

# Year 9 recipes

Food Preparation and Nutrition

## OAT AND BERRY MUFFINS

### Ingredients

150g plain flour  
2tsp baking powder  
75g caster sugar  
25g oats  
60g berries  
1 egg  
120ml milk  
60ml vegetable oil  
6 muffin cases  
Container

### Equipment

Mixing bowl  
Muffin tin  
Jug  
Fork  
Scales  
Metal tablespoon  
Teaspoon

### Method

1. Line muffin tin with 6 cake cases and pre-heat the oven to gas mark 5/190°C.
2. Stir the flour, baking powder, caster sugar and oats together in a large bowl.
3. In a jug, beat the egg, oil and milk together with a fork until they are well mixed.
4. Pour the wet ingredients into the dry ingredients and stir with a metal spoon. Fold in the berries, without breaking them up.
5. Spoon into the muffin cases until cases are  $\frac{3}{4}$  full and bake for 15-20 minutes.
6. Muffins are done when the tops are lightly browned and they spring back when touched.

## CHICKEN TAGINE

### Ingredients

1 medium onion  
2 garlic cloves  
4 ready-to-eat dried apricots  
1 chicken stock cube  
2 ~~tsps~~ oil  
4 chicken thighs  
1 tsp ground ginger  
1 tsp ground cumin  
1 tsp ground cinnamon  
1 lemon  
2 tsp honey  
Container

### Equipment

Knife  
Chopping board  
Non slip mat  
Large saucepan  
Wooden spoon  
Jug  
Teaspoon

### Method

1. Chop the onion and crush the garlic.
2. Cut the dried apricots into quarters and juice the lemon into a jug.
3. Make 300ml stock using boiling water and stock cube.
4. Remove the bones and skin from the chicken thighs and dice.
5. Heat the oil in a saucepan and add the chicken and brown on all sides.
6. Add onion, garlic and fry until softened for 5-7 minutes.
7. Add the spices, fry for 1 minute, then add the chicken, apricots, lemon juice and honey.
8. Pour in the stock and simmer on a low heat for 15-20 minutes or until the chicken is tender and cooked through.
9. Cut into a thick chunk of chicken to check that it is cooked through. Or probe and check the temperature is above 74oC+.

## HOMEMADE PASTA/SAUCE

### Ingredients

100g plain flour  
1 medium sized egg  
Pinch salt  
2tsp oil  
1 clove garlic  
200g passata  
1tsp sugar  
1tsp dried herbs  
Container

### Equipment

Mixing bowl  
Fork  
Jug  
Pasta machine  
Saucepan  
Wooden spoon  
Knife  
Chopping board  
Non slip mat

### Method

1. Weigh out flour into a bowl and add a pinch of salt.
2. Crack the egg into a jug, add the oil and beat together with the fork.
3. Add to the flour and knead the dough for about 5 minutes, until pasta is smooth and elastic and not sticky.
4. Wrap in cling film and put in the fridge for about 15 minutes.
5. Make the sauce by gentle frying the crushed garlic, then add the passata with the herbs and sugar. Set aside.
6. Break dough into two and flatten in the palm of your hand until thin enough to go through the widest rollers on the pasta machine.
7. Go to pasta machine and pass through rollers, decreasing the width until approx 2-3mm thick.
8. Bring a pan of salted water to the boil, then add the pasta and turn down.
9. Cook until the pasta floats, approx 3-4 minutes.
10. Drain and mix with the hot sauce and serve.

## SHORTCRUST PASTRY: PASTY CAKES/MAIDS OF HONOUR

### Ingredients

#### Pastry

150g plain flour  
50g margarine/butter  
25g white vegetable fat  
6 tsp cold water

#### Filling

50g self-raising flour  
50g butter/margarine  
50g caster sugar  
1 egg and 2 tbsp. of any jam

### Equipment

Jug  
Rolling pin  
Mixing bowl  
Teaspoon  
Tablespoon  
Bun tin  
Cooling wire rack  
Large cutter

### Method

1. Preheat your oven to 180c or gas 6.
2. Sieve the plain flour into the mixing bowl.
3. Add the fats into the bowl of flour in small chunks.
4. Rub the fats into the flour using your fingertips only until you achieve a consistency that looks like breadcrumbs.
5. Gradually mix in the cold water with a table knife until you achieve a soft but not sticky dough.
6. Roll out the pastry onto a floured work surface 5mm thick.
7. Cut out 9 circles of pastry and place them into the bun tin (make sure the pastry circles are big enough to fill the holes in the bun tin).
8. Fill each pastry case with half a teaspoon of jam.
9. Make the cake mixture, using the all in one method, look for a dropping consistency.
10. Spoon the cake mixture over the jam, completely covering and sealing it.
11. Bake for 20-25 minutes until the cake is golden brown and springy to touch
12. When cooked, place on a cooling rack.

## SAUSAGE ROLLS/SAUSAGE PLAIT

### Ingredients

1 quantity of flaky/rough puff pastry  
4 sausages  
1 egg  
50ml milk  
Container

### Equipment

Rolling pin  
Baking tray  
Baking paper  
Jug  
Fork  
Pastry brush

### Method

1. Preheat the oven to 220°C/gas mark 7.
2. Roll out the pastry into a long rectangle.
3. Whisk the egg and milk together in the jug, with a fork.
4. Remove the skins from the sausages and lay along one side of the pastry rectangle, about 2cm from the edge.  
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5. Fold the long side of the pastry over and press together,
6. Glaze with the egg and milk.
7. Slice into 2-3cm pieces and place on a lined baking tray.
8. Bake until risen and golden, for about 15-20 minutes.

### Sausage plait (stretch and challenge)

\*\*\*Add onion, garlic, 1tbsp tomato puree, dried mixed herbs to your sausage meat. Spread the meat filling down the centre of the pastry and cut 2cm thick strips of pastry either side. Fold the pastry strips alternately over the filling.

# Simple Chelsea buns

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## Recipe

500 g strong white bread flour  
1 tsp salt  
15 g margarine  
½ sachet easy bake yeast  
250 ml water

## Filling

50 g caster sugar  
2 tsp cinnamon  
150 g any of the following: sultanas/dried apricots/mixed nuts/grated apple  
25 g melted butter

## Method

- 1 Place the flour, salt and margarine in a large mixing bowl.
- 2 Rub in the margarine until it makes crumbs. Stir in the yeast.
- 3 Warm the water until it is just hand hot, then add to the flour. Mix well until it comes to a soft dough.
- 4 Turn out onto the work surface and knead by hand for 10 minutes.
- 5 Roll out the dough to a rectangle, about 30 × 26cm.
- 6 Sprinkle the dough with the sugar, cinnamon and filling, then roll up like a Swiss roll.
- 7 Cut into 3-cm thick slices and arrange on the baking tray, leaving about 2 cm between each slice for them to expand.
- 8 Pre-heat the oven to 190°C/170°C fan/Gas 5. Brush with melted butter, then bake for 30 minutes until golden brown.

## CHOUX PASTRY: PROFITEROLES/ECLAIRS

### Ingredients

50g butter, cut into cubes  
125ml water  
75g strong bread flour  
2 eggs, lightly beaten  
100g chocolate  
300ml double cream  
Container

### Equipment

Jug  
Scales  
Fork  
Saucepan  
Wooden spoon  
Piping bag  
Star nozzle  
Baking tray  
Baking paper  
Cooling wire  
Bowl  
Saucepan  
Balloon whisk

### Method

1. Preheat the oven to 220°C/gas mark 7.
2. Put the butter and water into a pan and place over a medium heat until the butter melts. Bring to a boil but take care not to burn the butter.
3. Take the saucepan off the heat and add the strong flour. Beat with a wooden spoon. Return to the heat and beat until the mixture forms a soft ball for around 3 minutes.
4. Leave to cool slightly then gradually add the eggs, beating well between each addition, to form a smooth, shiny paste.
5. Place the paper on a baking tray and sprinkle with water.
6. For profiteroles, pipe 24 tablespoonfuls of pastry on the tray, press down any 'sharp' edges using a wet finger. (For éclairs, pipe lines of mixture approx. 8cm long.)
7. Bake for 15-20 minutes until golden brown.
8. Poke a hole into each profiterole as it cools.
9. Make the sauce by melting the chocolate in a bowl, over a pan of simmering water.
10. Add 100ml cream and stir in. Place in small bowl (wash up large bowl).
11. Whip the cream in a large bowl, place in a piping bag with the star nozzle and pipe into the cooled profiteroles.