

Year 8 Home Learning

Look on ClassCharts to find out what you should have been making in your food lesson this week. If possible, and if you have the ingredients to do so, try making this dish at home. Your teacher would love to see an image of it when you return to school!

If you are not sure what you would have been making, or if it would have been a theory lesson, there is an extra recipe on page 9 that you could make instead!

Please ask for permission before you carry out any cooking at home!

If you are not able to cook this week then please do not worry. There are tasks at the end of this booklet for you to complete instead.

Sweet and sour chicken

Ingredients

2 chicken breasts
1 onion
1 pepper
1 small can pineapple chunks
1 tablespoon oil
2 tablespoons sugar
2 tablespoons vinegar
1 tablespoon soy sauce
1 tablespoon tomato ketchup
1 tablespoon cornflour
Juice from pineapples made up to 250mls with water

Method

1. Cut the chicken into thick strips.
2. Peel and chop the onion. Core and slice the pepper.
3. Open the can of pineapples and pour the juice into a jug. Top up with water until it reaches 250mls. Chop the pineapples into pieces if they are in rings.
4. Add the sugar, vinegar, soy sauce, tomato ketchup and cornflour to the jug and stir well.
5. Heat the oil in a pan and cook the chicken until white (approximately 5 minutes).
6. Add the onions and pepper and continue to cook for a further 5 minutes stirring constantly so that the chicken does not burn.
7. Pour the contents of the jug into the pan. Continue to stir until the juice has boiled and thickened.
8. Add the pineapple chunks.
9. Remove from the heat.

Chicken tikka masala

Ingredients

4 chicken breasts
1 tablespoon oil
1 teaspoon chilli powder
1 red pepper
1 medium onion
1 clove garlic
3cm piece root ginger
2 tablespoons Tikka Masala Paste
2 teaspoons plain flour
1 can chopped tomatoes
200ml low-fat natural yoghurt

Method

1. Chop the chicken into 2cm bite-sized pieces.
2. Peel and finely chop the onion and garlic. Deseed the pepper and chop into 2cm-sized pieces. Peel the ginger and grate using the coarse side of the grater.
3. Heat a tablespoon of oil in the saucepan over a medium heat. Add the chicken and cook until the meat turns from pink to white, stirring occasionally.
4. Add the chopped onion, garlic, ginger and pepper and sauté for 5 minutes,
5. Add the tikka masala paste and the plain flour and stir.
6. Add the chopped tomatoes along with the natural yoghurt and chilli powder.
7. Turn down and leave to simmer for 20 minutes. Add a little extra water if it becomes too dry.

Risotto

Ingredients

250g risotto (Arborio) rice

2 vegetable stock cubes

900ml water

100g frozen peas

75g cheese e.g. Parmesan

1 onion

1 clove garlic

Choose some of the following to flavour your dish: few mushrooms, 3 celery sticks, 1 pepper, few slices of ham or bacon, a chicken breast.

Method

1. Prepare the stock – dissolve two crushed stock cubes into 900ml boiling water.
2. Peel and chop the onion and garlic and any other vegetables or meat.
3. Put a dessertspoon of oil in a saucepan and place over a medium heat. Add any raw meat and cook until sealed.
4. Add the vegetables stirring for 3-4 minutes or until softened.
5. Add the garlic and cook for 1 minute.
6. Stir in the rice and cook for 2 minutes while stirring continuously.
7. Add approximately 100ml of stock. Cook while stirring continuously until all of the stock is absorbed (about 2 minutes).
8. Add another 100ml of stock. Cook while stirring continuously until all of the stock is absorbed. Continue to do this until all of the stock is used. **It is important to stir all of the time otherwise the risotto will stick to the bottom of the pan.**
9. After about 20 minutes the risotto should be cooked, the rice should be tender and creamy.
10. Add the peas. Season with salt and pepper and stir in the cheese.
11. Remove from the heat.

Quiche

Ingredients

150g plain flour

50g margarine

25g lard or white vegetable fat

Cold water (6-8 teaspoons)

Fillings e.g. onion, mushrooms, bacon

75g cheese

1 egg

125ml milk

Salt and pepper

Method

1. Preheat the oven to 180°C/gas mark 6.
2. Sieve the flour into a mixing bowl.
3. Cut up the lard and margarine into very small pieces.
4. Rub the margarine and lard into the flour until like fine bread crumbs.
5. Add the water carefully, one teaspoon at a time. Stir well using a knife until a soft dough is formed
6. Turn out onto a lightly floured surface and roll into a circle to line a 15cm diameter tin.
7. Prepare the fillings e.g. chopping, frying and grate the cheese. Place on the base of the pastry. Place the tin onto a baking tray.
8. Beat the egg and milk together, using a fork. Add salt and pepper.
9. Pour this into the pastry case.
10. Cook for 30-45 minutes until the pastry is golden brown and the filling is set.

Lasagne

Ingredients

350g-500g minced beef
1 onion
1 garlic clove, crushed
2 tablespoons tomato puree
1 400g tin chopped tomatoes
100mls water
1 stock cube
½ teaspoon mixed herbs
Lasagne sheets (approx. 4-6)

Cheese sauce

30g of margarine
30g of flour
300ml milk
100g grated cheese

Method

1. Peel and chop onion.
2. Cook the mince in a saucepan on a medium heat until the meat is browned and separated.
3. Add the onion and fry gently for a few minutes until softened.
4. Add the remaining filling ingredients and bring to the boil.
5. Turn down the heat and leave to simmer for 20 minutes.
6. Make the sauce: put the margarine, flour and milk into a saucepan. Place on the heat and whisk until the sauce boils and thickens. Remove from the heat and add half the grated cheese (50g) and stir.
7. Put a layer of meat in a dish, then a layer of lasagne sheets.
8. Repeat again finishing with a layer of cheese sauce. Sprinkle the remaining cheese (50g) on top.
9. Bake for 30 minutes at 180°C.

Savoury pinwheels

Ingredients

250g self-raising flour

50g margarine

Pinch of salt

50g grated cheddar cheese

150ml milk

Filling

250g sausage meat

1 tablespoon tomato ketchup

Method

1. Preheat oven to 190°C, Gas 7. Grease a baking tray.
2. Sieve the flour into a mixing bowl. Add the margarine and cut up into small pieces.
3. Rub-in until the mixture resembles breadcrumbs.
4. Stir in the cheese.
5. Add enough milk and mix with a round-ended knife to make a soft, not sticky, dough.
6. Roll out the dough onto a floured work surface to 35cm x 20cm.
7. Spread the tomato sauce over the dough, leaving a 1cm gap around the edge.
8. Spread the sausage meat over the top.
9. Starting with the longer edge, roll up like a Swiss roll.
10. Cut into slices 2cm thick. Place on a baking tray and glaze.
11. Bake for about 15 minutes.
12. Remove from the oven and place on a cooling rack.

Pear marble cake

Ingredients

100g soft margarine

100g caster sugar

2 eggs

100g self raising flour

1 level teaspoon baking powder

1 dessertspoon cocoa powder

1 pear or apple

Method

1. Preheat oven to 180°C.
2. Grease and line a square cake tin, 20 x 20cm size.
3. Cream the margarine and the sugar together, until light and fluffy.
4. In a measuring jug beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve in the flour and baking powder and fold in.
7. Core and chop the pear or apple into small pieces. Scatter them into the lined tin.
8. Spoon half of the cake mixture into the tin.
9. Stir the cocoa into the remaining cake mixture. Do not add too much cocoa as it tastes bitter and burns in the cake if you do.
10. Spoon the chocolate mixture into the tin and then swirl the two mixtures together to create a marble effect.
11. Bake for 20 minutes or until golden brown and springy to the touch.
12. Cool for 10 minutes in the tin and then transfer to a cooling rack. Peel off the lining paper and allow to cool.

Extra recipe: Blueberry and chocolate muffins

Ingredients

50g chocolate, broken up into chunks

75g blueberries

125g self-raising flour

1/2 teaspoon bicarbonate of soda

50g caster sugar

1 egg

100mls semi-skimmed milk

45ml sunflower oil

1 teaspoon vanilla essence

Method

1. Preheat oven to 180°C.
2. Put 6 muffin cases into a muffin tin.
3. Sieve the flour and bicarbonate of soda into the large mixing bowl. Add the sugar and mix with a wooden spoon.
4. Break the eggs into a small bowl and whisk lightly with a fork.
5. Measure out the milk, oil and vanilla essence into the measuring jug. Add to the eggs and mix well.
6. Add the liquid ingredients into the large mixing bowl. Stir until the lumps have gone but do not overbeat.
7. Gently fold in the blueberries and chocolate.
8. Spoon the mixture into the muffin cases.
9. Bake for 15-18 minutes until golden brown and springy to touch.

Pasta bake

Ingredients

300g pasta shapes

1 large tin chopped tomatoes

75g grated cheese

1 clove garlic

Choose at least any 3 of the following to add flavour to your dish:

1 onion

1 pepper

1 courgette

2 sticks celery

Large handful of mushrooms

Can tuna chunks

Small tin sweetcorn

Approx. 4 rashers of bacon

A few slices of cooked ham

150g chicken – could be

cooked or raw

Method

1. Preheat the oven to 170°C.
2. Half fill a pan with water. Add a pinch of salt. Bring to the boil.
3. Once boiling, add the pasta and cook for approximately 12 minutes.
4. Wash, clean and prepare the vegetables.
5. Prepare any raw meat.
6. Drain pasta and pour into a mixing bowl.
7. In a frying pan heat a tablespoon of oil on a medium heat.
8. Add any raw meat and stir with a wooden spatula until cooked all of the way through.
9. Add the vegetables and garlic and stir for 3 minutes to soften.
10. Add the chopped tomatoes and mix well.
11. Pour the tomato mixture into the mixing bowl with the cooked pasta. Add any pre-cooked meat and season with salt, pepper and herbs.
12. Pour into ovenproof dish and sprinkle with grated cheese.
13. Bake for 20 minutes or until the cheese is melted and golden brown.

American pancakes

Ingredients

150g self-raising flour

1 egg

250ml milk

Method

1. Put the flour into a mixing bowl.
2. Make a well in the centre and add the egg and about half of the milk. Mix to a smooth batter. Add a little more milk if the batter is too thick to mix.
3. When the batter is smooth, gradually stir in the rest of the milk until it is well combined.
4. Add a small amount of oil to the frying pan, just enough to give a non-stick layer to the surface of the pan.
5. Heat the pan until the oil just begins to smoke, then turn down the heat.
6. Pour tablespoons of batter onto the surface of the pan.
7. Leave each pancake for about 30 seconds. Bubbles will appear on the surface and the mixture will start to set.
8. Flip each pancake over using a palette knife and leave for another 30 seconds.
9. Transfer pancakes to a cooling rack.
10. Top each pancake with flavourings of your choice.

Carrot and orange cake

Ingredients

90g soft margarine
175g caster sugar
1 teaspoon cinnamon
1 teaspoon orange zest
2 eggs
75g finely grated raw carrot
1 tablespoon orange juice
225g self-raising flour

Method

1. Preheat the oven to 140°C.
2. Grease and line a square cake tin, 20 x 20cm in size.
3. Cream the margarine and the sugar until pale.
4. Beat in the cinnamon and the orange zest.
5. Crack the eggs into a measuring jug and whisk lightly with a fork.
6. Gradually add the eggs, a little at a time, beating well after each addition.
7. Stir in the grated carrot and the orange juice.
8. Fold in the sifted flour with a metal spoon.
9. Put into the prepared tin and bake for approximately 45 minutes.
10. Cool on a wire rack.
11. Ice and decorate.

Cheesecake

Ingredients

Biscuit base

150g biscuits

65g margarine

Filling

200g soft cheese

50g icing sugar

150ml double cream

Fresh fruit to decorate e.g. strawberries, blueberries, raspberries, peaches

Method

1. Crush the biscuits in a mixing bowl with the end of a rolling pin.
2. Melt the margarine gently in the microwave and add to the crushed biscuits. Mix well.
3. Press into a tin and place in the fridge to firm up.
4. Make the filling: Place the soft cheese and icing sugar in a bowl. Beat with a wooden spoon until smooth. Pour in the cream and continue beating until the mixture is completely combined.
5. Spoon the mixture onto the biscuit base, working from the edges inwards and making sure that there are no air bubbles. Smooth down the top of the cheesecake with the back of a spoon or spatula. Leave to set in the fridge.

Mushroom stroganoff

Ingredients

250g mushrooms

1 onion

200ml boiling water

1 vegetable stock cube

100ml crème-fraiche

1 dessertspoon oil

1 dessertspoon plain flour

1 teaspoon paprika

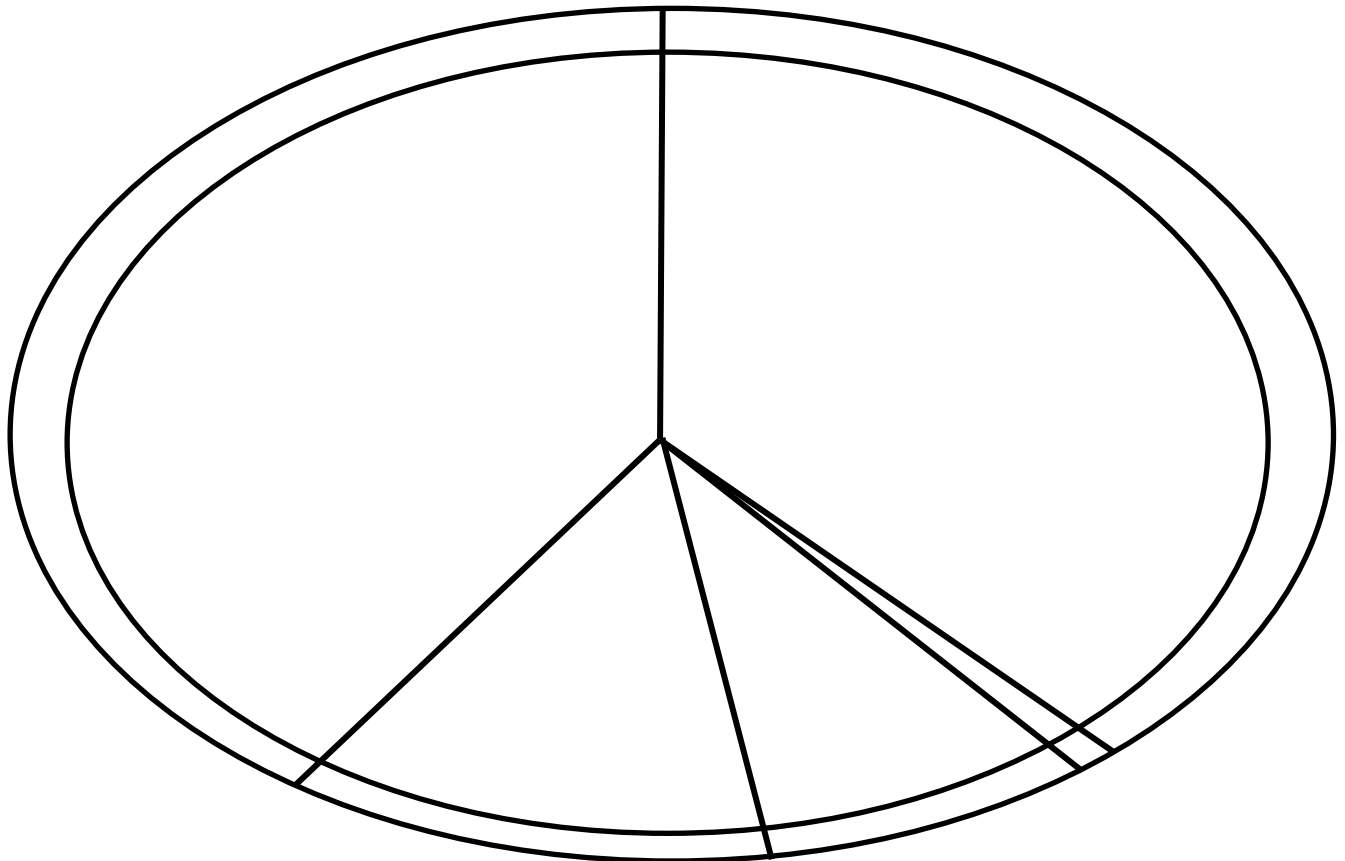
Method

1. Peel and chop the onion into 1 cm pieces.
2. Wipe any dirt from the mushrooms and slice finely.
3. Put the oil in a saucepan and place on a medium heat.
4. Add the onion and cook for 5 minutes until soft, stirring regularly.
5. Add the mushrooms and cook until browned.
6. Mix in the flour and paprika.
7. Measure 200ml boiling water into a measuring jug, crumble in the stock cube and stir until dissolved.
8. Stir the vegetable stock into the pan. Cook for 5 minutes until the sauce has thickened.
9. Stir in the crème fraiche and black pepper.
10. Continue cooking until the sauce is hot but not boiling.

Additional task 1

2. Label the Eatwell Guide below to show the foods found in each section.

3. Draw the ingredients from this week's recipe onto the Eatwell Guide. Use pencil for your drawings.



4. Complete the following passage:

I think that this recipe is healthy/unhealthy (delete as appropriate) because _____

Additional task 2

1. Design a storyboard which shows and explains how to make the product that you would have been making at school.

1.	2.
3.	4.
5.	6.
7.	8.