



QUEEN'S PARK HIGH SCHOOL



# Year 9 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.

## WHITE SAUCE COOKERY

<p><b>Cauliflower Cheese</b></p> <p>1 cauliflower 25g butter 25g plain flour 568ml milk 150g cheddar cheese</p> <p><b>OPTIONS</b></p> <ul style="list-style-type: none"><li>• Add 1 tbsp wholegrain mustard or horseradish sauce for a "KICK"</li><li>• Add 6 thin slices of cooked ham</li><li>• 50g grated breadcrumbs &amp; parmesan &amp; herbs</li><li>• Use broccoli instead of cauliflower</li></ul>	<p><b>Macaroni Cheese</b></p> <p>250g/9oz macaroni 40g/1½oz butter 40g/1½ plain flour 600ml/1pint 1½fl oz milk 250g/9oz cheddar cheese</p> <p><b>OPTIONS</b></p> <ul style="list-style-type: none"><li>• Add 1 tsp mustard or horseradish sauce for a "KICK"</li><li>• Add 2 rashers of crispy bacon</li><li>• Add 2 sliced tomatoes on top with 50g grated breadcrumbs &amp; parmesan</li></ul>
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### CAULIFLOWER CHEESE

1. Cut the cauliflower into florets, removing the green leaves
2. Cook in a pan of boiling, lightly salted water for 8 minutes, until just tender. Add the leaves and cook for a further 2 minutes.
3. Drain well and tip into a deep, 2-litre heatproof dish.
4. Make the sauce.
5. Melt the butter in a pan over a medium heat. Add the flour and cook, stirring, for 1 minute using a balloon whisk.
6. Gradually stir in the milk, bring up to a simmer and cook, stirring, until thickened.
7. Stir in 100g of the cheese, season with freshly ground black pepper. *(ADD 3 SLICES OF CHOPPED HAM & MUSTARD OR HORSERADISH NOW IF USING)*
8. Pour the sauce over the cauliflower and scatter with the remaining 50g of cheese. *(ADD THE OTHER 3 SLICES OF HAM OR BREADCRUMBS NOW IF USING)*
9. Warm the grill and place the ovenproof dish underneath until the cheese is bubbling and golden brown



### 10. MACARONI CHEESE

1. Cook the macaroni in a large saucepan of boiling salted water for 8-10 minutes; drain well and set aside.
2. Melt the butter over a medium heat in a saucepan slightly larger than that used for the macaroni. Add the flour and stir to form a ROUX white sauce, cooking for a few minutes.
3. Gradually whisk in the milk, a little at a time. Cook for 10 minutes to a thickened and smooth sauce.
4. Meanwhile, preheat the grill to hot.
5. Remove the sauce from the hob, add 175g/6oz of the cheese and stir until the cheese is well combined and melted.
6. Add the macaroni to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar and the parmesan and place the dish under the hot grill. Cook until the cheese is browned and bubbling. *(IF YOU ARE ADDING BACON ADD AT STAGE 5, IF YOU ARE USING TOMATOES ADD BEFORE THE REMAINING CHEESE IS ADDED ON TOP)*

Date I will be making this is:



# Pineapple Upside Down Cake



## Ingredients:

### For the topping:

50g butter  
50g light soft brown sugar  
1 small tin pineapple rings  
7 glacé cherries

### For the cake:

100g butter  
100g light soft brown sugar  
100g self raising flour  
1 tsp baking powder  
1 tsp vanilla essence  
2 eggs

**20cm cake tin or oven proof dish (Pyrex is suitable)**

## Method:

1. Preheat the oven to 170°C / Gas Mark 4
2. For the topping, beat the 50g butter and sugar together until creamy. Spread over the base of the cake tin. Arrange the pineapple rings on top, then place the cherries in the centres of the rings and in the gaps.
3. For the cake, cream together the 100g butter and sugar in a large mixing bowl until creamy.
4. Beat the eggs in a small bowl and add to the mixture with the vanilla essence and mix well
5. Sieve in the flour and baking powder and mix to form a soft cake mix.
6. Pour 2 tbsp of the pineapple juice over the pineapple rings. Spoon the cake mix over and smooth.
7. Bake for about 20 minutes until golden brown, test with a knife to check the centre is cooked and not wet. Leave to stand for about 5 minutes, and then turn out onto a plate.

Date I will be making this:



"On the first day of Christmas my true love gave to me..."

## CHRISTMAS LOG

### Ingredients

3 eggs  
90g caster sugar  
75 g SR flour  
15g cocoa

*Filling:* 150ml double or whipping cream

OR butter cream ( 40g butter / marg, 80g icing sugar, ¼ tsp vanilla essence)

*Decoration:* Chocolate butter icing ( 40g butter/marg, 80g icing sugar, 25g cocoa powder, 15 ml milk)

15g icing sugar  
Little decorations  
Board or plate to put it on.

### Method

1. Light oven gas 7 / 210°C.
2. Grease and line a Swiss roll tin.
3. Whisk together eggs and caster sugar using electric mixer until very thick and light.
4. Sieve together flour and cocoa powder and then sieve into whisked mixture.
5. Fold in VERY GENTLY using a metal spoon.
6. Pour into prepared Swiss roll tin
7. Bake in oven for 10 mins until firm to the touch.
8. Whilst it is cooking get two sheets of greaseproof paper ready for the rolling up.
9. Make the butter creams by creaming together the two different sets of ingredients until soft and creamy.
10. When Swiss roll is cooked, roll up using one piece of greaseproof as the filling and leave until the cake has cooled down.
11. Continue with butter creams.
12. When cake is cold carefully unwrap and unroll then spread in the vanilla butter cream inside – this is difficult so be careful!
13. Roll up cake and trim off the one end to form a “ branch”.
14. Stick branch to the side of the main roll and position on your board or plate.
15. Gently spread both with chocolate butter icing.
16. Using a fork create a bark effect in the butter icing.
17. Position decorations on top of log.
18. Sieve remaining icing sugar over the top to look like snow.

Date I will be making this:



## "Lasagne"



### **Meat sauce**

250g minced beef/pork/turkey/tuna

1 medium onion

1 medium carrot- or celery or mushrooms

1 400g tin of tomatoes

1 tbsp tomato puree

1 tbsp flour

Seasoning

6-8 sheets lasagne

### **Cheese Sauce**

300ml milk

25g margarine

25g flour

50g cheddar cheese

**YOU MUST HAVE - an ovenproof dish**

### Method

1. Heat the oven to 200°C or gas mark 6
2. Peel and dice carrots, celery and onion.
3. Put mince into a large pan, place onto a low heat. Cook until the red colour has gone from the meat. Drain any excess fat
4. Add the vegetables and cook for 5 mins. Stir in the flour. Add the tinned tomatoes, puree, mushrooms and seasoning. Bring to the boil.
5. Turn the heat down and simmer for 20 mins or until carrots are soft.
6. Make the cheese sauce by melting the margarine gently and adding the flour. Whisk continuously with a balloon whisk until you have a flour paste. Remove from the heat and add the milk a little at a time and whisk. Place back onto the heat and continue to whisk. The sauce will start to thicken- you will know how much milk will need to be added. Remove from the heat and add 25g of the cheese (saving the other half for the topping)
7. Put a layer of meat mixture in the bottom of the dish, then a layer of lasagne.
8. Repeat with meat and lasagne until all the meat mixture is used up.
9. Place the cheese sauce on top, sprinkle a little more cheese on the top. Cover and chill.
10. Bake in the oven for 20-25 minutes until golden brown (gas 6 200C)

**Garnish:** sliced tomato or parsley

Date I will be making this:



### **Vegetarian lasagne.**

250g minced quorn

1 medium onion

1 medium carrot- or celery or mushrooms

1 400g tin of tomatoes

1 tbsp tomato puree

1 tbsp flour

Seasoning

6-8 sheets lasagne

#### **Cheese Sauce**

300ml milk

25g margarine

25g flour

50g cheddar cheese



**YOU MUST HAVE - an ovenproof dish**

#### **Method**

1. Heat the oven to 200°C or gas mark 6
2. Peel and dice carrots, celery and onion.
3. Put quorn into a large pan, place onto a low heat. Cook until the red colour has gone from the meat. Drain any excess fat
4. Add the vegetables and cook for 5 mins. Stir in the flour. Add the tinned tomatoes, puree, mushrooms and seasoning. Bring to the boil.
5. Turn the heat down and simmer for 20 mins or until carrots are soft.
6. Make the cheese sauce by melting the margarine gently and adding the flour. Whisk continuously with a balloon whisk until you have a flour paste. Remove from the heat and add the milk a little at a time and whisk. Place back onto the heat and continue to whisk. The sauce will start to thicken- you will know how much milk will need to be added. Remove from the heat and add 25g of the cheese (saving the other half for the topping)
7. Put a layer of meat mixture in the bottom of the dish, then a layer of lasagne.
8. Repeat with meat and lasagne until all the meat mixture is used up.
9. Place the cheese sauce on top, sprinkle a little more cheese on the top. Cover and chill.
10. Bake in the oven for 20-25 minutes until golden brown (gas 6 200C)

**Garnish:** sliced tomato or parsley

Date I will be making this is:	
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## Shrewsbury Biscuits

### Ingredients:

125g Margarine or butter

150g Caster sugar

2 Egg yolks

225g Plain flour

Grated rind 1 lemon or orange

Optional: 50g chopped dried fruit- mix in with the flour

### Method:

1. Grease two large baking sheets.
2. In a large mixing bowl cream together the butter and sugar, until pale and fluffy. Add the egg and beat in well.
3. Stir in the flour and grated rind to form a firm dough.
4. Turn out on to a lightly floured surface and knead lightly.
5. Roll out to about 5mm thick and cut into 6cm rounds with a fluted cutter. Place on the baking trays.
6. Bake at 180°C or gas mark 4 for 15 minutes, until firm a very lightly browned.

**Don't forget a container to carry your biscuits home.**

Date I will be making this is:

## **SAVOURY TURN OVERS**

### **Ingredients**

Pkt of ready made flaky or puff pastry  
100g minced beef  
1 onion - peeled and finely chopped.  
1 carrot - small diced.  
1 small potato - diced  
1tbsp Worcestershire sauce  
Salt and pepper

**Or**

150g potatoes- cooked and mashed  
50g cheese  
1tbsp chopped chives/ spring onions

**Or**

A filling of your own choice

1 egg to glaze

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

### **METHOD**

1. Light oven gas 6 / 210° C
2. Peel and chop vegetables and put into small saucepan with minced beef. Cook until mince is brown and then add Worcestershire sauce and seasoning. Leave to cool.
3. Roll out pastry thinly and using a saucer or small plate as a guide cut out circles.
4. Mix together the filling ingredients.
5. Divide filling between rounds leaving a centimetre border around each.
6. Damp edges with water and fold over pressing the edges together firmly.
7. Flute the edges.
8. Glaze with beaten egg.
9. Put three small cuts across the top of each.
10. Bake for 20- 25 minutes until golden brown and well risen.



Date I will be making this is:

## VICTORIA SANDWICH



### Ingredients

100g / 4oz margarine  
100g / 4oz caster sugar  
2 eggs  
100g / 4oz SR flour  
2-3 tbsp jam



Optional: decorations to make it look "Easterish"

**DON'T FORGET YOUR CONTAINER TO TAKE IT HOME IN.**

### METHOD

1. Light oven gas 4 /180°C.
2. Grease and base line 2 sandwich tins.
3. Cream together the margarine and sugar using a wooden spoon until soft, pale and creamy.
4. Beat eggs in a jug and add to the mixture gradually until it is all incorporated.
5. Sieve in the flour.
6. Fold in the flour using a metal spoon - use a figure 8 action.
7. Divide mixture evenly between the two tins and smooth the tops.
8. Bake for 20 mins until golden brown, firm to the touch and well risen.
9. When cooked, remove from the tins and put onto a cooling rack.
10. Spread one of the flat sides with jam (REMEMBER to take the greaseproof paper off first!!)
11. Sandwich the cake together.
12. Decorate the cake if you wish.

NB: If a chocolate cake is wanted replace 25g of SR flour with 25g cocoa powder and when cold sandwich together with 100g butter cream (100g icing sugar & 50g butter).

Date I will be making this is:



## THAI NOODLES

### Ingredients

- 1tbsp oil for frying
- 200g Chicken
- Bunch spring onions
- 1 Pepper - any colour
- 1 pkt Straight-to-wok noodles\*
- 1tbsp Tomato ketchup
- 4tbsp Sweet chilli sauce
- 2tbsp Honey



**DON'T FORGET YOUR CONTAINER TO TAKE IT HOME IN.**

### METHOD

1. Cut chicken into cubes.
2. Prepare vegetables.
3. Mix tomato ketchup, honey and sweet chilli sauce in a jug.
4. Put oil into wok and heat gently.
5. Add chicken and fry until white all through - stir all the time.
6. Add vegetables and fry until softened - stir all the time.
7. Add the sauce ingredients and mix well until everything is coated.
8. Add the noodles and stir in well.
9. Serving suggestion - add beaten egg to the hot mixture just before serving.

\*NB - if you are using dried noodles you need to put them onto boil at the start of your practical so they are ready to use at stage 8.

Date I will be making this is:

## QUICHE

### Ingredients

150g plain flour  
35g marg or butter

35g lard\*

Cold water to mix

1 onion

50g bacon \*

100g cheese

2 eggs

150 ml milk

Salt & pepper

Mixed herbs (optional)

Tomato (optional)

20 cm Flan dish (can be a foil one) or tin to cook it in



### METHOD

1. Light oven gas 5 / 200° C.
2. Rub fat into flour using fingertips until it looks like breadcrumbs.
3. Add cold water a teaspoon at a time until a firm dough is formed.
4. Lightly flour work surface and roll out into a circle big enough to fit your flan dish.
5. Carefully lift the pastry into the dish (lift using your rolling pin), fit the pastry and carefully trim the edges.
6. Peel and chop the onion and chop into small pieces,
7. Chop the bacon into small pieces and fry with the onion until soft.
8. Put the bacon and onion into the base of your flan.
9. Cover with grated cheese.
10. Arrange slices of tomato on top - if using.
11. Put eggs and milk into a jug and whisk together using a fork. Add herbs if using.
12. Pour carefully over the top of the filling.
13. Place quiche in oven for 20-25 minutes until the filling is set and golden brown and the pastry around the edge is crisp and golden brown.
14. Serve hot or cold.

*\*For a vegetarian option make the pastry with 150g plain flour and 75g margarine. Replace the bacon with mushrooms.*