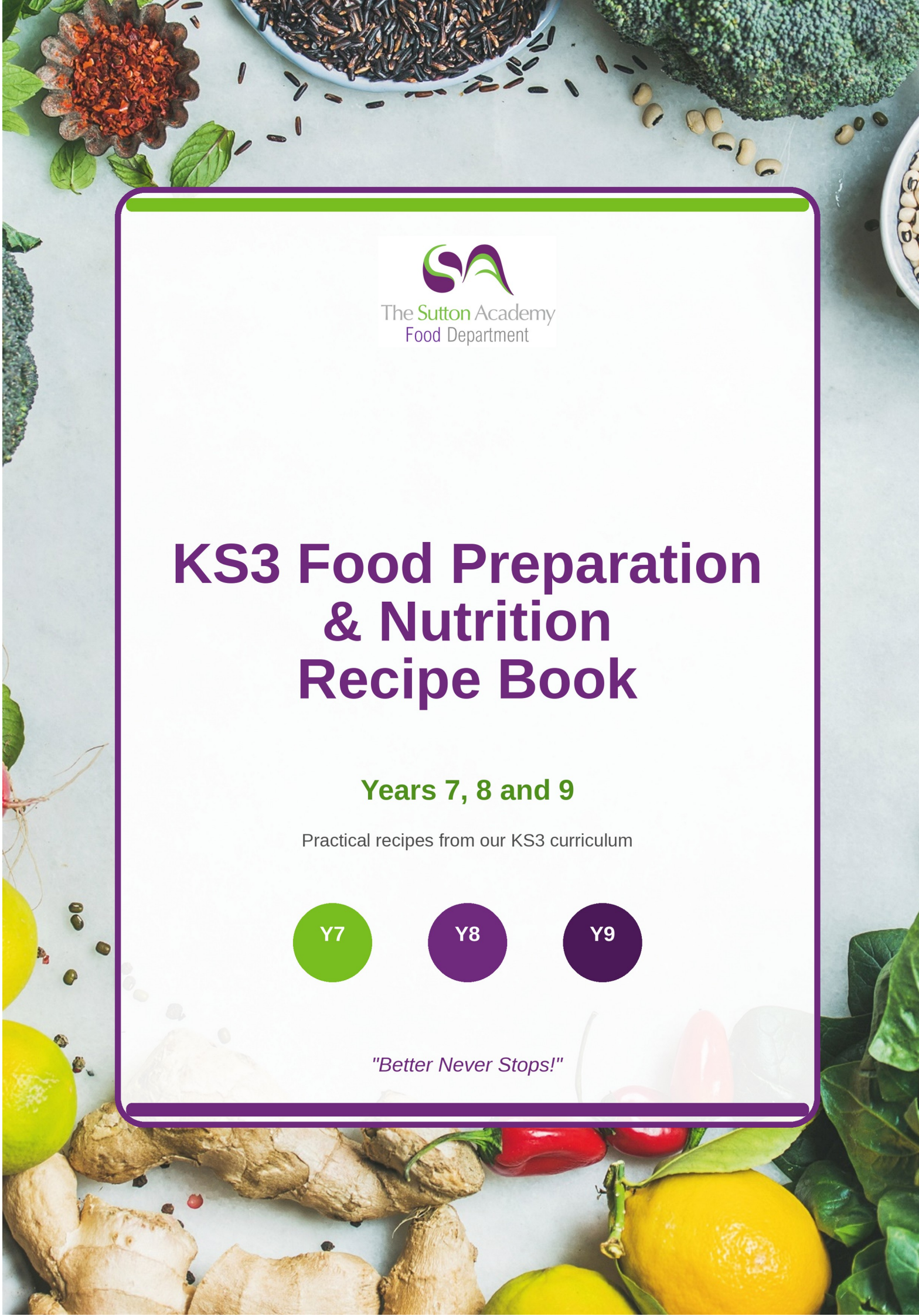


The Sutton Academy
Food Department

KS3 Food Preparation & Nutrition Recipe Book

Years 7, 8 and 9

Practical recipes from our KS3 curriculum

Y7 Y8 Y9

"Better Never Stops!"

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Before You Cook

These recipes were designed for supervised school practical lessons.

EVERY PRACTICAL STARTS WITH

- Tie long hair back.
- Wash and dry your hands.
- Put on an apron.
- Fill the washing-up bowl with hot, soapy water.
- Collect and prepare the equipment you need.

FOOD SAFETY AND ALLERGENS

- Always check ingredient labels before cooking.
- Tell the school about allergies and follow the department's procedures.
- Keep raw meat and fish away from ready-to-eat food.
- Use the correct chopping board and wash hands after raw food.
- At home, use responsible adult supervision for knives, hobs, grills, ovens and hot sugar.

CLEAN DOWN CORRECTLY

- Wash and dry all equipment.
- Put clean equipment away.
- Wipe surfaces, including the hob.
- Dry the bowl, sink and draining board.
- Put the washing-up bowl upside down and place dirty cloths and towels in the laundry basket.

Measurements used in the book: 1 tablespoon (tbsp) = 15ml | 1 teaspoon (tsp) = 5ml

Practical Knife Skills

Safe knife control and accurate vegetable cuts

SAFE KNIFE HOLDS

Bridge hold: Use your thumb and fingers to form a bridge over a small or round food. The knife passes safely underneath.

Claw grip: Tuck your fingertips in and use your knuckles to guide the blade while slicing.

SAFETY CHECKLIST

- Choose the correct knife and carry it safely.
- Keep the chopping board flat and stable.
- Keep the knife away from the edge of the table.
- Use the bridge hold or claw grip whenever cutting.
- Wash knives separately - never leave them hidden in washing-up water.

VEGETABLE CUTS

Jardinière: Even batons or sticks.

Julienne: Thin matchstick strips.

Macédoine: Medium dice.

Brunoise: Very small dice.

WHAT GOOD LOOKS LIKE

- Pieces match the named shape.
- Pieces are even so they cook at a similar speed.
- The workstation stays tidy.
- Fingertips remain protected from the blade.

Practical task: practise these cuts with a carrot, cucumber or another vegetable selected by your teacher.

Safe grip + controlled knife + even pieces = safer, neater and more successful practical work.

YEAR 7

Building safe, confident practical skills

SKILLS PROGRESSION

- Core hygiene and kitchen routines
- Safe knife, hob, grill and oven use
- Rubbing-in, creaming and melting methods
- Basic pastry, batter and yeast dough skills

RECIPES IN THIS SECTION

1. **Bread Rolls**
2. **Seasonal Shortbread**
3. **Croque Monsieur**
4. **Mince Pies or Jam Tarts**
5. **Hot Chocolate**
6. **Chicken Goujons**
7. **Granola Bars**
8. **Scone-Based Pizza**
9. **Cupcakes**
10. **Cheese and Onion Triangles**
11. **Jammy Biscuits**
12. **Chocolate Tiffin**
13. **Chocolate Chip Cookies**

"Better Never Stops!"

Y7

Bread Rolls

Recipe 1

Raising agents, kneading and shaping

SKILLS

INGREDIENTS

- 150g strong white flour
- 1/2 tsp salt
- 10g margarine
- 1 tsp quick-action yeast
- 100ml warm water, added gradually
- Milk or beaten egg, for glazing
- Poppy or sesame seeds, or mixed herbs (optional)

BRING FROM HOME

A box to take the rolls home.

SKILLS FOCUS

- Sifting and rubbing-in
- Making and kneading a yeast dough
- Equal portioning and shaping
- Safe oven use

KEY SAFETY

Use warm, not hot, water. Take care with the hot oven and baking tray.

METHOD

1. Sift the flour into a mixing bowl and rub in the margarine.
2. Add the yeast and salt on opposite sides of the bowl.
3. Make a well in the centre. Add the warm water gradually and mix to form a soft dough. You may need slightly more or less water.
4. Turn onto a lightly floured surface and knead for **5-10 minutes** until smooth.
5. Divide the dough into 4 equal pieces and shape each piece into a roll.
6. Brush with a little milk or beaten egg and add seeds or herbs, if using.
7. Place the rolls in a cold oven. Turn the oven to **220°C** and bake for **10 minutes**.
8. Allow the rolls to cool before placing them in the container.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Seasonal Shortbread

Recipe 2

Functions of ingredients and the rubbing-in method

SKILLS

INGREDIENTS

- 150g plain flour
- 100g butter or margarine
- 50g caster sugar
- 2 drops vanilla essence
- A little caster sugar, for sprinkling

BRING FROM HOME

A box.

SKILLS FOCUS

- Accurate weighing
- Rubbing-in
- Equal shaping
- Safe oven use

KEY SAFETY

The tray and biscuits will be hot when they leave the oven.

METHOD

1. Preheat the oven to **170°C** and line a baking tray with greaseproof paper.
2. Mix the flour and caster sugar in a bowl.
3. Cut the butter or margarine into small pieces. Rub it into the flour and sugar with your fingertips until the mixture begins to come together.
4. Add the vanilla essence and gently knead to form a soft ball of dough.
5. Press or roll the dough to about 1cm thick and cut into equal shapes.
6. Place on the lined tray and bake for **15-20 minutes** until pale golden.
7. Sprinkle with caster sugar and leave to cool.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Croque Monsieur

Recipe 3

Safe grill use and toasting

SKILLS

INGREDIENTS

- 30g hard cheese, such as Cheddar
- 2 slices of bread
- 1-2 tbsp passata, or sliced tomato as directed by your teacher
- Optional: 1 slice ham, extra cheese, onion or pepperoni

BRING FROM HOME

A box.

SKILLS FOCUS

- Grating and slicing
- Bridge hold and claw grip
- Safe grill use
- Toasting and browning

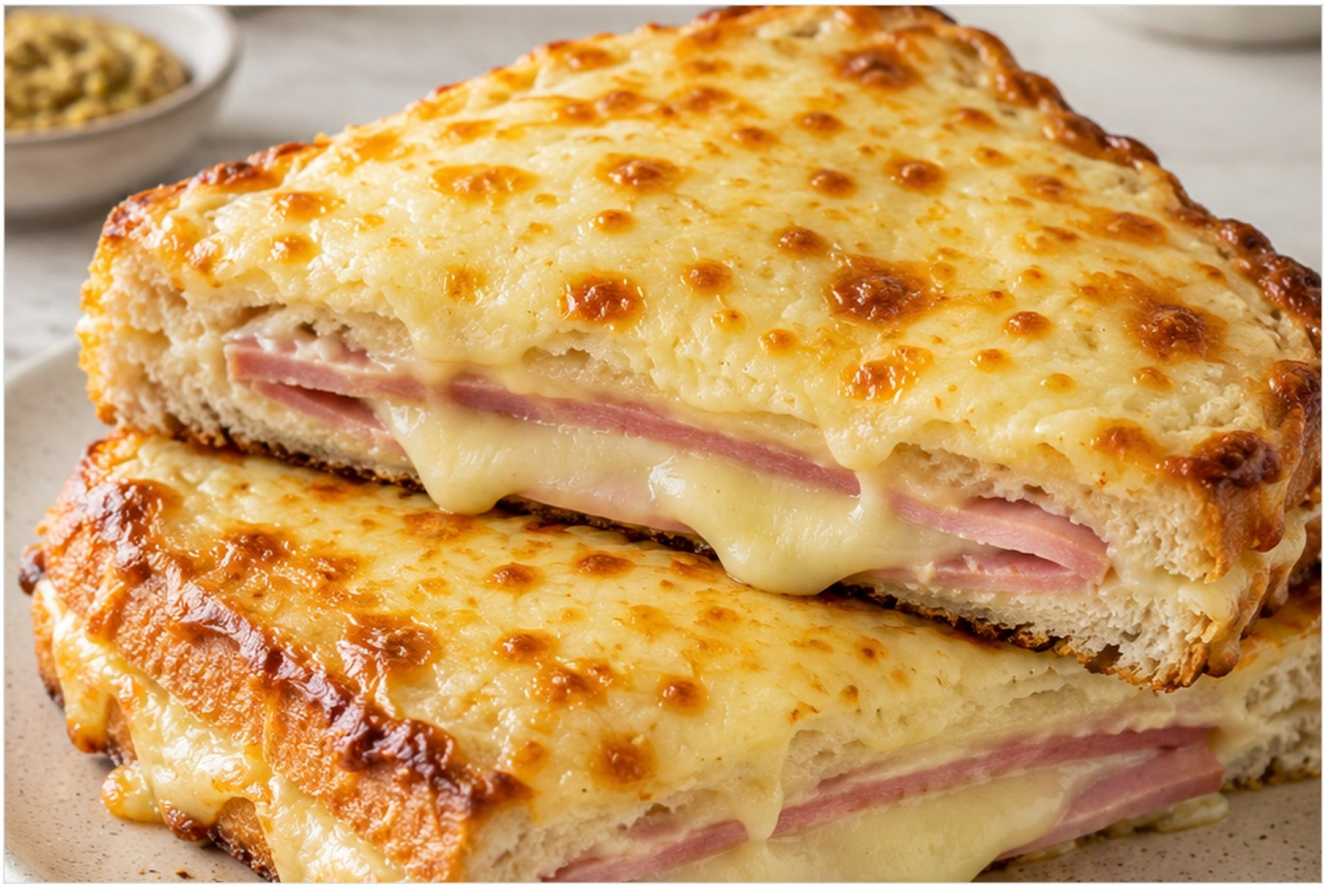
KEY SAFETY

Keep the grill pan handle safely positioned and use oven gloves when directed.

METHOD

1. Preheat the grill.
2. Grate the cheese and divide it into 3 portions.
3. Spread the passata over the bread, or prepare and arrange sliced tomato if using the method shown in class.
4. Add the ham or other chosen toppings, if using.
5. Sprinkle one portion of cheese over each slice of bread.
6. Place the open slices under the hot grill until the cheese is bubbling.
7. Press the 2 slices together, sprinkle the remaining cheese on top and return to the grill.
8. Grill until the top is melted and golden, then remove carefully.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Mince Pies or Jam Tarts

Recipe 4

Short pastry, portioning and filling SKILLS

INGREDIENTS

- 90g plain flour
- 55g margarine
- 25g caster sugar
- 2-3 tbsp mincemeat or jam

BRING FROM HOME

A box and 2-3 tbsp jam if making jam tarts.

SKILLS FOCUS

- Rubbing-in
- Equal portioning
- Shaping pastry
- Controlled filling

KEY SAFETY

Jam and mincemeat become extremely hot during baking. Allow them to cool.

METHOD

1. Preheat the oven to **200°C** and place 6 paper cases in a bun tin.
2. Rub the flour and margarine together until the mixture resembles breadcrumbs.
3. Add the caster sugar and bring the mixture together to form a ball. Do not add liquid.
4. Knead very briefly, then divide the dough into 6 equal pieces and roll each into a ball.
5. Press each ball evenly into a paper case to form a pastry shell.
6. Add about 1/2 tsp mincemeat or jam to each shell. Do not overfill.
7. Bake for **15 minutes** until the pastry is golden.
8. Leave in the tray for **5 minutes** before moving because the filling will be very hot.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Hot Chocolate

Recipe 5

Measuring liquids and heating milk safely

SKILLS

INGREDIENTS

- 200ml milk
- 2 tsp hot chocolate powder
- Squirty cream (optional)
- Marshmallows (optional)

BRING FROM HOME

Your favourite mug.

SKILLS FOCUS

- Measuring liquids
- Using measuring spoons
- Hob control
- Stirring and dissolving

KEY SAFETY

Hot milk can scald. Heat gently and pour carefully.

METHOD

1. Measure 200ml milk accurately in a measuring jug.
2. Put 2 tsp hot chocolate powder into your mug.
3. Pour the milk into a saucepan and heat gently until small bubbles appear. Do not allow it to boil.
4. Carefully pour the hot milk into the measuring jug and then into the mug.
5. Stir until the powder has dissolved.
6. Top with marshmallows and squirty cream, if using.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Chicken Goujons

Recipe 6

Raw meat safety and coating

SKILLS

INGREDIENTS

- 1 chicken fillet
- 2 slices bread, made into breadcrumbs
- 1-4 tbsp plain flour, as needed
- 1 egg
- Optional: 1/2 tsp chilli powder or five-spice

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe raw chicken handling
- Preventing cross-contamination
- Pane coating
- Safe oven use

KEY SAFETY

Use a red board for raw chicken, wash hands after handling it and keep raw and cooked food separate.

METHOD

1. Preheat the oven to **190°C**.
2. Make breadcrumbs from the bread and place them on a clean tray. Add optional seasoning if using.
3. Place the flour on a second tray and beat the egg in a small bowl.
4. On a red chopping board, cut the chicken into even strips. Wash your hands immediately afterwards.
5. Coat each strip first in flour, then beaten egg, and finally breadcrumbs.
6. Place the coated goujons on a baking tray without touching raw-chicken equipment again.
7. Bake for **20-25 minutes** until the chicken is thoroughly cooked and there is no pink meat.
8. Place in a clean container using clean equipment.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Granola Bars

Recipe 7

Oats, the melting method and even baking

SKILLS

INGREDIENTS

- 25g butter or soft spread
- 1 tbsp honey
- 25g caster sugar
- 75g jumbo oats
- 1/2 tsp cinnamon
- 1 tbsp pumpkin seeds
- 1 tbsp desiccated coconut
- 1 tbsp dried fruit

BRING FROM HOME

A box.

SKILLS FOCUS

- Melting method
- Hob control
- Combining ingredients
- Pressing and portioning

KEY SAFETY

The melted sugar, honey and butter mixture will be hot.

METHOD

1. Preheat the oven to **180°C**.
2. Put the butter, caster sugar and honey into a saucepan.
3. Heat gently on a low setting, stirring until the butter has melted and the sugar has dissolved.
4. Remove from the heat and stir in the oats.
5. Add the cinnamon, pumpkin seeds, coconut and dried fruit. Mix thoroughly.
6. Transfer to a baking tin and press the mixture down so it is level and compact.
7. Bake for **15-20 minutes** until lightly golden.
8. Allow to cool before cutting or lifting from the tin.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Scone-Based Pizza

Recipe 8

Food provenance and the rubbing-in method

SKILLS

INGREDIENTS

- 150g self-raising flour
- Pinch of salt
- 50g margarine or butter
- 1 egg
- 2 tbsp milk
- 2-3 tbsp passata or pizza sauce
- 100g cheese
- Chosen toppings

BRING FROM HOME

A box and any chosen toppings.

SKILLS FOCUS

- Rubbing-in
- Binding a scone dough
- Shaping
- Adding and arranging toppings

KEY SAFETY

Follow your teacher's oven setting and use oven gloves when handling hot trays.

METHOD

1. Use the oven temperature directed by your teacher.
2. Sift the flour and salt into a bowl, then rub in the margarine until the mixture resembles breadcrumbs.
3. Beat the egg in a measuring jug and mix in the milk.
4. Make a well in the flour and add the egg mixture a little at a time. You may not need all of it.
5. Mix to form a soft dough.
6. On a floured surface, flatten the dough into a large circle.
7. Spread over the passata, then add the cheese and chosen toppings.
8. Bake for **15-25 minutes** until the base is cooked and the top is golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Cupcakes

Recipe 9

Creaming method and aeration

SKILLS

INGREDIENTS

- 50g self-raising flour
- 50g caster sugar
- 50g soft margarine
- 1 egg
- 50g chocolate chips or dried fruit (optional)

BRING FROM HOME

A box and any optional chocolate chips or dried fruit.

SKILLS FOCUS

- Creaming and aeration
- Adding egg gradually
- Folding
- Equal portioning

KEY SAFETY

Use the oven safely and allow the cakes to cool before packing.

METHOD

1. Preheat the oven to **190°C** and prepare the cake cases.
2. Cream the margarine and caster sugar until light and fluffy.
3. Beat the egg and add it gradually, beating well after each addition.
4. Fold in the sifted flour and any optional chocolate chips or dried fruit.
5. Divide the mixture equally between the cake cases using 2 spoons.
6. Bake for **15-20 minutes** until golden and well risen.
7. Cool on a wire rack.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Cheese and Onion Triangles

Recipe 10

Shortcrust pastry and sealing

SKILLS

INGREDIENTS

- 50g Cheddar cheese
- 1/2 small onion
- 100g plain flour
- 50g butter or margarine
- 2-3 tbsp cold water
- 1 egg, beaten

BRING FROM HOME

A box.

SKILLS FOCUS

- Making shortcrust pastry
- Preparing a savoury filling
- Rolling evenly
- Folding, sealing and egg washing

KEY SAFETY

Use the grater and knife carefully. The tray and filling will be hot.

METHOD

1. Preheat the oven to **180°C**.
2. Sift the flour into a bowl and rub in the butter or margarine until the mixture resembles breadcrumbs.
3. Add the cold water gradually and mix to form a firm, smooth dough.
4. Grate the cheese, slice the onion and mix them together.
5. Roll the pastry evenly on a lightly floured surface and cut it into equal squares if making more than one triangle.
6. Place filling in the centre without overfilling. Brush the edges with beaten egg.
7. Fold the pastry into triangles and pinch the edges firmly to seal.
8. Place on a baking tray, brush with egg wash and bake for about **20 minutes** until golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Jammy Biscuits

Recipe 11

Rubbing-in, binding and portioning

SKILLS

INGREDIENTS

- 200g self-raising flour
- 100g caster sugar
- 100g butter or margarine
- 1 egg, lightly beaten
- 3 tbsp strawberry jam

BRING FROM HOME

A box.

SKILLS FOCUS

- Rubbing-in
- Careful binding
- Equal slicing
- Spacing and filling

KEY SAFETY

Hot jam can burn. Leave the biscuits to cool before touching the centres.

METHOD

1. Preheat the oven to **190°C**.
2. Rub the flour and butter or margarine together until the mixture resembles breadcrumbs.
3. Stir in the caster sugar.
4. Add only enough beaten egg to bring the mixture together into a stiff dough.
5. With lightly floured hands, shape the dough into a tube about 5cm in diameter.
6. Cut into 2cm-thick slices and space them apart on a baking tray.
7. Make a small indentation in the centre of each biscuit and add about 1 tsp jam.
8. Bake for **10-15 minutes** until slightly risen and just golden.
9. Cool before moving because the jam will be hot.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Chocolate Tiffin

Recipe 12

Melting method and setting

SKILLS

INGREDIENTS

- 50g digestive biscuits
- 20g butter
- 1 tbsp golden syrup
- 2 tsp cocoa powder
- 5g caster sugar
- 50g chocolate

BRING FROM HOME

A box; extra chocolate is optional.

SKILLS FOCUS

- Crushing
- Melting method
- Bain-marie
- Coating, pressing and setting

KEY SAFETY

Keep water away from the chocolate and take care with the hot saucepan and bain-marie.

METHOD

1. Roughly crush the digestive biscuits in a food bag. Do not crush them into dust.
2. Put the butter, golden syrup, cocoa powder and caster sugar into a saucepan.
3. Melt gently over a low heat, stirring until smooth. Do not boil.
4. Remove from the heat, add the crushed biscuits and stir until evenly coated.
5. Spoon into a foil container and press down firmly with the back of a spoon.
6. Melt the chocolate gently over a bain-marie.
7. Spread the melted chocolate evenly over the base.
8. Chill in the fridge until set.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y7

Chocolate Chip Cookies

Recipe 13

Creaming method and equal portioning

SKILLS

INGREDIENTS

- 150g self-raising flour
- 75g butter or margarine
- 75g brown sugar
- 50g chocolate chips
- 1/4 tsp vanilla essence
- 1 egg

BRING FROM HOME

A box.

SKILLS FOCUS

- Creaming and aeration
- Binding
- Forming a dough
- Equal portioning and spacing

KEY SAFETY

The tray and cookies will be hot when they leave the oven.

METHOD

1. Preheat the oven to **180°C**.
2. Cream the butter or margarine and brown sugar until light and fluffy.
3. Beat the egg and vanilla essence together.
4. Add the egg mixture to the creamed mixture a little at a time.
5. Stir in the self-raising flour and chocolate chips to form a cookie dough.
6. Place equal spoonfuls on a baking tray, leaving space between them.
7. Bake for about **15 minutes** until golden.
8. Leave to cool before moving to the container.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



YEAR 8

Developing food science, nutrition and independence

SKILLS PROGRESSION

- Protein, fat, carbohydrate and micronutrient links
- Denaturation, coagulation and gelatinisation
- Chemical and biological raising agents
- Safe adaptation, raw meat and fish handling

RECIPES IN THIS SECTION

1. **Pasta Bolognese**
2. **Deli Pasta Salad**
3. **Loaded Potato Skins**
4. **Fish Goujons**
5. **Savoury Rice**
6. **Chocolate Crinkle Cookies**
7. **Marble Pear Tray Bake**
8. **Gluten-, Egg- and Dairy-Free Chocolate Muffins**
9. **Irish Soda Bread**
10. **Hot Cross Bun Muffins**
11. **Macaroni Cheese**
12. **Homemade Burgers**
13. **Homemade Pizza**
14. **Sausage Rolls**

"Better Never Stops!"

Y8

Pasta Bolognese

Recipe 1

Protein, raw meat safety and simmering

SKILLS

INGREDIENTS

- 1 tbsp oil
- 1 onion
- 1/2 tsp garlic pulp
- 1 pepper, any colour
- 100g lean minced beef
- 1 beef stock cube
- Dash of Worcestershire sauce
- 200g chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp mixed herbs

BRING FROM HOME

A box.

SKILLS FOCUS

- Vegetable preparation
- Safe raw meat handling
- Browning
- Simmering

KEY SAFETY

Wash hands after handling raw mince and cook the meat thoroughly.

METHOD

1. Heat the oil in a saucepan.
2. Peel and chop the onion, then dice the pepper.
3. Add the minced beef, onion, garlic and pepper. Fry until the mince is brown.
4. Crumble in the stock cube and add a dash of Worcestershire sauce.
5. Add the chopped tomatoes, tomato purée and mixed herbs.
6. Stir and simmer for **15-20 minutes**.
7. Serve with cooked pasta, or place the sauce in the container as directed by your teacher.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Deli Pasta Salad

Recipe 2

Fats and oils, knife skills and chilling

SKILLS

INGREDIENTS

- 100g pasta
- 1/2 tomato
- 1/2 onion
- 1/4 cucumber
- 1/2 pepper
- 1 tbsp frozen peas
- 1 tbsp mayonnaise, salsa or salad cream
- 1 tsp curry powder (optional)

BRING FROM HOME

A box.

SKILLS FOCUS

- Boiling and draining pasta
- Bridge hold and claw grip
- Combining ingredients
- Chilling

KEY SAFETY

Drain boiling water carefully and keep the finished salad chilled.

METHOD

1. Bring a saucepan half full of water to the boil.
2. Add the pasta and frozen peas. Cook for about **10 minutes**.
3. While the pasta cooks, prepare the tomato, onion, cucumber and pepper using safe knife skills.
4. Check that the pasta is al dente, then turn off the heat and drain it in a colander in an empty sink.
5. Rinse the pasta with cold water and drain well.
6. Combine the pasta, peas and chopped vegetables in a bowl.
7. Add 1 tbsp mayonnaise, salsa or salad cream and optional curry powder. Mix thoroughly.
8. Place in the labelled container and refrigerate.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Loaded Potato Skins

Recipe 3

Carbohydrates, dietary fibre and oven skills

SKILLS

INGREDIENTS

- 1 large baking potato
- 50g cheese
- 2 slices ham
- 1 tsp butter

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe oven use
- Creating a cavity
- Combining a filling
- Refilling and finishing

KEY SAFETY

The baked potato and tray will be very hot. Hold the potato securely when cutting.

METHOD

1. Preheat the oven to **200°C**.
2. Bake the potato for about **1 hour**.
3. Cut the potato in half lengthways and carefully scoop the flesh into a bowl, leaving the skins intact.
4. Mash the potato with the butter and season as directed.
5. Chop the ham, grate the cheese and stir the ham and half of the cheese into the potato.
6. Divide the filling between the potato-skin cavities.
7. Sprinkle over the remaining cheese.
8. Bake for **15-20 minutes** until golden brown.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Fish Goujons

Recipe 4

Fish safety, denaturation and coagulation

SKILLS

INGREDIENTS

- 1 fish fillet
- 2 slices bread, made into breadcrumbs
- 1-4 tbsp plain flour, as needed
- 1 egg
- Optional: 1/2 tsp chilli powder, five-spice or paprika

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe fish handling
- Pane coating
- Turning food safely
- Recognising cooked fish

KEY SAFETY

Wash hands and equipment after handling raw fish and egg. Keep raw food away from ready-to-eat food.

METHOD

1. Preheat the oven to **200°C**.
2. Make breadcrumbs from the bread and place them on a clean tray. Add optional seasoning if using.
3. Place the flour on a second tray and beat the egg in a small bowl.
4. Cut the fish fillet into even strips on the board directed by your teacher.
5. Coat each strip in flour, then beaten egg, and finally breadcrumbs.
6. Place on a baking tray.
7. Bake for **15 minutes**, turning halfway through cooking.
8. Check the fish is cooked, opaque and flakes easily before packing.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8 Savoury Rice

Recipe 5

Micronutrients, colour and knife skills | **SKILLS**

INGREDIENTS

- 1/2 onion
- 1-2 mushrooms
- 1/4 pepper
- 10ml oil
- 75g long-grain rice
- 250ml boiling water
- 1 vegetable stock cube
- 25g peas
- 1 tsp curry powder

BRING FROM HOME

A box.

SKILLS FOCUS

- Peeling, slicing and dicing
- Safe hob control
- Absorption cooking
- Seasoning

KEY SAFETY

Take care with boiling water and steam. Follow teacher guidance for safe rice cooling and storage.

METHOD

1. Peel and chop the onion, slice the mushrooms and dice the pepper.
2. Heat the oil in a saucepan and fry the onion until soft.
3. Add the mushrooms and pepper and cook for a further **2 minutes**.
4. Stir in the rice.
5. Dissolve the stock cube in 250ml boiling water.
6. Add the stock, peas and curry powder to the pan.
7. Simmer for about **15 minutes** until the rice is tender.
8. Place the rice in the container.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Chocolate Crinkle Cookies

Recipe 6

Functions of fats and sugars

SKILLS

INGREDIENTS

- 30g cocoa powder, sieved
- 100g caster sugar
- 30ml vegetable oil
- 1 egg
- 90g plain flour
- 1/2 tsp baking powder
- 35g icing sugar

BRING FROM HOME

A box.

SKILLS FOCUS

- Accurate weighing
- Mixing and binding
- Equal shaping
- Coating and baking

KEY SAFETY

Use the oven safely and allow the cookies to firm before moving them.

METHOD

1. Preheat the oven to **190°C**.
2. Mix the cocoa powder, caster sugar and vegetable oil together.
3. Add the egg and whisk until fully combined.
4. Stir in the flour and baking powder until a soft dough forms.
5. Put the icing sugar in a shallow dish.
6. Shape heaped teaspoons of dough into equal balls and roll each one in icing sugar.
7. Place them evenly spaced on a lined baking tray.
8. Bake in the centre of the oven for **10 minutes**. They will firm as they cool.
9. Transfer to a wire rack to cool.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Marble Pear Tray Bake

Recipe 7

Using ripe fruit and reducing food waste

SKILLS

INGREDIENTS

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self-raising flour
- 1 tsp baking powder
- 1 tbsp cocoa powder
- 1/2 pear

BRING FROM HOME

A box.

SKILLS FOCUS

- All-in-one cake method
- Preparing ripe fruit
- Creating a marble effect
- Checking for doneness

KEY SAFETY

Use the oven safely and cut the pear using the bridge hold and claw grip.

METHOD

1. Preheat the oven to **180°C** and line the cake tin.
2. Put the self-raising flour, baking powder, caster sugar, margarine and eggs into a bowl.
3. Beat until the mixture is light and fluffy.
4. Chop the pear into small pieces and scatter them in the lined tin.
5. Spoon half of the plain cake mixture into the tin.
6. Stir the cocoa powder into the remaining mixture and spoon it into the tin.
7. Swirl the two mixtures together to create a marble effect.
8. Bake for about **20 minutes** until golden and springy to the touch.
9. Allow to cool before cutting.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8 Gluten-, Egg- and Dairy-Free Chocolate Muffins

Recipe 8

Allergens and safe recipe adaptation | **SKILLS**

INGREDIENTS

- 90g gluten-free plain flour
- 90g caster sugar
- 10g cocoa powder
- 1/4 tsp bicarbonate of soda
- 120g chocolate non-dairy milk
- 40g vegetable oil
- 1 tbsp white vinegar
- 1/2 tsp vanilla extract

BRING FROM HOME

A box.

SKILLS FOCUS

- Reading labels
- Preventing allergen cross-contact
- All-in-one mixing
- Equal portioning

KEY SAFETY

Check every product label. Use clean equipment and follow the school's allergen procedures.

METHOD

1. Preheat the oven to **180°C** and line 6 muffin-tin holes with paper cases.
2. Sieve the gluten-free flour into a bowl.
3. Add the caster sugar, cocoa powder and bicarbonate of soda. Whisk the dry ingredients together.
4. Measure the chocolate non-dairy milk and vegetable oil into a jug.
5. Add the white vinegar and vanilla extract.
6. Pour the wet ingredients into the dry ingredients and mix lightly. The mixture will be runny.
7. Pour the batter into a jug and divide it between the 6 cases.
8. Bake for **20 minutes** until springy to the touch.
9. Cool before packing.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Irish Soda Bread

Recipe 9

Chemical raising agents

SKILLS

INGREDIENTS

- 85g wholemeal flour
- 85g plain flour, plus extra for dusting
- 1/4 tsp salt
- 1/4 tsp bicarbonate of soda
- 140ml milk
- 1 tbsp lemon juice

BRING FROM HOME

A box.

SKILLS FOCUS

- Accurate measuring
- Using a chemical raising agent
- Quick mixing
- Shaping and checking doneness

KEY SAFETY

Do not over-knead. Use the knife and hot oven safely.

METHOD

1. Preheat the oven to **200°C**.
2. Measure the milk into a jug and stir in the lemon juice to make a buttermilk-style mixture.
3. Put the wholemeal flour and plain flour into a bowl.
4. Add the salt and bicarbonate of soda and mix thoroughly.
5. Make a well in the centre and pour in the milk mixture.
6. Mix quickly to form a soft dough.
7. Turn onto a lightly floured surface and knead only briefly.
8. Shape into a round, flatten slightly and place on a lightly floured baking tray.
9. Cut a deep cross almost to the base so the centre cooks through.
10. Bake for about **20 minutes**, or until the loaf sounds hollow when tapped.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Hot Cross Bun Muffins

Recipe 10

Ingredient functions, flavour and portioning

SKILLS

INGREDIENTS

- 190g self-raising flour
- 1/2 tsp mixed spice
- 1/4 tsp cinnamon
- 1/4 tsp bicarbonate of soda
- 50g sultanas
- 50g salted butter, melted
- 1 egg
- 90g caster sugar
- 125ml buttermilk
- Sugar and boiling water, for the glaze
- Icing sugar and water, for the crosses

BRING FROM HOME

A box.

SKILLS FOCUS

- Using chemical raising agents
- Muffin mixing
- Folding
- Equal portioning and finishing

KEY SAFETY

Take care with melted butter, the hot oven and boiling water used for the glaze.

METHOD

1. Preheat the oven to **200°C** and line 6 muffin-tin holes with paper cases.
2. Put the self-raising flour, mixed spice, cinnamon and bicarbonate of soda into a bowl and stir well.
3. Melt the butter carefully.
4. In a jug, mix the buttermilk, melted butter, caster sugar and egg.
5. Pour the wet mixture into the dry mixture and stir until just combined. Do not overmix.
6. Fold in the sultanas.
7. Divide the mixture equally between the 6 cases.
8. Bake for **15-20 minutes** until golden and a skewer comes out clean.
9. Cool on a wire rack, then brush with sugar glaze and pipe an icing cross if using.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Macaroni Cheese

Recipe 11

Gelatinisation and heat transfer

SKILLS

INGREDIENTS

- 150g macaroni or other pasta
- 50g Cheddar cheese
- 25g soft margarine
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper

BRING FROM HOME

A casserole dish.

SKILLS FOCUS

- Boiling pasta
- All-in-one sauce making
- Gelatinisation
- Safe draining and grilling

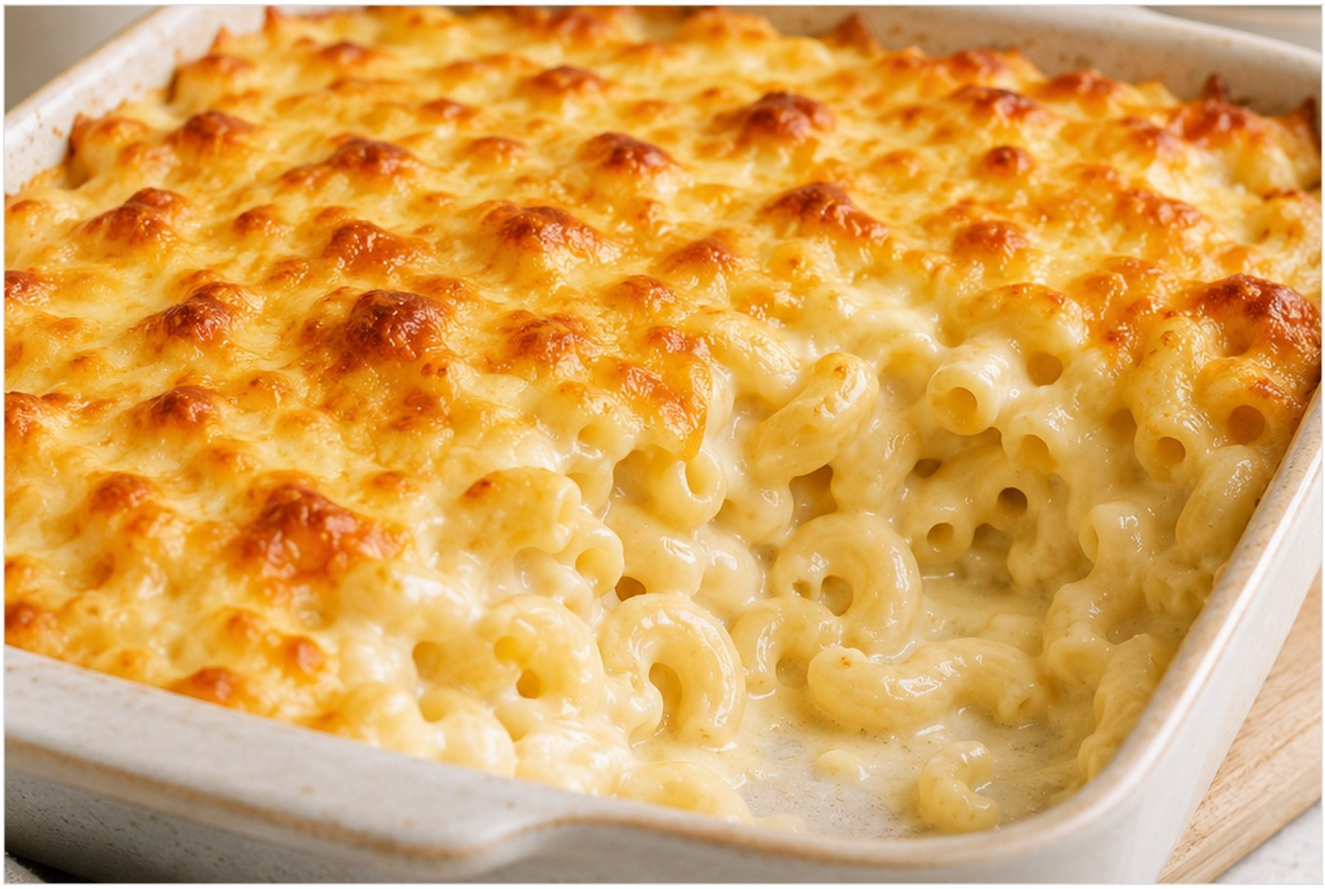
KEY SAFETY

Boiling water, sauce and the grill are very hot. Keep whisking to prevent sticking and lumps.

METHOD

1. Preheat the grill.
2. Bring a saucepan half full of water to the boil. Add the pasta and cook for **10-12 minutes** until al dente.
3. Finely grate the cheese and divide it into 2 equal piles.
4. Put the margarine, flour and milk into a second saucepan.
5. Bring the sauce to a simmer, whisking continuously until it is smooth and thickened.
6. Stir one pile of cheese into the sauce.
7. Drain the pasta carefully in a colander in an empty sink.
8. Stir the pasta into the cheese sauce and season with black pepper.
9. Transfer to an ovenproof dish, top with the remaining cheese and grill until bubbling and golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Homemade Burgers

Recipe 12

Raw meat safety, binding and heat transfer

SKILLS

INGREDIENTS

- 100g minced beef
- 1/2 onion
- 1 tsp mixed herbs
- 2 bread rolls
- 2 slices cheese
- 1-2 tbsp ketchup

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe raw meat handling
- Dicing
- Binding and shaping
- Cooking thoroughly

KEY SAFETY

Wash hands after touching raw mince and keep raw and cooked food and equipment separate.

METHOD

1. Preheat the oven to **200°C**.
2. Dice the onion using safe knife skills.
3. Put the minced beef, onion and mixed herbs into a bowl. Season as directed.
4. Mix until the ingredients hold together.
5. With wet hands, shape the mixture into 2 even burger patties.
6. Place on a baking tray and bake for **20-25 minutes** until thoroughly cooked.
7. Serve in the bread rolls with cheese and ketchup, if using.
8. Use clean equipment for the cooked burgers.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Homemade Pizza

Recipe 13

Yeast, gluten development, proving, toppings and baking

SKILLS

INGREDIENTS

- 150g strong white flour
- 1/2 tsp salt
- 10g margarine
- 1 tsp quick-action yeast
- 100ml warm water
- 2-3 tbsp passata
- 100g cheese
- Chosen toppings

BRING FROM HOME

A box and chosen toppings.

SKILLS FOCUS

- Making yeast dough
- Kneading and proving
- Shaping a base
- Topping and baking

KEY SAFETY

Use warm, not hot, water and follow the oven temperature directed by your teacher.

METHOD

1. Sift the flour and salt into a bowl and rub in the margarine.
2. Stir in the yeast.
3. Make a well and add the warm water. Mix to form a soft dough.
4. Knead on a lightly floured surface for **5-10 minutes** until smooth.
5. Place the dough in a labelled bag and leave it to prove as directed by your teacher.
6. Use the oven temperature directed by your teacher.
7. Flatten the proved dough on a floured surface to form a large circle.
8. Spread over the passata and arrange the cheese and toppings evenly.
9. Bake for **10-15 minutes** until the base is cooked and the top is golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y8

Sausage Rolls

Recipe 14

Pastry, protein filling and baking

SKILLS

INGREDIENTS

- 1/4 block pastry, or pastry made in the previous lesson
- 3-4 sausages or sausage meat
- 1 egg, beaten
- 1 tsp mixed herbs
- Salt and pepper, to taste

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe sausage-meat handling
- Rolling pastry
- Filling and sealing
- Egg washing and baking

KEY SAFETY

Treat sausage meat as raw meat. Wash hands and equipment and cook the filling thoroughly.

METHOD

1. Preheat the oven to **200°C**.
2. Cut a slit along each sausage and remove the skins.
3. Put the sausage meat into a bowl, add the mixed herbs and season as directed.
4. Lightly flour the work surface and rolling pin. Roll the pastry to about 30cm x 15cm.
5. Shape and place the sausage meat along the centre of the pastry.
6. Brush one pastry edge with beaten egg.
7. Fold the pastry over so the edges meet and press firmly to seal.
8. Cut into equal-sized sausage rolls and brush each one with egg wash.
9. Bake for **15-20 minutes** until the pastry is golden and the filling is thoroughly cooked.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



YEAR 9

Applying advanced processes, commodities and presentation

SKILLS PROGRESSION

- Sauce thickening, caramelisation and aeration
- Batter science, pastry and layered dishes
- Higher-level shaping, presentation and oven control
- Independent sequencing and food safety

RECIPES IN THIS SECTION

1. **Sweet and Sour Chicken**
2. **Banoffee Pie**
3. **Bacon and Cheese Turnovers**
4. **Terrified Halloween Biscuits**
5. **Christmas Cookies**
6. **Mini Toad-in-the-Hole**
7. **Sweet Crêpes**
8. **Milk Chocolate and Raspberry Cheesecake**
9. **Pizza Pinwheels**
10. **No-Churn Ice Cream and Honeycomb**
11. **Lasagne**

"Better Never Stops!"

Y9

Sweet and Sour Chicken

Recipe 1

Fruit and vegetable commodities and sauce thickening

SKILLS

INGREDIENTS

- 1 tbsp oil
- 1 chicken fillet
- 1/2 pepper
- 1 onion
- 1-2 tbsp pineapple chunks
- 2 tbsp soy sauce
- 2 tbsp passata
- 1 tbsp lemon juice
- 1 tbsp vinegar
- 1 tbsp tomato purée
- 1 tbsp sugar
- 1 tbsp cornflour
- 1-2 tbsp pineapple juice
- Water to make the sauce mixture up to 300ml

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe raw chicken handling
- Accurate dicing
- Measuring a sauce
- Cornflour thickening and hob control

KEY SAFETY

Prevent cross-contamination and make sure the chicken is thoroughly cooked.

METHOD

1. Heat the oil in a frying pan.
2. Cut the chicken into even pieces on a red chopping board, then wash your hands.
3. Peel and chop the onion. Deseed and dice the pepper.
4. Fry the chicken on a medium heat until the outside is white.
5. Add the onion and pepper and continue frying gently until the chicken is thoroughly cooked with no pink meat.
6. In a jug, mix the soy sauce, passata, lemon juice, vinegar, tomato purée and sugar.
7. Stir in the cornflour until smooth.
8. Add the pineapple juice, then add enough water to make the mixture up to 300ml.
9. Pour the sauce into the pan and cook on a medium heat, stirring until it thickens.
10. Stir in the pineapple chunks and transfer to a clean container.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Banoffee Pie

Recipe 2

Fruit, caramel and layering

SKILLS

INGREDIENTS

- Base: 5 digestive biscuits
- Base: 40g butter or margarine
- Caramel: 25g butter or margarine
- Caramel: 25g dark brown sugar
- Caramel: 100g condensed milk
- 1 banana

BRING FROM HOME

An 8-inch cake tin.

SKILLS FOCUS

- Making a biscuit base
- Hob control for caramel
- Fruit preparation
- Layering and chilling

KEY SAFETY

Caramel is extremely hot and can cause serious burns. Stir carefully and follow teacher supervision.

METHOD

1. Melt 40g butter or margarine over a low to medium heat.
2. Crush the digestive biscuits in a food bag with a rolling pin.
3. Stir the crumbs into the melted fat and press the mixture firmly into the tin.
4. Put the remaining 25g butter or margarine and the dark brown sugar into a saucepan.
5. Heat gently, stirring continuously until the sugar has dissolved.
6. Add the condensed milk. Bring to a rapid boil for about **1 minute**, stirring constantly, until thick and golden.
7. Slice the banana and arrange it over the biscuit base.
8. Spoon the caramel over the banana.
9. Chill in the fridge until set.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Bacon and Cheese Turnovers

Recipe 3

Cereals, pastry and savoury filling

SKILLS

INGREDIENTS

- 1/4 block pastry
- 1 slice bacon
- 25g cheese
- 1 egg, beaten

BRING FROM HOME

A box.

SKILLS FOCUS

- Safe bacon handling
- Rolling and cutting pastry
- Filling, folding and sealing
- Egg washing

KEY SAFETY

Wash hands after handling bacon and cook it thoroughly.

METHOD

1. Preheat the oven to **200°C**.
2. Cut the bacon slice into 4 equal pieces and grate the cheese.
3. Lightly flour the work surface and rolling pin.
4. Roll the pastry to about 20cm x 20cm and cut it into 4 equal squares.
5. Place one piece of bacon on each square and top with grated cheese.
6. Fold one corner over the filling and then fold the opposite corner over the top.
7. Press the joining pastry firmly so the turnovers stay closed.
8. Brush with beaten egg.
9. Bake for about **12 minutes** until the pastry is golden and the bacon is cooked.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Terrified Halloween Biscuits

Recipe 4

Cereal commodities and ingredient functions

SKILLS

INGREDIENTS

- 150g plain flour
- 100g butter or margarine
- 50g caster sugar
- 2 drops vanilla essence
- 2 tbsp jam
- Edible eyes
- A little icing, for attaching the eyes

BRING FROM HOME

A box.

SKILLS FOCUS

- Rubbing-in
- Binding a biscuit dough
- Shaping and filling
- Decoration

KEY SAFETY

The jam will be very hot after baking. Decorate only when the biscuits are cool.

METHOD

1. Preheat the oven to **170°C** and line a baking tray.
2. Mix the flour and caster sugar in a bowl.
3. Cut the butter or margarine into small pieces and rub it into the flour and sugar until the mixture comes together.
4. Add the vanilla essence and knead gently to form a soft ball.
5. Roll or press to about 1cm thick and cut into circles.
6. Place the circles on the lined tray and make a small indentation in each one.
7. Add about 1/2 tsp jam to each indentation.
8. Bake for **15-20 minutes** until pale golden.
9. When cool, attach the edible eyes with a little icing.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Christmas Cookies

Recipe 5

Cereal commodities, ingredient functions and decoration

SKILLS

INGREDIENTS

- 150g plain flour
- 100g butter or margarine
- 50g caster sugar
- 2 drops vanilla essence
- 2 tbsp jam
- Edible eyes
- Pretzel pieces
- A little icing, for attaching decorations

BRING FROM HOME

A box.

SKILLS FOCUS

- Rubbing-in
- Binding and shaping
- Controlled filling
- Neat decoration

KEY SAFETY

The jam will be very hot after baking. Decorate only when the cookies are cool.

METHOD

1. Preheat the oven to **170°C** and line a baking tray.
2. Mix the flour and caster sugar in a bowl.
3. Rub in the butter or margarine until the mixture comes together.
4. Add the vanilla essence and knead gently to form a soft ball.
5. Roll or press to about 1cm thick and cut into circles.
6. Place the circles on the lined tray and make a small indentation in each one.
7. Add about 1/4 tsp jam to each indentation to make the nose.
8. Bake for **15-20 minutes** until pale golden.
9. When cool, attach the edible eyes and pretzel antlers with a little icing.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Mini Toad-in-the-Hole

Recipe 6

Batter science, meat products and oven heat

SKILLS

INGREDIENTS

- 2 sausages
- 50g plain flour
- Pinch of salt
- 50ml semi-skimmed milk
- 1 egg
- 1/2 tbsp sunflower oil
- 1/8 tsp mustard powder (optional)

BRING FROM HOME

A casserole dish or suitable ovenproof container.

SKILLS FOCUS

- Safe sausage handling
- Making a smooth batter
- Mechanical action
- Using high oven heat

KEY SAFETY

Take care with raw sausage, hot oil and the very hot ovenproof dish.

METHOD

1. Preheat the oven to **220°C**.
2. Cut each sausage into 4 pieces.
3. Lightly oil the ovenproof dish, add the sausage pieces and bake for **15 minutes**.
4. Sieve the flour into a bowl and add the salt and optional mustard powder.
5. Make a well in the centre.
6. Beat the egg and milk together in a measuring jug.
7. Add the liquid to the flour a little at a time, whisking until the batter is smooth and free from lumps.
8. Pour the batter back into the jug.
9. Remove the sizzling sausages from the oven and quickly pour over the batter.
10. Return to the oven immediately and bake for about **15 minutes** until risen and golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Sweet Crêpes

Recipe 7

Batter consistency and heat transfer | SKILLS

INGREDIENTS

- 125g plain flour
- Pinch of salt
- 1 egg
- 300ml milk
- 1-2 tbsp sunflower oil

BRING FROM HOME

A container.

SKILLS FOCUS

- Making a smooth batter
- Whisking and mechanical action
- Hob control
- Turning crêpes

KEY SAFETY

Keep the pan handle safely positioned and take care when turning hot crêpes.

METHOD

1. Sieve the flour into a bowl and add the salt.
2. Make a well in the centre.
3. Beat the egg and milk together in a measuring jug.
4. Add the liquid to the flour a little at a time.
5. Whisk until the batter is smooth and free from lumps, then pour it back into the jug.
6. Heat a little oil in a frying pan over a medium heat.
7. Pour in a small amount of batter and tilt the pan so it spreads evenly.
8. Cook for **2-3 minutes** until golden, then turn and cook the second side for about **1 minute**.
9. Place the crêpe on greaseproof paper and repeat, adding more oil only when needed.
10. The mixture makes about 8 crêpes.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Milk Chocolate and Raspberry Cheesecake

Recipe 8

Dairy, setting and presentation | **SKILLS**

INGREDIENTS

- 5 digestive biscuits
- 40g butter or margarine
- 25g milk chocolate
- 50g cream cheese
- 75ml double cream
- 20g sugar
- 25g raspberries

BRING FROM HOME

An 8-inch cake tin.

SKILLS FOCUS

- Making a biscuit base
- Using a bain-marie
- Whisking and swirling
- Chilling and presentation

KEY SAFETY

Use the bain-marie carefully and keep water out of the chocolate.

METHOD

1. Melt the butter or margarine over a low to medium heat.
2. Crush the digestive biscuits in a food bag with a rolling pin.
3. Stir the crumbs into the melted fat and press firmly into the tin.
4. Melt the milk chocolate gently over a bain-marie.
5. Mix the cream cheese, double cream and sugar until smooth.
6. Add about 3/4 of the raspberries and whisk them in.
7. Add the melted chocolate and quickly swirl it through the mixture.
8. Spoon the filling over the base and smooth the top.
9. Decorate with the reserved raspberries and a little chocolate, then chill until set.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Pizza Pinwheels

Recipe 9

Cheese, yeast dough and oven control

SKILLS

INGREDIENTS

- 150g strong white flour
- 1/2 tsp salt
- 10g margarine
- 1 tsp quick-action yeast
- 100ml warm water
- 2-3 tbsp passata or tomato purée
- 100g cheese
- Chosen toppings

BRING FROM HOME

A box.

SKILLS FOCUS

- Making and kneading yeast dough
- Rolling and filling
- Shaping pinwheels
- Baking

KEY SAFETY

Use warm, not hot, water and follow the oven temperature directed by your teacher.

METHOD

1. Sift the flour and salt into a bowl and rub in the margarine.
2. Stir in the yeast.
3. Make a well, add the warm water and mix to a soft dough.
4. Knead on a lightly floured surface for **5-10 minutes** until smooth.
5. Place the dough in a labelled bag and allow it to prove as directed.
6. Use the oven temperature directed by your teacher.
7. Roll the dough into a rectangle about 30cm x 25cm.
8. Spread with passata and add the cheese and toppings.
9. Roll into a neat sausage shape and brush the final edge with water to seal.
10. Cut into 2-3cm pieces and place flat-side down on a baking tray.
11. Bake for **15-20 minutes** until golden brown.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

No-Churn Ice Cream and Honeycomb

Recipe 10

Aeration, caramelisation and freezing

SKILLS

INGREDIENTS

- Ice cream: 50g condensed milk
- Ice cream: 150g double cream
- Ice cream: 1 tsp vanilla extract
- Honeycomb: 200g caster sugar
- Honeycomb: 5 tbsp golden syrup
- Honeycomb: 2 tsp bicarbonate of soda
- A little butter, for greasing the tin

BRING FROM HOME

None required.

SKILLS FOCUS

- Whisking and aeration
- Caramelisation
- Using bicarbonate of soda
- Freezing and setting

KEY SAFETY

Honeycomb involves extremely hot sugar and is a teacher demonstration. Do not attempt it without expert adult supervision.

METHOD

1. ICE CREAM: Put the condensed milk, double cream and vanilla into a large bowl.
2. Whisk until thick and fairly stiff, similar to clotted cream.
3. Scrape into a container, cover and freeze until solid.
4. HONEYCOMB - TEACHER DEMONSTRATION: Butter a 20cm square tin.
5. Stir the caster sugar and golden syrup in a deep saucepan over a gentle heat until the sugar melts.
6. Increase the heat slightly and simmer until the mixture becomes an amber caramel.
7. Turn off the heat. Quickly add the bicarbonate of soda and beat until it disappears and the mixture foams.
8. Immediately scrape into the tin. Do not touch the mixture.
9. Leave for about 1-1 1/**2 hours** until hard, then crumble or snap into pieces.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



Y9

Lasagne

Recipe 11

Béchamel, cheese, layering and oven control | SKILLS

INGREDIENTS

- Meat sauce: 1 tbsp oil
- Meat sauce: 1 onion
- Meat sauce: 1 clove garlic or 1/2 tsp garlic paste
- Meat sauce: 1/2 pepper
- Meat sauce: 100g lean minced beef
- Meat sauce: 1 beef stock cube
- Meat sauce: dash of Worcestershire sauce
- Meat sauce: 1/2 can chopped tomatoes
- Meat sauce: 100ml hot tap water
- Meat sauce: 1 tbsp tomato purée
- Meat sauce: 1 tsp mixed herbs
- Béchamel: 50g butter
- Béchamel: 50g plain flour
- Béchamel: 350ml milk
- 25g grated cheese
- Salt and pepper, to taste
- Lasagne sheets

BRING FROM HOME

A box or suitable dish to take the lasagne home.

SKILLS FOCUS

- Safe raw meat preparation
- Simmering a meat sauce
- Béchamel and gelatinisation
- Layering and baking

KEY SAFETY

Prevent cross-contamination from raw mince. Whisk the sauce carefully and handle the hot dish safely.

METHOD

1. Preheat the oven to **190°C**.
2. MEAT SAUCE: Heat the oil in a saucepan. Peel and chop the onion, dice the pepper and prepare the garlic.
3. Add the minced beef, onion, garlic and pepper. Fry until the mince is brown.
4. Add the stock cube and Worcestershire sauce.
5. Add the chopped tomatoes, tomato purée, mixed herbs and water. Stir and simmer for **15-20 minutes**.
6. BÉCHAMEL: Put the butter, flour and milk into a saucepan.
7. Heat while whisking continuously until the sauce is smooth and thickened.
8. Stir most of the grated cheese into the sauce, reserving a little for the top. Season to taste.
9. ASSEMBLE: Put half of the meat sauce in the dish, add lasagne sheets and spread over half of the béchamel.
10. Repeat the layers, then sprinkle over the reserved cheese.
11. Bake for **30 minutes** until the lasagne is hot throughout and the top is golden.

CLEAN DOWN: wash and dry equipment, put it away, wipe surfaces and leave the sink area dry and tidy.



THE SUTTON ACADEMY

KS3 FOOD PREPARATION & NUTRITION

Years 7, 8 and 9 Recipe Book

Keep cooking. Keep practising. Keep improving.

"Better Never Stops!"

YEAR 7 | **YEAR 8** | **YEAR 9**

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