



QUEEN'S PARK HIGH SCHOOL



Year 8 Recipe Book

Things to remember:

Plan your recipe at home think about what will go with your recipe to make it into a meal.

The date of when you are cooking will be on the wall outside the food classroom. Make sure you plan ahead.

Bringing in your ingredients is your food homework. If you have any issues getting the ingredients you must speak to Mr Budgen.

Place your ingredients in the student fridge first thing in the morning.

Bring in a container to carry your recipe home.

Remember to collect your recipe at the end of the day to take home from the student fridge.

Date I will be making this is:

PIZZA
Ingredients



1 standard size pizza base.
200g can chopped tomatoes, juice drained- **Or** 4 tbsp tomato puree or a small jar of passata

Pinch herbs (oregano, basil)- OPTIONAL
75g cheese

100g in total toppings from-
Pepperoni, ham, cooked chicken, peppers, mushrooms, pineapple, tuna, prawn, salami, sausage, sweetcorn, courgette, onion...or any others????

DON'T FORGET YOUR CONTAINER or YOU COULD BRING A PIZZA TRAY (and TIN FOIL) if you have one.

METHOD

1. Preheat the oven to 200°C or Gas Mark 6 and grease a baking tray.
2. Chop the ingredients using the claw method you have been shown
3. Grate the cheese and sprinkle the cheese evenly over the pizza.
4. Arrange the toppings over the pizza.
5. Place in the oven and bake for 10-15 minutes until golden brown.

Date I will be making this is:	
--------------------------------	--

Working with bowls, spoons and cutters!

SCONES

INGREDIENTS

250g SR flour
Pinch salt
1 tsp baking powder
40g margarine
40g caster sugar
125 ml milk



Don't forget your container to take them home.

METHOD

- 1) Light oven gas 7 / 220°C. Make sure the shelf is at the top of the oven.
- 2) Lightly grease a baking sheet
- 3) Sieve flour, salt and baking powder into a mixing bowl.
- 4) Rub in margarine until it looks like breadcrumbs.
- 5) Stir in the caster sugar,
- 6) Add milk a little at a time until a soft **BUT NOT STICKY** dough is formed.
- 7) Knead very lightly to make smooth and then roll out. The dough should be at least 1.5 cm thick.
- 8) Cut into rounds using a cutter - get as many as you can from the first roll out then reroll the trimmings and cut some more.
- 9) Put scones onto baking sheet and glaze with a little milk or beaten egg.
- 10) Bake on the top shelf until lightly golden brown - about 12 - 15 minutes.
- 11) Cool on a wire rack.

VARIATIONS

Cheese - add 50g grated cheese and 1 tsp herbs to the rubbed in mixture and sprinkle another 25g over the top of the glazed scones just before they go in the oven.

Fruit - add 75g dried fruit such as sultanas, raisons, cherries to the rubbed in mixture.

Date I will be making this is:



CHRISTMAS CUP CAKES

Ingredients

125g caster sugar
125g margarine or butter
110g self raising flour
15g cocoa powder
2 eggs
12 cup cake cases
185g icing sugar
2 tbsp warm water



CHRISTMASSY DECORATIONS eg roll out icing, red and green sprinkles, silver balls, red & green writing icing or your own choice of decoration.

Bring a container with a lid to take these home

METHOD

1. To make the cakes, heat the oven to 180C/fan 160C/gas 4.
2. Line a bun tin with 12 cases.
3. Using a wooden spoon, cream the sugar and butter until it is soft, pale and light.
4. Beat the egg and add a little at a time, beating hard after each addition until all of the egg is used.
5. Sieve in flour and cocoa and fold in carefully using a metal spoon.
6. Divide the mixture between the cake cases.
7. Bake for 15-20 minutes, until risen and firm – remember the smaller they are the quicker they cook.
8. Remove from tin and cool on a wire rack.
9. Mix the icing sugar and 2 tbsp warm water a little at a time until smooth.
10. Ice the tops of the cakes and decorate in a Christmassy way.

Date I will be making this is:

SWEET & SOUR CHICKEN



INGREDIENTS

2 tbsp cooking oil

250g chicken

1 onion

1 carrot

2 peppers (any colours)

150g canned pineapple piece in natural juices, drained (saving 6 the juice)

1 tbsp soy sauce

2 tbsp vinegar

1 tbsp cornflour

5 tbsp cold water

Salt and freshly ground pepper



DON'T FORGET A CONTAINER TO TAKE IT HOME IN.

METHOD

1. Cut chicken into cubes.
2. Prepare the carrots and peppers by cutting them into thin matchsticks.
Chop the onion.
3. Put the pineapple juice into a jug and make it up to 300ml with cold water.
4. Add the soy sauce, vinegar and cornflour and mix to a smooth paste.
5. Heat the oil in a wok or large non-stick frying pan until sizzling
6. Add the chicken and cook until it is white in the middle.
7. Add the onion, carrot and peppers and cook for 2-3 minutes stirring all the time.
8. Add the liquid and cook 1-2 minutes until it thickens and goes shiny.
9. Add the pineapple pieces and cook a further minute.

Serve with rice.

Date I will be making this is:	
--------------------------------	--

MEGA MUFFINS

Ingredients

150g Self-Raising Flour
50g caster sugar
100ml milk
1 egg
50g butter or margarine
½ tsp baking powder
12 muffin cases



150g in TOTAL flavourings of your choice from- Blueberries, Raspberries, Banana, Peach, Milk Choc Chips, White Choc Chips, Dark Choc Chips, nuts, raisins, sultanas, dried fruit chips, soft fudge or toffee pieces

TRY SOMETHING EXTRA? If you want you could add some poppy seed, vanilla essence, ginger, cinnamon, mixed spice or yoghurt coated fruit or nuts? How about sprinkling a little brown sugar on the top?

DON'T FORGET A CONTAINER TO TAKE THEM HOME!

METHOD

1. Heat the oven to 200C/fan 180C/gas 6 and line a 12-hole muffin tin with paper cases.
2. In a small saucepan, melt the butter
3. In a large mixing bowl sieve the flour and add the salt and baking powder
4. Using a balloon whisk, mix the egg, sugar, melted butter and milk in a measuring jug and add quickly into the dry ingredients with the fillings (don't over mix, it should be a bit lumpy).
5. Divide between the cases and bake for 25 minutes until risen and golden and firm to the touch.

Date I will be making this is:



CURRY IN A HURRY

INGREDIENTS

- 1tbsp vegetable oil
- 1 onion
- 1 clove garlic (optional)
- 1 small carrot
- 1 medium potato
- 1 medium apple, peeled and thinly sliced
- 2 chicken breasts or turkey or diced chicken
- 1 tbsp curry paste (any flavour) or powder
- 1 tbsp tomato puree
- 100g frozen peas
- 150 ml cream/crème fraiche/coconut milk/natural yoghurt
- 1 chicken stock cube plus 150ml hot water



OPTIONS- you may swap any of the vegetables for ones of your choice or swap the tomato puree for 2 tomatoes

BRING A CONTAINER WITH A LID

METHOD

1. Begin by preparing all the vegetables
 - Peel and slice the onion
 - Peel and chop the carrot and potato
 - Wash, core and chop the apple (you can leave this until later to stop it going brown).
2. Set the vegetables aside in a small mixing bowl.
3. Chop the chicken into 2 cm pieces.
4. Heat the oil in a large wok and gently fry the garlic, onion, potato and carrot for 2-3 minutes.
6. Add the chicken and stir fry until it turns white on the outside and is white in the middle too.
7. Make the stock by crumbling a stock cube into 150ml of hot water.
8. Add the curry paste, tomato puree, stock and cream.
9. Add the chunks of apple and the peas.
10. Bring to the boil and then reduce the heat to a simmer and cook for 10 minutes.

Date I will be making this is:	
--------------------------------	--

JAMMY CAKES

INGREDIENTS

For the pastry part: 100g plain flour
25g margarine
25g lard
Cold water

2tbsp jam - any flavour

For the sponge part: 50g margarine
50g caster sugar
1 egg
50g SR Flour



DON'T FORGET YOUR CONTAINER TO TAKE THEM HOME IN.

METHOD

1. Light oven gas 6/200°C
2. **PASTRY**: Rub margarine and lard into plain flour using fingertips until it looks like breadcrumbs.
3. Add cold water until a firm dough is formed.
4. Lightly flour work surface and rolling pin and roll out pastry.
5. Cut out circles and put in patty tin.
6. Put a little jam in each one.
7. **SPONGE**: Cream margarine and sugar using a wooden spoon until it is pale and light in texture.
8. Add egg. Beat well.
9. Fold in SR Flour using a metal spoon.
10. Put a little of the creamed mixture in each pastry case.
11. Bake for 15-20 mins until the sponge is firm to the touch, well risen and golden brown.

Date I will be making this is:

CHILLI CON CARNE

Ingredients

- 1 tbsp cooking oil
- 1 onion
- 1 clove garlic (optional)
- 1tsp chilli powder or fresh chilli*
- 1tsp cumin (optional)
- 400g minced beef
- 1 green pepper
- 1 can chopped tomatoes
- 1 small can red kidney beans
- 2tbsp tomato puree
- 1 oxo cube + 150ml water = stock



Dish to take it home in

METHOD

1. Peel and chop onion.
2. Wash and slice the green pepper.
3. Put oil into a pan and heat gently.
4. Add chopped onion, crushed garlic and the spices* - cook gently until onions are soft.
5. Add the minced beef to the pan - stir all the time until the meat changes colour to brown.
6. Add the chopped green pepper, tinned tomatoes, tomato puree and stock. If you used a big tin of tomatoes you may not need all of the stock.
7. Drain the kidney beans in a sieve and wash under the cold tap. Add the beans to the meat mixture.
8. Simmer for about 10 minutes.

Serve with rice or tacos or jacket potatoes.

Try it with a swirl of soured cream and a sprinkling of chives!

****TAKE CARE WHEN USING FRESH CHILLI - WASH HANDS
AFTERWARDS and
DO NOT GET NEAR EYES***

Date I will be making this is:

ENCHILADAS



INGREDIENTS

- 1 tbsp oil
- 200g chicken
- 2 peppers
- 1 onion
- chilli powder or 1 tsp paprika
- 1 clove garlic
- 1 pkt tortilla wraps
- 1 carton soured cream or natural yoghurt or crème fraiche
- 1 tin chopped tomatoes
- 50g cheese



DON'T FORGET YOUR OVEN PROOF DISH

METHOD

1. Light oven gas 4/ 180°C
2. Cut chicken, peppers and onions into slices.
3. Heat oil in frying pan.
4. Fry chicken until white all the way through.
5. Add onions, garlic, peppers, and spices. Cook for five minutes then remove from heat
6. Place 2tbsp of the cooked mixture on a wrap and then roll up.
7. Put wraps into an oven proof dish.
8. Pour tomatoes over the wraps and then add cream and finally grated cheese .
9. Bake 15-20 minutes until golden brown.

Date I will be making this is:	
--------------------------------	--

CHOCOLATE CHIP COOKIES

Ingredients

75g margarine
75g soft brown sugar
150g SR flour
100g chocolate chips*
1 egg
¼ tsp vanilla essence
pinch of salt



DON'T FORGET YOUR CONTAINER!

METHOD

1. Light oven gas 4/ 180° C.
2. Lightly grease a baking tray.
3. Cream margarine and sugar until soft and creamy – use a wooden spoon.
4. Beat together the egg and vanilla essence in a measuring jug.
5. Add to creamed mixture a little at a time until it is all used – beat well after each addition.
6. Sieve in flour, salt and stir in chocolate chips.
7. Place in 9 small spoonfuls onto the baking tray.
8. Cook for 10 –15 minutes until lightly golden brown.
9. Remove from baking tray and put to cool on a cooling rack. (Remember that biscuits and cookies crisp as they cool.)

*You could swap chocolate chips for a raisins or dried fruit for a healthier version

Date I will be making this is:



EASTER BISCUITS

Ingredients

225g plain flour
½ tsp mixed ground spice *
75g butter or margarine
75g caster sugar
1 egg
75g currants*
1tbsp milk



Caster sugar to sprinkle

* If you prefer you can miss out the spice and currants and use grated rind of a lemon instead.

REMEMBER a container to take them home in.

METHOD

1. Light oven gas 3 / 160°C.
2. Lightly oil a baking sheet.
3. Cream margarine and sugar using a wooden spoon until light and creamy.
4. Add the egg and beat well.
- 5 If using lemon add the rind now. Sieve in the flour, salt and spice.
6. Mix all ingredients together so that they form a dough.
7. Cut the mixture in half because it is easier to work in smaller quantities and roll out on a lightly floured work surface.
8. Cut out in large rounds or Easter shapes and place well spaced on the baking sheet.
9. Reroll trimmings and continue until all the mixture is used.
10. Bake for 20 minutes until lightly golden and then carefully lift from the baking sheet on to a cooling rack using a palette Knife.

REMEMBER biscuits crisp as they cool.

These biscuits could be decorated using icing if you wish.

Date I will be making this is:	
--------------------------------	--

PASTA BAKE

Ingredients

125g /5oz pasta shapes

25g /1oz plain flour

25g /1oz plain flour

450ml $\frac{3}{4}$ pt milk

Salt & pepper

Choose your own flavouring but it should add up to about 200g – any combination –
grated cheese / ham / bacon / sweetcorn / tuna / chopped peppers / peas /
mushrooms / sliced leeks / chopped cooked chicken / onion etc

Garnish

1 tomato

2 slices of bread

OVEN PROOF DISH (1 litre or 2 pint size)

Method

1. Half fill a large saucepan with water. Add $\frac{1}{2}$ tsp salt and bring it to the boil (Put it on the back ring on the hob).
2. When water is boiling add pasta and cook for 12 to 15 mins until just soft (al dente).
3. Melt margarine in a small saucepan, add flour and stir in well. Cook this mixture (roux) over a gentle heat for 2 mins.
4. REMOVE pan from heat and add milk A LITTLE AT A TIME until all the milk is added. STIR VERY WELL after each addition.
5. RETURN pan to the HEAT and bring to the BOIL – you MUST STIR ALL THE TIME. Boil for 2 mins.
6. Check pasta and if it is cooked, drain it carefully using a colander.
7. Add your flavourings to the sauce and stir in well.
8. Stir in pasta.
9. Pour into ovenproof dish.
10. (If putting grated cheese on top brown dish under preheated grill before you garnish.)
11. Toast bread and cut into triangles.
12. Garnish dish with toast and sliced tomato.

Year 8 Practical book

Date I will be making this is:



CREAMY CHEESE CAKE

Ingredients

150g / 6oz digestive or plain Hobnob biscuits
75g / 3oz marg or butter
25g / 1oz caster sugar
small tub of cream cheese
150 ml / ¼ pt whipping or double cream
1 lemon – grated rind and juice



Fresh fruit to decorate eg strawberries / raspberries / kiwi (optional) or well drained tinned fruit such as mandarin oranges.

**REMEMBER TO BRING A FLAN DISH / TIN FOIL DISH TO MAKE IT
IN OR A PLATE TO PUT IT ON.**

METHOD

1. Crush biscuits a few at a time by placing in a bag or on a board and rolling with a rolling pin.
2. Melt butter in a saucepan then remove from the heat.
3. Add biscuit crumbs a few at a time and stir well using a wooden spoon.
4. Use the biscuits to line the base of a flan dish or tin. Press in firmly and neatly – the back of a teaspoon is good for this. Put in fridge whilst you do the topping.
5. Wash the lemon and grate off the zest and squeeze out the juice. Put into a large mixing bowl.
6. Add the cream cheese and sugar and beat well with a wooden spoon.
7. In a basin, whisk the cream until it is thick and stands up in peaks.
DO NOT OVER WHISK OR IT WILL SPOIL.
8. Add cream to the cheese and lemon mixture and fold in using a metal spoon or plastic spatula.
9. Spoon mixture over biscuit base and spread out evenly.
10. Put cheesecake into fridge to set – if decorating with fruit, wash fruit and arrange carefully on the top.
11. Chill until served.