



Year 8
Design & Technology
Food Technology

Recipe Booklet

NAME:

TUTOR GROUP:

Cooking pasta - Pasta Bake

Cooking rice - Risotto

Cooking meat - Chicken Korma

Making a sponge - Dorset Apple Cake

Making pastry - Tomato and Basil Tart

Cooking pasta - Pasta Bake

100g pasta
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
50g sweetcorn (canned or frozen)
1 teaspoon dried oregano
Seasoning



Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until al dente.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:
 - Place the butter or margarine, flour and milk into a small saucepan;
 - Bring the sauce to a simmer, whisking it all the time until it has thickened;
 - Reduce the heat, stir in the oregano, and allow to simmer for 2 minutes.
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Preheat the grill.
6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
7. Pour the drained pasta and vegetables into the sauce.
8. Stir in the canned tuna.
9. Pour the mixture into an ovenproof dish or foil tray.
10. Sprinkle the cheese over the top, and add a few twists of black pepper.
11. Place under a hot grill until the cheese is bubbling and golden brown

Equipment

Two saucepans,
grater,
chopping board,
knife,
colander,
measuring jug,
wooden spoon or spatula,
measuring spoons,
whisk,
ovenproof dish or foil tray.

Cooking rice - Risotto

250g chestnut mushrooms, OR cooked chicken
1 onion
250g risotto rice / Arborrio
1 litre vegetable stock (about 3)
20g parmesan, grated (optional)
2 cloves garlic
1 tablespoon spoon olive oil
1 teaspoon dried thyme



CONTAINER

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic.
2. Make up 1 litre of vegetable stock.
3. Fry the onion and garlic in the oil until softened.
4. Add the mushrooms, and fry for another 2 minutes.
5. Stir in the rice.
6. Add the stock.
7. Add the herbs and season with salt and pepper.
8. Let the risotto simmer for 20-25 minutes, stirring occasionally, until all of the liquid has been absorbed. The rice should be soft, but still retain a nutty bite.
9. Stir in the parmesan into the rice.

Equipment

Large frying pan
Measuring jug
Chopping board
Sharp knife
Garlic crusher
Measuring spoons

Cooking meat - Chicken Korma

- 1 small onion
- 2 skinless and boneless chicken thighs or breast
- 1 chicken stock cube
- 100g Basmati rice
- 1 clove of garlic
- Thumb sized piece of fresh ginger
- 1 teaspoon garam masala
- Seeds from 4 cardamom pods
- 1 teaspoon turmeric
- 75g Greek Yoghurt
- 2 tablespoons sultanas



CONTAINER

Method

1. Peel and roughly chop the onion, garlic and ginger.
2. Put into a food processor and add 4 tablespoons or water, then whizz to a paste.
3. Make up the stock cube with 250ml boiling water.
4. Tip the paste into a large frying pan and cook for 1 minutes on a low to medium heat, until onion is soft.
5. Add 2 tablespoons of Korma Paste and cook for 1 minutes until mixed in.
6. Cut the chicken into bite size pieces and stir into the frying pan.
7. Add the stock and raisins. Mix, then gently simmer for 10 – 12 minutes until the chicken is cooked.
8. Meanwhile cook the rice – add the rice to a pan of boiling water and stir. Leave to simmer for 10 minutes.
9. Remove the curry from the heat and stir in the Greek Yoghurt and season with salt and pepper.
10. Serve with the drained rice.

Equipment

- Chopping board
- Sharp knife
- Large frying pan
- Large saucepan
- Colander
- Measuring jug
- Food processor
- Spatula

Making a sponge - Dorset Apple Cake

Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 5ml spoon baking powder
- 1 eating apple
- 1 teaspoon cinnamon
- 1 x teaspoon demerara sugar



Method

1. Preheat the oven to 180°C or gas mark 4.
2. Grease and/or line the baking in or foil trays.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour and baking powder into a bowl, or onto a plate or piece of greaseproof paper.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Spread the mixture in the cake tin
9. Core the apple and slice thinly.
10. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and sugar on top.
11. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
12. Remove from the oven and allow to cool.

Equipment

Baking tin (20cm square) or foil trays, electric hand whisk, mixing bowl, small bowl, sieve, spatula, measuring spoons, knife, chopping board.

Top tips

- ♦ When lining baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.

Making pastry - Tomato and Basil Tart

Ingredients

100g plain flour
50g butter or margarine
2-3 tablespoons cold water
2 tomatoes
2 eggs
125ml semi-skimmed milk
50g cheese,

Handful of basil leaves

Seasoning



Method

1. Preheat the oven to 180oC or gas mark 4.
2. Make up the shortcrust pastry.
 - Sift the flour into the bowl.
 - Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - Add the cold water and start to mix together.
 - Mix to form a firm, smooth dough.
3. Roll out the pastry, on a lightly floured surface.
4. Line the flan ring or sandwich tin.
5. Trim the edges of the pastry using the palette knife.
6. Prick the bottom of the pastry with a fork.
7. Slice the tomatoes.
8. Grate the cheese.
9. Whisk the eggs and milk together. Tear in the basil into the mixture, then add a few twists of black pepper.
10. Pour the egg mixture into the pastry shell.
11. Arrange the tomato slices and cheese over the top.
12. Bake for 30 minutes, until golden and firm.

Equipment

sieve,
mixing bowl,
sandwich tin or
18cm flan ring and
baking tray,
palette knife,
measuring spoons,
measuring jug,
rolling pin,
flour dredger,
small bowl,
chopping board,
knife,
fork,
grater.