



SULLIVAN UPPER SCHOOL

Home Economics Department

YEAR 10 RECIPES

2018 - 2019

Name: _____

Class: _____

Teacher's Name: _____

Introduction

Year 10 is your final year in Key Stage 3 and at the end of this year you should be ready for GCSEs. Practical cookery in years 8 and 9 provided you with the basic skills and now you should be ready to move on and improve.

At the end of year 10, we would like you to:

- develop new skills
- know how to choose a good recipe
- experiment with ingredients and flavours
- appreciate the variations in cost and quality of food
- be creative in your choice and presentation of food
- show initiative and be responsible when cooking
- plan ahead and work independently and efficiently when cooking

To help you with this the year 10 recipe book offers variations within recipes to choose from so that you can decide which new ingredients you would like to learn about or which skills you need to improve. The recipes also provide you with more information so that you can make the best choice for you and your family.

IMPORTANT PRACTICAL REMINDERS

1. Avoid wasting food

- bring only the quantities of each ingredient that you need
- think about how you will carry your dish home
- store ingredients and dishes safely both in school and at home
- remember that school will provide some of the basic store cupboard ingredients
- share ingredients such as fresh herbs or unusual flavourings with a friend.

2. Avoid wasting time

- Come to class prepared with ingredients weighed and measured (*this can be done in school but must be completed before the class starts*)
- Read the recipe so that you understand what you will be doing before you come to class, this will improve your ability to plan ahead and work efficiently.

3. Avoid unnecessary packaging

Every year we dispose of plastic containers left behind by pupils. We will return them to you if they are labelled but we do not have the room to store them indefinitely. Plastic food bags are a more efficient way of taking ingredients to school. They can be washed and reused.

Remember that school is a ‘nut free zone’.

Peach and Cinnamon Muffins

[Make in pairs]

(You will need a container with a lid to take them home)

Makes 12 (6 each)

Takes 40 mins

Price guide £0.22 per muffin

What you need

Equipment

Green board and knife, 2 large bowls, electric beater, tablespoon, sieve, spatula, teaspoon, knife, muffin tray and muffin cases

Wet Ingredients

2 eggs
100ml natural yogurt
100ml milk
4 tablespoons sunflower oil
3 medium peaches or nectarines

Dry Ingredients

300g plain flour
100g brown sugar and extra for sprinkling
12 MUFFIN cases
1 tsp ground cinnamon (available in school)
2 tsp baking powder (available in school)
¼ tsp baking soda (available in school)

How to do it

1. Preheat the oven to 170°C/gas mark 4. *(For fan-assisted ovens reduce the temperature by 10C).*
2. Place 12 muffin cases into a muffin tray. Chop half the fruit into small cubes and the other half into thin slices. Leave aside.
3. Place the wet ingredients in a large bowl and whisk together with the electric beater. Add the **chopped** fruit and stir.
4. In another bowl, sieve the dry ingredients.
5. Add the dry ingredients into the wet and stir until mixed. Stop stirring as soon as it comes together and **do not over stir or beat as this creates a dense texture.**
6. Divide the mixture between the muffin cases. Top each with 3 peach **slices**, sprinkle with extra brown sugar and bake for 20-25 minutes or until the tops spring back when gently touched.

What you'll learn

Make these muffins and learn how to:

- Prepare fruit
- Oven management skills
- Bake and test if baked goods are cooked

Variations

Peach and Banana Replace half of the chopped peach with 1 mashed banana.

Berry Use 25g frozen berries in place of the peaches.

Apple and Cinnamon Replace the chopped peaches with 250g grated, unpeeled cooking apple.

Lemon Linguine with Ham

[Make on your own]

(You will need a container with a lid to take it home)

Serves 2

Takes 25 mins

Price guide £1.32 a portion

What you need

Equipment

Large saucepan, colander, green board and knife, zester, black spoon, mezzaluna

Ingredients

75g dried linguine

100g frozen peas (*economise: try supermarket own brand peas*)

100ml low fat crème fraîche

½ small lemon

1-2 thick slices cooked ham

How to do it

1. Boil kettle and turn a large ring on the hob to high. $\frac{3}{4}$ fill a large saucepan with boiling water and place on the hot hob. When it returns to the boil, add the pasta. Keep the heat high so that the water continues to boil and the pasta is moving in the water. Stir once or twice to prevent sticking. Cook for the length of time indicated on the pack instructions for 8-10 minutes until 'al dente'.
2. Add the peas for the final 2 minutes of cooking.
3. While the pasta is cooking, zest and juice half the lemon, cut the ham into strips.
4. When the pasta is cooked, drain well using a colander.
5. Return the pasta to the saucepan and stir in the crème fraîche, ham, lemon zest and juice.

What you'll learn

Make this pasta and sauce and learn how to:

- Cook pasta
- Make a quick and fresh pasta sauce

Storage

Refrigerate.

Garlic Prawn Linguine

[Make on your own]

(You will need a container with a lid to take it home)

Serves 2

Takes 35 mins

Price guide £1.63 per portion

What you need

Equipment

Large saucepan, small saucepan, colander, green board and knife, zester, black spoon, mezzaluna

Ingredients

75g dried linguine

1 lemon

100g peeled prawns (if frozen, defrosted)

Small bunch (handful) of fresh parsley or basil

1 garlic clove (optional)

1 tablespoon olive oil (available in school)

1 teaspoon dried chilli flakes (available in school)

Pepper (available in school)

How to do it

1. Boil kettle and turn a large ring on the hob to high. $\frac{3}{4}$ fill a large saucepan with boiling water and place on the hot hob. When it returns to the boil, add the pasta. Keep the heat high so that the water continues to boil and the pasta is moving in the water. Stir once or twice to prevent sticking. Cook for the length of time indicated on the pack instructions or 8-10 minutes until 'al dente'. Add garlic glove to pan if using, the flavour will infuse into the pasta.
2. While the pasta is cooking, zest and juice lemon, finely chop parsley.
3. Add olive oil to a small saucepan and heat gently, add chilli flakes, 1 teaspoon of lemon zest, 1 tablespoon of lemon juice, prawns and parsley, cook gently for 2 minutes – until prawns heat through. Do not overcook or prawns will be tough.
4. Drain pasta using a colander.
5. Remove sauce from heat and stir into pasta

What you'll learn

Make this pasta and sauce and learn how to:

- Cook pasta
- Make a quick and fresh pasta sauce

Storage

Refrigerate.

Apple Strudel

[Make on your own]

(You will need a container with a lid to take it home)

<p>Serves 4-6 Takes 40 minutes Price guide £2.15 each</p>
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What you need

Equipment

1 oven tray lined with parchment paper (between 2 pupils), green board and knife, grater, pastry brush, jug.

Ingredients

- 1 roll of ready rolled **puff pastry** [defrosted]
- 2 small or 1 large **eating** apples
- 2 tablespoons caster sugar
- 50g sultanas/raisins (optional)
- ½ **teaspoon cinnamon (available in school)**

<p>NB: If you have HE P9 & 10 please STEW APPLES AT HOME.</p>
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How to do it

1. Preheat oven to 200°C (for fan-assisted ovens reduce temperature by 10 °C).
1. Place pastry on oven tray lined with parchment paper – 2 pupils per tray.
2. Grate or thinly slice apples, place on one half of pastry oblong.
3. Sprinkle dried fruit, sugar and cinnamon on top.
4. Brush edges with water and fold pastry over apple, seal well.
5. Bake for 25 minutes or until pastry is golden.

What you'll learn

Make this strudel and learn how to:

- Prepare fruit
- Handle and cook pastry

Storage

Refrigerate.

All-in-one Victoria Sandwich

[Make on your own]

(You will need a cake tin or deep container with a lid to take it home)

Makes 1 cake

Takes 50 minutes

Price guide £1.27

What you need

Equipment

2 greased and lined sandwich tins, mixing bowl, electric beater, spatula, cooling rack

Ingredients

175g soft margarine

175g caster sugar

175g self-raising flour

3 eggs

4 tablespoons of jam

1½ teaspoons baking powder (available in school)

Caster sugar for dusting (available in school)

How to do it

- Heat oven to 180°C (for fan-assisted ovens reduce temperature by 10 °C).
- Collect two greased and floured sandwich tins.
- Place all ingredients (except jam) into mixing bowl and beat with an electric beater until thoroughly blended.
- Divide the mixture evenly between two tins and level out.
- Bake in pre-heated oven for 25 minutes or until well risen and the tops of the cakes spring back when lightly pressed.
- Turn out onto cooling rack, peel off greaseproof paper.
- When completely cold, sandwich the cakes together with the jam and sprinkle with icing sugar to serve.

What you'll learn

Make this cake and learn how to:

- Make a cake using the all-in-one method
- Bake a cake and test that it is cooked.

Salmon and chickpea salad

[Make on your own]

(You will need a container with a lid to take it home)

Serves 2

Takes 35 minutes

Price guide £3.45 per portion

What you need

Equipment

Green board and knife, zester, oven tray, tin opener, teaspoon, tablespoon, oven gloves

Ingredients

½ large red or yellow pepper (or 1 roasted pepper from a jar)

½ small lemon

50g of fresh baby leaf spinach or rocket leaves

1 salmon fillets (with skin on if possible)

½ of a small tin of chickpeas (210g)

½ **teaspoon of smoked paprika (available in school)**

½ **tablespoon of olive oil (available in school)**

Pepper (available in school)

How to do it

1. De-seed and julienne pepper into thin slices, zest and juice lemon.
2. Preheat the oven to 180°C (for fan-assisted ovens reduce temperature by 10 °C). Season the salmon with pepper and bake for 15 minutes or until just cooked through.
3. Make the dressing by whisking together the lemon zest, lemon juice, smoked paprika, olive oil and seasoning (judge the amount of lemon used carefully to suit your own taste).
4. Drain the chickpeas, then mix with the dressing and strips of pepper. Spoon over the spinach and top with the salmon to serve.

What you'll learn

Learn how to:

- Prepare vegetables
- Make a dressing
- Bake fish

Variations

Replace salmon with fresh tuna or halloumi cheese.

Storage

Refrigerate

'WOK STARS'

[Make on your own]

Design your own stir fry and eat in class!

<p>Serves 1 Takes 30 mins Price guide £2.20</p>
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What you need

Equipment

Green board and knife, red board and knife, vegetable peeler, wok, Chinese turner, tablespoon, teaspoon, plate, small bowl, fork.

Ingredients

Decision 1: Protein 50g

Choose from – chicken, beef, pork, prawns, squid, Quorn, tofu or vegetables only.

If using chicken, beef or pork CUT INTO VERY THIN STRIPS AT HOME

Decision 2: Vegetables 100g

Choose from – mangetout, broccoli, baby corn, sugar snap peas, spring onions, carrots, peppers, mushrooms, pak-choi, water chestnuts, bean sprouts, asparagus, celery, Chinese cabbage, baby leaf spinach.

Decision 3: Sauce (available in school)

Five Spice	Soy and Ginger
1 teaspoon of Chinese five-spice powder	2 tablespoons of soy sauce
1 tablespoon honey	1 tablespoon of mirin
2 tablespoons of soy sauce	½ teaspoon of ground ginger
	Sweet Chilli
	1 tablespoon soy sauce
	2 tablespoons sweet chilli sauce

1 tablespoon vegetable oil (**available in school**)

HOW TO DO IT ON NEXT PAGE...

How to do it

The secret to good stir frying is not to put too much in the wok at the one time, if you do, the vegetables will sweat instead of frying.

1. Prepare vegetables and place on plate – ‘Mise en Place’. Take care with this - consider how you prepare the vegetables e.g. cut spring onions diagonally, carrots into ribbons, shred Chinese cabbage etc.
2. Measure and mix together sauce ingredients in a small bowl using fork.
3. Place the wok on a high heat and add 1 tablespoon vegetable oil followed by the protein option. Cook for **3-4 minutes** (remembering chicken, beef or pork will take longer to cook than other options e.g. prawns, squid, Quorn or tofu).
4. Add the vegetable mix to the wok. Stir fry vegetables by moving them around the wok with Chinese turner, cook for **2 minutes**.
5. Add sauce and cook for **1 minute**. Add a tablespoon of boiling water to thin sauce if needed.

Serve and eat immediately.

What you'll learn

Make ‘Wok Stars’ and learn how to:

- Design a stir-fry
- Prepare vegetables
- Stir-fry meat and vegetables

Blueberry Pancakes

[Make in groups of 4]

Serves 4
Takes 20 mins
Price guide 70p a portion

What you need

Equipment

Pancake Maker, ladle, measuring jug, mixing bowl, fork, electric beater, wooden spoon.

Ingredients

200g self-raising flour
 1 egg
 300ml milk
 150g pack blueberries (fresh or frozen)
 1 teaspoon baking powder (**available in school**)
 1 tablespoon of melted butter (**available in school**)
 Sunflower oil or a little butter for cooking (**available in school**)
 Honey to serve (optional)

How to do it

1. Mix together the flour, baking powder and a pinch of salt in a large bowl.
2. Melt the butter in measuring jug, add egg and milk and beat together with a fork.
3. Make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.
4. Gently stir in half the blueberries.
5. Lightly grease pancake maker and carefully ladle on pancake batter.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2 minutes until golden.
7. Cover with kitchen paper to keep warm while you use up the rest of the batter.
8. Serve with honey and the rest of the blueberries.

What you'll learn

Make these pancakes and learn how to

- Make and cook pancakes
- Cook with fruit

Storage

Refrigerate

Variations

Replace blueberries with another fruit e.g. strawberries, raspberries, banana.

OR why not make a berry coulis using the recipe below:

Ingredients	Method
250g frozen berries 50g golden caster sugar ½ tsp vanilla extract.	Put 250g of berries and 50g sugar into a small saucepan with 100ml of water and ½ tsp vanilla extract. Bring to the boil and simmer for 5minutes until the fruit is soft. Remove from the heat and cool a little. Tip the contents of the pan into a food processor and whiz until a puree. Strain through a sieve. Serve warm or cold.

Paella

[Make in Pairs]

(You will need a container with a lid to take it home)

Serves 4

Takes 25 mins

Price guide £1.76 a portion

What you need

Equipment

Green board and knife, wok, chinese turner, tablespoon, teaspoon, measuring jug, kettle

Ingredients

About 500ml chicken or fish stock (bring a stock cube to school)

½ leek

114g pack sliced chorizo sausage

200g long grain rice (or paella rice)

200g frozen peas

350g frozen seafood mix (defrosted)

1 tablespoon olive oil (available in school)

1 teaspoon turmeric (available in school)

How to do it

1. Quarter the sliced chorizo and finely slice the leek. Boil kettle and make 500mls of stock.
2. Heat the oil in a wok and soften the leek for 5 min without browning.
3. Add the chicken if using and the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils.
4. Pour in the stock. Bring to the boil and then reduce the heat to simmer stirring occasionally. (Add extra hot water if needed to stop the paella drying out)
5. After about 15minutes, tip in the peas, then stir in the seafood mix to heat through for a final 3-4 minutes or until the rice is cooked.

What you'll learn

Make this paella and learn how to:

- Cook rice
- Cook fish
- Simmer a sauce

Variations

For a vegetarian option, swap the fish for 200g chestnut mushrooms and 2 red peppers or replace the seafood with 2 chicken fillets or 4 chicken thighs ***(IF BRINGING CHICKEN SKIN REMOVED AND DICED AT HOME)**

Storage

Refrigerate

LEMON or LIME TORTE

[Make on your own]

(Please bring an 18cm flan dish to make the torte and carry it home.
A tinfoil pie dish is also suitable).

Serves 6-8

Takes 40 mins

Price guide £0.40 a portion

What you need

Equipment

Measuring jug, microwave, black spoon, zester, juicer, electric beater, spatula

Ingredients

200g packet of ginger nut biscuits (**crushed finely**)

75g margarine

1 small carton of mascarpone cheese (**250g**)

1 x 170g tube of **condensed** milk

1 large lemon **or** 2 limes

How to do it

1. Melt flora in microwave or saucepan and blend in crushed biscuits.
2. Press biscuits into base using the back of a spoon.
3. Zest lemon/limes and squeeze out juice.
4. Beat mascarpone cheese, condensed milk, lemon/lime rind and juice together with a spatula until it thickens slightly.
5. Pour mixture onto the biscuit base and chill in fridge for several hours until firm.

What you'll learn

Make this and learn how to:

- Beat a mixture until smooth
- Zest and juice citrus fruit
- Make a layered torte

Variations

Add a handful of raspberries or blueberries into the mixture one at a time before you layer the mixture onto the base. This gives a polka dot effect when you cut the torte.

Storage

Refrigerate and eat within two days.

Mexican Style Breakfast Omelette

[Make in Pairs]

(Eat and enjoy in class).

Serves 2

Takes 20 mins

Price guide £1.85 a portion

What you need

Equipment

Green board and knife, omelette pan, fish slice, tablespoon, teaspoon, fork measuring jug, glass bowl, serving plates

Ingredients

2 eggs

50g grated cheese (any type)

1 avocado

1 lime

A handful (100g) of different coloured cherry tomatoes

2 tortilla wraps

2 tablespoons black beans (available in school)

1 teaspoon chilli flakes (available in school)

Spray oil (available in school)

1 teaspoon olive oil (available in school)

Sea salt and black pepper (available in school)

Fresh coriander (available in school)

How to do it

1. Peel the avocado and remove the stone. Mash roughly with juice of half a lime and some sea salt.
2. Wash and chop the cherry tomatoes. Dress with olive oil and juice of half a lime. Season to taste.
3. Fry the black beans until they are soft (couple of minutes).
4. Grate the cheese.
5. Heat the tortillas.
6. Make the omelettes one at a time using one whisked egg for each omelette. Add to a hot omelette pan sprayed with oil. Top with grated cheese and chilli flakes and fold over to finish.
7. Serve all the ingredients with the tortilla wraps and fresh coriander.

What you'll learn

Make this and learn how to:

- Make an omelette
- Prepare an avocado

Watch how to make it on YouTube: Jamie Oliver's Food Tube

<https://www.youtube.com/watch?v=oRC0MBGOvsg>