

St. Edmunds Catholic School Recipe Sheet

**RECIPE BOOK**

**YEAR 9**



**Nutrition & Me**  
**RECIPE BOOKLET**

Name:

Tutor group:

## MINI PIZZA BREAD

**Focus: Designing, kneading, proofing, shaping and garnishing of dough.**

### Ingredients

300g strong white flour

½ 5ml spoon salt

15g margarine

1 sachet quick acting yeast

200ml warm water

**Bread ingredients listed above can be bought from school for 30p**

2-3 tablespoons tomato puree/passata

200g grated cheese

**Topping-** 50g of 2 to 3 of the following:

Ham, mushroom peppers, onion, sweetcorn, pineapple, tuna, cooked chicken etc.

### Method

1. Pre heat oven Gas 7, 200°C
2. Sift flour and salt into the mixing bowl.
3. Rub in the margarine
4. Stir in the yeast
5. Make a well in the centre and add the warm water
6. Work into a soft dough with your hands
7. Knead on a floured surface for 10 mins.
8. Shape dough and spread on tomato puree/passata.
9. Prepare toppings and place on pizza,
10. Leave to prove on a baking tray.
11. 10. Once dough has proved (approx. 15 mins) place pizza in the oven for 12-15 mins.

## Chicken Goujons

**Focus:** portioning, enrobing, seasoning, baking

### Ingredients

250g skinless chicken breast fillets

1 Egg

3 slices of bread

$\frac{1}{2}$  tbsp olive oil

$\frac{1}{2}$  tbsp milk

### Mayo

2 egg yolks

1 tsp Dijon mustard

500ml vegetable oil

1-2 tablespoons white wine vinegar

$\frac{1}{2}$  lemon

### Method

1. Preheat the oven to 240°C (220°C fan oven), gas 9.
2. Line one or two large baking sheets with baking parchment.
3. Cut the potatoes lengthways
4. Cut 250g skinless chicken breast fillets lengthways into thin strips.
5. In a bowl, beat 1 egg with 1 tbsp olive oil, 1 tbsp milk and seasoning.
6. Add the chicken strips and mix well.
7. Spread breadcrumbs on a large plate or tray.
8. Roll the chicken strips in the crumbs, coating them evenly, then place them on the parchment-covered baking sheet.
9. Sprinkle any remaining crumbs over and bake **for 15 minutes** or until crisp and golden. Serve with lemon wedges.

## MARBLE PEAR CUPCAKES

**Focus: Weighing, baking, coating, portioning, accuracy.**

### Ingredients

100g caster sugar  
100g soft margarine  
2 eggs  
100g self-raising flour  
1 tbsp cocoa powder  
1 tsp baking powder  
½ pear

Please bring 12  
muffins cases and 1  
large plastic  
container

### Method

1. Preheat the oven to 180C/350F/Gas 4. Line eight holes of a muffin tin with paper muffin cases.
2. Cream together the sugar and margarine with an electric whisk until light and fluffy.
3. Beat eggs together in a small bowl. Add the beaten egg a little at a time to the sugar and marg mixture.
4. Sieve the flour and baking powder into the mixture and gently fold together.
5. Peel core and chop the pear and add to the mixture.
6. Spoon half your cake batter into the cupcake cases. Add your cocoa to the remaining mixture and spoon on top of the mixture. Gently mix the batter to create a marble effect in each cupcake.
7. Bake for 20 minutes until golden brown and springy to the touch.

## FLAVOURED BURGERS

**Focus: Combining flavours to complement each other.**

### Lamb and Mint

200g Lamb mince

15g Fresh  
chopped mint

*Salt and Pepper*

### Cheese and Bacon

200g Beef Mince

25g mature  
cheddar

*1 tbsp horseradish  
sauce*

1 clove garlic

40g finely chopped  
cooked bacon.

### Spicy Turkey

4200 turkey mince

1 clove crushed  
garlic

1 small green chilli

1/2 small onion

*1 tbsp soy sauce*

*1/2 tbsp mustard and  
cumin*

**Please bring bun to serve with burger or pre-make your own using the recipe on next page.**

### Method

Method for all Burgers

1. In a bowl, mix all the minced meat and flavourings together using your hands. Add salt and black pepper to taste. Form the mixture into 4 - 6 burger patties.
2. Ensure burgers are all of an even shape and size.
3. Chill prepared burgers before cooking.
4. Place burgers on the grill, and cook 5 to 10 minutes per side, until well done.

Serve burgers in a bread bun and with suitable relish.

## 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

**Optional** - A few spoons poppy/sesame seeds, mixed herbs, paprika, cheese etc.

### 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.