Shortbread rounds Recipe 7

Ingredients

- 150g Plain flour
- 100g Butter
- 50g Sugar

Top tips:

- Try adding 50 75g of either sultanas, raisins, cherries, cranberries, candied ginger, almonds, walnuts, hazelnuts to the mix to add flavour and fibre.
- Substitute 25g of the flour with 25g ground almonds for a different flavour and texture.







Burgers Recipe 8 Ingredients

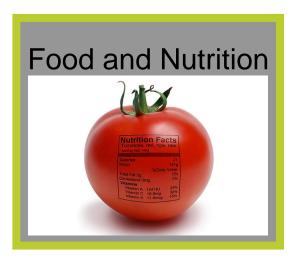
1 slice of bread
1/2 onion
1 medium green chilli
1 x 400g can red kidney beans
1 x 5ml spoon ground chilli powder
1 x 5ml spoon dried mixed herbs

OR

150g minced beef; 1 x small onion; Salt and pepper; 1 x egg;

Optional:

Burger buns, relish and salad to serve Cheese slices Fresh herbs of your choice



Y8 Food and Nutrition Recipe booklet Developing Food Skills 1

Use this as a **guide** to the recipes you will be making this half term.

You may **adapt** the recipes a **little** to **suit your tastes** (see Miss if you have any questions)

Always bring an adequate sized named lidded container to take your products home.

Store refrigerated items in your student area fridge at the **start** of the day

You will **record** your **recipe** for the **next** week in your **planner** – you must **ask** or **check** on the **food room notice board** if you are unsure which recipe we will be making.

Recipes

Bolognaise Ingredients: Recipe 4

- 1small/medium onion
- 1 clove of garlic
- 1 carrot
- 1 celery stick (optional)
- 250g minced beef or veggie mince or tinned beans / lentils (do not use dry beans or lentils)
- 400g can chopped tomatoes
- 1 tablespoon tomato puree
- 1 tsp. spoon mixed herbs*

Choose between boloanaise OR chilli, to suit your tastes



Chilli Ingredients:

- 250g minced beef or veggie mince
- 1 can kidney beans (drained)
- 1 can chopped tomatoes
- 1 medium/large onion
- ½ tsp. chilli powder/flakes etc.*
- 1 tsp. sugar*
- 1 beef or vegetable OXO cube
- 1 Tablespoon tomato paste/puree



Bolognaise sauce

Vegetable Biryani

75g Basmati rice

And your choice

50g mushrooms

Pick three between 3-5 vegetables from below

1 small onion 1 handful cauliflower florets 1 handful broccoli florets 1 small carrot 1/2 sweet pepper 25g peas 25g sweetcorn (tinned or frozen) 1 stick celery 1 small courgette

1/2 tbsp vegetable oil - from school 1/2 vegetable stock cube -2tsp curry paste You will need an oven proof dish.



Thai Green Chicken Curry Recipe 6

Ingredients

3 Spring Onions

1 Clove Garlic

80g garden Peas

1 Small Chicken Breast

2 x 15ml spoons Thai Curry

Paste

200ml Coconut Milk

½ Lime

Small bunch of Coriander

Optional:

Why not add chili if you like it spicy, or substituting your chicken for tofu or Quorn.



Stir Fry Recipe 1

100g noodles
1 x chicken breast, sliced
Or chicken alternative
1 clove garlic
½ red chili (Optional)
½ red onion
3 mushrooms
1/2 yellow pepper
2 x tsp. oil
1 x 10ml spoon soy sauce

Optional: any other vegetables you think will suit your dish or palette



WARNING!! Risk of food poisoning!! You MUST place sealed and name labelled meat products in your colour area fridge as soon as you arrive at school.

Pizza

Recipe 2

Ingredients:

200g strong bread flour; 4 tbsp. tomato puree; 1 x sachet yeast; 100g grated cheese;

Toppings of your choice;

Your toppings could include: Ham, pineapple, pepper, olives etc. Any of those on your mind map!

Re-heating instructions and serving suggestion:

Serve hot or cold with salad; When reheating meat, make sure it is thoroughly hot all the way through;



Recipes

Macaroni Cheese Recipe 3

Ingredients:

100g macaroni
(Or whatever type of small pasta
you may have at home)
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper and salt to season

Optional:

Why not add bacon or ham Or leeks and red onion for extra flavour

