

Year 9 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 7 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.

Swiss roll

Ingredients

75g caster sugar

2 eggs

75g self-raising flour

4 tablespoons jam

Method

1. Preheat the oven to 180°C.
2. Grease and line a Swiss roll tin.
3. Using an electric whisk, whisk the eggs and sugar until the mixture is white, thick and creamy (ribbon texture).
4. Sieve all the flour onto the egg mixture and, using a tablespoon, fold in the flour using a figure of eight.
5. Pour into the prepared tin and bake for 7 minutes, until golden brown and the sponge springs back when lightly pressed.
6. While the sponge is cooking place a sheet of greaseproof paper on the table. Sprinkle with a tablespoon of caster sugar. In a small bowl soften the jam by mixing it, this will make it easier to spread.
7. As soon as the cake is cooked, turn onto the greaseproof paper and remove the lining paper.
8. Carefully spread the jam over the cake and roll up quickly. Leave to cool.

Chicken goujons

Ingredients

125g fresh fine breadcrumbs
½ teaspoon cayenne pepper
Salt and pepper
2 chicken breasts
25g plain flour
1 egg
1 tablespoon oil

Method

1. Preheat oven to 180°C. Grease a baking tray.
2. Mix the breadcrumbs, cayenne pepper, salt and pepper in a mixing bowl.
3. Place the flour on a plate.
4. Beat the egg in a shallow bowl.
5. Cut the chicken into strips.
6. Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in breadcrumbs.
7. Place on a baking tray.
8. Drizzle the oil over the goujons.
9. Bake in the oven for 30 minutes, turning once. Remove from the oven when completely cooked through and golden brown all over.

Viennese fingers

Ingredients

Base

200g plain flour
40g cornflour
40g icing sugar
200g soft margarine
½ teaspoon vanilla extract

Decoration

100g chocolate
Sprinkles (optional)

Method

1. Preheat oven to 180°C. Line a baking tray with greaseproof paper.
2. Sieve the flour, cornflour and icing sugar into a mixing bowl. Add the margarine and the vanilla extract.
3. Cream with a wooden spoon until the mixture is smooth.
4. Spoon the dough into a piping bag fitted with a large star nozzle.
5. Pipe finger lengths, spacing them well apart.
6. Repeat with the remaining dough.
7. Bake for 13-15 minutes or until a pale golden brown colour and firm. Cool for 5 minutes on the tray and then transfer to a cooling rack.
8. Melt the chocolate in a microwaveable bowl on a low heat—a small, deep bowl works best.
9. Carefully dip each end of the biscuits into the chocolate. Place back onto the greaseproof paper and repeat.
10. Add the sprinkles and place in the fridge to firm up.

Flatbread Pizza

Ingredients

Base

150g self raising flour

150g low fat natural yoghurt

Tomato sauce

A range of vegetables – 1 red pepper, 1 courgette

1 carrot, 1 onion and also 1 clove of garlic

1 can chopped tomatoes

Topping

150g cheese

Toppings of your choice – ham, pineapple, sweetcorn, mushroom

Method

1. Preheat the oven to 190°C.
2. Sift the flour into a mixing bowl. Add the yoghurt and stir.
3. Tip out onto a floured surface and knead until smooth.
4. Divide the dough into 8 and make into balls. Roll out ball to the size of a saucer (about 1/2cm thick).
5. Dry fry the pizza bases one at a time using a frying pan until they are crisp and golden on both sides. Place on a baking tray and repeat.
6. For the sauce, prepare the vegetables. Finely chop the onion, pepper and garlic and grate the carrot and courgette.
7. Heat the oil in a saucepan. Add the onion, garlic and pepper and cook for 2 minutes until soft.
8. Add the grated carrot and courgette and cook for a further 2 minutes. Add the chopped tomatoes and a teaspoon of dried herbs (if desired).
9. Stir well and simmer for 10-15 minutes until thickened.
10. Spread the sauce onto the bases and add toppings.
11. Bake for 10-15 minutes until the cheese is bubbling and the pizzas are hot.

Dough balls

Ingredients

250g strong plain flour

1/2 teaspoon salt

1 teaspoon yeast

Pinch of caster sugar

1 tablespoons olive oil

150mls warm water

40g butter

2 garlic cloves

1 teaspoon mixed herbs

Method

1. Heat the oven to 190°C.
2. Weigh out the strong plain flour and salt into a mixing bowl.
3. Mix the yeast, olive oil, and a pinch of sugar into 150ml warm water in a jug until the yeast has dissolved.
4. Add the liquid gradually, stirring with a knife, until a dough has formed.
5. Knead in the bowl until you form a rough ball, then knead on a floured work surface for 10 minutes until smooth and elastic. Leave to rise in a bowl covered with clingfilm for approx. 20 mins.
6. Knock the dough back (re-knead for 1 minute).
7. Divide into 10 even sized balls.
8. Place on a greased tray and leave to one side to rise a little bit more whilst you make the herb butter.
9. To make the herb butter, melt the butter in the microwave in a glass bowl and on a low heat (50%).
10. Add the crushed garlic cloves and 1 teaspoon of herbs.
11. Brush the dough balls with 2/3 of the herb butter, save the other 1/3.
12. Bake for 18-20 minutes until golden and puffed.
13. Brush with the remaining butter and leave to cool for a few minutes.

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.

Focaccia with pesto and mozzarella

Ingredients

500g strong plain flour

1½ teaspoons salt

1 heaped teaspoon yeast

2 tablespoons olive oil

125g mozzarella

5 tablespoons pesto

Method

1. Put the flour into a mixing bowl and mix in the salt.
2. Mix the yeast into 325ml warm water.
3. Add the water and oil to the flour and mix well with a round-ended knife and bring together into a ball of dough.
4. Knead for 10 minutes on a lightly floured work surface.
5. Place in a well-oiled bowl, cover and leave to rise for 20 minutes.
6. Stretch the dough out onto a baking sheet until it's about 20x30cm. Leave to rise for 20 minutes.
7. Heat the oven to 180°C.
8. Press your fingers into the dough to make some holes. Bake for 15 minutes.
9. Remove from the oven. Tear up the mozzarella and scatter over the top. Bake for a further 5-10 minutes.
10. Drizzle over the pesto.

Sausage and bean hotpot

Ingredients

8 thick sausages
400g can butter beans
1 red pepper
1 onion
1 dessertspoon vegetable oil
¼ teaspoon chilli powder
½ teaspoon dried rosemary
400g can chopped tomatoes
2 dessertspoons tomato puree
125ml water
Black pepper

Method

1. Twist each sausage in the middle and cut in half using scissors, so each sausage makes two. Put them to one side.
2. Open the can of butter beans, drain and rinse.
3. Cut the pepper into 1cm squares.
4. Peel and finely chop the onion.
5. Heat the oil in a large saucepan. Add the sausages and cook for 5 minutes on a medium heat until they are brown.
6. Add the onion and pepper and cook for a further 5 minutes.
7. Add the chilli and rosemary and cook for 2 minutes.
8. Add the tomato puree and cook for a minute.
9. Add the butter beans, tomatoes, water and black pepper. Bring to the boil and simmer for 5 minutes uncovered.
10. Place a lid on the pan and simmer for 30 minutes.

Chicken and bacon lasagne

Ingredients

2 chicken breasts	1 tin chopped tomatoes
4 rashers bacon	1 teaspoon dried basil
1 onion	1 vegetable stock cube
100g mushrooms	50ml water
1 clove garlic	6 lasagne sheets
1 dessertspoon oil	30g margarine
2 tablespoons tomato purée	30g plain flour

Method

1. Chop the onion, mushrooms, chicken and bacon to 1cm pieces.
2. Place in a large pan with 1 dessertspoon of oil and fry for 10 minutes.
3. Add a clove of finely chopped garlic and fry for 1 minute.
4. Add tomato purée, chopped tomatoes, basil, stock cube and water.
5. Bring to the boil, lower the heat and simmer for 15 minutes.
6. In an oven proof dish put a layer of the sauce, add a layer of lasagne. Repeat this.
7. Make the béchamel sauce: put the flour, margarine and milk in a pan.
8. Place on a low heat and continuously stir until thickened and smooth.
9. Pour over the lasagne and sprinkle over grated cheese.
10. Bake for 30 minutes at 180°C.

Additional task 1

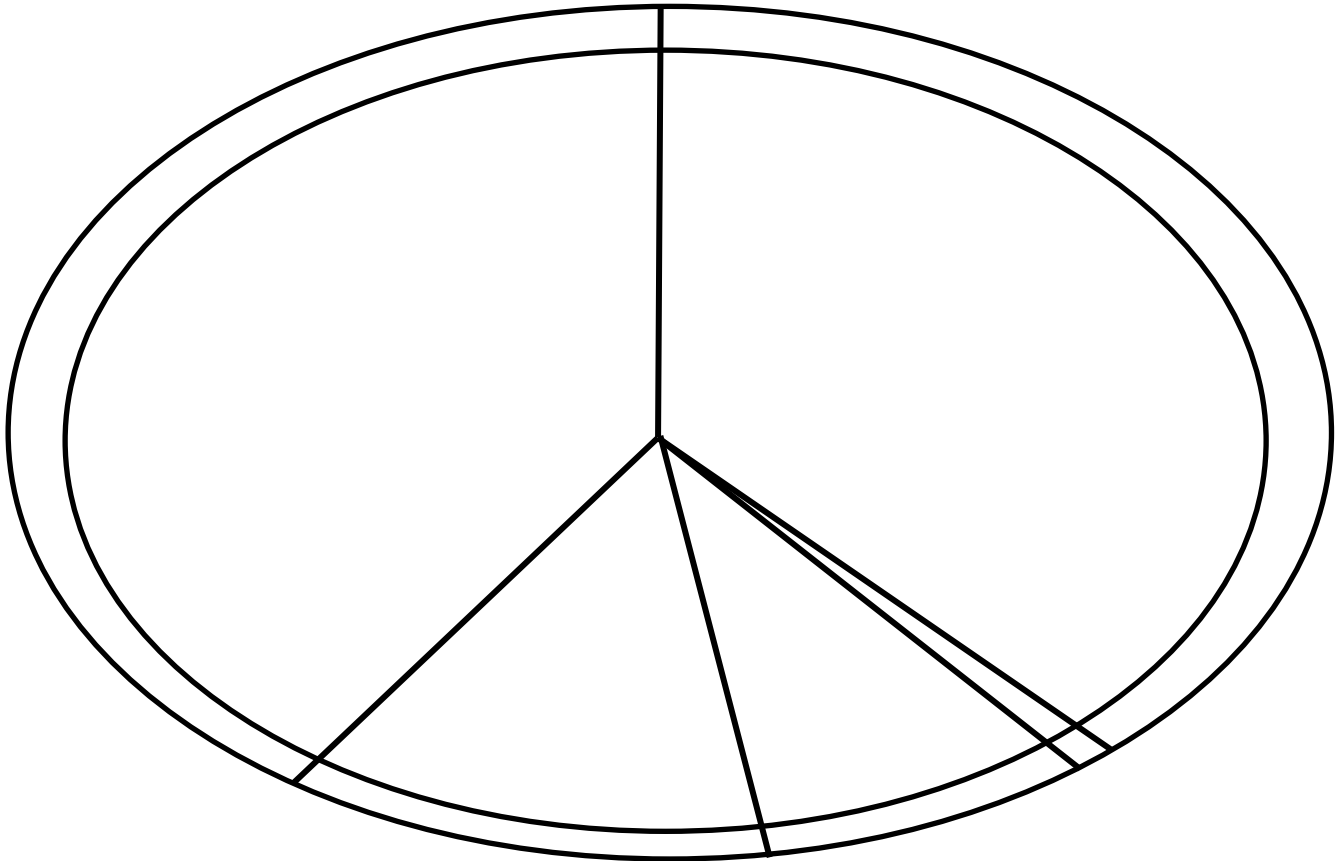
1. Complete the table below using the ingredients that you would have been using if you were cooking in school (look at the recipes to help!)

[illegible]

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.