

Year 8 Food
Preparation
booklet



The recipes used in Y8 have been carefully chosen to provide a range of opportunities for students to develop their confidence in using practical skills. Students will be able to apply their creative thinking and learn to develop and change recipes.

Each recipe can be modified to suit individuals tastes and food choices. We encourage students to actively think about a healthy and varied diet.

Students will be given a weeks' notice to get the required ingredients for their practical lesson. This will be written in their planners and on school website.

If you have any queries regarding the recipes or problems getting the ingredients, please do not hesitate to contact the subject teacher.

For each practical lesson students need a suitable container with their name written on to take the products home.

Shopping List



Stuffed Chicken

1 skinless chicken breasts ,
25g cream cheese
3 rashers of bacon
or parma ham
Optional
Sun dried tomato
Chilli powder

Chilli Con Carne

200-500g minced meat or meat
alternative
1 onion
Small tin of kidney beans
(optional or other beans)
1 green or other coloured pepper
1 stock cube
Tin chopped tomatoes or passata
2tsp chilli powder (amount can
vary depending on taste)

Chicken Chow Mein

2 tbsp vegetable oil
400g chicken (sliced)
1 clove garlic (crushed)
1 small carrot
1 medium red pepper
1 large onion
2 tsp soy sauce
1 tsp cornflour (provided by
school)
1 chicken stock cube
125ml water

Creamy sweetcorn empanadas

Puff pastry

225g plain flour
Pinch of salt
150g margarine or butter

Filling

150ml milk
15g butter
15g flour
3 spring onions
½ pepper
Tin of sweet corn
2 tbsp. grated cheese

Lasagne

For the meat sauce

200g minced beef
450g can chopped tomatoes
1 medium onion
1/2 green pepper (optional)
1 beef stock cube
1 clove garlic
Pinch mixed herbs
Pinch black pepper
75g lasagne sheets

For the béchamel sauce

25g margarine
25g plain flour
300ml milk
Salt and freshly ground black pepper, to
taste

Burgers

1 small onion, peeled
and diced
500g good-quality beef mince
1 egg
1 tbsp vegetable oil
4 burger buns

Chicken Curry

4 raw chicken breasts
2 medium onions
1 medium apple
2 cloves garlic
2 tbsp oil
1 level tsp ground ginger
1 heaped tsp tomato purée
Salt and pepper
250ml hot water
1 rounded dessertspoon curry
powder of your preferred
strength

Burgers

- 1 small onion, peeled and diced
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- 4 burger buns



Method

1. Tip the beef into a bowl with the onion and egg then mix.
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
3. Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
4. Heat the pan to medium heat and Lightly brush 1 side of each burger with oil.
5. Place the burgers, oil-side down, into the pan. Cook for 5 mins until the meat is lightly charred. Don't move them around or they may stick. Oil the other side, then turn over using tongs. Don't press down on the meat, as that will squeeze out the juices.
Cook for 7 minutes each side.
6. Take the burgers out of the pan. Leave to rest on a plate so that all the juices can settle inside. Slice each bun in half. Place, cut-side down in the pan and toast for 30 seconds or until they are lightly charred. Place a burger inside each bun, then top with your choice of accompaniment.

Stuffed Chicken

- 1 skinless chicken breasts ,
- 25g cream cheese
- 3 rashers of bacon or parma ham

Optional

- Sun dried tomato
- Chilli powder



Method

1. Working on a board, stuff the chicken breasts. To do this, start by pulling back the loose fillet on the back of the breast – put your knife in the opposite direction and slice to create a long pocket.
2. Open the pocket up with your fingers, push the cream cheese and additional fillings into the pocket. Fold and seal back the chicken, completely covering the filling and giving you a nice neat parcel.
3. Preheat the oven to 180°C/350°F/gas 4.
4. Place the bacon/ham onto a chopping board side by side slightly overlapping.
5. Place the stuffed chicken breast on top and roll up.
6. Place onto a lined baking sheet and place in the oven for 20-25 mins. Test with a temperature probe and check core temperature is 75°C.

Chilli Con Carne

200-500g minced meat or meat alternative
1 onion
Small tin of kidney beans (optional or other beans)
1 green or other coloured pepper
1 stock cube
Tin chopped tomatoes or passata
2tsp chilli powder (amount can vary depending on taste)



Method

1. Peel and chop onion on a chopping board with a sharp knife.
2. Wash pepper, cut in half and remove seeds. Cut into strips and then into smaller pieces.
3. Fry the onions in a medium to large sauce pan.
4. Add the minced meat and fry until brown.
5. Add pepper and continue frying.
6. Drain the kidney beans into the sink using a sieve.
7. Add the kidney beans, tin tomatoes or passata, stock cube and chilli powder.
8. Simmer on low heat. You do not need to stir now.
9. Start washing up.

Classic Lasagne

For the meat sauce

- 200g minced beef
- 450g can chopped tomatoes
- 1 medium onion
- 1/2 green pepper (optional)
- 1 beef stock cube
- 1 clove garlic
- Pinch mixed herbs
- Pinch black pepper
- 75g lasagne sheets

For the béchamel sauce

- 25g margarine
- 25g plain flour
- 300ml milk
- Salt and freshly ground black pepper, to taste

Method

1. To make the meat sauce, heat the oil in a frying pan and cook the beef for about 10 mins until browned all over.
2. Pour over our basic passata sauce, add the tomato puree, then season. Bring up to the boil, then simmer for 30 mins until the sauce looks rich.
3. **Make the béchamel sauce:**
Melt butter in a saucepan. Stir in an equal amount of flour and cook the mixture for just under a minute - known as a roux.
4. Stir in milk, a little at a time, making sure to stir well so that no lumps form.
5. Bring the mixture to the boil, stirring constantly, so that the mixture thickens and becomes glossy. Boil for a couple of minutes.
6. To make a cheese sauce, add grated cheese off the heat.
Season well.
7. Heat oven to 180°C/fan/160C/gas 4. Lightly oil an ovenproof dish (about 30 x 20cm). Spoon one third of the meat sauce into the dish, then cover with lasagne sheets (made earlier). Drizzle over about one quarter of your béchamel sauce.
8. Repeat until you have 3 layers of pasta. Cover with the remaining white sauce, making sure you can't see any pasta poking through.
9. Scatter the mozzarella over the top. Bake for 45 mins until the top is bubbling and lightly browned.



Creamy corn empanadas

Due to the complexity of this product, students will make this over two lessons. Lesson one will be focusing on the pastry and lesson two on the filling and roux sauce.



Short crust pastry

225g plain flour
pinch salt
150g margarine or butter

Filling

150ml milk
15g butter
15g flour
3 spring onions
½ pepper
Tin of sweet corn
2 tbsp. grated cheese

Method

1. Pre-heat oven to 200C/ gas 8

Pastry:

2. Mix flour and salt, add the fat cut into small pieces.
3. Stir with a knife (do not use hands).
4. Add cold water and mix to a stiff dough.
5. Roll out on a floured surface to a narrow strip.
6. Fold in three, give a quarter turn so one of the open ends faces you and roll out again. Do this three times.
7. Cover pastry and leave to rest (at least 15min) then roll into desired shape.
8. Roll out pastry and add the filling.
9. Bake in the oven for 20min or until golden brown.

Filling and empanada:

1. For the roux sauce, melt the butter/margarine in a pan, add the flour and create a dough ball.
2. Take it off the hob and start adding the milk little at a time. (the mixture should thicken until it looks like custard).
3. Add grated cheese if you want.
4. Add the sweetcorn filling, pepper and spring onion.
5. To make the empanadas, roll out the pastry to a pound coin thickness. Cut circles out.
6. Put two teaspoons of filling onto one half of each pastry circle, it is important not to overfill the empanadas at this stage.
7. Fold the pastry over and crimp them using a fork.
8. Bake the empanadas for 15-20min until golden and cooked through.

Chicken Chow Mein

2 tbsp vegetable oil
400g chicken (sliced)
1 clove garlic (crushed)
1 small carrot
1 medium red pepper
1 large onion
2 tsp soy sauce
1 tsp cornflour (provided by school)
1 chicken stock cube
125ml water



Method

1. Peel and chop onion.
2. Wash and chop carrot and red pepper into even-sized strips. Remove seeds from pepper before chopping.
3. Heat half of the oil in the wok, add chicken, stir-fry until tender.
4. Add garlic, carrot and pepper. Stir-fry until the carrot is just tender (approx. 5 mins).
5. Put cornflour into a small bowl and mix it with 4 teaspoons of cold water, from the measuring jug, to a smooth, white and lump-free paste.
6. Pour cornflour mixture into measuring jug of water & mix.
7. Add chicken stock cube and the cornflour mixture from the measuring jug into the wok. Stir until the mixture boils and thickens slightly.

Chicken Curry



- 4 raw chicken breasts
- 2 medium onions
- 1 medium apple
- 2 cloves garlic
- 2 tbsp oil
- 1 level tsp ground ginger
- 1 heaped tsp tomato purée
- Salt and pepper
- 250ml hot water
- 1 rounded dessertspoon curry powder of your preferred strength

Method:

1. Chop chicken breasts into pieces. Use either a sharp knife or kitchen scissors (you may find kitchen scissors easier).
2. peel and chop onions and apple.
3. Peel and chop the garlic finely.
4. Put cooking oil into medium pan and fry onions for 2–3 mins. Add raw chicken pieces and cook on a medium heat until brown (approximately 5 minutes).
5. Add chopped apple and garlic and cook for a further 2 mins.
6. Stir in curry powder and ginger and fry for another minute.
7. Measure out hot water into measuring jug and mix in tomato purée.
8. Add hot water mixture a little at a time to the chicken mixture, stirring with a wooden spoon until it is all mixed in. Add salt and pepper.
9. Bring curry to boil, stirring constantly.
10. Once the curry mixture has boiled, ***simmer gently*** for approx. 30 mins, stirring occasionally.