

Year 8 Recipe Booklet

Term 5

- 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 beginning	Lesson / Recipe
13 th April	No ingredients required
20 th April	Chilli Con Carne
27 th April	Fajitas
4 th May	No ingredients required
11 th May	Sweet and Sour Chicken
18 th May	Curry
Half term	

Name:

Day I have Food and Nutrition:

Important information for parents and guardians:

- Students are advised to bring their ingredients to the Food classroom after the first bell sounds to be put into storage or placed in the fridge until lesson time.
- Please provide a suitable named container for all lessons.
- Students are 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. Any un-named containers will be repurposed after a week.
- We advise that all meat/dairy based products are fully reheated to 75°C or above either in the microwave or the oven/hob.
- 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 realise in the current economic climate that some families may find supplying the ingredients a challenge. If your child receives pupil premium funding and you would like ingredients supplied please don't hesitate to contact me via email (lluxton@stmichaelsmiddle.org) and we can try to find a resolution so that all students can participate in the lesson.

Mrs Luxton
Food Department

Chilli Con Carne

- **Ingredients**
- 1 onion
- 1 garlic clove
- 250g mince or Quorn
- 1 tsp. chilli powder
- 1 tsp. paprika
- 1 pepper (any colour)
- 1 stock cube (beef or veg)
- 1 tbsp. tomato puree
- 1 tin of kidney beans
- 1 can of chopped tomatoes



1. Open the tomatoes and beans.



2. Dice the onion and pepper. Use the instructions to help.



3. Cut the end off the garlic then peel and crush the garlic.



4. Add 1tsp of oil to the pan and fry the onion and pepper for **5 minutes** on a **heat 4** until the onion is golden and soft.



5. Add the mince to the pan, stir and fry until it turns brown all over.



6. Sprinkle over the spices and the garlic. Mix into the pan. Add the stock cube (crumble).



7. Add the puree and tomatoes.



8. Drain the kidney beans over the sink, run cold water over them and add them to the pan.



8. **Simmer on heat 4 for 15 minutes.**
Wash up.



9. Season with salt and pepper.

Chicken Fajitas

Ingredients

- 1 onion
- 1 diced chicken breast or thigh (dice at home)
- 1 garlic clove
- 1 pepper
- 1 tsp paprika
- 1 tsp mild chili powder
- 1 tsp cumin

- Tbsp. = Tablespoon
- Tsp. = Teaspoon



1. On a **white** chopping board, slice the onion and peppers thinly. Add this to your bowl.



2. Peel and crush the garlic into the bowl.



3. Add the spices to the bowl. (paprika, chilli, cumin, salt, pepper).



4. Add the diced chicken to your bowl.



5. Mix the ingredients together with your wooden spoon. The spices must coat the vegetables and chicken.



6. Add 1tsp of oil to your pan. Set the hob to **heat 5**.



7. Add the bowl of ingredients to the pan. Stir fry the mixture for 10 minutes or until the vegetables are soft.



8. Check the largest piece of chicken with the food probe, it must read **75°C**.



9. Remove the pan from the heat and either make the fajitas in wraps or place in your box.

Sweet and sour

Ingredients

1 diced chicken breast or thigh (dice at home)
1 can of pineapple
1 medium onion
1 pepper
1tbsp cornflour
1tbsp sugar
1tbsp vinegar
1tbsp tomato ketchup
¼ tsp chilli flakes
Container



1. On a **white** chopping board, dice the onion and slice the pepper into square chunks.



2. Drain the pineapple over the jug. Tip the pineapple into a bowl then dice the pineapple into small chunks.



3. Make sauce by mixing the tomato ketchup, sugar, vinegar & cornflour in the jug with the juice.



4. Add 8 tbsp. of water from the tap to the sauce. Mix with the wooden spoon and set aside.



5. Add 1tsp of oil to your pan. Set the hob to **heat 5**.



6. Stir-fry the meat for 3-5 minutes until the chicken is sealed (it goes white).



7. Then add the onion, peppers and chilli flakes. Stir fry for 4-5 minutes.



8. Add the sauce and pineapple chunks to the pan. Bubble for 4-5 minutes until the sauce thickens and is glossy.



9. Check the largest piece of chicken with the food probe, it must read **75°C**.

Curry in a hurry

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



1. Dice the onion and carrot into small cubes.



2. Peel and dice the potato into small cubes.



3. Peel and crush the garlic.



4. Make up 100ml of stock in a jug with boiling water from the kettle.



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



6. Add the chicken to the pan with the vegetables and seal (goes white all over)



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.