



Year 8  
Design & Technology  
Food Technology

# Recipe Booklet

NAME: .....

TUTOR GROUP: .....

## Pasta Salad in a Jar

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### Learning Objectives:

- Claw Hold
- Bridge Hold
- Making a healthy lunch

### Ingredients

100g pasta – dry weight

2 tomatoes

8cm cucumber

2 – 3 spring onions

½ red or green pepper or small tin of sweetcorn

Dressing made wholegrain mustard,  
red wine vinegar and olive oil

**1 large coffee jar, cleaned, (or similar container).**



### Equipment

Clean coffee jar  
Large saucepan  
Colander  
Green or Brown chopping  
Board  
Chef's Knife  
Small bowl  
Spoon

### Method

- 1- Place uncooked rice or pasta into a pan and fill up half way with water and bring to the boil. It will need to boil for 10 minutes.
- 2- When cooked (al dente), drain in a colander and rinse under cold water. Place this in your container.
- 3- While your pasta or rice is boiling, prepare other ingredients.
- 4- Make sure all vegetables are washed to remove any dirt.
- 5- Slice and dice the tomato.
- 6- Slice and dice the cucumber.
- 7- Slice the spring onion.
- 8- Slice and dice the pepper.
- 9- Once all vegetables are prepared pour on to your rice/pasta and mix well.
- 10- Pour over vinaigrette, then place lid on container and put in fridge.
- 11- Make sure your name is on your container.
- 12- Clean up as a team.

**Skills learnt or developed in todays practical:**

## Chicken Stir Fry & Noodles

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- 2 nests of noodles
- 1 x chicken breast
- 4 spring onions }
- 1/2 red pepper } or other suitable
- Small head of broccoli } stir-fry vegetables
- 3 mushrooms }
- 4 tbsp soy sauce
- 4 tbsp chicken stock
- ½ tbsp cornflour
- ½ tbsp honey
- ½ tsp sesame seed oil
- ½ tsp rice vinegar
- 2cm fresh ginger
- 1 garlic clove



### CONTAINER

#### Method

1. Put a pan of water on to boil.
2. Put the sauce ingredients into a small bowl and whisk together.
  - 4 tbsp soy sauce
  - 4 tbsp chicken stock
  - ½ tbsp. cornflour
  - ½ tbsp. honey
  - ½ tsp sesame seed oil
  - ½ tsp rice vinegar
  - 2cm fresh ginger – grated to a puree
  - 1 garlic clove – peeled and crushed
3. Remove any skin from the chicken and cut into thin strips
4. Prepare the vegetables with a fresh knife on a clean chopping board:
  - de-seed and slice the pepper;
  - slice the spring onion, broccoli and mushrooms;
5. Heat the a frying pan then add the chicken and stir-fry for 3-4 minutes.
6. Meanwhile cook the noodles in boiling water, then turn down to simmer for about 4 minutes. Check the packet for details.
7. Add the vegetables to the chicken and continue to cook for a further 2 minutes until al dente.
8. Pour over the stir fry sauce and stir until all chicken and vegetables are coated. Simmer for 3 mins.
9. Drain the boiling hot water away from the noodles into a colander in the sink

#### Equipment

Small bowl  
Large bowl  
Sauce pan – large  
Frying pan – large  
Measuring spoons  
Spatula  
Colander  
Grater  
Garlic crusher  
Whisk  
1 x Red Chopping board  
1 x Green Chopping board  
2 x Sharp knife

**Skills learnt or developed in todays practical:**

# Pineapple Upside Down Cake

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## Ingredients

### For the topping

- 50g softened butter
- 50g light soft brown sugar
- Small tin of pineapples rings
- glacé cherry

### For the cake

- 100g softened butter
- 100g caster sugar
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 2 eggs

## CONTAINER

## Method

1. Heat oven to 180C/160C fan/gas 4.
2. For the topping, beat the butter and sugar together until creamy.
3. Spread over the base and a quarter of the way up the sides the cake tin. Arrange pineapple rings on top, then place cherries in the centres of the rings.
4. Place the cake ingredients in a bowl along with 2 tbsp of the pineapple syrup and, using an electric whisk, beat to a soft, creamy consistency.
5. Spoon into the tin on top of the pineapple and smooth it out so it's level. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate.



## Equipment

- 20 cm cake tin
- Small bowl
- Wooden spoon
- Large bowl
- Electric whisk
- Large spoon or spatula

**Skills learnt or developed in todays practical:**

## Risotto

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

**Skills learnt or developed in today's practical:**

## Chicken Korma

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1 small onion  
1 clove of garlic  
Thumb sized piece of fresh ginger  
2 tbsp korma paste  
2 skinless and boneless chicken thighs  
or breast  
2 tbsp raisins or sultanas  
1 chicken stock cube  
75g 0% Greek Yoghurt  
200g Basmati rice

### 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 spoons  
Measuring jug  
Food processor  
Spatula



**Skills learnt or developed in today's practical:**

## Any Fruit Cobbler

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600g fresh, tinned (drained weight) or frozen or a mixture

1 small orange, juice only

2 tbsp soft brown sugar

### For the cobbler topping

175g self-raising flour (white or wholemeal)

100g butter, softened

25g porridge oats

50g soft brown sugar

½ tsp ground cinnamon or mixed spice

4 tbsp natural yoghurt



### Equipment

Large bowl

Knife (butter)

Chopping board

Chef's knife

Cooking container (OVEN PROOF)

## OVEN PROOF CONTAINER

### Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Chop the fruit into chunks.
3. Place the fruit into an ovenproof dish and pour over the orange juice and the brown sugar.
4. Place the flour into a mixing bowl and chop the butter into small lumps. Rub the butter into the flour until it looks like breadcrumbs.
5. Stir in the oats, sugar and spices to the cobbler mix and stir it through with a knife.
6. Add the yoghurt one spoonful at a time. You may need to mix with your hands to form a rough dough.
7. Form the cobbler mix into small balls, about the size of a ping pong ball and arrange them over the top of the fruit.
8. Place in the oven for 30-40 minutes or until the cobbler is golden-brown on top with the fruit bubbling up around the edges.

**Skills learnt or developed in todays practical:**

## Veggie Chilli

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1 tsp vegetable oil  
1 small onion  
1 red or green pepper  
1 stick celery  
2 garlic cloves  
300g Quorn mince  
½ tsp oregano  
1 bay leaf  
1 tbs ground cumin  
½ tbs chipotle paste  
400g chopped tomatoes  
1 stock cube to make 250ml stock  
400g kidney beans  
2 squares dark chocolate  
Salt and pepper



### Equipment

Large frying pan  
Brown or green chopping board  
Chef's knife  
Measuring jug  
Garlic crusher  
Wooden spoon

### CONTAINER

### Method

1. Finely chop the onion, pepper and celery. Peel and crush the garlic. Make the vegetable stock with boiling water.
2. Heat the oil in a large frying pan then add the onion, peppers and celery. Cook on a low heat for 5 minutes.
3. Add the garlic and Quorn mince. Turn up the heat and quickly brown the Quorn.
4. Add the oregano, cumin and chipotle paste and stir until the vegetables and Quorn are well coated.
5. Add the tomatoes and vegetable stock, the drained kidney beans and season with salt and pepper.
6. Bring to the boil, then turn the heat down and simmer for 20 minutes.
7. Add the chocolate, stir in, then simmer for 5 more minutes.

**Skills learnt or developed in today's practical:**