

*Practical work is an essential part of Food Technology. For each practical lesson, remember:*

• **Ingredients,**                      **Box to take cooking home in,**                      **Theory note book,**                      **(Apron).**

*If you think that a recipe is not suitable for your family / too expensive etc., try:*

- **Making a small quantity (to eat for break or lunch),**
- **Substituting a cheaper ingredient where suitable (e.g. vegetables or tinned beans for meat – also for vegetarians),**
- **Leaving out or substituting flavourings for ones that you already have at home (or ask your teacher before-hand if school can provide it – recipes often only require 1tsp!)**
- **If a recipe really doesn't suit you at all, ask to make a suitable alternative rather than turning up with nothing!**

*Finally – if you can not cook for a particular reason, bring a note in your planner.*

• **If you do not bring a note or fail to bring ingredients without a good reason on more than two occasions you will be given kitchen hygiene tasks to complete.**



Year 8 ingredient list – “Food & Farming Topic”. **(Don’t forget a NAMED container to take your cooking home in!) \*ingredients available from school if needed.**

**1.) Potato and Bacon ‘Pie’: BRING AN OVEN PROOF DISH TO MAKE IT IN.**

250g potatoes (can also add 50g parsnip, celeriac etc)  
1 spring onion  
125g strong cheese (grated)  
2 rashers lean bacon  
1tsp dried or fresh herbs (optional)

**2.) Fruit crumble with oats- bring own ovenproof dish**

3 eating apples, finely sliced  
150g blackberries or other fruit  
100g plain flour  
50g rolled oats  
50g butter or margarine  
50g caster sugar (+ 2tbs for fruit)

**3.) Chicken nuggets**

250g boneless Chicken thigh pieces or breast (cut into bite-size pieces)  
100g breadcrumbs (or 2 slices of bread to process at school)  
½ tsp paprika or herbs\*, or 1 tbsp parmesan  
2 tbsps flour  
1 medium egg.

**4.) Banana or Fruit Muffins (bring 12 muffin cases)**

10oz (280g) self raising flour  
1tsp baking powder\*  
3 - 4 oz (110g) white granulated sugar  
1 egg  
60ml milk (**You will need 240ml for fruit muffins**)  
90 ml vegetable oil  
3 **very** ripe bananas or 75g frozen soft fruit (e.g. Blackberries, raspberries etc.)

**5.) Devonshire Apple Cake (bring a small cake tin)**

125 g plain flour  
½ tsp bicarbonate of soda \*  
½ tsp cinnamon  
¼ tsp ground ginger  
½ tsp mixed spice (or 1 tsp of any of these spices)  
125 g mixed sultanas, raisins and currants  
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1 egg  
100g cooking apples.  
75 g soft margarine  
85 g light soft brown sugar (or use caster sugar)  
caster sugar for sprinkling  
2 tbsps apple juice

**6. ‘Rocky Road’ (Christmas recipe)**

120g unsalted butter  
50g golden syrup  
200g (in total) dark & milk chocolate  
100g dried fruit  
150g biscuits (crushed)  
Own choice of decorations  
**Own Box to make it in**

Work in groups of 4 to produce 12 evenly sized and evenly baked biscuits.

You will be marked /5 for each of the following (total – 20):

- Apple small cubes the same size
- 10-12 biscuits all the same shape and size
- Good flavour
- Good texture (Ingredients on 'Group Practicals' document.

Apple, cinnamon & oat  
cookies.

Line baking sheet with parchment paper.

1. Use an electric whisk to cream together butter and brown sugar until combined. Mix in egg.

2. In a mixing bowl whisk together flour, oats, cinnamon and baking soda for 20 seconds, set aside.

3. Chop the apple into small even sized cubes (no core!!)

4. Add flour mixture to egg mixture and mix with a metal spoon until combined, then mix in apples.

5. Use a tablespoon to scoop out **a rounded tablespoon of mixture** and drop onto prepared baking sheet, spacing cookies 5cm apart. Flatten them just slightly.

6. Bake in preheated oven until cookies are set, about 14 - 15 minutes.

7. Let the biscuits cool on baking sheet for several minutes then transfer to a wire rack to cool completely.

Wash up. After checking, return all  
equipment to centre table.



1. Fill a **large** saucepan about half full with **hot** tap water put the lid on and put onto boil (**HOB 12.**) Peel and chop potatoes into small pieces (and parsnip if using), Add to hot water by pushing off carefully with back of knife.
2. Cook in simmering water (**hob 8**) (tip the lid back using a wooden spoon) until soft (about 12 minutes) Check potato is soft by taking one piece out of water and press gently with the back of a wooden spoon on a chopping board – it should ‘squash’ easily!
3. **While potatoes are cooking, thinly slice spring onion & any other vegetables..**
4. **Drain your potatoes using a colander stood in the sink, then put potatoes back into pan to mash (stand the pan on a heat proof mat).DO NOT WALK AROUND CARRYING BOILING WATER!**
5. **Stand the sauce pan on a heat proof mat then mash the potato in the saucepan with 2/3 of the cheese (and herbs or spices if using). Stir in the onion and any other vegetables.**
6. **Transfer to a greased 1.1 litre (2 pint) ovenproof baking dish. Sprinkle the remaining cheese on top.**
7. **Turn oven to the grill setting – max. Place dish under the hot grill for 5 about minutes or until golden brown (leave door open and turn round if necessary). Cool on rack.**

## POTATO, CHEESE & ONION ‘PIE’

1.



## 2. Fruit Crumble with Rolled Oats

**Method:** Pre heat the oven to 190 C.

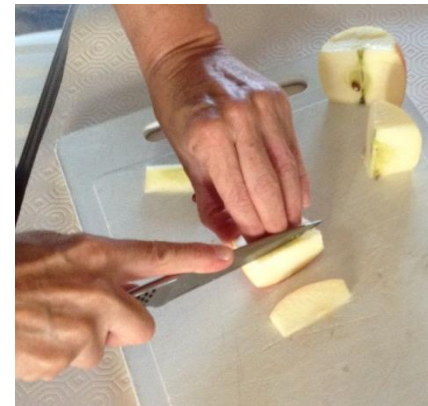
1. In a large mixing bowl, rub the butter into the flour and oats to make fine breadcrumbs. Stir in 50g of sugar.
2. Cut top & bottom off apple, peel, then cut around the core before chopping into small pieces. Mix the fruit together in an ovenproof dish (add 1 tbs of sugar if using a cooking apple).
3. Add 1 tablespoon of water to the dish
4. Heap the crumble topping on top & level the top.
5. Bake at 190°C for about 20-25 minutes until cooked through and golden brown &/or the top feels hard when tapped.

### Ingredients (serves 4)

100g plain flour                      50g butter or margarine

50g caster sugar (+ 1tbs for fruit)                      50g rolled oats

3 eating apples,                      150g blackberries



**1. Method:**

Turn Oven to 190°C



2. Place a sheet of baking paper on a baking tray.

3. Cut chicken or fish into bite size pieces using kitchen scissors

4. Mix BREADCRUMBS WITH paprika, cheese, herbs or other flavourings in a large bowl

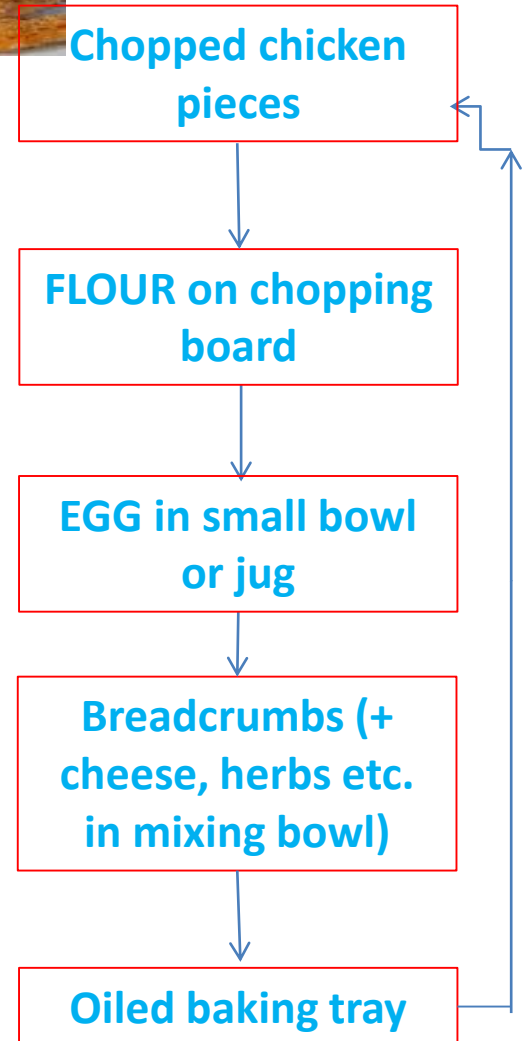
5. Beat egg in a small bowl using a pallet knife

6. Put flour on chopping board, dip chicken into flour, then egg, then breadcrumbs, then put onto oiled tray.

7. Place on baking sheet.

8. Bake at 190°C for 12 – 20 minutes (according to size) until golden brown and crisp. Check cooked through by cutting a large piece in half with a sharp knife.

9. All equipment that has had contact with raw chicken, must be WASHED thoroughly, the SPRAYED with the pink sanitizer spray. LEAVE FOR 1 MINUTE then rinse using clean hot water.



Chicken Nuggets

# Banana Muffin

Preheat  
oven 190°C

1. Put muffin cases into muffin tin.
2. In a large bowl stir together the **flour and baking powder** (use a large metal spoon or pallet knife). **Add the sugar (& choc chips).**
3. In a separate bowl, mash **bananas** thoroughly with a potato masher. Beat **egg** lightly with a pallet knife and add to banana with the **milk and oil** (or water, melted butter/margarine). Stir well.
5. Pour all of wet ingredients into dry and **stir using a metal spoon** until just combined, scraping side and bottom of the bowl as you stir. **This mixing should take not more that about 20 seconds.** Batter will be lumpy, but no dry flour should be visible. (If using raspberries not bananas, add during last few strokes). **Do not over-stir.**
6. **\*If using fruit & not bananas, add it now and mix for just a few seconds only!**
6. **Fill muffin cups to about 1cm from the top** .Makes 10-11 standard size muffins. Bake about 20-25 minutes. **Muffins are done when tops are lightly browned and spring back when touched.**
7. Remove from tin and stand on a cooling rack. Allow muffins to cool before trying to peel back paper cases.

280g self raising flour

1tsp baking powder

110g white granulated sugar

3 very ripe bananas

1 egg

60mmilk or water (banana muffins,  
240ml milk (fruit muffins)

90 ml corn oil or (85g butter or  
margarine, melted)

50g plain choc chips (optional)



4b.

# Fruit Muffin

10oz (280g) self raising flour

1tsp baking powder

3 - 4 oz (110g) white granulated sugar

1 egg

8 fl oz (220ml) milk

3 fl oz (90 ml) vegetable oil

3oz (75g) frozen soft fruit (e.g.

Blackberries, raspberries etc.)



You will need 10-12 large muffin cases and a box to take them home in.

1. Prepare muffin tins with cases.
2. **Preheat oven 190** Gas mark 5
3. In a large bowl, sift together (or stir thoroughly with a fork) **flour and baking powder**. **Add the sugar**.
4. In a separate bowl, beat **egg** lightly with a fork. Add the **milk and oil**. Stir well.
5. Pour all of wet ingredients into dry and stir just until combined, scraping side and bottom of the bowl as you stir. **This mixing should take not more that about 20 seconds**. Batter will be lumpy, but no dry flour should be visible. **Do not over-stir**.
6. **Quickly stir in the fruit.**
6. **Fill muffin cups  $\frac{3}{4}$  full** (or to the tops for larger muffins). Makes 10-11 standard size muffins. Bake about 20-25 minutes. **Muffins are done when tops are lightly browned and spring back when touched**.
7. Remove from tin and stand on a cooling rack. Allow muffins to cool before trying to peel back paper cases.

*HINT:* A 400g tin of crushed pineapple = enough for recipe. Press liquid out before using. Alternatively, use about 8 slices of pineapple chopped finely by hand or in food processor).



125 g (4 oz) plain flour  
½ tsp bicarbonate of soda  
½ tsp cinnamon  
¼ tsp ground ginger  
½ tsp mixed spice (or 1 tsp of any of these spices)  
125 g (4 oz) mixed sultanas, raisins and currants

1 egg  
100 g (4oz) cooking apples.  
75 g (2 ½ oz) unsalted butter (softened)  
85 g (3 oz) light soft brown sugar or caster sugar



1. Grease and line a / 1000 shallow cake tin or flapjack tin with greaseproof paper. Preheat the oven to **180 degrees C**.

2. Peel, core and finely dice the apples.

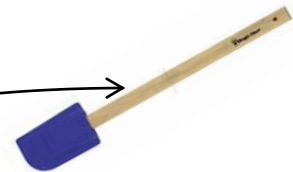


3. Cream the margarine, sugar in a large bowl, using an electric food mixer. Add the egg and mix again.



4. Add the flour, bicarbonate of soda, spices, dried fruit and apple to the butter & egg mixture. Stir well using a metal spoon. Add 1-2tbsps of milk or water (or apple juice) if your mixture is too dry and lumpy.

5. Scrape all the mixture into the prepared cake tin. (use a spatula to get the bowl really clean.



6. Bake in the centre of the oven for 25 - 30 minutes. Top should be golden brown when cooked & firm to touch. Cool in the tin for a few minutes before transferring to a cooling rack.



**Devonshire Apple Cake** (adapted from a recipe by Margaret Wilson)

Flapjack sized tin or ice cream container to make it in

# Rocky Road

## Method:

1. Cut the butter into cubes using a **pallet knife** and put into a **large saucepan**. Break the chocolate into small pieces and add this to the saucepan.
2. **If your syrup is NOT measured out, stand the saucepan on the scales and zero them then weigh out 50g of SYRUP INTO THE SAUCEPAN.**
3. Turn the hob onto 7 and place the saucepan on it. Melt gently, stirring with a wooden spoon or silicone spatula to stop the chocolate sticking to the bottom of the pan. Immediately the butter has melted, remove from heat and place on a heat proof mat. **TURN HOB OFF!**
4. Take the biscuits, 75g mini marshmallows and up to 100g of additional ingredients (dried fruit, nuts, popcorn, honeycomb), if you like, and stir into the chocolate mixture until everything is completely covered.
5. Tip the mixture into your box or lined baking tin and spread it out to the corners. Top with remaining marshmallows Chill for at least 2 hrs.



### ***Christmas Recipe – Rocky Road.***

#### ***Ingredients:***

135g butter or margarine

50g golden syrup

200g digestive biscuits (crushed- can use mixture of biscuits)

100g mini marshmallows (or chopped large ones)

200g dark chocolate

**(Optional** 100g in total of any of the following: dried fruit, popcorn, chopped honeycomb.

**(remember to bring an ice cream box or cake tin to make it in)**