



Y9 RECIPES

Academic Year: 2017-2018



CHEESECAKE

Ingredients List

150g digestive biscuits
75g soft spread/butter
200g cream cheese
125ml whipping cream
50g caster sugar
1 lemon
15-18cm flan dish

Decorate the top of your cheesecake with either strawberries or kiwi.

Equipment: Rolling pin, large bowl, small bowl, fork, plate, saucepan, wooden spoon, spatula.

Method

1. Crush the biscuits in plastic bag, use a rolling pin.
2. Melt soft spread/butter, then remove from the heat, add the biscuit crumbs and stir well.
3. Press mixture into the dish.
4. Zest the lemon with a grater. Use a juicer to squeeze out the juice.
5. In a small bowl mix the cream cheese and sugar until soft. Add the lemon zest and juice and mix with a fork.
6. Whip the cream to soft peaks.
7. Add the cheese mixture to the cream and whisk until smooth. Don't over whisk as this could cause the cheesecake to crack.
8. Gently place the mixture over the biscuit base using a spatula.
9. Decorate with the fruit if time allows.

STIR FRY BEEF OR CHICKEN

Ingredients List

100g noodles 1 x chicken breast (or 3-4 thighs)

OR 150 g beef skirt

1 clove garlic

1cm fresh ginger

½ red onion

1 pak choi (optional)

1/2 yellow pepper

3 mushrooms

1x10ml spoon oil

1x10ml spoon soy sauce (reduced salt)

Method

1. Put all ingredients onto a white tray. Sanitise the work surface. Tie long hair back. Put on apron and wash hands.

2. Get out all the equipment you need: - CHOPPING BOARD, SHARP KNIFE, GRATER, WOK OR FRYING-PAN, WOODEN SPOON, SAUCEPAN, COLANDER, MEASURING SPOON, SERVING DISH, and WEIGHING SCALES.

3. Cook the noodles in boiling water for 4 minutes. Check the packet for details.

4. While the noodles are cooking, remove any skin from the chicken and cut into strips.

5. Prepare the vegetables with a fresh knife on a clean chopping board:

- Peel, crush and chop the garlic;
- de-seed and slice the chilli;
- peel and slice the ginger;
- slice the onion, pepper and mushrooms;
- Shred the pak choi. (if using)

6. Drain the boiling hot water away from the noodles into a colander in the sink 7. Heat the oil in the wok or frying pan. 8. Add the onion, garlic, chilli and ginger. Allow to cook for 1 MINUTE. 9. Add the chicken or beef and stir-fry for 3-4 minutes. Check that the chicken is cooked. 7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes. 9. Stir in the cooked noodles and cook for 2 minutes until hot. Stir well to mix the ingredients together 10. Serve.

VEGETABLE CHOW MEIN

Ingredients List

1 nest of dried egg noodles per person or 400g packet a ready to wok noodle
3 spring onions
1 green pepper
50g button mushrooms
1 tin bamboo shoots
1 pack baby sweet corn/mangetout
50g bean sprouts
1 tblsp soy sauce
2 tblsp water
2 tblsp oil

Method

1. Slice spring onions finely. Cut peppers into julienne strips. Open the bamboo shoots and drain. Cut the sweet corn into halves. Cut mushrooms into halves or quarters. Slice the mange tout into julienne strips diagonally.
2. Mix the soy sauce and water together in a small bowl
3. Put the noodles into a large saucepan. Cover them with hot water from the kettle. Bring to the boil then remove from the heat and leave to one side for 4-5 minutes. Drain well in the colander.
4. Heat the oil in a wok. Add the spring onions and cook for 1-2 minutes. Add the remaining prepared vegetables and stir fry for 4 minutes.
5. Add the noodles and mix in well. Pour over the soy sauce mixture and add the bean sprouts. Stir until hot through. Serve straight away.

CHICKEN TIKKA MASALA

Ingredients List

4 skinless chicken breast or 5-6 boneless thighs

2.5 cm piece fresh root ginger

1 clove garlic

1 tsp chilli powder

1 tsp paprika

Salt and pepper

½ bunch fresh coriander

1 lime

2 tblsp oil

1 tblsp tomato puree

1 onion

1 red chilli

1 tsp ground turmeric

250 ml double cream or yoghurt

½ lemon

Method

1. Put all ingredients onto white tray. Clean and sanitize the work surface. Put apron on and tie long hair back. Wash hands.

2. Peel and grate the ginger. Peel crush and finely chop garlic. Peel and finely chop onion.

3. Chop coriander finely. Deseed and finely chop chilli. Squeeze lime.

4. Cut chicken into bite sized pieces. Put into a large mixing bowl.

5. Put ginger, garlic, chopped red chilli, salt, pepper, coriander, lime juice and 1 tblsp oil into bowl with the chicken. Mix in well.

6. Put chopped onion into a small bowl.

7. Heat 1 tblsp oil in a large saucepan then add the onion and cook for 1-2 minutes until soft.

8. Add the tomato puree, turmeric, paprika, chilli powder and cook for 1 minute. **Do Not Burn**

9. Add the chicken mixture and cook for 5-10 minutes until the chicken is cooked through.

10. Stir in the double cream or yoghurt and simmer for 5-10 minutes. Taste for seasoning and add a squeeze of lemon juice to taste.

GREEN THAI CHICKEN CURRY

Ingredients List

2 tblsp oil
1 bunch spring onions
1 clove of garlic
1 green pepper
2-3 chicken breast or Quorn pieces
2 x 15ml Thai green curry paste
200ml coconut milk (reduced fat)
1 lime
Small bunch of coriander

Method

1. Put all ingredients onto white tray. Put bags and boxes away
2. Wash hands, put apron on and tie long hair back. Wash down the work surface.
3. Collect all the equipment you will need: - SHARP KNIFE, CHOPPING BOARD, TABLESPOON, WOODEN SPOON, MEASURING JUG, GRATER AND LEMON SQUEEZER.
4. Remove the outer layer of the spring onions. Then slice thinly.
5. Peel crush and chop garlic finely.
6. Remove seeds from the pepper and slice finely. **Put into a small bowl.**
7. Measure the coconut milk
8. Zest the lime then cut into half and squeeze the juice
9. Chop the coriander very finely. **Put into a small bowl.**
10. Cut chicken into bite sized pieces.
11. Put the chicken, spring onions and garlic together into a medium sized mixing bowl
12. Heat the oil in a medium saucepan. Fry spring onions garlic and chicken together. Do not have the heat too high. When the chicken has turned white add the curry paste. Stir so that all the chicken is covered.
13. Pour in the coconut milk and peppers leave to simmer for 15-20 minutes.
14. Add the coriander and lime juice. Heat until all is hot.

VEGETABLE SAMOSA

Ingredients List

1/2 potato
1/2 carrot
1/2 onion, chopped
1 tblsp spoon oil
½ red chilli, chopped
1 tsp spoon garam masala
1 tsp ground cumin
½ 5ml spoon turmeric
2-3 tblsp spoons water
25g peas (frozen)
1tblsp chopped fresh coriander
1 pack filo pastry
2-3 tblsp oil

Method

1. Preheat oven to 200°C or gas mark 6.
2. Peel and dice the potato and carrot (pea sized).
3. Par-boil for 5-8 minutes.
4. Fry the onion in the oil for 4-5 minutes.
5. Add the chilli and spices and cook for a further 1 minutes.
6. Drain the potatoes and carrots in a colander.
7. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
8. Add the peas and coriander.
9. Remove from the heat and allow to cool.
10. Lay 2-3 sheets of filo pastry on the work surface.
11. Cut into 10 cm wide strips. Brush with melted butter.
12. Place tblsp of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
13. Place on a baking sheet and repeat the process. Brush the samosas with melted butter and bake for 10 minutes

PUERTO RICAN CHICKEN

Ingredients List

90g basmati rice
2 tbsp sunflower oil
4 chicken pieces
Salt and pepper
1 onion, roughly chopped
1 red pepper, deseeded and thinly sliced
1 green pepper, deseeded and thinly sliced
2 garlic cloves, finely chopped
½ tsp ground all spice
1 teaspoon of turmeric
2cm fresh root ginger
1 hot chilli, ideally scotch bonnet.
300ml chicken stock
1 bay leaf 50g pitted green olives, ideally stuffed with pimento

Method

1. Wash the rice in a sieve, until the water runs clear. Season the chicken with salt and pepper.
 2. Heat the oil in a frying pan and brown the chicken on all sides.
 3. Remove the chicken from the pan and put into your casserole dish
 4. Fry the onion, peppers and garlic and fry gently until peppers soften.
 5. Add the allspice, turmeric, ginger and chilli and cook for a minute longer.
 6. Add the vegetables to the chicken in the casserole dish.
 7. Pour the rice round the chicken, add the stock, thyme, bay leaf and season well.
 8. Oven cook for 40 minutes at gas mark 5/6,
 9. 15 minutes before the end of cooking time add the olives.
- When it is done there should be a golden crust of rice on the top, the stock should be absorbed and the chicken cooked through, check this by piercing to make sure the juices run clear. Serve with lime wedges to squeeze over.

VEGETARIAN PUERTO RICAN CASSEROLE

Ingredients List

90g basmati rice
2 tblsp sunflower oil
1 sweet potato, peeled and cut into bite sized pieces
salt and pepper
1 onion, roughly chopped
1 red pepper, deseeded and thinly sliced
1 green pepper, deseeded and thinly sliced
1 courgette thickly sliced
1 tin chick peas
1 tin kidney beans 2 garlic cloves, finely chopped
½ tsp ground all spice
1 teaspoon of turmeric
2cm fresh root ginger
1 hot chilli, ideally scotch bonnet.
300ml vegetable stock
1 bay leaf 50g pitted green olives, ideally stuffed with pimento
1-2 sprigs thyme

Method

1. Wash the rice in a sieve, until the water runs clear.
2. Heat the oil in a frying pan and fry all the vegetables together.
3. Add the allspice, turmeric, ginger and chilli and cook for a minute longer.
4. Add the vegetables to the casserole dish. Stir in the drained chick peas and kidney beans
5. Pour the rice round the vegetables, add the stock, thyme, bay leaf and season well.
6. Oven cook for 40 minutes at gas mark 5/6,
7. 15 minutes before the end of cooking time add the olives.
8. When it is done there should be a golden crust of rice on the top, the stock should be absorbed and the vegetables cooked until tender. Serve with lime wedges to squeeze over.

FISH PIE

Ingredients List

800g Maris Piper potatoes
30g butter, plus extra small knob
30g plain flour
400ml whole milk, plus an extra 4 tbsp
400g skinless haddock or cod
150g petits pois peas
150g cheddar cheese
1tsp Dijon mustard
25g chives, snipped

Method

1. Preheat the oven to 200°C, gas mark 6. If your fish is frozen, place it in your ovenproof dish and cook it in the oven for 10 minutes once the oven has preheated.
2. Peel and cut the potatoes into small even sized chunks.
3. Place the potatoes in a large pan, cover with cold water, bring to the boil and simmer for 12-15 minutes until the potatoes are tender.
4. In the meantime, melt the butter in a saucepan on a low heat. Add the flour and stir until it forms a thick paste. Gradually whisk in the milk and keep stirring. Bring to the boil and turn off the hob and remove from the heat when the mixture has thickened.
5. Use a fork to flake the fish off the skin if necessary. Stir in the haddock, petit pois and $\frac{3}{4}$ of the cheese, the mustard and chives. Spoon into a heatproof dish.
6. Drain the potatoes well, then mash until smooth. Beat in the extra butter and milk, then spoon over the filling. Scatter over the reserved cheese, season and bake for 30 minutes until the fish is cooked through and the pie is bubbling and golden.

LASAGNE

Ingredients List

400g minced beef
1 onion
1 clove garlic
50g mushrooms
1 pepper
1 tin tomatoes
1-2 tblsp tomato puree
Salt and pepper

Mixed herbs
6-8 sheets of lasagne

Cheese sauce.

400 ml milk
2 tblsp cornflour
25g margarine
75g cheddar cheese (grated)
Pinch mustard powder
Salt and pepper

Method

1. Put all ingredients onto a white tray. Wash table top. Tie long hair back put an apron on and wash hands.
2. Peel and chop onion. Peel crush and chop garlic. Chop mushroom and pepper. Open tin of tomatoes.
3. Dry fry minced beef until grey brown in colour. Add the tomato puree and cook with the beef for 1-2 minutes. Add chopped onions and garlic; continue to cook for a further 3-4 minutes.
3. Add peppers and mushrooms mix in then continue to cook over a medium heat. Stir in tomatoes, add seasoning and herbs.
4. Continue to cook over a low heat for 20 – 30 minutes.
5. Make cheese sauce: - Put milk, cornflour and margarine into a small saucepan. Whisk together over a medium heat. Continue to whisk until the sauce boils and goes thick.
6. Remove from the heat.
7. Stir in half of the grated cheese and a pinch of mustard powder and stir in well.
8. Make up lasagne. Layer pasta sheets, meat sauce, pasta, meat sauce and finally cheese sauce.
9. Sprinkle with remaining cheese.
10. Bake in the oven 200°C, Regulo 6 for 25 – 30 minutes until golden brown.

VEGETABLE LASAGNE

Ingredients List

300g courgettes
200g mushrooms
1 onion
1 clove garlic
1 red or green pepper
1-2 tblsp oil
400g tin tomatoes
1-2 tblsp tomato puree
Salt and pepper
Pinch mixed herbs
75g grated cheddar cheese
400 ml milk
1 heaped tblsp cornflour
25g butter or margarine
1 tsp mustard
8-9 sheets lasagne

Method

1. Slice courgettes and mushrooms.
2. Peel crush and finely chop garlic. Peel and finely chop onion. Finely dice pepper.
3. Open the tin of tomatoes.
4. Fry onion and garlic together in the oil until soft. Take care not to burn. Add tomato puree, cook for 30 seconds
5. Add courgettes and peppers. Cook stirring gently from time to time for 5 minutes.
6. Add tinned tomatoes and seasonings. Cook on a low heat for 30 minutes.
7. Put the milk, cornflour and butter into a small saucepan. Whisk over the heat until boiled and thick. Stir in half of the grated cheese. Leave on a pan stand to cool. Cover with a lid to prevent a skin forming.
8. Grease an oblong ovenproof dish.
9. Put in a layer of lasagne, half of the vegetable mixture, lasagne, remaining vegetable mixture, final layer of lasagne and finally cover with the cheese sauce.
10. Sprinkle remaining cheese on top.
11. Bake in oven Gas mark 5 / 190°C for 35 – 40 minutes until golden brown on top.