



Year 9 Project 1

Food for Thought Recipes

Useful Information

You are required to provide your own ingredients, unless you have spoken with your food teacher and the technicians.

If you find you are unable to bring ingredients in, you must inform your food teacher by email 2 school days before the practical lesson.

Bring your ingredients to the food room before the start of form time.

Put the items that need to go in the fridge in the assigned fridge, and the rest of the ingredients on the black shelves by the board.

All containers and bags should be labelled with your full name and form group.

Remember to weigh out and prepare ingredients asked at home, or arrange coming in before the lesson.

Food must be collected at the end of the school day.

Dishes designed to eat warm should be thoroughly reheated before eating and must be reheated only once.

If you have any allergies, you must inform and remind your food teacher before the lesson to discuss recipe adaptations.

On all recipes * indicates the ingredient is provided by school.

Name:

Teacher:

Raisin & Oat Cookies

A crowd-pleasing bake!

Ingredients

40g caster sugar
60g soft brown sugar
(or caster sugar)
100g margarine or
butter
110g plain flour
40g oats
½ tsp baking powder
50g raisins

Optional

¼ tsp ground cinnamon

Equipment from home:

A plastic container to take your food home in.

Method

1. Preheat oven to 190°C or Gas Mark 5. Grease or line baking tray.
2. In a large mixing bowl cream together the sugars and margarine until light and fluffy.
3. Add the dry ingredients and mix until well combined.
4. Divide mixture into 8 balls the size of ping pong balls, and place on baking tray. Do not press them down. Make sure they are evenly spaced.
5. Bake for 12-14 minutes until golden around the outside.
6. Remove from oven and place the baking tray on a cooling rack and leave until cool. They will continue to cook out of the oven.
7. Enjoy with a cup of tea!

Top Tips

- Wrap margarine or butter in a piece of foil or greaseproof paper. Alternatively place in a small container.
- When using margarine, make sure you choose one that is suitable for baking and cooking. They will often say on their packaging that they are suitable. Very low-fat margarines are not suitable for baking due to their low-fat, high-water content.

Chilli

A versatile midweek meal.

Ingredients

1 small onion (finely chopped)
 1 clove garlic (finely chopped)
 ½ pepper (any colour) finely diced or 1 carrot grated
 ½ tsp chilli powder (to taste)
 200-250g minced beef/turkey
 ½ tbsp tomato puree
 200g chopped tomatoes (1/2 tin)
 200g red kidney beans (1/2 tin)
 Salt & Pepper to taste *

Vegetarian version

200-250g meat free mince alternative or an extra tin of beans e.g., chickpeas or black beans

1tbsp vegetable oil *

Optional

½ tsp ground cumin
 ¼ tsp ground coriander

Equipment from home:

A plastic container to take your food home in.

Method

1. Place finely chopped onion and garlic into a large saucepan with the minced meat and turn to a medium heat. Cook for 5-10 minutes until the mince turns brown, and onions go see through. Vegetarian alternative – cook the onion and garlic with the oil for 3-4 minutes until soft, then add your alternative mince in.
2. Drain and rinse your kidney beans.
3. Remove from the heat and add the spices, tomato puree, chopped tomatoes and drained kidney beans. Season with pepper and salt as required. Return to the heat and bring to the boil, then simmer for 15-20 minutes..
4. Pour the chilli into your container to take home.
5. Serve your chilli with a jacket potato, rice or tortillas, with a sprinkle of cheese and salad.

Top Tip

To avoid staining your clear/white containers red or yellow, avoid reheating tomato or spicy dishes in the container. Wash the containers up in cold soapy water before washing again in hot soapy water.

Bread Rolls

Perfect as a side with soup!

Ingredients

500g strong white bread flour
1 sachet (7g) easy blend yeast
350ml warm water*
25g margarine
1 tsp salt*

*For the lesson where we
bake the bread you will
need:*

2tbsp milk

Method

Bread Rolls Part A:

1. Place the flour, salt and margarine into a bowl. Rub in the margarine.
2. Add the yeast and stir well.
3. Add the warm water and mix to a soft dough.
4. Knead on a floured surface for 10 minutes.
5. Place into a named food bag, and place in the freezer.

Bread Rolls Part B:

1. Preheat the oven to 220°C or Gas Mark 8
2. Knock the dough back and divide into 8 equal pieces.
3. Shape and place on a greased baking tray.
4. Prove in a warm place for 15 – 20 minutes until doubled in size.
5. Glaze with the milk.
6. Bake for 10-15 minutes until well risen and brown.

Equipment from home:

A container or food bag to take your food home in.

Top Tips

- Wrap margarine or butter in a piece of foil or greaseproof paper. Alternatively place in a small container.
- When using margarine, make sure you choose one that is suitable for baking and cooking. They will often say on their packaging that they are suitable. Very low-fat margarines are not suitable for baking due to their low-fat, high-water content.
- Milk or liquids should be transported in a leak proof container (e.g. screw top plastic bottle or a jam jar).