

Year 8 “Eat Well” topic

Some or all of these recipes may be used, depending on time available in the summer term.

Remember! You can alter ingredients to suit your family and could make a suitable alternative, if necessary.



**1.) Multi-coloured Stir Fry (own design as homework) examples of ingredients to include:**

MUST have: 3 different coloured vegetables that are suitable for stir-frying.

Flavouring: herbs / spices / garlic / sweet chilli or other ready-made sauce etc.

Could have : protein – e.g. diced chicken or pork, beans, quorn etc.

Could have: ‘ready-to-wok’ or dried noodles

**2.) Middle Eastern Flatbreads**

120 g self-raising flour + 50g whole-wheat flour (or 170g SR flour)

½ teaspoon baking powder

**\*½ tsp cumin + ½ tsp paprika + ½ tsp salt**

75g natural (plain) yoghurt

Or flavourings of your choice eg: mixed dried or fresh herbs, chives or finely chopped spring onion, curry / spice flavourings etc.

**4.) Creamy pepper & spinach pasta**

1 onion

1 clove garlic (optional)

1 red pepper

200g dried pasta

100g (small pack) baby spinach

leaves or broccoli florets

300ml reduced fat crème fraiche

25g grated parmesan cheese.

1tsp dried or fresh herbs, paprika\*

or other flavourings (optional)

**Year 8 “Eat Well”**

**Topic 2 –**

remember a container to take cooking home in!

**\*ingredients available from school if needed.**

**3.) Oatmeal Cookies**

125g margarine

100g light brown (or caster) sugar

½ teaspoon vanilla extract

110g self raising flour

**\*¼ teaspoon baking powder**

**\*½ teaspoon ground cinnamon**

85g rolled or porridge oats

25g dried cranberries, cherries, or raisins and 50g chocolate chips

**5.) Fruit & frangipane slice\*\***

100g olive/sunflower oil margarine (or use SOFT butter)

100g caster sugar

2 small/medium eggs

100g plain flour

100g ground almonds (+ flaked or whole almonds for decoration if wanted).

¼ tsp baking powder

75g fresh raspberries (you could use other fruits such as blueberries, a ripe pear or apple, thinly sliced or 6 dried apricots, cut in half instead).

**6.) Assessment: Make a sweet or savoury recipe of your choice**

containing ingredients that are high in fibre. It must be suitable to prepare & cook within 40 minutes (can set in the fridge for longer)

**\*\* Students allergic to almonds** may make a fruit muffin (as in topic 1) and include seeds such as **pumpkin seeds**, in the mixture and as a topping

1.

## ***Multi coloured stir-fry***



**Note: This is not a recipe, just ideas you can include.**

1. You **must** have at least 3 different coloured vegetables that are suitable for stir-frying.
2. You will also need some sort of **flavouring** e.g. soy sauce or sweet chilli sauce, as well as ingredients like garlic, fresh ginger or herbs.  
You **could use** a ready-made 'stir-fry' sauce or similar.
3. You **could** also have a 'protein' ingredient like sliced chicken, pork or Quorn.
4. You **could** also have some 'ready-to-wok' or dried noodles.
5. You **could** also include some seeds, nuts or beans if you like.

**Make sure that you bring a container to take it home in!**

1.

## ***Multi coloured stir-fry***



1. **Brush the wok with a little oil.\***
2. Finely slice carrots(if using) and any meat, then cook in wok (hob 8/9). Stir using the **black silicone fish slice**. **Remember, if cooking chicken you must check it is cooked through (by dividing a thick piece in ½ using the fish slice)**
3. Add longer cooking vegetables like onion, mushrooms
4. Add rest of vegetables (stir fry 1 – 2 minutes)
5. Add sauce and soft 'ready-to-wok' noodles, **cook for 1 more minute.**
6. Carefully tip your finished stir fry into your container.

**\*If cooking 'dried noodles'**, ½ fill a large saucepan with hot tap water. Bring to the boil, add the noodles & cook for about 4 minutes, then drain in the sink, using a colander.



### **Ingredient examples:**

Noodles  
¼ each 2 or 3 different pepper  
Spring onion  
Sweetcorn  
Small broccoli or sugar snap peas  
1 or 2 fresh tomatoes

Protein element doesn't have to be meat. Protein is in sweet corn / peas / prawns and seeds such as pumpkin or sunflower (toasted they also add texture)

1. Put all the **flatbread** ingredients into a mixing bowl and mix together with a pallet knife, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
4. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 2 equal-sized pieces (roughly the size of a golf ball).
5. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
6. Place a large non-stick frying pan (or wok) on a **hob 10** & brush with a **very small amount of oil** then once hot, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with silicone fish slice. Put to one side while you make the rest.

Middle Eastern  
Whole-wheat flatbreads

**2.) Middle Eastern Flatbreads**

120 g self-raising flour + 50g whole-wheat flour

½ teaspoon baking powder

175g natural (plain) yoghurt

½ tsp cumin + ½ tsp paprika + ½ tsp salt

Or flavourings of your choice eg: mixed dried or fresh herbs, chives or finely chopped spring onion, curry / spice flavourings etc.



# Oatmeal Cookies - Recipe ('Production Plan')

**REMEMBER:** You are being marked on your ability to follow the recipe ('production plan') on your own, as well as making 10 - 12 even sized biscuits.

You also need to get all your equipment and surfaces clean, dry and then checked before your biscuits will be marked.



## Method (stages in production):

## Safety, hygiene & quality checks

1. Wash hands, put on apron, tie back hair.

Wash hands thoroughly, make sure clothing is clean and long hair tied back

**2.Preheat** the oven to **180°C** and **put a piece of greaseproof paper on** a baking tray.

Wait until oven has reached correct temperature before baking biscuits.

3.Using a wooden spoon, **cream the margarine and sugar** in a large mixing bowl until light and smooth.

This should take about 1 minute if using a soft margarine (3 – 4, if using butter)

**4. Beat** the egg (use a pallet knife) in a small bowl and add **gradually** to the margarine mixture. (beat well each time)

Add a little egg at a time and beat well with a wooden spoon each time.

**5.Sieve** together the flour, ½ tsp baking powder and ½ - 1 tsp ground cinnamon. Add the **flour mixture** to the egg mixture and **beat** together. Add ½ tsp vanilla

Flour must be completely mixed in – make sure there are no lumps left in mixture.

6.Stir in the **oats, dried fruit and chocolate chips**.

Mix well

7.Use **1 rounded tablespoon** of batter and space cookies out on baking sheet Then wet your hand and flatten them slightly with your fingers.

Space the cookies about **2 inches (5 cm) apart** on the baking **sheet**.  
Cookies should be **1/2 inch (1.25 cm) thick**.

8.Bake the cookies for about **12 - 15** minutes or until **light golden brown around the edges but still soft and a little soft in the centres**.

**Use oven gloves & open door fully**. Turn tray round after 10 minutes and bake until all biscuits are the same colour

9. Remove from oven and let the **cookies cool a few minutes on the baking sheet** before transferring them to a **cooling rack** using a pallet knife or fish slice.

**Use oven gloves & open door fully**. Allow to cool on tray for a couple of minutes before transferring to cooling rack.

**(All equipment must be washed, dried & put out ready for checking. DON'T put anything away until it has been checked!)**

3.

**Pre heat oven to 180 C. Place a sheet of greaseproof paper or a silicone mat on a baking sheet.**

1. Using a wooden spoon, cream the butter and sugar until light and smooth (about 2 - 3 minutes). Add the egg and vanilla extract and beat to combine.
2. Sieve together the flour, baking powder and ground cinnamon. Add the flour mixture to the creamed mixture and beat until incorporated. Stir in the nuts, oats, and dried cranberries or chocolate chips.
3. For large cookies, use 1 rounded tablespoon of batter and space the cookies about 2 inches (5 cm) apart on the baking sheet. Then wet your hand and flatten the cookies slightly with your fingers so they are about 1/2 inch (1.25 cm) thick.
4. Bake the cookies for about 12 - 15 minutes or until light golden brown around the edges but still soft and a little wet in the centres.
5. Remove from oven and let the cookies cool a few minutes on the baking sheet before transferring them to a wire rack to cool.

Makes about 12 large cookies

## Oatmeal Cookies Recipe

### 3.) Oatmeal Cookies

125g margarine

100g light brown (or caster) sugar

½ teaspoon vanilla extract

110g self raising flour

**\*¼ teaspoon baking powder**

**\*½ teaspoon ground cinnamon**

85g rolled or porridge oats

25g dried cranberries, cherries, or raisins and 50g chocolate chips



1. **1/2 fill a large saucepan with hot water from the tap.** Put on a high heat (**hob 12**) cover the pan with a lid and bring the water to the boil. Using oven gloves, remove the lid and add the pasta to the boiling water (use a colander). When the water boils again, stir the pasta with a wooden spoon then turn the hob down (**hob 4**) put the lid back on with a **wooden spoon** in the pan **(to help stop water boiling over!)** and simmer for 9-10 minutes.
2. Cut the onion in half then slice it, thinly slice the red pepper and crush the garlic (if using).
3. While the pasta is cooking, **brush a large wok with oil** and place on the hob, turn the heat to medium (**hob 6-7**). Add the onion, garlic and red pepper. Stir until they are **soft but not browned**.
4. **Turn the heat down to hob 2-3** Add the creme fraiche to the pepper mixture with the spinach. You can also add one tablespoon of the pasta cooking water. Cook for 3 minutes (add paprika or herbs, if using). **(Remove from the hob before stirring in the drained pasta.)**
5. Test the pasta to see if it is **just** soft. Stand a colander in the sink. Using the oven gloves take the pan of pasta to the sink and pour it into the colander. Let the water drain away.
6. Stir the pasta into the sauce and sprinkle with parmesan. **CHECK THE TASTE!**



Creamy pepper &  
spinach Pasta





1. **Preheat the oven to 175 C.** Grease a small flapjack or cake tin and line with baking paper.
2. Beat the margarine and sugar in a large bowl for 1 minute using an electric mixer, until pale, fluffy and well combined.
3. Beat in the eggs one at a time, beating well with the mixer before adding the next egg.
4. Fold the flour, ground almonds (dried chopped fruit if using) and baking powder into the egg mixture, using a spatula.
5. Spoon into the lined tin and spread evenly.
6. Decorate the top with the fruit (press in slightly) & flaked or whole almonds, if using.
7. Bake the cake in the oven for 25-30 minutes, until the **filling has risen and is golden-brown**, and a skewer inserted into the centre comes out clean (if it doesn't, return the bake to the oven for a further 5 minutes).
8. Set aside to cool, in the tin, on a wire rack, then remove from the tin and cut into rectangles to serve. If using a school tin, wash it and have it checked BEFORE drying it in the oven.



100g olive/sunflower oil margarine (or use SOFT butter)  
100g caster sugar  
2 small/medium eggs  
100g plain flour  
100g ground almonds (+ flaked or whole almonds for decoration if wanted).  
¼ tsp baking powder  
75g fresh raspberries (you could use other fruits such as blueberries, a ripe pear or apple, thinly sliced or 6 dried apricots, cut in half instead).

## Fruit & Frangipane Slice.

