

Food Technology

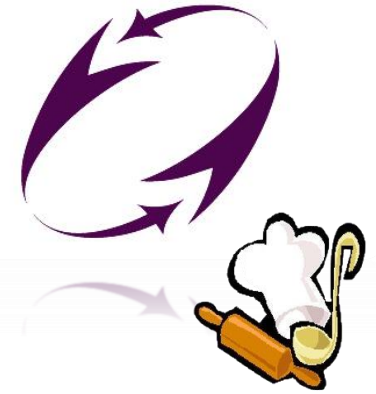
Year 8 Recipes



Recipes include:

- Anzac Biscuits
- Quiche
- Cheesecake
- Curry
- Black Forest Gateau
- Chilli Con Carne Cobbler
- Fruit Pie
- Lasagne

Anzac Biscuits



Ingredients:

- 100g plain flour
- 25g rolled oats
- 30g caster sugar
- 25g desiccated coconut
- 20ml golden syrup
- 50g margarine
- ½ tsp bicarbonate of soda

Equipment:

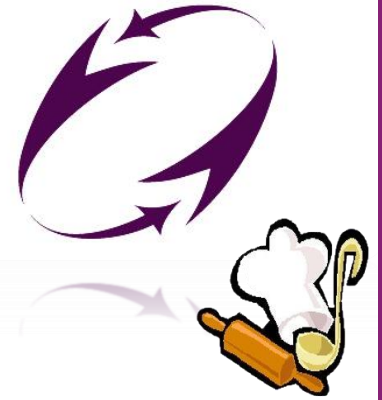
Pan
Wooden spoon
Chopping board
Mixing bowl
Tablespoon
Baking tray



Method:

1. Preheat the oven to 180°C, Gas Mark 4
2. Grease and line a baking tray
3. Place the coconut, flour, oats, bicarb. and sugar together in a mixing bowl
4. Melt the syrup and margarine in a pan. Do not boil
5. Add the melted mixture to the dry ingredients
6. Mix well and add any optional ingredients
7. Using a spoon, place the mixture in even amount on to the baking tray, equally spaced
8. Bake for 10 minutes. *You may need to do this in batches!*
9. Cool on a cooling rack. Add any decorations etc. once cooled

Quiche



Ingredients:

- 250g plain flour
- 125g margarine
- 2 eggs
- 100g grated cheese
- 75g ham
- 75ml milk

Equipment:

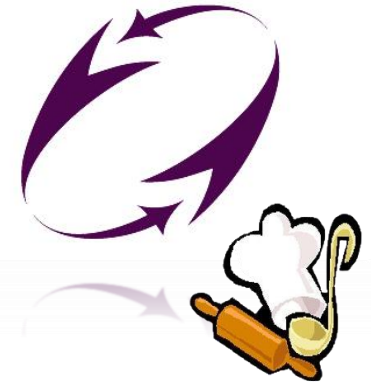
Chopping board
Sharp knife
Mixing bowl
Rolling pin
Measuring jug
Round-ended knife

Method:

1. Preheat the oven to 200°C, Gas Mark 6
2. Rub the margarine into the flour until it resembles breadcrumbs
3. Add cold water to create a dough
4. Bring the dough together with your hands
5. Roll the pastry out on a floured surface. $\frac{1}{4}$ turn each time. Don't turn over
6. Roll out so its large enough to line the quiche dish
7. Using the rolling pin, wrap the pastry around and ease into the tin. Fit the pastry into the tin without stretching it
8. Dice the ham or tear in to shreds
9. Whisk the egg and milk together with a fork in a measuring jug
10. Place the ham on top of the pastry, add grated cheese and pour over the egg mixture
11. Place in the oven for 25-35 minutes or until golden brown



Cheesecake



Ingredients:

- 125g Digestive biscuits
- 50g butter
- 250g cream cheese
- 150ml whipping cream
- 25g icing sugar
- Fresh fruit

Equipment:

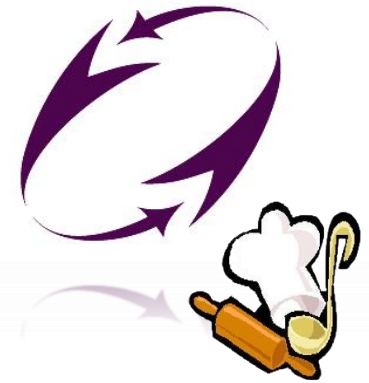
Mixing bowl
Rolling pin
Tablespoon
Chopping board
Sharp knife
Pan
Wooden spoon

Method:

1. Crush the biscuits in a mixing bowl using a rolling pin
2. Melt the butter in a pan
3. Add the crushed biscuits to the melted butter
4. Line the base of the dish with the biscuit mixture and flatten with the back of a spoon
5. Whisk the cream until it is thick and then whisk in the cream cheese
6. Add the icing sugar and optional ingredients
7. Place the mixture into the centre of the biscuit lined tin
8. Spread evenly and top with toppings of your choice. Enjoy!



Curry



Ingredients:

- 1 garlic clove
- 2 onions
- 2 tomatoes
- 225g chicken
- 1 tbsp oil
- 2 tbsp curry paste
- 200g tinned chopped tomatoes

Equipment:

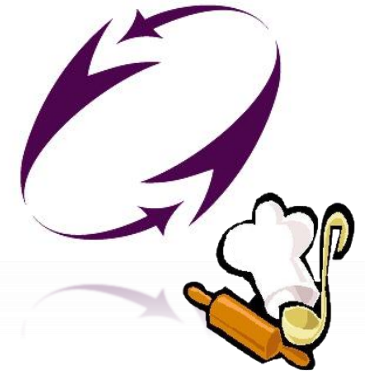
Chopping board
Sharp knife
Garlic crusher
Tablespoon
Large frying pan
Wooden spoon
Tin opener



Method:

1. Peel and crush the garlic, peel and finely slice the onions and cut the tomatoes in to wedges
2. Using a clean knife and chopping board, cut the chicken in to cubes
3. Heat the oil in a large pan and cook the chicken until browned
4. Add the curry paste, onions and garlic and cook for a further 2-3 minutes
5. Add the tinned tomatoes and fresh tomatoes and heat through for a further 1-2 minutes
6. Wash up, clean your area and have it checked

Black Forest Gateau



Ingredients:

- 150g caster sugar
- 150g soft margarine
- 3 eggs
- 125g self-raising flour
- 25g cocoa powder
- 1 x tin cherry pie filling or fresh cherries
- 250ml double cream
- 2tbsp icing sugar

Equipment:

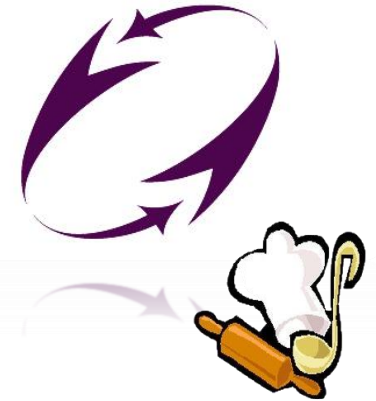
- 2 x round cake tins
- Mixing bowl
- Tablespoon
- Electric hand whisk
- Small bowl
- Sieve
- Palette knife
- Fork
- Measuring jug



Method:

1. Pre-heat the oven to 180°C, Gas Mark 4
2. Grease and line two cake tins
3. Whisk the margarine and sugar together. Beat the eggs with a fork in a measuring jug
4. Gradually whisk in the beaten eggs and sift the flour in to the cake mixture
5. Fold the flour in to the cake mixture
6. Add the cocoa powder to the mixture and mix well
7. Split the cake mixture between the two cake tins
8. Place in the oven and bake for 20 minutes until a skewer comes out clean
9. Take the cakes out and turn upside down on to a cooling tray
10. Whisk the cream until thick – be careful not to over-whisk!
11. Using a palette knife, spread half the cream on one side and the rest on top in the centre. Place the rest of the cherries on top

Chilli Con Carne Cobbler



Ingredients:

Chilli Con Carne:

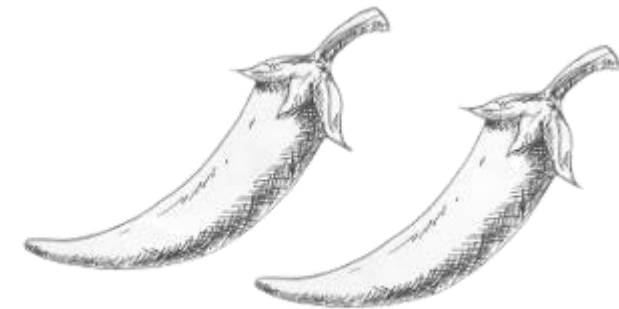
- 250g mince beef
- 1 chopped onion
- 1 tin chopped tomatoes
- 1 tin kidney beans
- 1tsp chilli powder

Cobbler:

- 250g self-raising flour
- 75g grated cheese
- 1 egg
- 100ml milk

Equipment

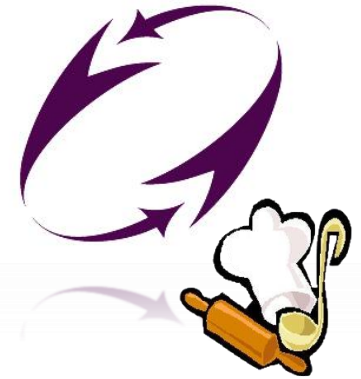
Large frying pan
Wooden spoon
Chopping board
Sharp knife
Mixing bowl
Fork
Cutter
Measuring jug
Pastry brush
Flour dredger



Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Fry the mince beef and onions until the meat has browned. Drain any excess fat
3. Add the tomatoes and chilli powder and stir well
4. Rinse the kidney beans in a colander and add to the meat mixture
5. Leave to simmer, stirring intermittently
6. Mix the flour and 2/3 of the cheese together
7. Add the beaten egg and mix until a dough forms
8. Knead the dough until smooth and press down until it is 2cm in thickness
9. Cut out 8 – 9 circles
10. Place the chilli mix in the base of a dish and top with the cobbler. Glaze each cobbler and sprinkle with the rest of the cheese
11. Bake for 20 – 25 minutes in the oven and enjoy!

Fruit Pie



Ingredients:

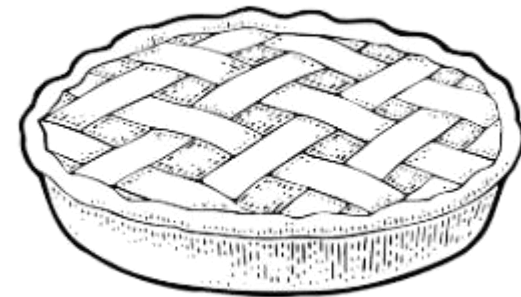
- 300g plain flour
- 150g butter
- 2 -3 baking apples
- 75g sugar
- 1 egg

Equipment:

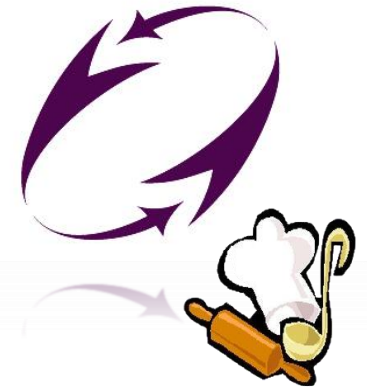
Chopping board
Sharp knife
Mixing bowl
Rolling pin
Measuring jug
Round-ended knife
Pastry brush
Fork

Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Rub the butter in to the flour to create breadcrumbs
3. Add cold water to form a dough
4. Bring the dough together with your hands
5. Roll out 2/3 of the pastry on a floured surface. ¼ each time. Don't turn over!
6. Roll out so it's large enough to line the dish and using a rolling pin, wrap the pastry around and ease into the tin
7. Leave the pastry to rest whilst the filling is prepared
8. Peel and core the apples. Slice and place in the pastry-lined dish
9. Cover with 2-3 tbsp of water and the sugar
10. Roll out the remaining pastry and cut strips 2-3cm wide
11. Create a lattice effect with the pastry
12. Glaze with the beaten egg
13. Bake for 20 – 30 minutes until golden brown and enjoy!



Lasagne



Ingredients:

- 250g lean mince beef
- 1 diced onion
- 1 beef stock cube
- 50g mushrooms
- 454g tinned chopped tomatoes
- 2 tbsp tomato puree
- 250g Ricotta/ soft cheese
- 250g mascarpone
- lasagne sheets – fresh or dried
- 100g grated cheese

Equipment:

Large frying pan
Wooden spoon
Mixing bowl
Chopping board
Sharp knife
Tablespoon
Teaspoon

Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Chop or crush the garlic and dice the onions
3. Fry the garlic and onion until it starts to brown
4. Add the mince and seasoning
5. Fry until the mince is browned and add the mushrooms
6. Drain any excess oil and add the tomatoes and stock cube. Simmer
7. Mix the cheese together and add any seasoning
8. Place half of the mince mixture in the base of a dish. Top with lasagne sheets making sure they don't overlap
9. Place half the cheese mixture on top and repeat with mince mix once more
10. Top with grated cheese
11. Place in the oven for 25-35 minutes or until golden brown

