

Year 8 – “International Cuisine” Recipes.

Note: at the end of this course you will research the cuisine of a country of your choice and make one of their dishes for your practical assessment.

Don't forget! 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 recipes 3– **Don't forget a NAMED container to take your cooking home in!**

1) **Basic pizza Margherita:**

- 200g strong bread flour
- 7g pack easy-blend yeast
- 1 tsp sugar
- ¼ tsp salt
- 125ml warm water
- (Tomato topping) 85ml tomato passata + 1 tbsp tomato puree + 1 clove of garlic crushed + 1 tsp mixed herbs
- 100g mozzarella, half grated, half chopped (or grated cheddar)

4.) **Indian rice salad (remember box!)**

- 100 g basmati rice (or long grain rice)
- ½ tsp salt*
- 1 (red) onion
- 2 tbsp oil
- 1,5 tbsp curry powder* or paste
- 1 tsp ground cumin*
- ½ tsp ground coriander*
- 1 mango (or small pot mango pieces) (alternatives – 1 chopped apple or 40g dried fruit e.g., sultanas or chopped apricots)
- ½ cucumber
- 1/2 bunch of fresh coriander (optional)
- 1 small lime
- ½ tsp sugar

(*you can get spices from school if needed – or use spices of your own choice)
You can also ½ all the ingredients if you want to make a small portion)

2) **Brazilian bread pudding**

- 165ml coconut milk (or other milk)
- 1 tsp vanilla
- 1 stale baguette
- 2 eggs,
- 50g butter or margarine
- 30g granulated or caster sugar
- 1 ½ tsp cinnamon (optional)*

For the raspberry sauce

- 100g raspberries
- 10g caster sugar

*available from school

You will also need a leak proof pot to put your sauce in

3.) **Pasta with fresh tomato sauce.**

- 200g/ spaghetti or pasta shapes
- 1 medium onion (finely chopped)
- 1 clove of garlic
- 500g ripe tomatoes , or 1x 400g tin of quality chopped tomatoes + 1 tsp tomato puree
- 1 tbsp olive oil
- Fresh basil or ½ - 1 tsp dried oregano or mixed herbs.
- 1 tsp tomato puree
- ½ tsp salt & pepper
- 15 g Parmesan cheese (optional, to serve)

5) **Tiramisu (Ice cream tub or similar to make it in).**

- 1 x 250g tub of Marscarpone Cheese
- 50g/2oz Icing sugar (**sieved**)
- ½ tsp rum essence (or vanilla available from school)
- 125 – 150ml whipping cream
- 1 packet sponge fingers or trifle sponges (100g – 150g)
- 1 tablespoon coffee granules **OR** 2 tps coffee and 2 tps drinking chocolate
- Grated chocolate or cocoa to decorate

6.) Final recipe = recipe from country of your choice

BASIC PIZZA MARGHERITA RECIPE

1. Heat oven to 210 C.
2. Write your name on a corner of a piece of baking paper & put this on a baking tray. Sprinkle the paper with flour
3. Mix the flour, yeast, $\frac{1}{4}$ tsp salt and the sugar in a bowl, then stir in the water- **use digital scales to measure 125ml (62ml if school ingredients) hand hot, warm water)**
4. Bring the mixture together, knead until smooth, then roll into a circle & place on the baking tray.
5. Mix the tomato topping ingredients together. Spread tomato mixture over the dough, leaving a thin border round the edge. Sprinkle with the herbs.
6. Add any other toppings and finish with cheese.
7. **PIZZA MUST BE IN OVEN BY _____ AT THE LATEST**
8. Bake for 15-20 mins or until cooked through.

INGREDIENTS:

- 200g strong bread flour
- 7g pack easy-blend yeast
- 1 tsp sugar
- $\frac{1}{4}$ tsp salt
- 125ml warm water
- Tomato topping: 85ml tomato passata + 1 tbsp tomato puree + 1 clove of garlic crushed + 1 tsp mixed herbs
- 100g cheese, half grated, half chopped.



- 1.To make the **bread pudding**: gently heat the coconut milk and vanilla in a saucepan on a medium heat, until just steaming. Take off the hob and pour into a shallow baking dish or tin (DO NOT USE A 'LOOSE-BOTTOM' CAKE TIN!). Rinse the pan immediately, ready to make the raspberry sauce.
- 2.Cut the baguette diagonally into thick slices and place in the baking dish. Soak for 10 minutes while you make the raspberry sauce.

3.To make the **raspberry sauce**: gently warm the raspberries and sugar in a saucepan on a medium heat, until the raspberries are soft. Pour into your container.



4. To finish the **bread pudding**: Mix the sugar and cinnamon together in a bowl.
- 5.Beat the egg using a pallet knife
6. Heat the butter in a large, non-stick frying pan over a **medium-high heat (hob 8)**.
- 7.Once the butter is melted, fry the baguette pieces for 2 minutes on each side, until golden-brown and crisp.
8. Remove from pan and place slices in dish (or box) to take home
- 9.Re-warm in the oven at home to serve (Cover dish and heat at 180 c for 15-20 minutes)
(serve drizzled with raspberry sauce)

Brazilian bread pudding

You will need a leak proof pot to put your sauce in and a box or dish to take the bread pudding home in.

Ingredients

For the Brazilian bread pudding

165ml coconut milk (or other milk)
1 tsp vanilla extract*
1 stale baguette
2 eggs,
50g butter or margarine
30g granulated or caster sugar
1 ½ tsp cinnamon (optional)*

For the raspberry sauce

100graspberries
10g caster sugar

*available from school

Pasta with fresh tomato sauce

Method:

1. Carefully fill a large pan three-quarters of the way up with hot water from the tap & **bring to the boil with a lid on.** (**Hob 12 until lots of big bubbles and steam! Then turn down to 6 or 7**) DO NOT PUT PASTA IN WATER UNTIL IT'S **BOILING**).
2. Add the pasta (tip in from a colander) stir, then reduce heat to simmer. **Replace lid but keep wooden spoon in pan so lid is at an angle.** (Make sure that the water DOESN'T boil over, but it does keep bubbling gently). Cook according to packet instructions (usually around 8-10mins) until just soft.
3. Meanwhile.....
4. Peel and finely slice the onion and garlic. Put a wok or large saucepan on a medium heat (**hob 7**) and add 1 tablespoon of olive oil and the onion, then cook for around 5 minutes, or until soft and lightly golden.
5. While onion softens cut the fresh tomatoes in half (if using) then roughly chop them or carefully open the tin of tomatoes.
6. Stir in the garlic for a few minutes, then add the fresh or tinned tomatoes, 1 tsp tomato puree and the vinegar (if using).
7. Season with ½ teaspoon of salt and pepper, then **continue cooking for around 15 minutes, on hob 4, stirring occasionally (or it will stick!)**
8. Stir in the chopped basil or dried herbs, then reduce to low and leave to cook gently.
9. Once the pasta is done, put 1 tablespoon of the cooking water into your sauce then drain the pasta in a colander stood in the sink.
10. Stir the pasta into the sauce.
11. Transfer to your box.
12. Serve with some finely grated Parmesan



1. Put the rice into a saucepan and cover with **hot water** from the tap, using at least **TWICE** as much water as rice. Bring to the boil (**hob 12**), cover with the lid (place a wooden spoon in to start with so it doesn't boil over), let simmer on a low heat (**hob 4**) until soft (**about 10 minutes**) .
2. While rice is cooking, chop the onion into cubes and fry in a non-stick pan (**hob 6**) with **1 tbsp of oil** for about **3 minutes**. Add the ground spices and ½ tsp salt and let fry another minute **DO NOT BURN!**. Remove from heat and leave to cool.
3. Drain the rice through a sieve and rinse with cold water to cool. Tip into your container and fluff up with a fork .
4. Peel and cube the mango and the cucumber and put aside.
5. **Zest and juice the lime and whisk this with the remaining tablespoon of oil**, sugar, 1/4 teaspoon salt, and pepper to taste in small bowl. Add the dressing to the onion mixture, stir and pour over the rice. Now get in there with your hands and mix everything until the rice is nicely covered with spices and onion bits.
6. Now add mango, cucumber, fresh coriander (if using) and stir everything to combine.

Indian Rice Salad

with Mango & Lime Dressing



200 g basmati rice (or long grain rice)
 ½ tsp salt
 1 (red) onion
 1 tbsp oil for onion, 1 tbsp for dressing
1,5 tbsp curry powder or paste
1 tsp ground cumin
 ½ **tsp ground coriander**
 (you can get spices from school if needed)

1 mango (or small pot mango pieces)
 (alternatives – 1 chopped apple or 40g dried fruit e.g., sultanas or chopped apricots)
 ½ cucumber
 1/2 bunch of fresh coriander (optional)
 1 lime
 ½ tsp caster sugar

Method:

1. Make up coffee (with drinking chocolate, if using) using a small amount of boiling water from the kettle, topped up with cold water to **250ml** in a jug.
2. Soften the mascarpone in a mixing bowl with a wooden spoon then add cream, sugar and rum essence . Beat together, using a **balloon whisk** until smooth.
3. Place half the sponge fingers in your dish, pour over some of the coffee **just enough to soak the sponge fingers**
4. Spread over half the cheese mixture.
5. Repeat stages 3 and 4.
6. Decorate the tiramisu and put in the fridge.
- 7. Wash & dry all your equipment carefully, then have it checked before putting it away.**

Ingredients: 1 x 250g tub of Marscarpone Cheese

50g/2oz Icing sugar (**sieved**)

½ tsp rum essence

125 – 150ml whipping cream

1 packet sponge fingers or trifle sponges (100g – 150g)

1 tablespoon coffee granules **OR** 2 tsps coffee and 2 tsps drinking chocolate

Grated chocolate or cocoa to decorate

Safety / Quality Points:

1. Adult adds **BOILING** water from kettle. Make sure coffee / chocolate are fully dissolved before using.
2. Be careful not to 'over-whip' the mixture or it will go 'grainy & be difficult to spread.
3. NOT so there is a lot of excess liquid in the bottom of the dish
4. Be careful NOT to scrape the mixture onto the sides of your box or dish
- 5. Rinse your bowl with a small amount of hot water 1st (scrape the sides with the spatula or spoon that you used & tip this down the sink!). Make sure you use hot soapy water for the mixing bowls as they will be greasy-wash & dry thoroughly.**



Tiramisu

Final Recipe

- Find a suitable recipe from the country you have researched
- It must be suitable to prepare and make in under one hour (unless it is left to 'set' in a fridge) and allow clearing up time.
- Check how much the recipe makes and any special equipment / tins needed
- Check it's OK with your teacher!