



Y8 RECIPES

Academic Year: 2017-2018



SAM'S SMARTIE COOKIES

Ingredients List

150g butter
150g light muscovado sugar
1 ½ tbsp golden syrup
225g self-raising flour
1 tube Smarties

Method

1. Preheat oven to gas mark 4 /180°C
2. Cream butter and sugar in a bowl until light and creamy then beat in the syrup.
3. Mix in half the flour.
4. Stir the remaining flour and work into a dough with your fingers.
5. Divide the dough into 8 balls. Place them well apart on 2 baking sheets. DO NOT FLATTEN THEM.
6. Bake in the oven for 5 minutes and place about 3 smarties on top of each cookie.
7. Bake in the oven for 8 mins until pale golden at the edges.
8. Cool on a wire rack.

BREAD ROLLS

Ingredients List

200g bread flour
1 tsp salt
1 tblsp oil
1 packet of fast action yeast TIN OR BOX
1 tsp sugar
150ml warm water
2 tblsp extra flour

Method

1. Put all ingredients onto a white tray. Wash work surface. Tie long hair back, put an apron on and wash hands.
2. Pre-heat oven 210°C. Collect all ingredients and equipment: - MIXING BOWL, MEASURING JUG, WOODEN SPOON, FLOUR DREDGER, SHARP KNIFE AND BAKING TRAY.
3. Sieve flour into mixing bowl. Add salt, sugar, oil and yeast. Mix in well.
4. Add half of the warm water and beat in well with a wooden spoon. Add half of the remaining water. Beat in well. If you need to add the remaining water beat in with a wooden spoon to get a soft dough.
5. Turn the dough out onto the floured work surface. Knead for 10 minutes to get a smooth elastic dough.
6. Divide into 6 equal pieces. Shape into equal round shaped rolls. Place onto a floured baking tray and leave to rise for 5-10 minutes.
7. Bake in oven for 15 – 20 minutes until golden brown.

PIZZA

Ingredients List

200g bread flour
1 sachet of easy blend yeast
Pinch salt
Teaspoon of sugar
1 tblsp oil PIZZA DISH OR LARGE BAKING TRAY
150 ml of warm water Teatowel
2 tblsp tomato puree
½ ball of mozzarella cheese
40g grated Cheddar cheese
Mixed herbs
50g extra bread flour for rolling out

Choose up to three of the following toppings

1 slice ham
6 pineapple chunks
6 slices pepperoni
½ green pepper
1 mushroom
1 tomato
1 chilli pepper
3-4 anchovy fillets
6-8 green or black olives
½ a small tin tuna
1 cooked sausage

Method

1. Put all ingredients onto a white tray. Wash table top. Tie long hair back put an apron on and wash hands.
2. Turn on oven 200°C Gas mark 6. Get out all the equipment you need:- MIXING BOWL, MEASURING JUG. WOODEN SPOON, ROLLING PIN, FLOUR DREDGER, SHARP KNIFE. CHOPPING BOARD, GRATER AND TEASPOON
3. Mix flour with oil, salt, sugar and yeast.
4. Beat in the warm water. Should form a soft but not sticky dough.
5. Knead for 10 minutes until soft and stretchy.
6. Roll out dough to a large circle. Place on a floured baking sheet.
7. Chop all vegetables or meat quite thinly
8. Spread with tomato puree. Leave a lip around the edge of the dough.
9. Arrange the vegetable or meat toppings over your pizza. Sprinkle with the grated cheese. Place the pepperoni in a symmetrical pattern on top of the cheese. Sprinkle with mixed herbs.
10. Bake in oven 200°C for 15 – 20 minutes until golden brown and the cheese is melted.

PAELLA

Ingredients List

1 onion
1-2 cloves garlic
1 red or green pepper
1 chicken breast fillet
1 tbsp oil
1 tsp turmeric
1 tsp paprika
1 stock cube chicken or vegetable
250g paella rice
25g frozen peas
75g chorizo

Method

1. Peel, deseed and finely chop pepper. Peel and finely chop the onion. Put into a small bowl together.
2. Peel, crush and finely chop the garlic.
3. Cut the chorizo into 1 cm cubes.
4. Cut chicken into bite size pieces.
5. Fry the onion and pepper in oil for 5 minutes.
6. Add the garlic, turmeric and paprika and cook for 1 minute. **Do not burn.**
7. Add the diced chicken and chorizo and cook for 5 minutes.
8. Add 750 ml stock, bring to the boil then add rice. Mix in well.
9. Cook for 15 minutes stirring from time to time.
10. Stir in the frozen peas and cook until piping hot. Taste for seasoning. Serve straight away

SWISS ROLL

Ingredients List

4 eggs
100g caster sugar
100g plain flour
2-3 tablespoons jam
Extra teaspoon caster sugar
PLATE AND BOX TO CARRY IT HOME.

Method

1. Grease and line Swiss roll tin. Preheat oven Gas mark 6 or 200° C.
2. Break eggs into a large mixing bowl. Add the caster sugar.
3. Whisk with an electric mixer until pale in colour and twice the volume. Test by leaving a trail from the beaters it should stay on the top for the slow count of three.
4. Sieve the flour into the mixture. **Very carefully**, fold in the flour. Use a metal tablespoon in a figure of eight.
5. Pour mixture into prepared tin. Put into oven straight away bake for 10 minutes until golden brown and set.
6. Place a sheet of greaseproof paper onto your table sprinkle with the extra sugar. Have a sharp knife ready. Mix the jam so that it is ready to spread quickly.
7. Remove cake from the oven. Turn out onto the prepared paper. Remove the paper lining. Trim a thin strip off all the edges. Make a score line on the nearest short edge. Spread the jam over the sponge.
8. Roll up tightly using the paper to help you. Leave wrapped in the paper for 2 minutes to hold the shape.
9. Display on your plate.

GLUTEN FREE SWISS ROLL

Ingredients List

- 4 Large free range eggs
- 100g Caster sugar
- 100g Gluten free flour, sifted with
- 2 teaspoons Gluten free baking Powder (Be sure to check its Gluten free)
- 4-5 tablespoons of jam of your choice.

Method

1. Grease and line a shallow Swiss Roll tin, 9 x 12 inches (22 x 30cms)
2. Pre-heat the oven to 450f gas mark 7.
3. Whisk the eggs and sugar until very thick and creamy and leaves a trail when the whisk is lifted out of the mixture.
4. Fold in the flour and baking powder.
5. Turn into prepared tin and tap the tin gently to ease into the corners.
6. Bake in a hot oven, 7 to 10 minutes at the second shelf from top, until the sponge is golden and slightly shrunk away from edge of the tin.
7. Meanwhile prepare the jam filling by mixing slightly. Beat jam to ensure even consistency when spreading.
8. Place a clean sheet of greaseproof paper onto the table and sprinkle with caster sugar.
9. Turn out the sponge and strip off the greaseproof paper. (Take care as the sponge is fragile.)
10. Cut off any uneven edges and spread the jam carefully.
11. Roll up tightly and leave to cool.

VICTORIA SANDWICH CAKE

Ingredients List

200g margarine or butter
200g caster sugar
4 eggs
200g self-raising flour
1 tsp baking powder
2-3 tblsp jam
1-2 tsp icing sugar

Method

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need:-MIXING BOWL, WEIGHING SCALES, TABLESPOON, PASTRY BRUSH, ELECTRIC MIXER, SPATULA, TABLE KNIFE AND SIEVE
3. Put oven on Regulo 4/ 160°C. Grease and line two 7" cake tins.
4. Weigh out all ingredients.
5. Put margarine, sugar, eggs, flour and baking powder into a large mixing bowl.
6. Beat with an electric mixer for 2 minutes on the lowest setting. Then turn it up to the highest setting and beat for a further 2 minutes until very soft and creamy.
7. Spoon out into the two cake tins. Smooth down with a spatula to get an even surface.
8. Place tins onto a baking tray making sure they are not touching.
9. Bake in oven for 20-25 minutes until golden brown.
10. Turn out onto a wire rack to cool.
11. Sandwich together with jam. Sprinkle the top with icing sugar.

SHEPHERDS PIE

Ingredients List

400g minced beef
1 small onion
1 carrot
50g mushrooms
1 oxo cube
1 tblsp cornflour
800 – 1000g potato
25g margarine
2 tblsp milk
25g grated cheese

Method

1. Put all ingredients onto white tray. Sanitise the work surface. Put apron on and tie long hair back. Wash hands.
2. Collect all the equipment you need: - 2 x SAUCEPANS, CHOPPING BOARD, SHARP KNIFE, VEGETABLE PEELER, MEASURING JUG, WOODEN SPOON, POTATO MASHER AND GRATER
3. Preheat oven to Gas Mark 6 or 200°C.
4. Peel and dice potatoes and place into a large saucepan with just enough water to cover them. Add ½ tsp salt and boil for 15-20 minutes until soft.
5. Peel and chop onion, chop mushrooms, peel and dice carrot.
6. Make stock with oxo cube using 250ml boiling water from the kettle.
7. Dry fry the meat in a saucepan over a high heat until grey brown in colour. Keep it moving so that it does not stick and burn.
8. Add onion and cook for a further 2 minutes until the onion starts to soften.
9. Add the mushrooms and carrot and cook for another 2 minutes. Add stock and seasoning. Leave to simmer ON A LOW HEAT for at least 15 minutes.
10. Drain potatoes. Mash until smooth. Add butter and beat in well. Add milk and beat in so that the potatoes are smooth and creamy.
11. Mix cornflour with 2 tblsp water to a smooth paste. Pour into meat mixture and stir until thickened. Remove meat mixture from the heat put into your oven proof dish using a slotted spoon to remove most of the meat juices.
12. Cover the meat with the potato mixture. Smooth down and decorate the surface. Sprinkle the grated cheese over the top.
13. Place onto a baking tray and bake in the oven for 20 minutes until golden.

VEGETARIAN SHEPHERDS PIE

Ingredients List

400g tin green or brown lentils
100g cooked split peas
25g butter
2 sticks celery
1 onion
2 carrots
1 green pepper
1 clove garlic
½ tsp mixed herbs
1/4 tsp cayenne pepper
Salt and pepper
200g tomatoes
700g potatoes
25g butter
2 tblsp milk
25g grated cheddar cheese

Method

1. Preheat oven gas mark 5 or 190°C .Open the lentils and drain. Mix with the split peas.
2. Put potatoes onto boil in a large saucepan with a pinch of salt.
3. Slice the celery thinly. Peel and finely chop the onion. Peel and coarsely grate the carrot. Deseed and finely dice the pepper. Peel, crush and finely chop garlic. Peel and dice the potatoes.
4. Melt 25g butter in a pan add all of the chopped vegetables and cook gently for 4-5 minutes until soft.
- 5 Add the lentil mixture and mix thoroughly with the vegetables. Add the herbs, spices and seasoning.
6. Spoon the mixture into a large dish. Leave to one side.
7. Drain and mash potatoes. When smooth add butter and milk beat in with a wooden spoon.
8. Arrange sliced tomatoes over the top of the lentil mixture. Spoon potatoes over the top and smooth over. Decorate with the back of a spoon. Put grated cheese over the top. Bake in oven for 20-25 minutes until golden.

QUICHE LORRAINE

Ingredients List

150g plain flour
75g butter or hard block margarine
25g extra flour for rolling out (Separate)
2 eggs
100ml milk
1 small onion (FINELY CHOPPED)
1 rasher bacon (DICED)
50g GRATED cheddar cheese

Method

1. Preheat the oven Gas mark 5 / 190°C.
2. Sieve flour into mixing bowl add a pinch of salt. Add the butter and cut into small pieces.
3. Rub the fat into the flour until it looks like fine breadcrumbs. **Do not overwork it. Keep everything as cold as possible.**
4. Add cold water a table spoon at a time and mix in with a palette knife.
5. Be careful adding the water. Do not get the mixture too wet.
6. Draw pastry into a ball. Place onto floured table and roll out until it is 3-4cm bigger than your dish.
7. Place into the flan dish. Prick the base. Line with a square of greaseproof paper and cover with baking beans and place onto a baking tray. Bake in oven for 15- 20 minutes.
8. Beat eggs into measured amount of milk.
9. Put chopped onion and bacon together into a frying pan and cook until bacon is crisp and the onion is soft.
10. Remove paper and beans from the pastry.
11. Place the bacon, onion and grated cheese into the pastry case. Fill with the milk/egg mixture. Bake in the oven Gas mark 4 /180°C for 35 minutes until set and golden brown.

VEGETARIAN QUICHE

Ingredients List

150g plain flour
75g butter or hard block margarine
25g extra flour for rolling out (**Separate**)
2 eggs
100ml milk
50g **GRATED** cheddar cheese
1/2 courgette
4 cherry tomatoes
1 tblsp tomato puree

7-8" ROUND OVENPROOF DISH

Method

1. Preheat the oven Gas mark 5 / 190°C.
2. Sieve flour into mixing bowl add a pinch of salt. Add the butter and cut into small pieces.
3. Rub the fat into the flour until it looks like fine breadcrumbs. Do not overwork it. Keep everything as cold as possible.
4. Add cold water a table spoon at a time and mix in with a palette knife.
Be careful adding the water. Do not get the mixture too wet.
5. Draw pastry into a ball. Place onto floured table and roll out until it is 3-4cm bigger than your dish.
6. Place into the flan dish. Prick the base. Line with a square of greaseproof paper and cover with baking beans, place onto a baking tray. Bake in oven for 15- 20 minutes.
7. Beat eggs into measured amount of milk.
8. Cut the courgette in half lengthwise then slice into 3 cm slices, Cut tomatoes into halves.
9. Remove pastry from the oven. Remove the paper and baking beans. Spread tomato puree over pastry base. Fill with the courgettes, tomatoes and cheese. Fill with the milk/egg mixture.
10. Bake in the oven Gas mark 4 /180°C for 35 minutes until set and golden brown.