



# FOOD AND NUTRITION

## YEAR 8 RECIPE BOOKLET

Name:	
Form:	
Class:	
Teacher:	

### Practical Lesson Checklist

Do I have everything I need?



My ingredients – don't forget to bring straight to the fridge at school!



My airtight container



Hairband to tie up my hair with



No nail varnish or false nails

# FLAPJACK

DATE OF PRACTICAL:

75g Dried Fruit ie raisins,  
sultanas, apricots, mango,  
cranberries etc

150g Oats

50g Sugar

50g Margarine

2 tablespoons Golden  
Syrup or Honey

1. Preheat the oven to 180°C or Gas 4.
2. Place the margarine, sugar and syrup into a saucepan and **gently** heat until the margarine has melted.
3. Stir in the oats and dried fruit
4. Pour the mixture into the foil tray, then pat down the mixture
5. Bake for 15 - 20 minutes, until lightly browned.
6. Remove from the oven and cut into 'bars' in the foil tin while hot.



# TOMATO RAGU

DATE OF PRACTICAL:

<b>Provided by school</b>
½ tsp Dried Herbs Salt and Pepper
<b>Students to bring</b>
1 Onion 1 Clove of Garlic ½ Pepper 400g tin of Chopped Tomatoes 100g Dried Pasta (any shape)

1. Dice the onion and pepper
2. Peel the carrot, grate the carrot and courgette
3. Peel and crush (or finely chop) the garlic
4. Sweat the onion for 5 to 10 minutes on a **low** to medium heat, stir regularly – they should not brown, if they start to colour reduce the heat
5. Add the garlic, carrot, pepper and courgette
6. Cook for 1 minute
7. Add the tomatoes, herbs and seasoning (salt and pepper)
8. Allow to simmer **gently** for 15-20 minutes
9. Serve with freshly cooked pasta at home



# CHEESE AND ONION TRIANGLES

50g Cheddar Cheese

½ Onion or Pepper

100g Plain Flour

50g Hard Margarine

2 – 3 tbsp Cold Water

1 Egg or 50ml Milk

1. Preheat oven to 180°C or gas mark 4.
2. Line the baking tray.
3. Prepare the cheese and onion filling:
  - grate the cheese;
  - peel and dice the onion;
  - mix the cheese and onion together in a small mixing bowl.
4. Make up the shortcrust pastry:
  - sift the flour into the bowl;
  - rub the fat into the flour, using your fingertips, until it resembles breadcrumbs;
  - add the cold water and mix together;
  - mix to form a firm, smooth dough.
5. Roll out the pastry into a square, on a floured surface.
6. Cut the square into quarters using the palette knife.
7. Spoon a quarter of the cheese and onion filling in the middle of the square.
8. Break the egg into a small bowl and beat with a fork, brush the edges of the pastry with beaten egg and pastry brush.
9. Fold over to make a triangle and pinch the edges together all the way along using the edge of a fork. Transfer them onto the baking tray.
10. Glaze the top of the triangles with the egg or milk
11. Bake for 20 minutes, until golden brown.



# DUTCH APPLE CAKE

DATE OF PRACTICAL:

## Students to bring

50g Caster Sugar  
50g Self Raising Flour  
1 Eating Apple  
50g Soft Margarine  
1 Egg

## Provided by school

1 teaspoon Cinnamon  
1 teaspoon Demerara Sugar



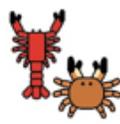
1. Preheat oven to 200°C/ gas mark 6.
2. Grease the foil tray.
3. Cream the margarine and sugar together with a wooden spoon until light and fluffy.
4. Crack the egg into a jug and mix.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Sieve the flour into the mixture, then fold in with a metal spoon.
7. Add the mixture to the foil tray and level the top.
8. Core the apple and slice thinly.
9. Arrange the apple slices over the cake mix, then sprinkle the cinnamon and demerara sugar on top.
10. Place in the oven and bake for 15-20 minutes, until golden brown and springy to the touch.

# SCONE BASED PIZZA

150g Self Raising Flour  
25g Margarine  
1 Egg  
2 tbsp Milk  
2 Tbsp Tomato Puree  
50g Cheese (Cheddar, Edam, Mozzarella Etc.)  
PLUS 3 or 4 toppings of your choice such as:  
    2 Mushrooms, ½ Pepper, 25g Sweetcorn, 1 Tomato, 1 Slice Ham, 25g Pineapple Chunks  
1 tsp Dried Mixed Herbs (provided by school)

1. Preheat oven to 200°C or gas mark 6
2. Line a baking tray
3. Add the flour into the bowl
4. Rub in the margarine into the flour until it resembles breadcrumbs
5. Mix the egg and milk together in a jug
6. Add the egg mixture to the flour and mix together to form a soft dough
7. Flatten out the dough on a floured surface to form a large circle
8. Transfer the dough to the lined baking tray
9. Spread the tomato puree over the dough using the back of a spoon.
10. Arrange the vegetables on top.
11. Sprinkle the cheese and herbs over the top of the pizza.
12. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.



Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
FLAPJACK		✓ Wheat					✓							✓
TOMATO RAGU		✓ Wheat												
CHEESE AND ONION TRIANGLES		✓ Wheat		✓			✓							
DUTCH APPLE CAKE		✓ Wheat		✓			✓							
SCONE BASED PIZZA		✓ Wheat		✓			✓							

Please let us know if you have any allergies, intolerances or other dietary needs

# 14 ALLERGENS

coming to a food label near you

Please let us know if you have any allergies relating to these 14 ingredients and please be mindful when bringing in any of these listed ingredients.



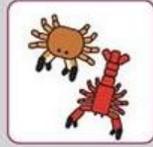
## Celery / Celeriac

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



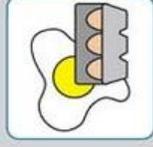
## Cereals Containing Gluten

Wheat (such as spelt and Khaoisan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



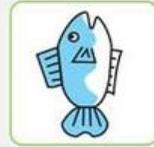
## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



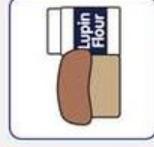
## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



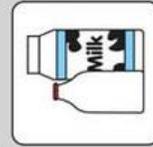
## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



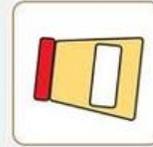
## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



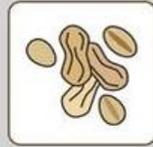
## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marmalades, meat products, salad dressings, sauces and soups.



## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.