

Year 9 Recipes: Module 1

<p>1. <u>Sweet and Sour</u></p> <ul style="list-style-type: none"> • 2tbsp vinegar • 1tbsp sugar/ honey • 1tbsp soya sauce • 2tbsp tomato puree • 1 small tin of pineapple in juice • 200g diced chicken/prawns/Quorn (optional) <p>2 of more of the following vegetables:</p> <ul style="list-style-type: none"> • 1 carrot • 1 onion • 1 pepper • mange tout • baby sweet corn • Pak choi <p>large container with lid</p>	<p>2. <u>Thai Curry</u></p> <ul style="list-style-type: none"> • 2-3 tbsp of Red, Yellow or Green Thai paste • 1 can of coconut milk • 1 tsp. of fish sauce (optional) • 25g fresh ginger (optional) • 200g chicken or similar <p>2 of more of the following vegetables:</p> <ul style="list-style-type: none"> • 1 carrot • 1 onion • 1 pepper • 1 courgette • mange tout • baby sweet corn <p>large container with lid</p>
<p>3. <u>Indian Curry</u></p> <ul style="list-style-type: none"> • 1-3 tsp. of curry powder • 25g fresh ginger (optional) • 1tbsp sweet chutney/mango chutney • 1 small tub plain yoghurt/ cream/coconut milk • 1 tin of pineapple and juice • 200g chicken or similar <p>2 of more of the following vegetables:</p> <ul style="list-style-type: none"> • 1 carrot • 1 onion • 1 pepper • 1 courgette <p>large container with lid</p>	<p>4. <u>Spring rolls</u></p> <ul style="list-style-type: none"> • 1 packet of filo pastry • 50g bean sprouts • 1 carrot • Bunch of spring onions • Pak choi • Optional: 100g prawns/cooked chicken • 3tbsp soy sauce • 1 egg <p>large container with lid</p>
<p>5. <u>Samosa</u></p> <ul style="list-style-type: none"> • 1 packet of filo pastry • 200g boiled cubed potatoes • 1 onion • 50g peas • 1-3 tsp. curry powder • 1 egg <p>large container with lid</p>	<p>6. <u>Stir fry</u></p> <p><i>You can use a range of ingredients to make a stir fry- use your own recipe or below are some ideas</i></p> <p>Any of the following:</p> <ul style="list-style-type: none"> • 100g-200g diced chicken, beef, pork, lamb, Quorn • 1 small onion • 1 pepper, • 100g g baby sweetcorn, mange tout, broccoli, leek, carrot, beans sprouts, mushrooms, pak choi, green beans or peas • 25g butter • 1tbsp soya sauce, chilli sauce, sweet chilli sauce • garlic clove <p>large container with lid</p>

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7.	<u>Swiss roll</u> <ul style="list-style-type: none"> • 3 medium eggs • 75g caster sugar • 75g plain flour • 3 tbsp. jam/lemon curd/chocolate spread <p>large container with lid</p>	8.	<u>Sponge (creaming method):</u> <ul style="list-style-type: none"> • 3 eggs • 180g caster sugar • 180g self-raising flour • 180g butter • 2tsp vanilla extract • ½ jar of jam <p>large container with lid</p>
9.	<u>Muffins</u> <ul style="list-style-type: none"> • 225g SR flour • 100g caster sugar • 1 egg • 75g butter • 1 tsp. baking powder • Pinch of salt • 240ml milk <p>Container with lid</p>	10.	<u>Pastry product: (must be made within 1 hour)</u> <ul style="list-style-type: none"> • 300g plain flour • 150g butter <p><i>Cheese straws, mince pies, jam tarts, sausage rolls</i> <i>See teacher for other ingredients</i></p> <p>Container with lid</p>
11.	<u>Own designed practical</u> <ul style="list-style-type: none"> • Discuss with teacher the recipe based on your own design 	12.	<u>Own designed practical</u> <p>Discuss with teacher the recipe based on your own design</p>

Hints and Tips:

- Please use students planners to check the date of each practical
- Salt, pepper, dried herbs and vegetable oil is available in school
- Students should bring in a large , named container with a lid (old sweet/biscuit tin is ideal)
- Ingredients should be left in the food classroom before registration at the beginning of the day
- Please make sure that perishable items such as milk, butter or cheese should be labelled with students name and put into fridge or stored in bag/container with a frozen cool pack
- Please ensure that the correct cooking container is provided as we do not have spares in school
- Uncollected food item will be stored in the fridge overnight and disposed of within 48 hours
- Uncollected containers will be stored for 2 weeks and then recycled/reused