

There is a version of this file on the school website noticeboard and on firefly resources.

Name \_\_\_\_\_

Form 8 \_\_\_\_\_

- ☐ Please read this information to your parents/guardians and discuss it.
- ☐ We aim to cook most lessons. It is essential that you write your homework down and check FIREFLY.
- ☐ If you fail to bring ingredients to class, you will be doing written work about the practical. If you forget your ingredients on more than one occasion you will receive a detention.
- ☐ Please ensure all ingredients are weighed and measured out at home. (YOU SHOULD BE DOING THIS YOURSELF but getting an adult to help you and check your measurements are accurate)
- ☐ Please remember to bring with you the correct container tub or dish to take your food home in. Usually, all your ingredients should fit into it so you can carry them into school in it.
- ☐ Please label your tub and all your ingredients before you come to school.
- ☐ Put high risk foods (i.e. meat and dairy) in the fridge or the tray outside the Food room if the door is locked before morning registration.
- ☐ Please **DO NOT** deviate from recipes (i.e. do not double quantities we have not got enough time, trays or oven space space)
- ☐ You do not need to bring in any equipment (just ingredients) we have everything you need in school. NEVER CARRY KNIVES IT IS ILLEGAL! Remember it is a NUT FREE school so please make sure you don't bring any in!

Date	Lesson	Dish
	1	Taste testing dips
	2	Macaroni Cheese
	3	Enchiladas
	4	Pizza
	5	Wedges and Kebabs
	6	Thai green curry or Indian Korma
	7	Muffins
	8	Finishing folder work

## Macaroni Cheese or Creamy Pasta.

### Ingredients

140g macaroni

Tub to take it home in

30g plain flour

30g butter or margarine 250ml milk

80g cheddar cheese

(If you don't like cheese don't put it in, use tuna or ham instead to make a creamy pasta dish)

### Equipment

Grater

Medium pan (for the pasta )

Small pan (for the white sauce)

Whisk

Colander

### Method

1. Place the pasta in a medium sized saucepan. Cover with water place on the hob and bring to the boil.
2. Grate the cheese.
3. Place the milk flour and butter or margarine in a small saucepan.
4. Turn the hob on to a medium heat, whisk vigorously all the time, until boiling.
5. Remove from heat and place on a heat proof mat.
6. Stir in a little grated cheese at a time.
7. Add any seasonings i.e. pepper.
8. Check the pasta. Once it is tender drain carefully in a colander over the sink.
9. Poor pasta into your own oven proof dish.
10. Poor over the cheese sauce.

### Key Terminology

All in one Roux sauce

Vigorously

Colander

Drain

Heat proof mat

Oven proof dish

Medium heat

Bring to the boil (bubbling lots)

**\*\* DON'T FORGET AN OVENPROOF DISH \*\***

## Enchiladas

### INGREDIENTS

- ☐ **OVEN PROOF DISH** to cook the Enchiladas in and take it home in. A metal or enamel dish is recommended as Pyrex or ceramic could be broken in transit!
- ☐ Six large tortilla wraps
- ☐ Approx 250g (1/2 lb) (small pack) fresh minced beef
- ☐ 1 stock cube
- ☐ 50g mushrooms - washed and sliced (or substitute with a pepper) a tin of chopped tomatoes - large)
- ☐ tbsp. tomato puree
- ☐ 2 tbsps. flour
- ☐ 1 tin red kidney beans, peas, or sweetcorn
- ☐ Chilli powder or garlic and herbs
- ☐ 1 onion - (PLEASE CHOP AT HOME OR BRING READY CHOPPED ONION OTHERWISE, EVERYONE ENDS UP CRYING ALL LESSON! I WILL PUT AN ONION CHOPPING VIDEO ON FIREFLY FOR YOU TO WATCH SO YOU KNOW WHAT TO DO! WEARING SWIMMING GOGGLES HELPS!)
- ☐ 60 grams of grated cheese.

### EQUIPMENT

Fork  
Baking tray  
Large pan  
Knife  
Chopping board  
Measuring jug  
Wooden spoon  
Tin opener  
grater

### Method

1. In a large saucepan add a 50 pence piece size squirt of oil heat up then fry the onion until golden.
2. Put  $\frac{1}{4}$  pint of boiling water into jug and mix with stock cube add to pan.
3. Open the tin of tomatoes.
4. Add mince to the pan with the onion and fry until brown-keep stirring-if it starts burning turn it down and add a little stock.
5. Stir in flour and cook for a further 2 minutes.
6. Add the tin of chopped tomatoes and spoon of tomato puree.
7. Add all other ingredients (mushrooms peppers, garlic and spices. etc) simmer for 10 minutes.
8. Place a wrap in the oven proof dish. Fill with the chilli and fold up.
9. Do the same again until all the wraps are filled and then sprinkle with a topping of grated cheese.

When you get home, you need to bake the burritos at 200 degrees Centigrade for around 20 mins. REMEMBER TO USE OVEN GLOVES

# PIZZA

## Ingredients

### Base

- 250g (1/2 lb Strong white flour
- 1 level teaspoon salt
- 15g (1/2 oz) margarine
- 1 rounded teaspoon quick acting dried yeast (1/2 sachet)
- 125ml (1/4pt) water

### Toppings

Small jar of Tomato pizza sauce or tomato bolognaise sauce or tomato puree or chopped tomatoes drained and mixed with tomato puree.

150 grams **grated** cheese

Own choice of toppings.

For example: cooked meats i.e. ham, chicken, chorizo etc.

Additional cheeses like feta or buffalo mozzarella.

Vegetables/fruit i.e. pineapple, mushrooms, spring onions, sweetcorn, peppers etc.

## Equipment

- Baking tray
- Measuring jug
- Wooden spoon
- Large bowl
- Chopping board
- Knife
- Rolling pin

## METHOD

1. Pre-heat the oven at 230°C.
1. Put tin foil on a pizza baking tray and grease it.
2. Sieve flour & salt together into a bowl, rub in the margarine and stir in the yeast.
3. Put 4 tablespoons of boiling water into a measuring jug. Add enough cold water to make 125ml (1/4 pt.) the water should be about as warm as your hands.
4. Pour into the flour and mix with a wooden spoon. The dough must be soft at this stage. If it seems dry, add another 2-3 tablespoons of water.
5. Knead firmly for 10 minutes roll into a sausage then cut into 8 pieces.
6. Shape into a ball roll out into a square or a circle and put onto the greased tin.
7. Put the tin in a warm place like the grill part of the oven to rise (sometimes called proving).
8. Leave for approx. 10 mins to rise.
9. Spread on tomato sauce.
10. Sprinkle some cheese on
11. Arrange toppings.
12. Sprinkle a little more cheese to stop the toppings burning.
13. Bake in the oven for 10-15 minutes.
14. Make pizza box up.
15. Ask a member of staff to lift the pizza on its foil into the box.

## Meat & Vegetable Skewers and wedges.

### Ingredients

#### THE LARGEST TUB YOU HAVE

Approx. 5 short skewers metal or bamboo that must fit into your tub-don't worry if you can't find any-school will provide some.

1 chicken breast (or Halloumi or Tofu.)

1 pepper

1 onion

2 medium sized potatoes

seasoning of choice i.e. paprika, Cajun seasoning, BBQ spice blend, curry powder etc

### Equipment

Two foil lined baking trays

Mixing jug

Red or white chopping board

Green chopping board

Sharp knife

Large bowl

### Method

#### Wedges

1. Pre-heat the oven to 180 degrees/gas mark 6.
2. Carefully cut the potatoes into wedge shapes and place into a large bowl.
3. Add 1 tbsp oil and the seasoning of choice. Mix to ensure all the wedges are well coated.
4. Place onto a baking tray and place into the oven.

#### Skewers

5. Using the red chopping board cut your meat in to 3cm chunks or use the white board to cut up halloumi or tofu) place the meat into the bowl that had the potatoes in. Add spices or seasonings.
6. Wash your knife.
7. Take the red chopping board and stack it in the dish washer.
8. Using the green chopping board cut your vegetables into 3cm chunks.
9. CAREFULLY POINTING THE SKEWERS DOWN INTO THE BOWL OR CHOPPING BOARD Push the meat and vegetables alternately onto your skewer very carefully and then place the skewer onto a foil-lined tray.
10. Put on oven gloves and place tray into the oven and cook for 20 minutes until the chicken is no longer pink inside. Test with temperature probe to make certain 75 degrees or higher is the safe core temperature for killing all bacteria.
11. Remove the wedges and skewers from the oven, allow to cool and place into your container to take home. You may need to take the food off the skewer to fit it in your tub.
12. Ensure all washing up is done, checked by a member of staff and put away in the correct place it came from.

# Thai Green Curry

## Ingredients you will need:

- A leak proof tub to take it home in
- " 1 x 10ml spoon oil
- " 3 spring onions
- " 1 clove of garlic
- " 80g sugar snap peas or green beans
- " 1 small chicken breast
- Tablespoon of flour (optional)
- " 2 x 15ml Thai green curry paste
- " 200ml coconut milk
- " 1/2 lime(optional)
- " Small bunch of coriander (optional)

## Equipment

Chopping board  
Knife  
Large pan  
Can opener  
Lemon juicer  
Wooden spoon  
Garlic crusher

## Method

1. Prepare the vegetables: slice the spring onions; cut sugar snap peas / green beans in half, crush the garlic.
2. Cut the chicken into small chunks.
3. Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.
4. **When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas / green beans.**
5. Pour in the coconut milk and simmer for 15 minutes.
6. Squeeze the lime and pour over the curry.
7. Tear the coriander and add to the curry.
8. If you want to thicken the sauce mix a tablespoon of flour with a little water to form a smooth paste. Add to the pan and cook until thickened and bubbles appear.

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR CURRY HOME \*\***

## CHOCOLATE OR FRUITY MUFFINS

### Ingredients:

- **Tin or tub to take them home in.**
- Paper Muffin Cases (larger than bun cases)
- 50g butter.
- 150g S.R. Flour.
- 50g Caster sugar.
- ½ teaspoon baking powder.
- 1 egg.
- 110ml milk.
- 120g chocolate chips or..... the same quantity of grated or diced apple or blueberries or banana or dried fruit.
- Or raspberry and white chocolate
- Or grated carrot and raisins

### Equipment

Small saucepan  
Mixing jug  
Large mixing bowl  
Wooden spoon  
Sieve  
Fork  
spoon

## METHOD

1. Turn oven on to 200°C/gas mark 6.
2. Put the butter in the saucepan and melt it over a low heat. Let it cool a little. (so as not to scramble the egg.....yuck)
3. Sieve the flour into a large mixing bowl and add sugar and baking powder. Mix everything together with a wooden spoon.
4. Break egg into a jug and whisk it with fork.
5. add the milk to saucepan of melted butter, mix well then pour the butter and milk into the jug of egg.
6. Pour the contents of the jug it into the big bowl of flour sugar choc. Chips and fruit **and mix everything quickly together with fork. Don't mix for too long. The mixture should be floppy and a bit lumpy.**
7. Now mix the chocolate chips or fruit.
8. Divide the mixture between the paper cases.
9. Clean any drips off the tray with a damp dish cloth.
10. Put the tray into the oven.
11. Check after about 20 minutes, they should be risen and golden.

Key Terminology

Melting Method, Baking Powder, Whisk, Divide, Paper Cases

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR MUFFINS  
HOME IN \*\***

# Homework Project the Cuisine Challenge.

This work needs to be submitted on teams.

There are scaffolding sheets on the team's assignment that you can fill in directly or you can work on your own layout, but you must make sure you include/cover/answer all of the points below:

1. Make a front cover-include your name and form and the project title as well as the country you have chosen and some images from that country perhaps the flag-some scenery- maybe some foods that are from that area etc.  
Research your chosen country:
2. What is the climate like?
3. What cereal/grain crops are grown there?
4. What fruits and vegetables can be grown there?
5. What livestock animals are reared there?
6. What seafood can be caught there?
7. What game can be caught there?
8. What herbs and spices and flavours are traditionally used there?
9. Research 5 dishes from your country and find a picture of them and the recipes.
10. Identify and list what practical skills are involved in each dish.
11. Rate each dish on its difficulty level 10 being skilful, 5 being year 7 and 8 level i.e., like those you have cooked in school and 1 being super easy like you could have made when you were at primary school age.
12. Discuss the dishes with your parents thinking about what you are capable of but pushing yourself to learn some new skills and challenging yourself.
13. Choose one savoury dish and cook it at home with the supervision of an adult.
14. Take a photo of your dish-email it to yourself-upload it to the team's assignment.
15. Ask your chosen adult supervisor to fill out the mark sheet on teams (or ask me for a paper copy.
16. Taste test your dish and fill in a star diagram.
17. Evaluate your practical work by answering the following questions: How did you make sure you worked hygienically? How did you make sure you worked efficiently? How safe were you? Did you push yourself or was it too easy? Did you present your dish well? How could you improve the way you worked? How could you improve your dish?

Upload all your work to teams or fill it all in on the scaffolding document provided in the team's assignment before the end of your last Food lesson.