

Huntington School



Design and Technology: Food

Year 8

Recipes



Rice Salad

Ingredients

150g white or brown rice
 75g frozen peas or sweetcorn
 1 small red or green pepper
 1 small onion / 4 spring onions

Optional

2 sticks celery
 75g cheese
 2 or 3 slices salami / ham
 50g cherry tomatoes
 50g mushrooms
 25g sultanas
 Fresh herbs: parsley, basil

Equipment: Large bowl, chopping board, plate, saucepan, wooden spoon, sieve, sharp knife, tablespoon

Method

1. Half fill a large pan with water, boil. Add rice, simmer until soft (15-20 minutes), brown rice will take longer.
2. Prepare and add the following to the bowl:
 - Peel and finely chop onion.
 - De-seed and chop the pepper.
 - Wash and chop mushrooms and celery.
 - Grate or chop the cheese in chunks.
 - Slice the tomatoes.
 - Cut the salami/ham.
3. Add frozen peas and sweet corn to the rice for the last 5 minutes of the cooking time.
4. Drain rice thoroughly in cold water using a sieve. Add to the bowl. Add dressing, sultanas & fresh herbs and mix.



Scones

Ingredients

200g self raising flour
 50g margarine
 50g sugar
 100ml milk
 50g dried fruit (mixed fruit, sultanas, cherries, cherries apricots banana)



Equipment: Large bowl, plate, small bowl, knife, grater, tablespoon, rolling pin, cutter.

Method

1. Prepare oven, 220°C or Gas No 8. Grease baking tray
2. Put flour and margarine in large bowl.
Put fruit and sugar on plate
- 4 Rub fat into flour, stir in fruit and sugar.
- 5 Make a well in the centre
5. Gradually pour in half the milk, mix with a knife, continue to add milk to form a soft dough (all the milk may not be required).
6. Turn onto floured table. Knead gently until smooth.
7. Roll out to 3cm thick. Cut out into equal pieces.
8. Glaze with egg or milk.
9. Bake for 10 minutes until golden brown



Cheese Whirls

Ingredients

225g self raising flour
50g margarine
100g cheese
1 egg
2 tablespoons tomato puree

School will provide

½ tsp dry mustard
Salt & pepper
50ml milk

Equipment: Large bowl, plate, small bowl, knife, grater, pastry brush, tablespoon, rolling pin.

Method

1. Prepare oven, 220°C or Gas No 8. Grease baking tray
2. Grate cheese onto a plate. Beat egg in small bowl with 2 tbsp milk.
3. Put flour and margarine in large bowl, rub in fat. Stir in mustard, salt and pepper and **half** of the cheese.
4. Add egg, milk and mix to a soft dough.
5. Turn onto floured table and knead lightly. Roll into a square $\frac{3}{4}$ length of the rolling pin.
6. Spread with tomato puree then sprinkle with cheese.
7. Wet one edge of dough, roll starting from the edge nearest you. Cut into 8 equal pieces.
8. Put whirls on tray, cut side down, flatten slightly.
9. Bake for 15 minutes, until golden.



Sizzling Stir-fry

Ingredients

50g noodles	½ red onion
½ red chilli	50g beansprouts
1 clove garlic	3 mushrooms
1cm fresh ginger	1x dessert spoon oil and soy sauce
	½ yellow pepper

Equipment:

Chopping board, sharp knife, plate, grater, wok or frying-pan, wooden spoon, saucepan, colander, dessert spoon.

Method

1. Cook the noodles in boiling water. Check the packet for details.
2. Prepare the vegetables on a chopping board:
 - peel and chop the garlic; peel and slice the ginger
 - de-seed and slice the chilli; slice the onion, pepper and mushrooms;
3. Wash the beansprouts.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Cook for 1 minute.
6. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
7. Drain the boiling hot water away from the noodles into a colander in the sink.
8. Stir in the cooked noodles and cook for 2 minutes until hot.



Sweet and Sour Chicken

Ingredients

250g-400g uncooked chicken fillets/breasts
 1 onion
 1 pepper
 1 can of pineapple pieces
 1 level tablespoon tomato puree
 Container with a lid

School will provide

1 tablespoon oil
 ½ level teaspoon ginger
 1 level tablespoon cornflour
 1 level tablespoon sugar
 1 tablespoon vinegar
 1 tablespoon soy sauce

Equipment: Chopping board, saucepan, wooden spoon, knife, scissors, tablespoon, teaspoon, plate.

Method

1. Chop the onion. Chop/cut the chicken into pieces.
2. Gently fry the chicken and the onion for 5-10 minutes.
3. Add the ginger.
4. Slice and add the pepper
5. Drain juice from the pineapple into a measuring jug. Add enough water to the juice in the jug to make 250ml.
6. Add the cornflour and mix until smooth.
7. Add the sugar, vinegar, soy sauce, tomato puree and mix.
8. Carefully pour this into the saucepan. Bring to the boil, stirring all the time and simmer for 5 minutes.
9. Add the chopped pineapple and simmer.



Bread Dough

Ingredients

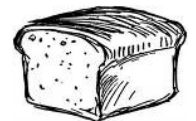
250g strong plain flour
 15g fresh yeast
 1 tsp salt
 1 tsp sugar
 175ml warm water

School will provide:
 all the ingredients for a cost of 30p

Equipment: Large bowl, measuring jug, fork, knife.

Method

1. Preheat oven 220°C, Gas mark 8.
2. Put the flour into a large mixing bowl and add salt
3. Mix the yeast with the warm water and sugar and stir until dissolved.
4. Add to the flour and mix to a soft dough with a knife. Add extra liquid if required
5. Turn onto a floured table and knead well.
6. Divide into 6.
7. Shape and place on the baking tray.
8. Cover with oiled cling film.
9. Leave to rise in a warm place until doubled in size.
10. Remove cling film
11. *Optional—brush with egg and add toppings*
12. Bake for 10-15 minutes until golden.



Pizza

Ingredients

Topping

2 tablespoons tomato puree
100g cheese

School will provide:

dough ingredients for a cost of 30p
1 teaspoon mixed herbs

Selection from

bacon, ham, tuna, onion, salami, mushrooms, pepper, pineapple

Oven tray required

Equipment: Chopping board, plate, grater, sharp knife, rolling pin.

Method

1. Set oven 220°C, Gas 7. Grease tray
2. Knead bread dough until smooth.
3. Roll or gently ease dough onto the tray.
4. Grate cheese
5. Peel and chop other ingredients
6. Spread the tomato puree on the pizza base
7. Assemble other ingredients on the pizza base.
8. Bake 15-20 minutes until golden.



Fajitas

Ingredients

1 small onion/4 spring onions
4 tortillas
1 tomato
50g Cheddar cheese
1 or 2 chicken breasts/Quorn
1 green pepper
Optional: Sour cream

School will provide:

1 tablespoon lime juice
1 green chilli
1 teaspoon garlic
1x tablespoon coriander
1x dessertspoon oil

Equipment: Chopping board, large bowl, scissors, sharp knife, tablesoon, dessert spoon, wooden spoon, frying pan.

Method

1. De-seed and slice the chilli, chop the coriander. Add to a bowl with the oil, garlic and lime juice and stir.
2. Cut the chicken into strips. Mix with the marinade.
3. Prepare the remaining ingredients: slice the onion and green pepper; chop the tomato and grate the cheese.
4. Add the marinated chicken to the frying pan and stir-fry for about 5 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Warm the tortilla as instructed on the packet.
7. Spread the sour cream on the wrap.
8. Add little chicken in the centre of the tortilla, add some tomato, cheese and then roll up.



Marble Pear Tray Bake

Ingredients

100g caster sugar
 100g soft margarine
 2 eggs
 100g self raising flour
 1 x tablespoon cocoa powder
 1 small pear
 Ovenproof tin

School will provide:

1 x teaspoon baking powder

Equipment: Large bowl, chopping board, sharp knife, plate, spatula, wooden spoon.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease the baking tin or foil tray.
3. Mix the sugar, margarine, flour, baking powder and eggs together, using an electric whisk, until light and fluffy.
4. Core and chop the pear into small pieces. Scatter pieces of pear into the cake tin.
5. Spoon half of the plain cake mixture into the tin.
6. Stir-in the cocoa to the remaining mixture.
7. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
8. Place in the oven and bake for 20 minutes.



Chicken Curry

Ingredients

400g chicken breast (this can be reduced)
 1 large onion
 2 cloves garlic
 3-4 teaspoon curry powder (or curry paste)
 1 stock cube
 1 x 400g can tomatoes
 1 tablespoon tomato puree
 Optional: Can of chickpeas
 Dish / container

School will provide:

1 tablespoon oil
 1 tablespoon chutney
 1 tablespoon lemon juice

Method

1. Chop onions and fry until soft
2. Chop chicken and add to pan—stir until coloured.
3. Finely chop or crush the garlic.
4. Add to the onions with curry powder and cook gently for two minutes.
5. Add the stock cube, puree, tomatoes, chutney and lemon juice.
6. Rinse the chick peas in a sieve and add to the saucepan
7. Simmer for 25-30 minutes.