

St Ivo School



Key Stage 3

Module 3

Recipe Book

Name _____



Guidance for practical

The Food rotation will last for 12 or 13 weeks.

You will cook during one lesson each week

You will work through the dishes in the recipe book

Come prepared!

Buy ingredients and bring a container of a suitable size to take your cooking home

For some recipes school can provide SOME ingredients which can be purchased at reduced cost. Check with your teacher!

If you miss the demonstration read the recipe carefully and make sure you are familiar with what you need to do

Weight out ingredients before the lesson

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Creamy Ham & Mushroom pasta bake

Serves 2 to 3

Ingredients

250g 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*

Methods

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. 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.

Rough puff pastry

Serves 2 to 3

Ingredients

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

Methods

1. Sieve flour into mixing bowl.
2. Add fat, and cut into marble sized pieces. Rub in.
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

Methods

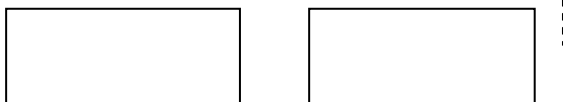


1. Turn oven on to 180oC. Line baking tray with baking paper and slightly dampen.

2. Lightly flour table and rolling pin.

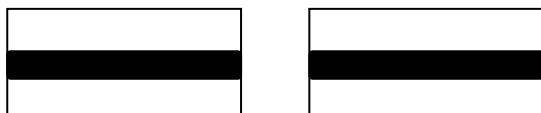
3. Beat egg with some water (Egg Wash)

4. Roll out the pastry into two strips 7.5 cm wide by 25cm length (about 2.5 mm thickness).



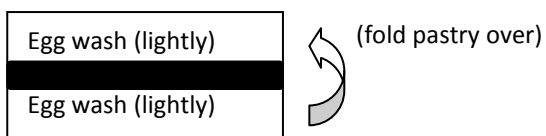
5. Season sausage meat, and roll out into two ropes (length of pastry).

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
- 50g Red lentils
- Small tin chopped tomatoes (200g)
- ½ tsp dried mixed herbs
- 1 Heaped tsp tomato puree
- 100ml half fat crème fraiche
- 25g Cheddar cheese
- 50ml Milk
- 3 lasagne sheets



Methods

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 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 ¼ tsp dried mustard powder

2tbsp Greek or natural yogurt

3tbsp milk

OPTIONAL - fresh chives



Methods

1. Heat the oven to 170°C Gas 3.
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 pepper

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.*

Methods

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

112g Plain flour
1tsp Baking powder
1 egg
25g Butter , melted
87ml 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

Methods

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 (can be frozen for up to a month).

Bombay Potatoes

Serves 4

Ingredients

4tbsp oil

¼ tsp mustard seeds

2 pinches Chilli powder

¼ tsp turmeric powder

350g – 450g Potatoes, peeled.



Methods

1. Peel and cut potatoes into small quarters.
2. Place in a half filled pan of cold water and bring to the boil.
3. Boil for about 10 minutes, till potatoes are cook (soft, but still slightly firm)
4. Once cooked, remove from heat and drain in a colander. Leave to one side to cool (5 minutes).

Cooking the Bombay potatoes

5. Heat the oil in a pain on a medium heat setting (*sprinkle a few mustard to seeds to check oil is hot enough*).
6. Once oil is ready, add remaining mustards seeds, chilli and turmeric powder and a little salt.
7. Fry for about 1 minutes
8. Add potatoes and fry carefully for 4 minutes. Turning the potatoes to make sure they are covered in the spices.
9. They should have a crispy edge (looking yellow in colour)
10. Place a lid on top and then cook for a further 5 minutes .
11. Serve

Naan Bread

4 Pieces

Ingredients

125g Self – raising flour

1 tlbsp Yogurt

½ tsp salt

65ml Tepid water



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

Methods

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. Prove 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 a un-floured surface into an oval shapes 8” x “ thick.
8. Place the nann 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.

Own recipe:

Own recipe:

Own recipe:

