



KS3 Food Preparation and Nutrition

Recipe Book

Year 8



Food Safety

Food hygiene standards in the food room are taken very seriously:

- Personal hygiene routines for students are monitored by the teacher (hair tied back, cleaned hands, removal of any jewellery and/or nail varnish)
- Clean aprons, dish cloths and tea towels are provided for every lesson
- Separate, colour-coded chopping boards are used to avoid cross-contamination
- Chilled ingredients from home are brought to the food room before P1 and are stored in the fridge until they are required
- Once cooked, hot food is chilled in an industrial chiller and then stored in the fridge until the end of school when it is collected by students

To ensure food cooked at school is fit to eat at home:

- Store high risk foods, eg the bolognese sauce, **in the fridge** until required
- Use previously cooked food containing meat or fish within **two days**
- **Reheat till steaming hot** (the food at the centre must reach at least 75C to kill any bacteria)
- Don't reheat leftovers more than once
- Store baked goods, eg scones or flapjacks, in an airtight tin to keep fresh for longer

Macaroni Cheese

Ingredients

100g macaroni OR a small cauliflower cut into florets

100g Cheddar cheese

1 tomato

25g soft margarine

25g plain flour

250ml semi-skimmed milk

Black pepper (optional – you could add at home)

A casserole dish or two small foil dishes with lids (available from the school shop) to take it home in

Equipment

Two saucepans, grater, chopping board, knife, colander, measuring jug, mixing spoon, whisk, blue paper towel

Method

1. Bring a saucepan of water to the boil, and then add the macaroni/cauliflower. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce.
 - Place the butter or margarine, flour and milk into a small saucepan.
 - Bring the sauce to a simmer, **whisking it all the time until it has thickened**.
 - Reduce the heat and allow to simmer for 2 minutes. Remove from the heat.
 - Stir in 75g of the grated cheese.
4. Drain the boiling hot water away from the macaroni or cauliflower into a colander in the sink.
5. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper (if using cauliflower add to casserole dish and pour over sauce).
6. Pour the macaroni into an oven-proof dish or foil tray.
7. Sprinkle over the remaining cheese.
8. Arrange the tomato slices over the macaroni or cauliflower cheese.

Top tips

- Try different varieties of pasta shapes, such as rigatoni or shells.
- Add fresh herbs to the sauce, like chopped parsley or basil.
- During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, courgette or peppers.

Bolognese Sauce

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x 15ml spoon tomato puree
100ml water
1 x 5ml spoon mixed herbs
Black pepper

A plastic container with a tight fitting lid to take it home in

Equipment

Chopping board, knife, garlic press, peeler, frying pan, mixing spoon, measuring spoons, measuring jug.

Method

1. Prepare the vegetables:
 - Peel and chop the onion;
 - Peel and crush the garlic;
 - Peel and slice the carrot;
 - Finely slice the celery.
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Pour the Bolognese into your plastic container and chill it.

Top tips

- Try serving your spaghetti bolognese with parmesan cheese and fresh basil.
- For a vegetarian option swap the minced beef for veggie mince or lentils.

Fish and Chips

Ingredients

250g (1-2 fillets) of skinless fish (Pollock, haddock or salmon)

25g oats

25g plain flour

50g breadcrumbs

1 egg

1 medium potatoes (white or sweet potato)

1 tbsp of oil or spray oil

Seasoning

Method

1. Preheat the oven to 200C or gas mark 6.
2. Place parchment paper on a baking tray and write your name in pencil.
3. Cut potato into 8 long strips or wedges and place in a mixing bowl with the oil and seasoning – stir and then place on one side of the baking tray and cook for 30 mins.
4. Cut the fish into ‘fingers’
5. Crack the egg into a jug and beat with a fork.
6. Put flour on a small piece of parchment and the oats and breadcrumbs on to another and season.
7. Dust all the ‘fingers’ in the flour, then dip in the egg, and place on top of the breadcrumb mixture.
8. Roll the ‘fingers’ in the breadcrumb mixture and place on another small piece of parchment.
9. Place on the same baking tray as the wedges and bake for 10-15 mins
10. Remove from the oven when the fish and chips are both golden brown.

Top tips

Seasoning can be black pepper, chilli flakes or paprika.

Buy frozen fish fillets and thaw out before school as they can be cheaper to buy.

Chicken Fajitas

Ingredients

1/2 lime
1/2 green chilli
1 clove garlic
1x15ml spoon coriander
1x10ml spoon oil
1 small chicken breast - **cut into strips at home**
1/2 onion
1/2 green pepper
2 tortillas
1 tomato
25g Cheddar cheese
1x15ml spoon guacamole (or salsa), optional

A plastic container with a tight fitting lid to take it home in

Equipment

Chopping boards, knives, juice squeezer, garlic press, mixing bowl, grater, wok or frying pan, measuring spoon, 2 metal spoons, plastic sandwich bag.

Method

1. Put the chicken strips into a sandwich bag and place in a jug.
2. Prepare the marinade and add to the chicken bag and mix well
 - squeeze the lime
 - peel and crush the garlic
 - de-seed and slice the chilli
 - chop the coriander
 - add the oil
3. Prepare the remaining ingredients:
 - slice the onion and green pepper
 - chop the tomato
 - grate the cheese
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up and cover in clingfilm.

Top tips:

- Try using other meats and vegetables to vary – or use wholemeal tortillas to increase the fibre content

Cheese and Onion Tarts

Ingredients

50g Cheddar cheese
½ small onion
100g plain flour
50g butter or margarine
75ml milk
2 – 3 x 15ml spoons cold water
1 egg

A plastic container with a tight fitting lid to take it home in – 12 paper cake cases

Equipment

Chopping board, grater, knife, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray, parchment paper.

Method

1. Preheat the oven to 200°C or gas mark 4.
2. Place the paper cases in the bottom of a muffin tin.
2. Prepare the cheese and onion filling
 - grate the cheese
 - slice the onion
 - mix the cheese and onion together on a blue paper towel
3. Make up the shortcrust pastry
 - put the flour into a clean mixing bowl
 - rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs
 - add the cold water **a spoonful at a time** and start to mix together
 - mix to form a firm, smooth dough.
4. Roll out the pastry on a floured surface.
5. Cut out using a pastry cutter and place one in each paper case using the palette knife.
6. Spoon some cheese filling in the middle of each case.
7. Break the egg into a jug and add the milk. Beat with a fork.
8. Pour the egg mixture into each pastry case – careful not to go over the top.
9. Bake for 12-15 minutes, until golden brown.

Pizza Recipe

Home-made bread base

200g Strong wholemeal flour, you can just use white flour or a mixture of both.

1 packet of quick action yeast

125ml warm water.

½ tsp salt

1 tsp sugar

1 tablespoon oil

Toppings

2 tablespoons tomato puree or a small jar pizza topping

100g grated cheese

2/3 other toppings of your choice eg mushrooms, onions, peppers, spinach, ham

A plastic container with a tight fitting lid to take it home in

Equipment

Pizza baking tray, parchment paper, mixing bowl, measuring jug, round bladed knife, teaspoon, rolling pin, sharp knife, chopping board

Method

1. Preheat oven to 210°C/gas mark 7. Line tray with baking parchment (write name on it).
2. Put flour, yeast, sugar, salt and oil into a mixing bowl and stir with a blunt knife.
3. Add most of your water (**but not all**) to make a soft but not sticky dough.
4. Knead to make smooth dough.
5. Roll out and place on baking tray.
6. Prepare vegetables.
7. Spread sauce/tomatoes onto your dough base using the back of a spoon.
8. Add vegetable toppings and finish with cheese.
9. Cook for 15 – 20 minutes until cheese is golden brown.
10. Put pizza in chiller.
11. The pizza must be stored in the fridge, when cold.

Top tips:

- Vary your toppings eg using BBQ sauce or pesto instead of a tomato base
- Mozzarella is usually used but you could use a low-fat cheese such as Edam to lower the fat content

Some of our recipes include ingredients which are known to be allergens for some people. See the table below showing the 14 most common allergens. KS3 recipes can be adapted to remove these ingredients, and others which cause intolerances, – for advice please speak to your food teacher. People who restrict some foods due to moral or religious beliefs can also make adaptations.

	Gluten	Crustaceans	Eggs	Celery	Milk	Fish	Treenuts	Sulphites	Soya	Sesame	Peanuts	Mustard	Lupin	Molluscs
Fruit Fusion														
Vegetable Couscous	⊗							⊗						
Apple Crumble	⊗				⊗			⊗						
Pizza Toast	⊗				⊗									
Fruity Flapjack					⊗			⊗						
Fruity/Cheesy Scones	⊗				⊗			⊗				⊗		
Macaroni Cheese	⊗				⊗									
Bolognese Sauce														
Fish and Chips	⊗		⊗			⊗								
Chicken Fajitas	⊗							⊗						
Cheese and Onion Tarts	⊗		⊗		⊗									
Pizza	⊗				⊗									