Year 8 Recipe Booklet

Term 2 FRIDAY

- 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
2nd November	Apple cake
9th November	Puff pastry
16th November	Danish pastries
23rd November	No ingredients required
30th November	Empanadas
7th December	No ingredients required
14th December	Off timetable for end of term
Christmas 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 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 to will 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

Apple Cake

Ingredients

- 50g caster sugar
- 50g butter spread
- 1 egg
- 50g self raising flour
- 1 eating apple
- ½ tsp cinnamon (Can be supplied by school)
- 1tbsp Demerara sugar (supplied by school)





1. Set the oven and line the cake tin.



2. In a large bowl, cream the **butter** and **caster 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.



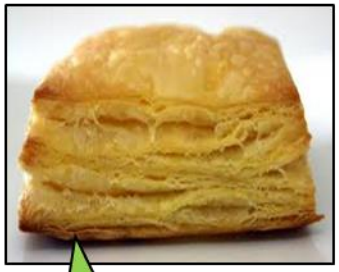
8. Arrange the **apple** on top of the cake and sprinkle over the **Demerara sugar** and **cinnamon.**



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

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 **¼ 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





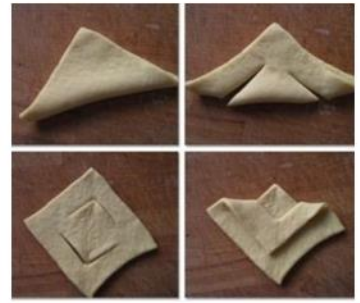
1. Set the oven and line a baking tray.



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.

Spanish empanadas

Ingredients

- 1 small onion (or half a large)
- 150g mince (any variety)
- 2tbp tomato paste/puree
- 40g grated cheddar or similar
- 1 egg
- ¼ tsp cumin
- ¼ tsp chilli powder
- 15g of peas
- 1 pack of ready rolled pastry – shortcrust works best
- **Please do not buy the spices if you do not already have them, I can supply them if required.*





1. Finely dice the onion. Add oil to a pan and sauté the onion on **heat 4** until golden.



2. Add the beef mince and fry until brown, then sprinkle over the spices and add the tomato paste and peas. Season.



3. Add the grated cheddar, then pour the mixture into a bowl to cool. Wash up the pan and used equipment.



4. Lightly flour the surface then roll out the pastry. Cut circles using the round cutters or a bowl.



5. Prepare your whisked egg in small bowl with a pastry brush.



6. Spoon a small amount of filling on to each circle. Do not over-fill.



7. Seal up the circles into semi circles using egg as "glue". Then seal the edges with a fork.



8. Lay the empanadas on a lined baking tray then brush each with egg all over.



9. Bake for 20 minutes or until the pastry is golden.