

Food Technology

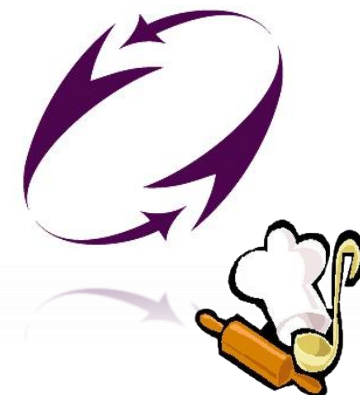
Year 9 Recipes



Recipes include:

- Savoury Swirls
- Gingerbread
- Calzone
- Swiss Roll
- Savoury Pie
- Sweet Bread
- Stew and Dumplings
- Victoria Sponge Cake

Savoury Swirls



Ingredients:

Pastry:

- 250g plain flour
- 125g butter (or 100g butter and 25g lard)
- Cold water
- 1 egg

Filling:

- 400g lean sausages
- 1 pepper
- Salt and pepper

Equipment

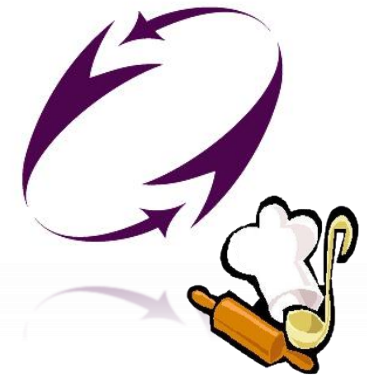
Mixing bowl
Rolling pin
Round-ended knife
Sharp knife
Chopping board
Fork
Pastry brush
Measuring jug
Baking tray
Flour dredger
Tablespoon



Method:

1. Preheat the oven to 220°C, Gas Mark 7
2. Rub the butter into the flour until it resembles fine breadcrumbs. Add a little cold water at a time until a dough forms
3. Take out of the bowl and leave on the worktop
4. Wash and deseed the pepper and dice into small cubes
5. Remove the skin from the sausages and place in a bowl, add the pepper
6. Roll out the pastry in to a large rectangle and place on to a tray
7. Spread the sausage mixture over the pastry, glaze the edges with egg
8. Roll up and cut out
9. Glaze the tops and place in the oven for 25-30 minutes

Gingerbread



Ingredients:

- 100g butter
- 100g brown sugar
- 4 tbsp syrup
- 4 tbsp black treacle
- 100g wholemeal self raising flour
- 4 tsp ground ginger
- 1 egg
- 150ml milk

Equipment:

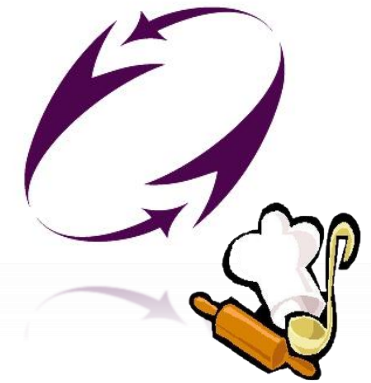
Square cake tin
Mixing bowl
Electric hand whisk
Small bowl
Sieve
Spoon

Method:

1. Preheat the oven to 18°C, Gas Mark 4
2. Grease and line the cake tin
3. Sieve the ginger and flours together
4. Melt the sugars, syrup, treacle and butter in a pan
5. Add the melted mixture in to the flour
6. Whisk the egg and milk and add to the flour mixture
7. Pour in to the tin and bake for 30 minutes
8. Enjoy!



Calzone



Ingredients:

Calzone:

- 350g strong plain flour
- 1 sachet of dried yeast
- 50ml warm water
- 90ml milk

Sauce:

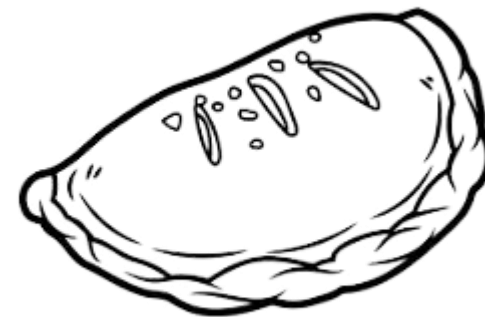
- 1 carton passata
- 1 onion

Filling:

- 1 tub ricotta
- 100g grated cheese
- Fillings of your choice

Equipment

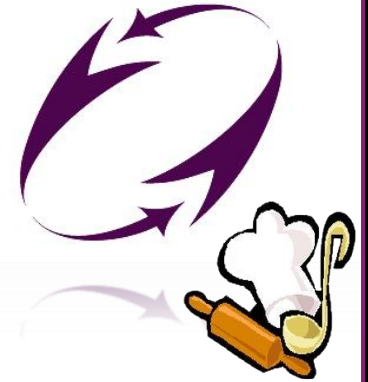
Baking tray
Chopping board
Sharp knife
Rolling pin
Round-ended knife
Tablespoon
Mixing bowl
Measuring jug



Method:

1. Preheat the oven to 200°C, Gas Mark 6
2. Peel and dice the onion and place in a pan with the passata and bring to the boil. Stir intermittently
3. Mix the milk and warm water with the yeast until it dissolves
4. Place the flour in a mixing bowl and make a well. Add the yeast mixture and mix with your hands to make a dough
5. Place the dough on the surface and knead until smooth. Leave the dough to prove and take the sauce off the heat
6. On a floured surface, roll out the dough
7. Place the dough on a tray and add half the sauce. Fill one half of the dough with your toppings
8. Fold over the other half of the dough and crimp the edges. Make a vent hole
9. Place in the oven for 20 minutes and enjoy!

Swiss Roll



Ingredients:

- 75g self-raising flour
- 75g caster sugar
- 3 eggs
- Jam or other filling of choice
- 50ml milk
- 3 eggs

Equipment:

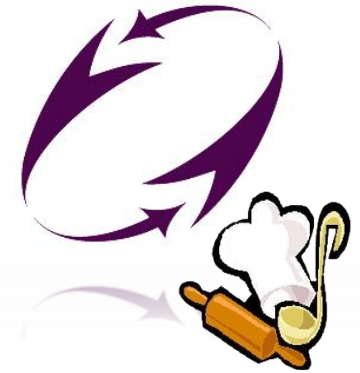
Mixing bowl
Tablespoon
Electric hand whisk
Sieve
Baking tray



Method:

1. Preheat the oven to 180°C, Gas Mark 4
2. Grease and line a baking tray
3. Whisk the eggs and sugar
4. Whisk until the eggs and sugar are three times in size and look like shaving foam
5. Sieve half the flour into the mixture
6. Fold in the flour and then repeat the process with the rest of the flour
7. Pour in to the baking tray carefully and bake for 10-12 minutes
8. Prepare another greaseproof paper with sugar on and turn the cooked Swiss Roll onto it. Roll up and allow to cool
9. Trim the edges and add the filling before re-rolling
10. Decorate the Swiss Roll and place in your container

Stew and Dumplings



Ingredients:

Stew:

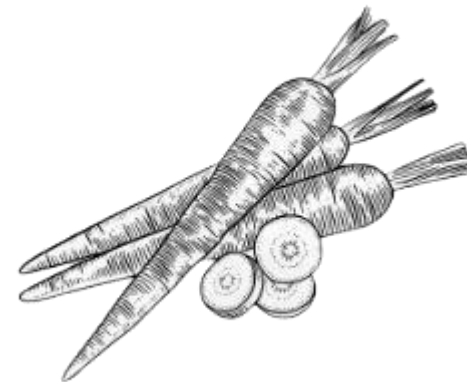
- 2 chicken breast fillets
- 1 chicken stock cube
- 1 tbsp chicken gravy granules
- 2 carrots
- 1 onion
- 1 tin sweetcorn

Dumplings:

- 250g self-raising flour
- 75g butter
- 75g vegetable suet
- 100ml milk

Equipment:

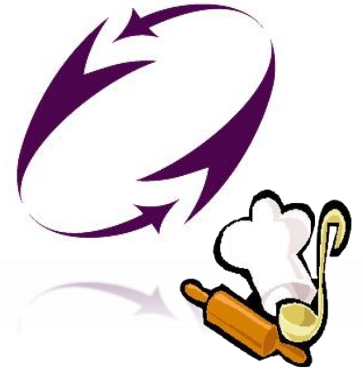
Large frying pan
Wooden spoon
Chopping board
Sharp knife
Mixing bowl
Fork
Measuring jug
Peeler



Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Peel and slice the carrots and place in a pan and cover with water. Bring to the boil and then simmer
3. Peel and dice the onion and place in a Tefal pan
4. Slice and cube the chicken and add to the Tefal pan. Fry until the chicken turns white
5. Add 300ml water and the gravy granules and stock cube
6. Drain the carrots and sweetcorn and add to the chicken mixture. Leave to simmer
7. Rub the butter into the flour. Add the suet and bind together with the milk. Shape evenly into dumplings
8. Transfer your stew into an ovenproof dish. Top with the dumplings and bake for 30 minutes

Sweet Bread



Ingredients:

- 400g strong plain flour
- 1 sachet yeast
- 1 egg
- 2 tsp cinnamon
- 300ml milk

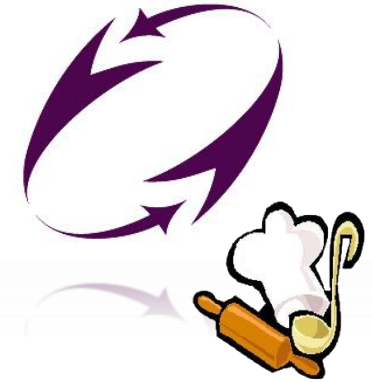


Method:

1. Add the milk to a measuring jug and warm in the microwave for 30 seconds and add the yeast to the milk
2. Add the flour and egg to a mixing bowl
3. Add the milk and yeast mixture to the flour and egg mixture
4. Mix well and knead for 10 minutes
5. Leave to prove on your worktop and wash your bowl and measuring jug
6. Knead the dough again to knock it back
7. Roll out the dough to a rectangle
8. Sprinkle the dough with sugar and raisins and press down
9. Roll up the dough and cut in to rounds
10. Place in a greased and lined baking tray
11. Bake for 20 minutes
12. Enjoy!



Savoury Pie



Ingredients:

Pastry:

- 250g plain flour
- 125g butter

Filling:

- 250g mince beef
- 1 onion
- 1 tbsp gravy granuels

Equipment:

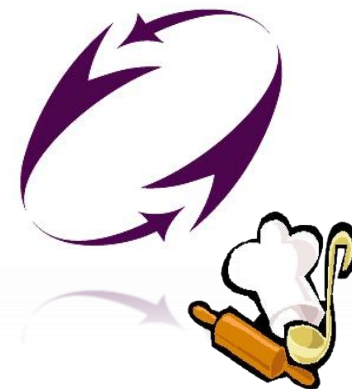
Medium pan
Wooden spoon
Chopping board
Mixing bowl
Rolling pin
Round-ended knife
Sharp knife
Fork
Measuring jug
Pastry brush



Method:

1. Pre-heat the oven to 220°C, Gas Mark 7
2. Dry fry the mince beef with the onion until the mince has gone brown. Add optional ingredients, gravy granuels and 150ml water.
3. Stir until the mixture boils and then leave to simmer, stirring intermittently
4. Make the pastry by rubbing the fat in to the flour. Add optional ingredients once breadcrumbs have formed. Add a little cold water at a time until a dough forms
5. Roll out 2/3 of the pastry and line the base of a pie dish with it
6. Make sure the pastry is up to the edges of the dish and trim any excess pastry
7. Add the mince mixture in to the lined pie dish and spread out evenly. Dampen the edges of the pastry
8. Roll out the other 1/3 of the pastry and place over the top of the pie dish. Press the edges down gently and trim off the excess
9. Finish the edges creatively!
10. Glaze the pastry with egg or some milk and bake for 20-30 minutes or until golden brown

Victoria Sponge Cake



Ingredients:

- 150g caster sugar
- 150g soft margarine
- 3 eggs
- 150g self-raising flour OR
- 125g self-raising flour and 25g cocoa
- Filling ingredients
- Decorations

Equipment:

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

Method:

1. Preheat 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. Stir the flour in to the sugar mixture and then fold into the mixture
5. Add the cocoa powder, if using, and mix well
6. Place in the oven and bake for 20 minutes or until a cake tester comes out clean
7. Wash up and clean down
8. Take the cakes out and turn upside down onto a cooling tray. Remove the baking paper
9. Prepare decorations and fillings for your cake – only decorate once your cakes are **cold**

