

Year 8 Recipes.



Lemon Cheesecake.

Ingredients:

- 150g digestive biscuits
- 75g butter or margarine
- 225g low-fat curd cheese or cream cheese
- 125ml fresh double cream or whipping cream
- 50 g caster sugar
- 1 lemon
- seasonal fruit e.g. 6 strawberries- for decoration



- Flan dish (7-8inches)

Chocolate Fudge Brownies

Ingredients:

- 125g butter or margarine
- 100g plain chocolate
- 100g walnuts or pecans, chopped (op)
- 2 tablespoons cocoa powder
- 75g plain flour
- 1 level teaspoon baking powder
- 180g caster sugar
- 2 eggs
- ½ teaspoon vanilla essence (optional)



- 1 x cake tin 20cm – square or circle

Melting Moments.

Ingredients:

- 100g Butter or Marg.
- 75g Caster Sugar.
- 1 egg yolk.
- 1 tsp Vanilla Essence.
- 150g S.R.Flour.
- 50g crushed cornflakes or oats
- 8 Glace cherries.



Spaghetti Bolognese.

Ingredients.

- 1 onion
- 1 clove garlic
- 250g / 1lb Minced Beef
- 1 tin of tomatoes
- 1 tablespoon tomato purée
- 2 tsp mixed herbs, basil or oregano
- Salt & pepper to season
- Extra's you can add –
- 100g / 4oz mushrooms,
- 1/2 green pepper,
- 1 or 2 carrots



Method

1. Peel and chop onion.
2. Peel and crush garlic.
3. Sauté them in saucepan with table spoon of oil on medium heat until onion light brown. Keep stirring.
4. Place minced beef in saucepan and cook on a medium heat until mince is browned all over, stirring with a wooden spoon.

(This seals in the Protein and makes it look more appetising)

5. Wash, peel and chop or grate any other vegetables. Stir in.
6. Open can of tomatoes. Stir in tomatoes, tomato purée, mixed herbs and seasoning. Bring to the boil and simmer for 20 minutes.
7. Wash dishes and tidy up work area.

Chilli con Carne

Ingredients

- 250g minced beef
- 1 onion
- 1 clove garlic
- 1–2 teaspoons chilli powder
- Salt and Pepper
- 1 can chopped tomatoes
- 1 tablespoon tomato puree
- 1 can kidney beans



Method—For Chilli Con Carne.

1. Peel and chop onion. Peel and crush garlic.
2. Sauté them in saucepan with table spoon of oil on medium heat, until onion is light brown. Keep stirring.
3. Place minced beef in a saucepan and cook on a medium heat until mince is browned all over, stirring with a wooden spoon.
4. Add chilli powder and seasoning.
5. Add tomatoes and tomato puree. Bring to the boil then turn the heat down to low and simmer for 15 – 20 minutes.
6. Drain kidney beans in a sieve and rinse with cold water.
7. Add kidney beans and simmer for a further 5 minutes.
8. Wash dishes and tidy work area..

Chicken Curry

Ingredients

- 250g raw chicken (2 chicken breasts)
- 2 tablespoons vegetable oil
- ! onion
- 1 garlic clove
- 1 table spoon curry powder or curry paste
- 1 can chopped tomatoes



Method

Peel and chop the onion.

Peel and crush the garlic.

Cut the chicken into cubes (make sure you wash your hands thoroughly immediately after handling raw meat).

4. Heat the oil in a medium saucepan and add the onion and garlic. Cook for 3 – 4 minutes until soft.

5. Add the chicken and continue to cook for about a further 5 minutes until all the meat turns white.

6. Add the curry powder or curry paste and stir in thoroughly.

7. Open the can of tomatoes. Add the tomatoes and any other extras and cook for a further 20 minutes or until the chicken is cooked.



Wash dishes and tidy work area.

Dutch Apple Cake

Ingredients:



100g caster sugar
100g soft margarine
2 eggs
100g self raising flour (or 75g flour, 25g cocoa powder)
1 x 5ml spoon baking powder
1 x 5ml spoon cinnamon
1 x 5ml spoon demerara sugar
X 1 eating apple or other fruit of choice
X 1 cake tin (sponge cake tin)

Suitable container with lid to take home safely.



Chicken Bean Burritos

Ingredients.



4-6 flour tortillas (wraps)
250g chicken breast meat, sliced
juice of 1 lemon
1 tsp chilli powder
1 tsp ground cumin
pinch salt
1 tbs vegetable oil
1 onion, sliced
1 green pepper, sliced
1 tin baked beans
100g grated cheese



Oven proof dish (MUST bring in from home)
CONTAINER WITH A LID TO TAKE HOME

Dough based Pizza

Ingredients

150g/6oz Strong Plain Flour,
½ sachet instant yeast
125ml approx. warm water
1 dessertspoon oil
Pinch salt and sugar
Tomato Pizza topping or tomato puree
100g/4oz Grated Cheese
Toppings of your choice eg. Onion, peppers, mushrooms, ham, pepperoni, salami, pineapple, olives, herbs etc



Method

1. Switch oven onto 220°C/Gas mark 7.
2. Place flour, yeast, salt and sugar into a mixing bowl.
3. Measure water into a measuring jug and stir oil into water.
4. Gradually add liquid to mixing bowl and mix with a knife until a soft dough is formed.
5. Knead dough for 5 minutes and then shape into pizza base.
6. Wash, peel and chop toppings.
7. Spread tomatoes or tomato puree onto the pizza base and sprinkle cheese and other toppings on top.
8. Bake for about 15 minutes until golden brown and sizzling
9. Wash dishes and tidy up work area.



Sweet and Sour Noodles

Ingredients

1 carrot,
1 green pepper
6 spring onions
2 tablespoons vinegar
1 tablespoon tomato puree
1 teaspoon cornflour,
1 tablespoon oil
1 tablespoon soy sauce,
1 small can of pineapple in juice
2 layers of noodles



Method

1. ¾ fill a large saucepan with water and bring to boil (ready to cook noodles) unless you are using straight to wok noodles which require no pre cooking.
2. Wash, peel (if necessary) and slice vegetables into similar sized strips.
3. Open can of pineapple. Drain juice into measuring jug. Chop pineapple if necessary.
4. Add vinegar, soy sauce, tomato purée and cornflour to jug. Whisk together using a balloon whisk.
5. Place oil in frying pan and heat. Add carrot, pepper and onions and stir fry for 3 minutes.
6. Meanwhile, add noodles to boiling water and cook for the length of time specified on the back of the packet (usually about 3 minutes)
7. Add sauce to vegetables and bring to the boil, stirring all the time until thick.
8. Simmer for a further 3 minutes.
9. When noodles are cooked, drain in a sieve and add to the vegetables and sauce.
10. Wash dishes and tidy up work area.