

St Ivo School
Food Department



Key stage 3

Module 3

RECIPES



For some recipes the Food Department can provide ingredients at cost price. If this is possible information will be given on Go4Schools or by the Food teacher

All other ingredients need to be provided

Foil dishes can be bought for 30p each

Creamy Ham & Mushroom pasta bake

Serves 2 to 3

Ingredients

150g Short pasta (penne, farfalle, fusilli)

25-30g Butter

25g Plain Flour

250ml Milk

100g Mushrooms

About 4 Spring onions

70g Thick cut ham, chopped

70g Cheddar cheese



**Note. You can substitute the ham for 1 tin of tuna and may also swap the vegetables*

Method

1. Turn on oven 200°C Gas 6.
2. Place a pan half filled with water and bring to the boil. Once boiled, add your pasta and simmer until cooked - approx. 12 minutes. Drain once cooked.
3. Slice your mushrooms and chop your spring onions. Fry in a little oil in a saucepan (couple of minutes). Once cooked, place in a small bowl and leave to one side.
4. Chop the ham, leave to one side.
5. Grate your cheese into a small bowl

Making the cheese sauce

6. Using the mushroom pan, melt the butter and then stir in the flour. Gradually stir in/whisk the milk.
7. Stir constantly bringing up the heat, while the sauce thickens.
8. Once thickened, turn off the heat and stir in most of the cheese (leave a little for the topping).
9. Mix the ham, pasta, mushrooms and sauce together.
10. Place into an ovenproof dish, scatter with the rest of the grated cheese.
11. Bake for 10 minutes till golden brown.

Shortcrust pastry

100g p Flour

25g Marg

25g White fat

1 tbs water

Method

1. Sift the flour into a large bowl, add the butter and white fat.
2. Rub in with your fingertips until the mixture resembles fine breadcrumbs.
3. Add 1-2 tbsp water and mix to a firm dough.
4. Knead the dough briefly and gently on a floured surface.
5. Use as required.

Oven Gas 6/200°C. Bake for 10-15 min



Pesto parcels

1 quantity of shortcrust pastry (see above)

50g chopped ham

50-75g goats cheese

2 tomatoes sliced

2tbs pesto sauce

Roll out the pastry into a 20cm sq and then divide into 4 smaller pieces.

Spread the pesto sauce on the middle half of each sq.

Add the tomatoes, ham and cheese and then seal the edges and brush with egg wash

Cook oven Gas6 Ele 205c for approx 15 mins

Chicken and tomato triangles

1 quantity of shortcrust pastry (see above)

4 cherry tomatoes

50g cooked chicken Chopped

pinch of paprika pepper

Roll out the pastry into a 20cm sq and then divide into 4 smaller sqs

In a bowl, mix together the tomatoes, chicken and paprika.

Using a pastry brush, brush water around the edges of each sq.

Divide the filling mixture equally on one half of each piece of pastry. Fold the pastry shape in half to create triangles, seal edges.

And place each parcel on a baking tray

Prick each parcel with a fork Cook Oven gas 6/Elec 205c 15 mins

Rough puff pastry

Serves 2 to 3

Ingredients

200g Plain flour
75g hard margarine
75g white fat
8 tbsp iced water
Few drops lemon juice

Method

1. Sieve flour into mixing bowl.
2. Add fat, and cut into marble sized pieces.
3. Add water and lemon juice and mix to a soft dough.
4. Turn out onto lightly floured surface, lightly knead then roll out to a rectangle approx the length of the rolling pin and half the width. *Taking care to keep an accurate rectangle shape.*



5. Fold pastry into 3 seal edges (aiming to trap as much air as possible) give 1/4 turn and repeat this process again.



6. Place pastry on tray and chill for 10mins.
7. Repeat stages 3 and 4 twice more.
8. Pastry is ready to use or freeze until needed.

Sausage Rolls

Approx. 8 to 12

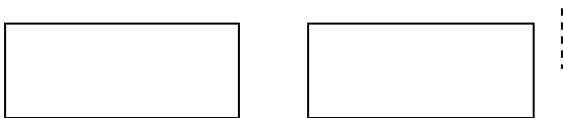
Ingredients

240g -400g sausage meat (or sausages)
 360g rough puff pastry (made at school)
 Herbs/ spices/ tomato puree/ flavours
 1 x Egg/ Little milk for glazing

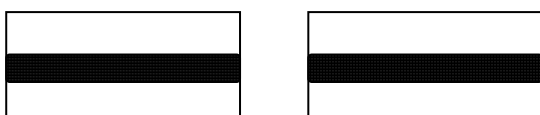
A suitable Container to take food home in

Method

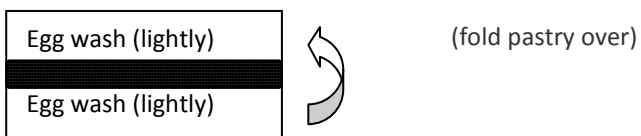
1. Turn oven on gas 7 220c. Line baking tray with baking paper
2. Lightly flour table and rolling pin.
3. Beat egg with some water (Egg Wash)
4. Roll out the pastry into two strips 7.5 cm wide by 25cm length (about 2.5 mm thickness).



5. Season sausage meat, and roll out into two ropes (length of pastry).
6. Place the sausage meat onto the centre of the strips of puff pastry.



7. Egg wash both sides of the puff pastry.
8. Fold the pastry over and press well to seal the edges.



9. Divide even size sausage rolls. Glaze



10. Bake for about 20 – 30 minutes – Golden brown
11. Place onto cooling tray.



Quick Vegetarian Lasagne

Serves 2 to 3

Ingredients

- 1 small onion
- 1 garlic clove
- 1 celery stick
- 1 carrot
- 50g Red lentils pre-soaked
or 250g turkey mince
- Small tin chopped tomatoes (200g)
- ½ tsp dried mixed herbs
- Salt and pepper
- 1 Heaped tsp tomato puree
- 200ml half fat crème fraiche
- 50g Cheddar cheese
- 50ml Milk
- 3 lasagne sheets



Method

1. Preheat the oven to 190°C Gas mark 5
2. Prepare the vegetables:
 - Peel and chop the onion
 - Peel and crush the garlic
 - Peel and chop the carrots
 - Slice the celery
3. Fry the onion, garlic, carrot and celery (and minced turkey) in the oil until soft- about 4 minutes.
4. Add (the lentils), tomatoes, herbs and tomato puree.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with lid on.
6. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.
7. In an oven proof dish or foil dish, spread about half of the lentil mix at the bottom.
8. Cover with a lasagne sheet and a little of the crème fraiche sauce. Repeat this, so you finish with crème fraiche sauce on top.
9. Sprinkle with cheese on top, place dish on a baking tray and bake for 20 minutes.

Equipment: Chopping board, sharp knife, garlic press, peeler, measuring spoons, saucepan, measuring jug, small bowl, spoon, foil trays, baking tray

Cheese scone round

4-6 pieces

Ingredients

140g Self raising flour

140g Wholemeal flour

1 tsp baking powder

50g Cold butter (small cubes)

85g Cheddar (grated)

1 egg

Either 2 tsp Marmite or $\frac{1}{4}$ tsp dried mustard powder

2tbsp Greek or natural yogurt

3tbsp milk

OPTIONAL: fresh chives



Method

1. Heat the oven to 220°C
2. Mix the flours and baking powder in a mixing bowl.
3. Rub in the butter – mixture is like breadcrumbs
4. Stir in half the cheese
5. Make a well in the centre
6. In a separate container whisk the milk, yogurt, marmite and egg
7. Pour this liquid into the flour mix well
8. Using an eating knife, bring the mixture together – soft but not too sticky.
9. Turn mixture onto a floured worktop, and roll to a 2cm thick round.
10. Place onto baking tray and portion into 4 or 6 portions.
11. Brush with a little milk and scatter over the remaining cheese.
12. Bake for about 12-15 minutes until golden.
13. Cool on a wire rack



Courgette & quinoa stuffed peppers

Serves 2

Ingredients

2 Red peppers

½ courgette

2- 3 spring onion

1x 250g packs of ready to eat quinoa

60g Feta cheese (*finely crumbled*)

Small handful of parsley (*roughly chopped*)



**Note. You can substitute the courgette for another suitable vegetable or two.*

Method

1. Turn on oven 200°C Gas 6.
2. Chop the courgette and spring onions.
3. Cut each pepper in half through the stem and remove seeds.
4. Put the pepper, cut side up on a baking tray.
5. Drizzle all with 1 tbsp oil and season.
6. Roast for 15 minutes.
7. Meanwhile, heat a little oil and fry the chopped courgette and spring onions until soft.
8. Once cooked stir through the quinoa, feta and parsley.
9. Divide up the quinoa mixture between the pepper halves.
10. Return to the oven for 5 minutes to heat through.
11. Serve with a green salad.

Fruitburst muffins

Serves 2 to 3

Ingredients

- 115g Plain flour
- 1tsp Baking powder
- 1 egg
- 25g Butter , melted
- 90ml milk
- 50ml Honey
- 70g fresh blueberries
- 45g Dried cranberries
- 70g Raisins
- ½ tsp – 1 tsp orange zest
- 70g Dried apricots, chopped
- ½ tsp ground cinnamon
- 6- 8 muffin cases



NB different fresh and dried fruit may be used 225g needed in total

Method

1. Preheat the oven to 200°C Gas mark 6
2. Place the muffin cases into a cake/muffin tin
3. Sift the flour and baking powder into a bowl.
4. In another bowl, lightly beat the eggs and then stir in the melted butter, milk and honey.
5. Add to the flour mix with all the fruit.
6. Mix **without overworking** (a few lumps are ok).
7. Evenly spoon the mixture into the muffin cases.
8. Bake at 20-25 minutes until well risen and pale golden brown.
9. Leave in the tin for a few minutes before turning out.

These will keep in airtight container for two days or can be frozen for up to a month

Calzone

Base

- 300g strong bread flour
- 1tsp dried yeast
- 1 teaspoon salt
- 200ml warm water
- 15 g marg or 1 tbs cooking oil



Filling

- 1 onion, peeled and diced
- 3 cloves garlic crushed
- 200g vine tomatoes chopped or 2 tin chopped toms
- Salt and pepper to taste
- 250g mozzarella, cubed and dry
- To serve:
- Fresh basil leaves and drizzle olive oil
- Grated Parmesan or vegetarian alternative
- 100g chopped Ham (opt)

Method

To make the base, mix all the ingredients together and knead for 5 minutes, place in a bowl, cover and leave whilst preparing filling

Meanwhile make sauce by placing onion, garlic, tomatoes and seasoning into a pan, bring to the boil then simmer for 10 minutes, blitz until smooth in a food processor and chill.

Heat the oven to 22⁰C/Gas 8, roll out the dough as thin as possible, put onto a baking trays, top half with sauce, and cheese, and a few basil leaves, fold it in half and crimp around the edges and bake for 10 minutes. To serve, top with basil, Parmesan cheese and olive oil.

Olive or sundried tomato bread sticks

Ingredients

- 250g strong white bread flour, plus extra for dusting
- 1tsp salt
- 1tsp yeast
- 175-200ml warm water
- 1 tbs cooking oil (olive if possible), plus extra for oiling
- 250g pitted green olives in brine, drained or sun dried tomatoes
- fine semolina, for dusting (optional)

preheat the oven to
22⁰C/425⁰F/Gas 7

Method

1. Put the flour into the bowl, add the salt to one side of the bowl and the yeast to the other. Add $\frac{3}{4}$ of the liquid and beat with the wooden spoon. As the dough starts to come together, gradually add the remaining water.
2. Continue to beat with the wooden spoon, the dough should be wet and stretch easily when pulled, turn out onto work surface work in the olive oil and knead. Add the olives and mix until well-distributed.
3. Line a baking tray with baking parchment
4. Dust the work surface heavily with flour – add semolina if using. some. The dough will be sticky
5. Dust the top of the dough with flour and then stretch it out gently to a rough rectangle. Starting at one long edge, cut the dough into approximately 9 strips. Stretch each piece out until 20-25cm long. Place onto the prepared baking tray allow to rise
6. Bake the dough sticks for 10-15 minutes. Cool on wire rack.



Naan Bread

4 Pieces

Ingredients

125g Self-raising flour

1 tbsp yoghurt

½ tsp salt

65ml warm water



Optional – Flavours with onion, cumin, sesame seeds or fresh coriander

Method

1. Sieve the flour and salt in a bowl.
2. Add the yogurt and sufficient water to give a soft, slightly sticky dough.
3. Knead lightly, cover with bowl or damp tea-towel and leave in a warm place.
4. Rest for about 10 - 15 minutes , longer of possible.
5. Meanwhile heat up the grill.
6. Divide dough into 4 egg shaped pieces and mould into balls.
7. Roll on an un-floured surface into an oval shapes 15cm x 0.5cm.
8. Place the naan on a very lightly greased tray and under the hot grill.
9. Once they puff up and go speckly (brown spots), turn over and cook the second side.
10. Serve warm.

Vegetable curry



Ingredients

1 bag of fresh spinach

1 tbsp oil

1 red onion

Small can of chick peas or share a large can (200g) with a partner

1 clove garlic

1 fresh chilli or half teaspoon of dried

Half tbsp coriander seeds

Half tbsp cumin seeds

1 aubergine or 1 courgette

1 can of tomatoes.

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Method

1. Chop the onion. Finely chop the garlic.
2. Halve the chilli, slice thinly. You can use the seeds if you like heat.
3. Heat half of the oil in a medium pan and cook the onion, garlic, chilli, spices and the drained chickpeas for 5 minutes on a medium heat.
4. Dice the aubergine or courgette.
5. Add the remaining oil and the aubergine or courgette and cook for 10 minutes stirring often until the aubergine is coloured.
6. Add the tin of tomatoes and the spinach, a pinch of salt then cover the pan, lower the temperature and simmer for 10 minutes until the aubergine (courgette) is soft.