

Practical work in Home Economics

1. Ingredients for practical cookery lessons are provided by the pupil.
2. Preparing for practical lessons is the responsibility of the pupil. It is part of their learning and is a homework activity.
3. Most of the recipes are intended to be flexible and can be adapted to suit individual tastes.
4. For ease of transport and storage and to avoid wastage, pupils should weigh ingredients at home and bring **ONLY** the amount of food required for the recipe.
5. Pupils must not bring any products containing **NUTS** to school - a number of our pupils have potentially fatal allergies to these foods.
6. Skills can be practised at home.
7. Pupils are encouraged to adopt a healthy and positive attitude to food. The recipes included here represent a balance of all the food groups. Some of the desserts contain sugar and should not be eaten every day.

QUESADILLAS [Between 2]

Please bring a suitable container to carry the quesadillas home or eat in class.

Ingredients

2 flour tortillas

100g cheddar cheese

1 spring onion

$\frac{1}{2}$ red pepper

Pinch of dried chilli flakes (school)

Handful fresh coriander (school)

Method

1. Finely chop the spring onions and coriander, finely slice the peppers.
2. Mix all this up in a bowl.
3. Place one flour tortilla in a warm wok and sprinkle on the topping.
4. When the cheese starts to melt, press the second flour tortilla on top until it sticks, then turn the quesadilla.
5. When crispy, remove from the pan and cut into quarters.

SKILLS

- ✓ Use a sharp knife
- ✓ Use the hob

SALMON EN PAPILOTTE [Make individually]

Salmon en Papillote simply means wrapping a piece of salmon in parchment paper folded into a little parcel and then baking it, bag and all. This one dish meal is not only easy to prepare and tasty to eat but most important of all – there is less cleaning up.

Ingredients

1 salmon fillet
or other firm fish fillet such as haddock
150g fine green beans or tender stem broccoli
juice and zest of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ teaspoon mixed dried herbs (school)
Sea salt and black pepper (school)
Spray vegetable oil (school)
Large sheet of parchment paper (school)

Method

1. Preheat oven to 180°C /gas mark 4. *(For fan assisted ovens reduce temperature by 10°C)* Put a piece of salmon on a 30cm² parchment square. Add lemon zest, juice, salt and pepper and herbs. Top with the vegetables.
2. Wrap up the parchment paper leaving room inside for the air to circulate.
3. Put the parcels on a baking tray and bake in the preheated oven for approximately 12-15 minutes until the packet is puffed up and the parchment is a bit brown in colour.
4. Serve the salmon and vegetables in the parcel.

To check that the salmon is cooked through, open the parcel slightly - the salmon is cooked when it flakes easily with a fork.

Variations

Use cherry tomatoes and basil instead of herbs and green beans.

SKILLS

- ✓ Making a parcel
- ✓ Recognising when fish is cooked
- ✓ Use of the oven

HALLOWEEN APPLE PUFFS [Between 2]

Please bring a suitable container to carry the apple puffs home.

Ingredients

- 1 ready rolled puff pastry sheet
- 3 small red skinned eating apples
- 2-3 tablespoons caster sugar (school)

Method

1. Preheat oven to 220°C /gas mark 7. *(For fan assisted ovens reduce temperature by 10°C)* Unroll pastry sheet onto a lined baking sheet, with a sharp knife trim edges then cut the sheet in half lengthways, and then each half into 3 equal pieces. Separate the pieces slightly.
2. Halve and core the apples leaving the skin on, then thinly slice the apple halves, keeping the slices together in the original shape. Place one sliced apple half, cut face down, in the centre of each pastry piece.
3. Bake for 12 - 14 minutes until pastry is risen and golden. Sprinkle with a little more sugar and serve warm or cold.

SKILLS

- ✓ Handling pastry
- ✓ Preparing apples
- ✓ Use of the oven

CHOCOLATE CHIP COOKIES [Make individually]

Ingredients

225g plain flour

115g butter or margarine

115g Demerara sugar

100g chocolate drops

$\frac{1}{2}$ teaspoon vanilla essence (school)

2 tablespoons milk (school)

1 teaspoon baking powder (school)

Method

1. Pre-heat the oven to 180°C/gas mark 4. *(For fan assisted ovens reduce the temperature by 10°C)*
2. Sift the flour and baking powder into a mixing bowl and rub in the butter or margarine until the mixture resembles breadcrumbs.
3. Add the sugar, chocolate drops, vanilla essence and milk, and continue mixing until the ingredients come together as a soft dough.
4. Turn the mixture out on to a floured surface. Form into roll approximately 10cm in diameter and slice into 8.
5. Place the cookies on greaseproof paper lined trays, and bake in the oven for about 15 minutes until pale brown. Be careful not to overcook.

SKILLS

- ✓ Making a dough
- ✓ Recognizing when biscuits are cooked
- ✓ Use of the oven

GRILLED CHICKEN with TOMATO SALSA [Between 2]

Please bring a 1 litre container with a lid to carry the chicken dish home or eat in class.

Ingredients

1 boneless skinless chicken fillet

$\frac{1}{2}$ teaspoon olive oil (school)

Tomato salsa

10 ripe cherry tomatoes

Small handful fresh coriander

1 lime

sea salt (school)

freshly ground black pepper (school)

pinch of dried chilli flakes (school)

Method

1. Flatten the chicken fillet. Drizzle with a little olive oil and season well with salt and pepper. Place the thin chicken under the pre-heated grill. Check on it regularly while you make the salsa.
2. Roughly chop the coriander, stalks and all. Put the chilli flakes and halved tomatoes into a bowl with the salt and pepper and the juice of 1 lime, then stir in the chopped coriander.
3. Turn the chicken breasts and cook until the meat is white all the way through to the middle. Serve with the salsa.

SKILLS

- ✓ Flatten a chicken fillet
- ✓ Use the grill
- ✓ Make a salsa

IRISH SODA BREAD [Make individually]

Ingredients

340g plain white flour

290ml buttermilk

$\frac{1}{2}$ level teaspoon salt (school)

$\frac{1}{2}$ level teaspoon bicarbonate of soda (school)

Method

1. Pre-heat oven to 200°C/gas mark 6. (*For fan-assisted ovens reduce the temperature by 10°C*). Sieve the dry ingredients into a bowl.
2. Make a well in the centre and add the milk.
3. Using a large spoon make full circular movement from the centre to the outside of the bowl in ever increasing circles.
4. The dough should be soft and not too wet and sticky.
5. Turn the dough out onto a well-floured work surface. Wash and dry your hands.
6. Pat the dough into a 4cm round and flip over. Cut a deep cross in the centre.
7. Bake in the oven for 30 minutes or until the loaf sounds hollow when tapped.
8. Cool on a wire rack.

Variations

Brown Soda Bread - use 170g plain white flour and 170g self-raising wholemeal flour

Soda bread with herbs - add 1-2 tablespoon of fresh herbs of your choice, such as rosemary.

Soda bread with cumin - add 1 -2 tablespoon of freshly roasted cumin seeds.

SKILLS

- ✓ Making a dough
- ✓ Recognising when bread is cool

FAIRTRADE BANANA BREAD [Between 2]

Please bring a biscuit tin or suitable container to carry this home.

Ingredients

150g flora

2 eggs

200g self-raising flour

2 large fair trade bananas

150g fair-trade caster sugar (school)

Method

1. Pre-heat the oven to gas mark 4/180°C (*for fan assisted ovens reduce the temperature by 10°C*)
2. Mash the bananas with a fork.
3. Cream flora, sugar, egg and flour, until light and fluffy.
4. Stir in mashed banana.
5. Divide mixture between 2 lined 250g loaf tins.
6. Bake for 30-40 mins. Leave to cool.

SKILLS

- ✓ Making a batter
- ✓ Recognising when a cake is cooked

5 A DAY FONDUE [Between 4]

Ingredients

100g chocolate for melting (block or chips)

1 pineapple

1 mango

2 pieces of fruit with a stone eg peach, nectarine or plum

8 strawberries

Wooden skewers/cocktail sticks (school)

Method

1. Prepare the fruit and cut into large chunks.
2. Melt the chocolate in the microwave or in a small bowl over boiling water - whichever is recommended on the packet instructions.
3. Serve the fruit and chocolate dip attractively for example, thread the fruit onto skewers and serve on a platter with melted chocolate or drizzle the fruit skewers with melted chocolate or dip some of the fruit in chocolate and allow to harden in the fridge.

SKILLS

- ✓ Preparing large fruit such as pineapple
- ✓ Preparing a mango
- ✓ Removing the stone from fruit such as nectarine
- ✓ Melting chocolate
- ✓ Threading food