

# Year 8 Recipe Booklet

- We split our Food and nutrition lessons between theory lessons (not cooking) and practical lessons (cooking). Below are the order of the lessons for this project. Students only need to bring in ingredients where the recipe name is stated. **They do not need to bring ingredients in for theory lessons.**
- In year 8 we will develop more advanced cooking skills and begin to use meat more to produce healthy family meals.



Week	Lesson / Recipe
Oct 30th - Nov 3rd	Puff pastry
Nov 6th - Nov 10th	Danish pastries
Nov 13th - Nov 17th	No ingredients required
Nov 20th - Nov 24th	Apple cake
Nov 27th - Dec 1st	Curry in a hurry
Dec 4th - Dec 8th	No ingredients required
Dec 11th - Dec 15th	Xmas lessons
Xmas Holidays	



Name: .....

Day I have Food and Nutrition: .....

### **Important information for parents and guardians:**

- Students are advised to bring their ingredients to the Food classroom before school to be put into storage or placed in the fridge until lesson time.
- Students are then welcome to leave their products in the fridge or in the classroom and collect them after school or if they wish, take them at break/lunchtime to eat. Students will be reminded of this, but it is ultimately their responsibility and any food products left for over 48 hours will be thrown away to maintain good hygiene and adequate storage space within the classroom.
- We advise that all meat/dairy based products are fully reheated to 75°C or above either in the microwave or the oven.
- We have tailored the quantities of the ingredients in the recipes to ensure both the cooking times within lessons and storage facilities are available. **We ask you do not increase the quantities.**
- Students with allergies or dietary needs may adapt the recipes to suit their diet, please email me if you would like to discuss this (see below). If alternatives are supplied, please ensure these are nut free (no almond milk etc).
- We ask that you please provide a suitable container/tuppaware/box for each cooking lesson.
- We realise in the current economic climate that some families may find supplying the ingredients a challenge. If for any reason you are unable to provide the ingredients or if your child receives the pupil premium (and you would like ingredients supplied) please don't hesitate to contact me via email ([lluxton@stmichaelsmiddle.org](mailto:lluxton@stmichaelsmiddle.org)) and we can try to find a resolution so that all students can participate in the lesson.

Mrs Luxton  
*Food Department*

# Puff pastry

## Ingredients

160g plain flour  
125g hard butter  
75ml cold water  
1 sandwich bag



Remember,  
more layers  
= more puff!



1. Add the **butter** to a small bowl, using a fork, soften and then divide into **4**.



2. In a large bowl, add  $\frac{1}{4}$  of the **butter** and the **flour**. Rub in to form breadcrumbs.



3. Add **75ml of cold water** and form a dough with a round blade knife.



4. Lightly flour the work surface.



5. Roll out the pastry to a long rectangle.



5. Add a small amount of butter to the middle of the rectangle.



5. Fold down the top and fold up the bottom to form a parcel.



5. Pinch the edges, turn the pastry 180°, repeat from stage 5.

We will freeze your pastry to use next week to make Danish pastries!

# Danish pastries

## Ingredients

- Puff pastry (FROZEN IN SCHOOL)
- Jam or lemon curd
- 1 egg



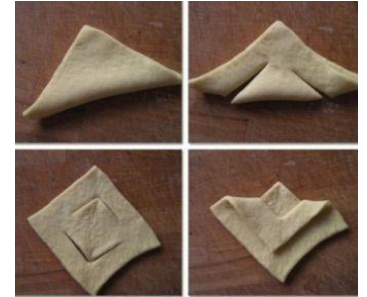
1. Set the oven and line a baking tray.



2. Lightly flour the worktop and roll out the pastry to a large square.



3. Using the template, cut out squares of pastry.



4. Using the picture instructions, fold the pastries and place them on your baking tray.



5. Add the jam to the pastry in the correct place.



6. Crack the egg in a small bowl, then whisk up with your pastry brush.



7. Brush each pastry (not the jam) with egg.



8. Bake in the oven for **20 minutes** or until golden and “puffed”.



9. When cooled, school will provide a drizzle of icing if wanted.

# Apple Cake

## Ingredients

50g caster sugar  
50g butter spread  
1 egg  
50g self raising flour  
1 eating apple  
½ tsp cinnamon  
1tbsp Demerara sugar



1. Set the oven and line the cake tin.



2. In a large bowl, cream the **butter** and **sugar** until pale and fluffy.



3. Crack the **egg** into a jug and whisk up with a fork.



4. Add the **egg** a bit at a time and mix in thoroughly.



5. Sieve in the **flour** then fold in gently.



6. Spread the mixture into the lined cake tin.



7. On a chopping board, core and slice the **apple** thinly.



8. Arrange the **apple** on top of the cake and sprinkle over the **Demerara sugar** and **cinnamon**.



9. Place on a baking tray and bake for **20-25 minutes** or until springy.

# Curry in a hurry

## Ingredients

- 1 onion
- 1 garlic clove
- 1 carrot
- 1 small/medium potato
- 1 chicken breast
- 1tbsp. Curry paste (any Indian variety)
- 20g peas
- 100ml yoghurt, cream or crème fraiche
- 1 chicken or veg stock cube
- 1tbsp. Tomato puree/paste



1. Dice the onion and carrot.



2. Peel and dice the potato.



3. Peel and crush the garlic.



4. On a red board, dice the chicken breast. **Wash hands.**



5. Add 1tsp of oil to the pan and fry the onion, potato and carrot for **5 minutes** on a **heat 4**.



6. Add the chicken to the pan and seal (goes white)



7. Make up 100ml of stock in a jug with boiling water.



8. Add the curry paste, garlic, tomato paste and stock. Simmer on **heat 3 for 5 minutes**.



8. Add the cream and peas. Simmer for another **5 minutes**. **Wash up.**



9. Season with salt and pepper. Test the food probe reaches **75°C** when testing the chicken.