



KS3 Food Preparation and Nutrition

Recipe Book

Year 9



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 curry 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 the Victoria Sandwich, in an airtight tin to keep fresh for longer

Adapting recipes

In Year 9, students are encouraged to adapt recipes to meet the preferences and dietary needs of their family. The recipes in this book are basic recipes and ingredients can be substituted or left out as necessary, eg all dishes can be made vegetarian friendly or gluten-free.

Victoria Sandwich

Ingredients

3 eggs
150g caster sugar
150g self-raising flour
150g margarine or soft butter at room temperature
3 table spoons strawberry or raspberry jam

Method

1. Preheat the oven to 180C.
2. Line the bottom of 2 x 20cm/8in tins with a circle of baking parchment.
3. Break the eggs into a large mixing bowl, then add the sugar, flour and butter/marg.
4. Mix everything together until well combined. The finished mixture should be of a soft 'dropping' consistency – it should fall off a spoon easily.
5. Divide the mixture evenly between the 2 tins. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
6. Place the tins in the oven and bake for 25 minutes. Don't be tempted to open the door while they're cooking, but after 20 minutes do look through the door to check them.
7. The cakes are done when they're golden-brown. Press them gently to check – they should be springy to the touch.
8. Remove them from the oven. Then run a palette or rounded butter knife around the inside edge of the tin to loosen.
9. **To assemble the cake**, place one cake upside down and spread it with the jam.
10. Top with the second cake.

Scotch Eggs

Ingredients

3 eggs (2 to boil, 1 for breadcrumbing)
100g (4 slices) bread or ready-made golden breadcrumbs
100g sausagemeat or sausages – can be vegetarian

Provided by school
1 x 5ml spoon mixed herbs
Black pepper
Flour dredgers

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

Method

1. Preheat the oven to 180C
2. Place TWO of the eggs in a saucepan and cover with boiling water. Boil for 5 mins
3. Blend the bread in a food processor to make breadcrumbs – place on a blue paper towel
4. Crack the remaining egg in a small bowl and whisk with a fork
5. Remove sausages from their skins, if necessary, and use your hands to blend with the herbs and seasoning
6. Drain the boiled eggs on a blue paper towel and carefully remove the shells
7. Divide the sausagemeat in half and on a floured red chopping board flatten out on a to 1cm thickness
8. Wrap the boiled egg in the sausagemeat
9. Dip the scotch egg in the raw egg mixture and then the breadcrumbs. Repeat until well covered
10. Place on parchment paper on a baking tray and cook for 20 mins until golden brown

Toad in the Hole

Ingredients

6 cocktail sausages (or 3 chipolata sausages cut in half) – can be vegetarian
50g plain flour
1 egg
100ml milk
Sunflower oil

Optional Gravy: 3 tbsp red onion marmalade, 1 tbsp plain flour, squeeze of tomato puree, 1 beef stock cube

Method

1. Preheat the oven to 200C.
2. Sharing one 12-hole muffin tin between two students, put one mini sausage into each hole in the tin with a little oil. Roast in the oven for 10 to 15 minutes until nearly cooked and very lightly golden.
3. Whisk the flour, eggs and milk together in a large jug until smooth – it should be the consistency of thick cream.
4. Remove sausages from the oven and pour the batter mixture half way up the holes in the tin.
5. Put in the oven for 15 minutes until well risen and golden brown – DO NOT OPEN THE OVEN DURING COOKING.

Gravy method:

Heat the onion marmalade in a small saucepan, then stir in the flour and cook for a few mins. Stir in the puree, then gradually whisk in the beef stock (made using the stock cube and 300ml of boiling water) and bring to a simmer. Cook for 5 mins.

Curry and Rice

Ingredients

1 onion
1 apple, optional
1 clove garlic
250g Minced Beef, Lamb, Turkey or Chickpeas
25g sultanas
1 large tin of chopped tomatoes
100g long grain rice

Provided by school

100 ml water
1 x 15ml spoon tomato purée
1 x 5ml curry powder
1 - 2 x 5ml spoon ginger

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

Method

1. Prepare the fruit and vegetables:
 - chop and slice the onion
 - core and slice the apple
 - peel and crush the garlic
2. Brown the mince in a frying pan
3. Add the onion and garlic fry for 5 minutes.
4. Stir in the apple, sultanas, curry powder, ginger and chopped tomatoes and cook for 5 minutes.
5. Pour in the water and tomato purée.
6. Bring to the boil, then simmer and cover to cook for 30 minutes.
7. Put the rice on to cook in a saucepan with boiling water – follow packet instructions.
8. Drain the rice in a colander in the sink and then carefully pour into your container, add the curry sauce and place in the chiller.

Sizzling Stir Fry with Noodles

Ingredients

100g noodles
1 x chicken breast – can leave out or could substitute for thin strips of pork or beef or tofu
1 clove garlic
½ red chilli
½ red onion
3 mushrooms
1/2 a pepper (any colour)
1 pak choi or half a white cabbage or broccoli

To be supplied by the school:

1cm fresh ginger
1 x 10ml spoon oil
1 x 10ml spoon soy sauce (reduced salt)

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

Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, if using, cut meat into strips and prepare the vegetables with a clean knife on a clean chopping board:
 - peel and crush the garlic;
 - de-seed and slice the chilli;
 - peel and slice the ginger;
 - slice the onion, pepper and mushrooms;
 - shred the pak choi or cabbage or cut the broccoli into small florets
3. Heat the oil in a wok or frying pan. Add the onion, garlic, chilli and ginger and allow to cook for 1 minute.
4. Add the meat and stir-fry for 3-4 minutes. Check that it is cooked before adding the vegetables.
5. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
6. Drain the boiling hot water away from the noodles into a colander in the sink.
7. Stir in the cooked noodles and cook for 2 minutes until hot. Carefully tip into your container and place in the chiller.

Gourmet Burger

Ingredients

Standard Burger (vegetarian bean burger recipe available on request)

225g (½lb) of minced meat

3 teaspoons dry porridge oats

1 small onion

1 small egg

Standard Burger Bun

150g strong white flour

1 sachet quick acting yeast (7g)

Poppy / sesame seeds, optional

Provided by school

For burgers – 1tbs oil, 1 teaspoon dried mixed herbs

For buns - ½ x 5ml spoon salt, 1 x 5ml spoon sugar, 75ml warm water

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

Method

1. Heat oven to 200C
2. For the buns, place the flour, sugar and salt into the mixing bowl and stir in the yeast.
3. Make a well in the flour and add enough warm water to make a soft dough.
4. Turn onto a lightly floured surface and knead for 5 until smooth.
5. Place the dough in the bowl and leave to prove.
6. For the burgers, peel onion and finely chop.
7. Add minced meat, chopped onion, porridge oats, a beaten egg and the mixed herbs to a mixing bowl and mix thoroughly together.
8. Using a ¼ of the mixture each time shape into four burgers.
9. Place onto the baking tray lined with baking parchment and bake for 20 minutes.
10. For the buns, divide the bread dough into 4 equal pieces and roll each piece into a round shape and place on the baking tray.
11. Brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.
12. Bake for 10 minutes, until the rolls sound hollow when tapped on the base.
13. Prepare any other accompaniments and assemble your burger.

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
Victoria Sandwich	⊗		⊗											
Scotch Egg	⊗		⊗											
Toad in the Hole	⊗		⊗		⊗									
Curry and Rice														
Sizzling Stir Fry	⊗				⊗			⊗	⊗					
Gourmet Burger	⊗		⊗		⊗					⊗				