

# Year 9 FOOD CHOICES TOPIC (ingredients list 2) remember a NAMED container to take your cooking home in!

Most recipes can be adapted to suit your families tastes and ingredients you might already have at home.

## Practical 1- Baked Tortillas

- 4 soft flour wraps (preferable wholemeal)
- 4 – 6 broccoli florets
- 1 spring onion
- ½ red pepper
- 1 tin tuna or salmon
- 4 tablespoons sweetcorn
- 50g reduced fat cheddar cheese
- 1 medium or 4 cherry tomatoes
- 1 tbsp reduced fat mayonnaise (optional)
- ½ tsp chilli (optional from school)



## Practical 2 - Crumbly banana squares

- 110g caster sugar
- 110g margarine
- 225g self raising flour
- 100g porridge oats
- 2 medium ripe, bananas
- 25g dark chocolate chips

Bring a small round or square tin to make it in



Practical 4-own recipe choice: simple recipe using fresh or dried fruit

Practical 5- gluten free flour investigation: no ingredients needed

## Practical 3: Reduced fat/sugar cheesecake:

- 60g margarine
- 200g reduced fat &/or reduced sugar digestives
- 250g pot of ricotta or reduced fat cream cheese
- 100g Elmlea double light
- 1 tbsp honey (or 1 tbsp (15g) icing sugar or 1 tbsp granulated sweetener)
- 30g dark chocolate chips (optional)
- 140g fruit of your choice



Bring an ice cream tub or small tin to make it in

## Practical 7 – Thumbprint biscuits:

- 100g Butter(softened) or margarine
- 100g Caster Sugar
- 200g Plain white flour
- 1 Egg (small )
- ½ tsp Vanilla
- ½ tsp Baking powder\*      25g good quality fruit jam



## Practical 6- Chicken Noodle ‘take-away’ (you can change the ingredients to suit you!)

- 2 boneless, skinless chicken thighs or 1 chicken breast or Quorn
- 1 onion or 3 spring onions
- ½ red or yellow pepper (or mixture)
- 2 – 3 tablespoons sweetcorn, peas etc.
- 1 small tin pineapple in natural juice
- 1 small packet of noodles (dried or ‘ready to wok’)
- 1 sachet of sauce (or own sauce mix) e.g. sweet chilli, bbq etc.



## Practical 8 - Moroccan Tagine

- 250g (approx) boneless chicken thighs or Vegetarian alternative: ½ Butternut Squash and 50g red lentils
- 1 tbsp spice mix (dried spices available from school, or your own choice e.g. 1 tsp each of cumin, coriander, cinamon & thyme) You can also buy Moroccan spice mixes such as harissa (paste), ‘ras-en-hanult’ or similar!)
- 1 onion, sliced
- 1 lamb or chicken stock cube
- 50g dried apricots, chopped (or other dried fruit)
- 1 tbsp tomato puree
- 1 x 200g tomato passata or tin chopped tomatoes
- 1 x 200g tin haricot or berlotti (white) beans (or mixed beans for vegetarian option)



## 1-Burrito – Time Plan

Stage	Method	QC
1.	Pre-heat oven to 180°C (160 fan).	
2.	<b>Cut</b> broccoli into small pieces. Put in microwaveable dish with 1 tbsp of water and cook on HIGH for 2 minutes, Remove from microwave and leave to stand for 1 minute before draining water	Pieces need to be very <b>small</b> , divide evenly through stem. <b>Rest lid</b> on microwave dish <b>DO NOT</b> press on fully.
3.	Slice spring onion and peppers into thin strips. Grate carrot.	<b>EVEN</b> sized pieces.
4.	Grate cheese (if using) & keep a small amount back for decoration. Drain tinned tuna or salmon and sweetcorn. Place <b>all ingredients</b> (including any spices or herbs) in a bowl and mix well.	Drain using sieve held over sink.
5.	Place wrap flat on work surface. Spoon 2 tbsps of mixture into centre of wrap, fold edges to totally enclose filling. Place on baking tray.	Don't overfill or it won't fold properly. Fold edges in neatly
6.	Repeat with remaining wraps then place in oven and bake for 10-12 minutes until puffed and golden.	Put a small amount of grated cheese on top for decoration.
7.	Remove from oven and allow to cool slightly.	Filling will be very hot!
8.	<b>WASH UP</b> and <b>CLEAR AWAY.</b>	<b>HOT SOAPY WATER.</b> Use green scouring pad. Get all washing up checked, before putting away.

## 2-Crumbly banana squares – Time Plan

Stage	Method	QC
1.	Pre-heat oven to 190°C (180 fan). Grease and line a tin (12 x 8 inch approximately) – allow paper to come above sides of tin.	Paper will prevent filling from sticking to the tin (and make it easier to lift out when cool)
2.	Rub the flour into the margarine until it forms 'breadcrumbs'.	Make sure the margarine is mixed in well
3.	Add the oats and then stir in the sugar	
4.	Sprinkle ½ this mixture into the baking tray and press down firmly to form the base.	Press firmly to make it easier to cut into squares when cooled.
5.	Thinly slice the bananas, then place over the crumble mix and top with the chocolate.	
6.	Sprinkle the rest of the mixture over the top and again, press down.	Make sure all the fruit / chocolate layer is covered
7.	Bake for 20 – 25 minutes until golden. Remove from oven & leave to cool (if using a school tin, take out of tin & wash the tin up.)	Should be a light golden brown at the edges (not too dark).
8.	<b>WASH UP and CLEAR AWAY.</b>	<b>HOT SOAPY WATER. Use green scouring pad. Get all washing up checked, before putting away.</b>

### 3-Cheesecake – Time Plan

Stage	Method	QC
1.	Crush the biscuits into crumbs if not already done so (use food processor).	Be careful with food processor blade as it's very sharp.
2.	Melt margarine in a large saucepan (hob 8), <u>remove from the hob</u> then add the crushed biscuits and mix well. Press firmly into the bottom of your box or tin. Leave to set while you make the filling	Remove from the hob <u>before</u> mixing in biscuits so that they don't spill on hob (fire hazard) or burn on bottom of pan
3.	Place the cream and ricotta in a clean mixing bowl and whisk with a balloon whisk until smooth & thick.	If really lumpy can use an electric whisk BUT DON'T OVER WHISK or it will separate!
4.	Stir in the honey / icing sugar / sweetener. Add the chocolate chips and stir well.	
5.	Spoon ALL OF the mixture onto the base then spread carefully	(try not to get the mixture up the side of the tin or to mix in any of the biscuit base!!)
6.	Carefully slice fruit and decorate top of cheesecake.	Fine knife skills can be used for slicing fruit thinly
7.	Leave to firm up in fridge	
8.	<b>WASH UP and CLEAR AWAY.</b>	<b>HOT SOAPY WATER. Get all washing up checked, before putting away.</b>

1. Preheat the oven to 180°C, gas mark 4. Lightly grease or line a large baking sheet. Peel the banana and slice. Place in a food processor with the butter, sugar and egg and process until smooth. Add the flour, baking powder and oats and blend until well combined.
2. Transfer to a mixing bowl and stir in 75g of the chocolate chunks.
3. Drop heaped teaspoonfuls of the mixture onto the prepared baking sheet, spacing them well apart Bake for 15-20 minutes, moving the tray around once during cooking to allow for even baking, until the cookies are lightly golden and still slightly soft to the touch.
4. Cool the cookies on the sheet for 5 minutes, then transfer to a wire rack to finish cooling

**Cookie Ingredients:**

1 large, ripe Banana  
85g oil based margarine  
85g soft brown sugar  
1 medium egg, beaten  
85g plain flour  
½ tsp baking powder  
50g Jumbo Oats  
75g fairtrade chocolate broken into 1cm chunks

**4-Banana &  
Choc Chip Cookies**

Recipe for students who  
haven't researched their  
own.



[http://www.waitrose.com/content/waitrose/en/home/recipes/recipe\\_directory/b/banana\\_choc\\_chip\\_cookies\\_with\\_hot\\_chocolate.html](http://www.waitrose.com/content/waitrose/en/home/recipes/recipe_directory/b/banana_choc_chip_cookies_with_hot_chocolate.html)

<b>Group No.</b>	<b>Type of flour used</b>
1.	Control – Self Raising flour
2.	Rice flour (gluten free)
3.	Tapioca flour (gluten free)
4.	Oat flour (gluten free)
5.	Coconut flour (gluten free)

Each group needs 60g of the following in a mixing bowl:

- Margarine, Caster sugar, Flour
- ½ tsp baking powder (gluten free)
- 1 egg
- 6 paper cases & baking tray.

## Investigation into the effect of using gluten free flour when making cakes.

- While the cakes are baking, write down what you expect the results of this investigation to be – this is your **hypothesis**:

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- When the cake is cooked (risen, golden brown & springs back when touched), remove from tin & place on cooling rack.
- Leave 1 sample whole and cut the remaining into small pieces for sensory testing by the whole group.
- Complete the chart below giving each type of cake a score /5 for the characteristics given.
- Work out a total score and the rank order for the samples

Table of results:

Type of flour used	Taste /5	Texture /5	Appearance /5	Total score /15	Rank order
1-Control Self-raising flour (contains gluten)					
2- Rice flour					
3					
4					
5					

Make sure you fill in your testing scores next to the correct sample!



What I found out from this investigation Use your results table and the notes on raising agents to answer the following questions (remember to explain your answers and include texture and appearance as well as taste ):

- Which **gluten free** flour was the most successful (**and why**)? \_\_\_\_\_  
 \_\_\_\_\_
- Which gluten free flour was the least successful (**and why**)? \_\_\_\_\_  
 \_\_\_\_\_
- How do the gluten free flour samples compare to the control (Self Raising wheat flour, containing gluten)? \_\_\_\_\_  
 \_\_\_\_\_

## 6-Chicken Noodle – Time Plan

Stage	Method	QC
1.	If using <b>dried noodles</b> ( <u>not</u> “Ready-to-wok” noodles) place them in a saucepan of <b>boiling</b> water, stir briefly to break them up a little then put the lid on, turn the heat off and leave them to soften	Add to boiling water (use hot water from tap & then bring to boil), cook according to the time stated on the packet (usually 3 – 4 minutes).
2.	Once soft, <b>drain immediately</b> using a colander..	Don’t leave the noodles in the water’
3.	Brush a wok with a little oil, then cut chicken into small pieces using kitchen scissors straight into the wok.	SAFETY & hygiene wash hands immediately after handling raw chicken.
4.	Cook on hob 7 – 8 until pieces start to brown, stirring occasionally.	Once starting to warm up, stir to prevent sticking.
5.	Chop any vegetables into even sized pieces and add to wok.	Make sure chicken is starting to brown before adding vegetables.
6.	Check chicken is cooked through	Cut thick piece in ½ to check white all the way through
6.	Drain pineapple (if using) chop if necessary then add to pan (+ a little of the pineapple juice).	
7.	Add drained dry noodles or ‘ready-to-wok’ noodles and sauce. Stir for 2 minutes then pour into box.	
8.	<b>WASH UP</b> and <b>CLEAR AWAY.</b>	<b>Wash with HOT SOAPY WATER &amp; spray utensils / sides with anti bacterial spray. Get all washing up checked, before putting away.</b>



## 7- Thumbprint biscuits– Time Plan

Stage	Method	QC
1.	Pre-heat oven to 190°C (180 fan). Line a baking tray with non-stick baking parchment.	Paper will prevent filling from sticking to the tray.
2.	Cream together the softened butter, sugar and vanilla until pale and fluffy using an electric whisk	Make sure the butter (if using) is very soft so it will mix in easily.
3.	Beat the egg in a small bowl or jug with a fork and add <b>2 tbsps</b> to the butter mixture. Mix until combined before adding the flour and baking powder.	Do not add all the egg or the mixture will be too runny.
4.	Mix together until a soft dough is formed using a wooden spoon	This will take a couple of minutes
5.	Roll the dough into small balls (approx. 3cm diameter) and place onto the baking tray, leaving a gap for the biscuits to spread in the oven	You should have 12 – 14 biscuits in total
6.	Gently press the centre of each biscuit with your thumb to create a hollow in the centre and add approximately ½ tsp of jam to the centre of each biscuit or until the hollow is filled.	Do not overfill or the jam will overflow the biscuit
7.	Bake in the oven for 12-15 minutes until very lightly coloured. Leave to cool before moving to a wire rack	Should be a light golden brown at the edges (not too dark). <b>Jam is VERY HOT!!</b> Use a pallet knife to lift the biscuits carefully.
8.	<b>WASH UP and CLEAR AWAY.</b>	<b>HOT SOAPY WATER.. Get all washing up checked, before putting away.</b>

## 8- Moroccan Chicken – Time Plan

Stage	Method	QC
1.	Cut the chicken into bite sized pieces and mix with the harissa paste or spices in a bowl until well combined.	<b>Use kitchen scissors &amp; cut straight into the bowl. Wash hands thoroughly afterwards.</b>
2.	Heat 1 tbsp vegetable oil in a wok (hob 8) and fry the chicken for 3-4 minutes.	Chicken should just start to get a little colour
3.	Dice the onion and cook for five minutes, or until soft.	Small & even pieces
4.	Stir in the garlic and add 1 tbsp tomato puree. Mix well and cook for 3-4 minutes.	Remember to stir so it doesn't stick to pan.
5.	Add the apricots, tomato passata or tinned tomatoes, tinned beans, stock cube and 100ml of water.	Chop apricots into small pieces, if whole.
6.	Bring to the boil, turn hob down to 5 and simmer for 20 mins , then take off the hob.	Remember to stir occasionally so it doesn't stick. Check there are always small bubbles.
7.	Stir in the mint and parsley at the end of cooking, if using. Pour into box.	
8.	<b>WASH UP and CLEAR AWAY.</b>	<b>HOT SOAPY WATER. Use green scouring pad. Get all washing up checked, before putting away.</b>