



Food Technology



KS3

Recipe Book

Food Technology is about students developing their practical skills and creativity during their learning, as well as learning a valuable skill for life. Working in line with the requirements of the National Curriculum and after speaking with the students I have tried to create a varied, interesting and appealing selection of dishes, each linked to the learning in lesson. The recipes will sometimes have optional additions and students may wish to swap certain ingredients to suit their preferences.

There are a few requirements to ensuring a successful food technology experience that I recommend to all students, parents and carers:

- ✓ **Students** should weigh the ingredients at home prior to the lesson (the night before), this helps students to become familiar with weighing and prepares them better for baking.
- ✓ Ingredients should be stored in a bag or sealed container with a lid, this should be labelled clearly with the student's full name to avoid items getting mixed up.
- ✓ Students should bring the ingredients into school on the day of the practical lesson and leave the food in the fridge or store cupboard in the morning before tutor period.

If you are struggling to get ingredients or are unable to cook due to additional circumstances, please contact the Food teacher at least 24 hours before the practical lesson so we can try to make alternative arrangements.

I have tried to make the recipes adaptable so that ingredients can be missed off if the family does not like them. I have also tried to make the recipes inexpensive!

Fruit Crumble

Ingredients:

2 apples (fresh)
50g butter/marg
100g plain flour
50g oats
25g sugar
50g sultanas (optional)

Additional fruits (optional)

These can be fresh, frozen or tinned in juice/light syrup.

Mango, blueberries, raspberries, peach, nectarine, Kiwi, Lychee, Pineapple, blackcurrant, strawberry, blackberries, passion fruit

Equipment:

Ovenproof dish

Rock Cakes or Raspberry Buns

Ingredients:

200g self raising flour
75g butter / marg
75g sugar
75g dried mixed fruit or jam
1 egg

Additions / changes:

- Swap the self raising flour to a wholemeal version
- Swap the dried mixed fruit for dried cranberries or raisins

Equipment:

Container with sealed lid to carry home rock cakes

Bread and Butter Pudding

25g butter, plus extra for greasing the ovenproof dish
6 - 8 slices bread (stale is best)
50g sultanas
2 tsp cinnamon powder
400 ml milk
2 eggs
25g granulated sugar
nutmeg, grated, to taste

Additional ingredients;

Jam can be used instead of sultanas and cinnamon powder

Equipment

Ovenproof dish and bag

Pasta Salad

Ingredients:

150g pasta
Dressing/mayo

Additional ingredients:

(Choose 3-5)

Sweetcorn, spring onion, carrot, cucumber, cherry tomatoes, olives, cooked ham, cooked chicken, peppers, celery, radish, beetroot, peas, mange tout, pumpkin seeds, pepperoni, chorizo

Garnish? Add some coriander or parsley to improve presentation

Equipment:

Container with sealed lid to carry home s the salad

Pasta Bake

Ingredients:

150g pasta
½ milk
4 tbsp cornflour
S and p

Additions / changes:

Choice of
cheese/leek/tuna/sweetcorn/onion/sausages/bacon/mushrooms

Equipment:

Container with sealed lid to carry home the pasta bake

Glamorgan Sausages

Ingredients:

1 leek, finely sliced
1 garlic clove, crushed
butter, for sweating
140g cheddar cheese, grated
140g fresh white breadcrumbs
2 tbsp finely chopped parsley
½ tsp English mustard powder
1 egg, beaten
S and p

Additions / changes:

Equipment:

Container with sealed lid to carry home

Cupcakes

Ingredients:

150g margarine and 50g butter
150g sugar
3 eggs
150g self raising flour
1tsp vanilla extract
150g icing sugar

Additions / changes:

2-3 tbsp cocoa powder (not drinking chocolate as this contains sugar & changes the ratio of ingredients)
1 lemon
1 tbsp coffee granules
50g chocolate chips
50g sultanas

Equipment:

Container with sealed lid to carry home Cupcakes

Teacakes

Ingredients:

340g strong plain flour
55g lard
1 dsp salt
2 tbsp sugar
4g dried yeast - ½ packet
1 pint milk

Additions / changes:

Equipment:

Container or bag to take them home in

Scones

Ingredients:

250g Self-Raising flour
50g Margarine
25g Sugar
125mls Milk
1 x egg

Additions / changes:

Cheese, sultanas, cherries, almond flakes, apple and cinnamon

Equipment:

Container with sealed lid to carry home

Meatballs with Spaghetti and Ragu Sauce

Ingredients:

500g mince – beef, turkey, pork or lamb
1 onion
1 garlic clove and /or herbs of your choice
1 x 400g can of chopped tomatoes
Salt & pepper – available in school
150g spaghetti

Additions / changes:

(Choose 1-3)
courgette, pepper, 5 mushrooms, 3 tbsp sweetcorn, 2 slices of cooked ham, chorizo

Equipment:

Container with sealed lid to carry home

Macaroni Cheese

Ingredients:

350g macaroni or small pasta
40g cornflour
400ml milk
200g cheddar cheese / Red Leicester

Additions / changes:

(Choose 1 or 2)

3 slices of cooked ham, 2 tomatoes to be sliced in class for decoration, tin of chopped tomatoes can be mixed in, 40g breadcrumbs for the topping, tortilla crisps or plain crisps for the topping

Equipment:

Ovenproof dish to take product home in

Curry

Ingredients:

1 onion
1 garlic clove
1 tbsp curry paste / curry powder
1 tin of chopped tomatoes / passata sauce
1-2 chicken breast / Quorn fillets / 100g red lentils
1 small potato

Additions / changes:

(Choose 1-3)

50g fresh spinach, 5 mushrooms, pepper, ½ courgette, ½ can coconut milk

Equipment:

Container with sealed lid to carry home curry.

Victoria Sponge

Ingredients:

150g margarine
150g caster sugar
3 eggs (medium / large)
150g self raising flour

1tsp vanilla extract

Additions / changes:

For the filling: Jam, Lemon curd, chocolate spread

Equipment:

Container with sealed lid to carry home Victoria sponge.

Shortbread

Ingredients:

100g plain flour
100g butter
50g cornflour
50g sugar

Additions / changes:

100g icing sugar
Sprinkles

Equipment:

Container with sealed lid to carry home

Quiche

Ingredients:

150g plain flour
75g butter
2 eggs
125ml milk
50g grated cheese

Additions / changes:

2 slices cooked ham, 1 onion, 1 tbsp sweetcorn, pepper, 4 mushroom, 1tbsp pesto

Equipment:

Container with sealed lid to carry home Quiche.

Pasties

Ingredients:

250g mince
1 of each; large potato, onion, carrot, piece of turnip
s and p – quite a bit for pastry, meat and veg
1 egg (to seal and brush)
250g plain flour
125g marg/lard

Additions / changes:

Please leave out what your family does not like

Equipment:

Container with sealed lid to carry home