and equipment listed.
3. Using weighing scales, Weigh 250g flour into a large mixing bowl and add the (Whole sachet) Yeast. **Take bowls off scales.**
4. Take butter block (25g) and rub into flour using rubbing in method.
5. **Measure** 150ml of warm water into a liquid measuring jug.
6. Create a well in the flour and add the liquid gradually and mix with a palette knife,
7. **Sprinkle** a little flour on to bench. **Knead** the dough for 5 minutes until soft.
8. **Roll** the dough into a even round shape and place on the baking tray on parchment paper. **Write your name.**
9. **Prepare** vegetables on chopping board(place scraps on plate). Grate cheese on board.
10. Use the back of a table spoon to spread 1tbs tomato puree over the pizza base and top with vegetables and cheese- **cheese goes on LAST.**
11. **Bake** in the oven for 15 – 20 minutes- 180 degrees.
12. **Wipe** surfaces, **Wash** and **dry** equipment and leave out to be checked.





## Equipment:

- Large mixing bowl
- Wooden spoon
- Scales
- Tablespoon
- Baking tray
- Palette knife
- Parchment paper

## Italian Biscuits



## Optional ingredients:

glace cherries, dried fruit, lemon zest.

## Method:

1. Preheat oven to 180 degrees/gas mark 5
2. Measure **175g plain flour** in a small bowl.
3. Measure **75g of caster sugar** in a large bowl.
4. Add **110g of soft margarine** into a large bowl with the sugar.
5. Use a wooden spoon to **cream** together. **Safety – take the bowl off the scales first!**
6. Add a **cap of vanilla** and the **175g of flour**.
7. Form a dough, using your hands. Break into 16 equal sized pieces using a palette knife. Roll the pieces between your palms to form biscuit shapes and place on a baking tray covered in parchment paper. **Make sure your name is on the parchment paper.**
8. Use a fingertip to press a dent in the top of each biscuit and top with cherries and other toppings.
9. Bake in the oven for 15-18 minutes.

# Chicken Curry - Method

## Equipment:

White chopping board  
Knife  
Scraps plate  
Large saucepan with lid  
Wooden spatula  
Red chopping board



- 1 Chicken breast or 2 boneless chicken thighs
- ½ a tin of chopped tomatoes
- 1 small onion
- 1 garlic clove
- Large container

1. Prepare yourself for practical.
2. On a white chopping board prepare your onion and garlic and any other vegetable - use bridge and claw method and put them directly into the large saucepan. Place any scraps on a plate.
3. On a red chopping board cut your chicken into even chunks. Wash your hands.
4. In the large saucepan add 1 tablespoon of oil to sauté the onion, garlic and all vegetables for 2 about minutes.
5. Add chopped tomatoes and allow to heat up for 5 minutes. Add curry seasoning.
6. Add chicken and simmer for 20 minutes.
7. While your chicken is being simmering, begin washing -up: scraps plate, knife, white chopping board. Dry and put them away. Do not wash the red chopping board.
8. Check chicken if is cooked and place curry in container. Do not cover yet.
9. Wash saucepan and wooden spatula. Dry and put away.

# Chocolate Fudge Brownies - Method

## Equipment needed:

*small saucepan, table spoon, sieve, large mixing bowl, fork, measuring jug, **baking tray, parchment paper***

1. Wash hands, tie hair, put apron on and take blazers off.
2. Add butter to a small pan then place over low heat. Turn off and leave as soon as butter melts.  
(please do not burn the butter)
3. Place a **large mixing bowl** on the scales and then add a **sieve** on top of the bowl. Then make sure it has a 0g.
4. Weigh **150g flour** and **40g cocoa powder**, then take bowl off scales and sieve.
5. Measure **220g sugar** in a **small bowl** and add into the flour and cocoa powder.
6. Add extra ingredients to mixing bowl e.g chocolate chips, toffee chunks- **only 50g (half a pack)**
7. Stir to combine using **metal spoon**.
8. Break **2 eggs** into a **measuring jug** and lightly beat them with a fork.
9. Make a **well in the centre** of the mixing bowl and add the **butter and eggs**. Using a metal spoon stir mixture until smooth.
10. Pour mixture into silver baking tray and spread evenly with the back of the metal spoon.
11. Bake for 30 minutes.

# Vegetarian Bolognese

## Ingredients:

1 bell pepper  
5 to 6 mushroom  
1 carrot  
1 onion  
1 clove garlic  
1 tin of chopped tomatoes/passata  
Seasonings  
Container



## Equipment:

knife  
Chopping board  
Plate  
Large saucepan  
Wooden Spatula

## Method:

1. On a white chopping board dice your onion and garlic.
2. If your using vegetables prepare your vegetables on the chopping board.
3. in a large saucepan heat up a tablespoon of oil. Allow to heat up for 30 seconds.
4. Fry your onions and garlic for 2 minutes on a **LOW HEAT**
5. Add chopped tomatoes or passata and simmer for 5 minutes.
6. Add vegetables. Add seasoning.
7. Allow to simmer for another 15 minutes.
8. Pour into container and leave lid off.
9. Wash up with hot soapy water.

# Year 9 Recipes



# Stir Fry -Method

## Ingredients:

### You bring from home:

- 1 Chicken breast (small) or Quorn pieces- you can also bring prawns
- 3 vegetables – ( your choice, e.g. pak choi, carrots, peas, broccoli, peppers, corn, beans)
- 1 packet of pre-cooked noodles- rice noodles, egg noodle
- 1 garlic clove and 2cm piece of ginger
- a sauce e.g- sweet & sour, barbeque, teriyaki
- **Large sealed container**



**Equipment needed:** white chopping board, red chopping board, knife, scraps plate, wooden spatula, large saucepan, grater (only for ginger) tablespoon, colander.

1. Wash and prepare all vegetables.
2. Dice garlic.
3. Grate grate ginger.
4. Slice chicken into strips. **Use red chopping board.**
5. Open noodles.
6. Add 1tbs oil to large saucepan and heat on medium low temperature for 30 seconds.
7. Add garlic, ginger and chicken to pan and cook for 4 minutes using a wooden spatula to stir.
8. Add vegetables and sauce, cook for 5 minutes or until vegetables are tender.
9. Add noodles to pan and stir continuously for 3 minutes.
10. Place stir fry in container. Leave the lid off for a photo – make it look good.

## Ingredients

- 120g [macaroni](#)
- 25g block [butter](#)
- 25g [plain flour](#)
- 300ml [milk](#)
- [Large handful of cheddar](#)

## Method

- 1.Fill half of your **large pan** with **water** and allow 5 minutes for the water to **boil**.
2. **Grate cheese** on a plate.
- 3.In a small saucepan weigh **25g of flour**, add 25g butter then in a jug measure **300ml of milk and add to the flour and butter**.
- 4.Add the **120g macaroni** large saucepan with the boiling water and cook for 8-10 minutes.
- 5.Place **small saucepan** onto the hob on a low heat.
- 6.Whisk sauce until it is a thick sauce (bechamel).
- 7.Add a **small amount of cheese** and stir until the cheese is well combined and melted and turn off heat.
- 8.Drain the pasta with a **colander** and add into the bechamel sauce. Add the macaroni into
- 9.Transfer to a **foil dish**.
- 10.**Sprinkle** over the **remaining cheddar** and place the dish in oven **onto a baking tray**.
- 11.Cook for **30 minutes** or until the cheese is browned and bubbling.

# Mac & Cheese



## Equipment:

- Large saucepan
- Small saucepan
- Grater
- Plate
- Measuring jug
- Colander
- Oven proof dish

# Chelsea Buns: Method

1. In a measuring jug measure **150ml of warm water**, add **1 sachet of yeast** and 1 teaspoon of sugar into the warm water, leave for a few minutes until bubbles form.
2. Weigh **250g flour** into a large mixing bowl. Rub **25g cold margarine** into the flour to resemble bread crumbs.
3. Make a well in the flour, add the liquid and use a palette knife to combine.
4. Sprinkle flour on worktop and knead the dough for 5 minutes.
5. Roll the dough out into a rectangle 1cm thick and spread with **25g soft margarine** using the palette knife. Sprinkle with **1 tablespoon of brown sugar, 1 teaspoon of cinnamon/mixed spice** and handful of dried fruit/chocolate chips.
6. Carefully lifting the dough along the long edge, roll into a sausage shape.
7. Using the palette knife slice the roll into **3cm pieces. (6 to 8 pieces)**
8. Place the buns on the baking tray 1cm apart with the spiral shape facing up.
9. Bake in the oven for 12-15 minutes, allow to cool and serve.





## Sweet and Savoury Pasties

You will be learning how to make **shortcrust** pastry, you will be using the **rubbing in method**.

### **Method:**

1. **Wash hands** and put apron on.
2. Pre heat oven to **180 degrees/ gas mark 5**
3. In a bowl weigh **100g of plain flour**, then add **50g block butter**.  
Take bowl off scales.

Using your **finger tips** rub in the butter into the flour. Do this until it goes into a **breadcrumbs texture**.

4. Add **2 table spoons** of **cold** water and using a fork to mix.
5. Use your hands to form a dough. Wrap with cling film and leave to rest in fridge for **15 minutes**.
6. **Whilst your pastry is in the fridge, wash equipment and dry and put away.**
7. Prepare filling and leave to one side in a bowl. After pastry has rested in fridge flour surface and roll pastry until **½ cm thick**.
8. Using a saucer to cut out the shape of a circle, on one side of the circle add a tablespoon of filling the fold over to make a semi circle shape. Using a fork press to connect the pastry together. You should make 3 or 4 pasties.
9. Place on baking paper on a baking tray, place you pasties. Make sure your name is on the paper.
10. Cook for **20-25minutes**.



## Pastry Ingredients

100g Plain Flour

50g Block Butter

2 tablespoons cold water

### For Sweet Filling:

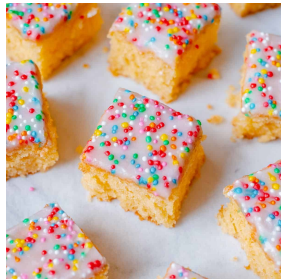
Apple, dried fruit, pie filling

### For Savoury Filling:

Cheese, onion, herbs

# Tottenham cake (School cake)

2 eggs  
100g self raising flour  
100g sugar  
100g margarine  
1 cap of vanilla



1. Pre-heat your oven to 180°C.
2. In a large bowl, cream together the margarine and sugar until light and fluffy.
3. Add the eggs one at a time, ensuring each is mixed through before adding the next.
4. Add vanilla essence.
5. Sift in the flour and gently fold to create a batter.
6. Write name on to parchment
7. Transfer the batter to your pre-lined tin and bake in your pre-heated oven for 30-40 minutes until risen, golden and a skewer inserted comes out clean.
8. Leave to cool in the tin for a few minutes before transferring to a wire rack to cool completely.
9. Once your cake has cooled completely; in a bowl, mix the icing sugar with a few teaspoons of boiling water, adding a little water at a time until you have a thick pouring consistency. Pour the icing onto your cake, using a spoon to guide it to the edges. Finish with some rainbow sprinkles.