

## Shortbread rounds

### Recipe 7

#### Ingredients

- 150g Plain flour
- 100g Butter
- 50g Sugar

#### Top tips:

- Try adding 50 – 75g of either sultanas, raisins, cherries, cranberries, candied ginger, almonds, walnuts, hazelnuts to the mix to add flavour and fibre.
- Substitute 25g of the flour with 25g ground almonds for a different flavour and texture.



## Burgers

### Recipe 8

#### Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs

**OR**

- 150g minced beef;
- 1 x small onion;
- Salt and pepper;
- 1 x egg;

#### Optional:

- Burger buns, relish and salad to serve
- Cheese slices
- Fresh herbs of your choice

## Food and Nutrition



## Y8 Food and Nutrition

### Recipe booklet

### Developing Food Skills 1

Use this as a **guide** to the recipes you will be making this half term.

You may **adapt** the recipes a **little** to **suit your tastes** (see Miss if you have any questions)

Always bring an adequate sized named lidded container to take your products home.

**Store refrigerated items in your student area fridge at the start of the day**

You will **record** your **recipe** for the **next week** in your **planner** – you must **ask** or **check** on the **food room notice board** if you are unsure which recipe we will be making.

# Recipes

Bolognaise sauce



## Bolognaise Ingredients:

### Recipe 4

- 1 small/medium onion
- 1 clove of garlic
- 1 carrot
- 1 celery stick (optional)
- 250g **minced beef** or veggie mince or tinned beans / lentils (**do not use dry beans or lentils**)
- 400g can chopped tomatoes
- 1 tablespoon tomato puree
- 1 tsp. spoon mixed herbs\*

Choose between **bolognaise OR chilli**, to suit your tastes



Chilli

## Chilli Ingredients:

- 250g **minced beef** or veggie mince
- 1 can kidney beans (drained)
- 1 can chopped tomatoes
- 1 medium/large onion
- ½ tsp. chilli powder/flakes etc.\*
- 1 tsp. sugar\*
- 1 beef or vegetable OXO cube
- 1 Tablespoon tomato paste/puree

## Vegetable Biryani

### Ingredients

75g Basmati rice

### And your choice

Pick three between 3-5 vegetables from below

- 1 small onion
- 1 handful cauliflower florets
- 1 handful broccoli florets
- 1 small carrot
- 1/2 sweet pepper
- 25g peas
- 25g sweetcorn (tinned or frozen)
- 1 stick celery
- 1 small courgette
- 50g mushrooms

1/2 tbsp vegetable oil - from school

1/2 vegetable stock cube -  
2tsp curry paste

**You will need an oven proof dish.**



## Thai Green Chicken Curry Recipe 6

### Ingredients

3 Spring Onions

1 Clove Garlic

80g garden Peas

1 Small Chicken Breast

2 x 15ml spoons Thai Curry Paste

200ml Coconut Milk

½ Lime

Small bunch of Coriander

Optional:

Why not add chilli if you like it spicy, or substituting your chicken for tofu or Quorn.



# Recipes

## Stir Fry Recipe 1

100g noodles  
1 x chicken breast, sliced  
Or chicken alternative  
1 clove garlic  
½ red chili (Optional)  
½ red onion  
3 mushrooms  
1/2 yellow pepper  
2 x tsp. oil  
1 x 10ml spoon soy sauce

Optional: any other vegetables you think will suit your dish or palette

**WARNING!! Risk of food poisoning!!**  
You **MUST** place **sealed and name labelled meat products** in your colour area **fridge** as soon as you arrive at school.

## Pizza Recipe 2

### Ingredients:

200g strong bread flour;  
4 tbsp. tomato puree;  
1 x sachet yeast;  
100g grated cheese;

*Toppings of your choice;*

### Your toppings could include:

**Ham, pineapple, pepper, olives etc.**

Any of those on your mind map!

### Re-heating instructions and serving suggestion:

*Serve hot or cold with salad;  
When reheating meat, make sure it is thoroughly hot all the way through;*

## Macaroni Cheese Recipe 3

### Ingredients:

100g macaroni  
*(Or whatever type of small pasta you may have at home)*  
100g Cheddar cheese  
1 tomato  
25g soft margarine  
25g plain flour  
250ml semi-skimmed milk  
Black pepper and salt to season

### Optional:

*Why not add bacon or ham  
Or leeks and red onion for extra flavour*

