

St. Edmunds Catholic School Recipe Sheet

RECIPE BOOK

YEAR 8



Global Gastronomy
RECIPE BOOKLET

Name:

Tutor group:

SAVOURY RICE

Focus: Bridge, Claw, Sauté, Simmer, Reduce, Season

Ingredients

1 onion
3 mushrooms
½ red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5 ml spoon vegetable stock powder or cube
50g peas
1 x 10ml spoon curry powder

Method

1. Prepare the vegetables: Peel and chop the onion, dice the red pepper chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

SWEET MUFFINS

Focus: Accurate weighing and selecting healthy ingredients

Ingredients

125g Plain white flour
125g Plain wholemeal flour
3 teaspoon baking powder
½ teaspoon salt
85g granulated sugar
1 egg
240ml milk
90ml oil

9—12 muffin cases

Variations

Fruit muffins: add 85g dried fruit e.g. raisins, currants, cherries, apricots.

Blueberry muffins: add 120g blueberries, grated rind of 1 lemon.

Banana muffins: 2 medium bananas (mashed), 1—2 tsp mixed spice.

Apple muffins: 200g apple (cored and finely chopped), 1—2 tsp cinnamon or mixed spice.

Method

1. Oven Gas 7, 210° C. Prepare muffin tins.
2. Sieve all dry ingredients. Add sugar and flavouring
3. Beat egg and add to milk and oil.
4. Pour wet ingredients into dry. Stir until a lumpy batter forms **(NO MORE THAN 30 SECONDS)**.
5. Fill muffin cases $\frac{3}{4}$ full using two small spoons.
6. Bake 15—20 minutes until golden brown.
7. Allow to cool on a cooling rack.

Bring a plastic container or tin to take product home in.

Mini Veggie Quiche

Focus: Short crust pastry, blind baking, preparation of vegetables

Ingredients

Pastry cases:

120g plain flour
60g block margarine
2 tablespoons water
½teaspoon salt

Filling:

2 eggs
75 ml milk
100g grated cheese

Extras

75g cooked bacon, ham or fish (tuna, salmon)
50g chopped peppers, sweetcorn, onion, mushrooms, tomato
To be cooked cupcake tray. Please bring container

Method

1. Oven on gas 5 or 180°C.
2. Sieve flour and salt into a bowl.
3. Rub margarine into the flour using fingertips.
4. Carefully add the water, stirring with a round bladed knife.
5. Bring together into firm dough.
6. Roll out thinly and line flan dish.
7. Bake the pastry blind with paper and baking beans for 10 minutes.
8. Remove paper and baking beans before returning to the oven for another 5 minutes.
9. Beat egg and milk together. Place any vegetables and meat in the base of the flan dish, add grated cheese then carefully add egg and milk mixture.
10. Bake until set at gas 5 or 180°C for about 20 to 25 minutes.

FLAVOURED BREAD

Focus: Use of yeast, flavour and colour modifications

Ingredients

300g strong white flour

½ tsp salt

15g butter/margarine

1 sachet quick acting yeast (7g)

200ml warm water

Milk for glazing

A few spoons poppy/sesame seeds (optional)

Method

1. Pre heat oven Gas 7, 200 C
2. Mix 300g strong white flour, 1/2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
3. Melt 15g butter into 200ml warm water.
4. Make a well in the centre, add the water mixture, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
5. Knead on a floured surface for 10 mins.
6. Divide dough into 8 equal pieces
7. Shape into dinner rolls. Place onto baking tray.
Glaze and sprinkle with seeds.
8. LEAVE DOUGH TO DOUBLE IN SIZE – (PROVE)
9. Bake bread rolls for approx. 15 – 20 minutes. **Tip** - bread rolls should sound hollow if tapped on the base.

PASTA BAKE

Focus: Roux white sauce, correct cooking of pasta, assembling and garnishing a product.

Ingredients

250ml milk
25g margarine
25g flour
100g grated cheese
Salt and pepper
100g pasta shapes.

Additional Flavour Suggestions

100g Ham
100g cooked bacon
100g cooked peppers
100g broccoli

Garnish – Tomato

Method

1. Half fill a large saucepan with water – add a pinch of salt.
2. Put on tight fitting lid and bring to the boil.
3. As soon as water is boiling add pasta, **leave off** the lid and bring back to the boil.
4. Boil pasta for 10-12 mins until soft. Drain through a colander. Place pasta in large bowl.
5. In the same saucepan place the flour, marg and milk.
6. Using a balloon whisk, heat all the ingredients together over a medium heat, until it becomes thick and shiny.
7. Remove sauce from the top of the oven and **add** $\frac{3}{4}$ of the cheese, at this point add any other flavouring.
8. Stir in pasta using white spoon and put into an oven proof dish.
9. Garnish with slices of tomato, sprinkle on the remaining cheese and breadcrumbs. Place under the grill to brown. Finish with a sprig of parsley.

SPICY CHICKEN OR QUORN FAJITAS

Focus: Cooking chicken safely, veg prep and folding wraps.

3 Shop Bought Flour Tortillas
1 Chicken Breast or 2 Quorn Fillets
½ Red Pepper
2 spring onions
1 tablespoon Oil

Optional
Salsa
Shredded Lettuce

Spice mix (optional)

¼ teaspoon chilli powder
¼ teaspoon paprika
¼ teaspoon cumin
¼ teaspoon dried mixed herbs
1 garlic clove crushed
Juice of ½ lemon

Method

1. Combine all the spice mix ingredients together and place in the small bowl.
2. Carefully cut the Chicken or Quorn in to thin strips using scissors. Place in to the spice mix and stir well ensuring all the Chicken or Quorn is coated.
3. De-seed and thinly slice the pepper, peel and slice the onion.
4. Place the oil in to a large saucepan or wok and place on the hob on a medium temperature for 30 seconds. Add the slices of pepper and onion, stirring all the time with a white or wooden spoon. Cook for 3-4 mins.
5. Add the Chicken or Quorn and continue to cook for a further 3-4 mins until the chicken has reached above 72°C, place a food probe in the thickest part of the chicken to check.
6. Lay out a third of the Chicken and vegetable mix on to each flour tortillas and add shredded lettuce and salsa (optional)
7. Fold bottom half circle up and side half circles in to the middle. Leaving the top of the Fajitas open.