

Year 8 – “Staple Foods” Recipes.

Note: For this topic, you may not do all the recipes, but could be given choices (according to the time available)

e.g., **Chocolate Bread & Butter Pudding or Cheddar & Rosemary Bread
Perfect Pasta or Rainbow Rice.**

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 Ingredients for “Staple Foods” recipes – Don’t forget a container to take your cooking home in!

1.) Potato, cheese & bacon pie.

250g potatoes (can add parsnip, sweet potato etc. as well)
1 leek or onion finely chopped Seasoning
1 tbsp oil
125g strong cheese (grated) 2 rashers lean bacon
1tsp dried herbs (optional)

3.) Perfect Pasta:

200g/7oz pasta shapes
100g/4oz broccoli
2 chicken breasts, or thighs, cut into bite-size pieces /
tinned tuna etc

Try and include 2 extra vegetables of your choice and
include a sauce (e.g. pesto, or ready-made sauce etc.)

2a) Chocolate Bread & Butter Pudding

6 slices of brioche or bread	75g/2 $\frac{3}{4}$ oz sugar
Butter, for spreading	sugar, for sprinkling
3 -4 tbsp chocolate spread	300ml/ $\frac{3}{4}$ pint milk
1tsp vanilla essence	2 eggs

4.) Rainbow Rice

100g basmati rice, or easy cook long grain rice
1 small red pepper, deseeded and finely chopped
 $\frac{1}{2}$ cucumber, deseeded and finely chopped
1 large carrot, grated
6 dried apricots, chopped
1 tbsp olive oil
 $\frac{1}{2}$ orange, juice only or 2 tbsp fruit juice of your choice
(optional: cold meat, tuna, toasted seeds etc.)

or 2b) Cheddar & Rosemary Bread.

225g/8oz plain flour, plus extra for dusting
1 tsp salt
1 tsp baking powder
85g/3oz cheddar cheese, grated
100ml/3 $\frac{1}{2}$ fl oz water
3 tbsp olive oil
Few sprigs fresh rosemary, roughly chopped
Sea salt, for sprinkling

5.) Tiramisu

1 x 250g tub of Marscarpone Cheese
50g/2oz Icing sugar
 $\frac{1}{2}$ tsp rum essence
125 – 150ml whipping cream
 $\frac{1}{2}$ packet sponge (trifle) fingers (100g – 150g)
1 tablespoon coffee granules or 2 tsps coffee and 2 tsps drinking chocolate
Grated chocolate or cocoa to decorate

1.

POTATO, CHEESE & BACON PIE

Ingredients:

250g potatoes (can add parsnip, sweet potato etc. as well)

1 leek or onion finely chopped Seasoning

1 tbsp oil

125g strong cheese (grated) 2 rashers lean bacon

1tsp dried herbs (optional)

Method:

1. Put a saucepan of **hot** tap water onto boil (**HOB 12.**) Peel and finely dice potatoes and parsnip (if using), Cook in simmering water (**hob 5 – 6**) until soft (about 12 minutes) Drain using a colander stood in the sink, then put potatoes back into pan to mash. **DO NOT WALK AROUND CARRYING BOILING WATER!**
2. While potatoes are cooking: Cook bacon and leeks in a small frying pan with 1tbsp oil until just brown. (**HOB 7 – 8**)
3. Mash the potato with 2/3 of the cheese (and the salt and pepper if using). Stir in the leek (or onion), bacon and herbs.
4. Transfer to a **greased** 1.1 litre (2 pint) ovenproof baking dish. Sprinkle the remaining cheese on top.
5. Turn oven to the grill setting – max. Place dish under the hot grill for 5 about minutes or until golden brown (turn round if necessary). Cool on rack by windows.

2a.

Chocolate Bread & Butter Pudding

Ingredients:

6 slices of brioche or bread

75g/2 ¾ oz sugar*

**use ½ this amount
if using brioche etc.**

Butter, for spreading

sugar, for sprinkling

3 -4 tbsp chocolate spread

300ml/ 1/2 pint milk

1tsp vanilla essence

2 eggs

**BRING AN OVENPROOF
DISH FROM HOME**

Method

1. Pre heat oven to 200°C /gas mark 6.
2. Spread the slices of bread with butter and chocolate spread and sandwich together.
3. If you are **not using brioche** remove the crusts from the bread and cut each sandwich into two triangles.
4. Butter a small oven proof dish layer the bread in it with sliced fruit in between.
5. Whisk the eggs and sugar together in a bowl.
6. Heat the milk and vanilla in a large sauce pan (**hob 12**) **until milk starts to steam. Remove from the heat.**
7. Pour the milk slowly into the egg mixture, whisking all the time.
8. Pour it over the chocolate bread sandwiches and (if not using brioche) sprinkle with a little sugar.
9. Bake for 15 - 20 minutes until bubbling and golden

2b.

225g/8oz plain flour, plus extra for dusting

1 tsp salt

1 tsp baking powder

85g/3oz cheddar cheese, grated

100ml/3 ½ fl oz water

3 tbsp olive oil

Few sprigs fresh rosemary, roughly chopped

Sea salt, for sprinkling

1 tbsp chopped fresh chives to garnish

Cheddar & Rosemary Bread

Method

1. For the bread, place the flour, salt, baking powder, most of the cheese and the herbs into a bowl. Add 1 tbsp of oil, then gradually add enough water to make a smooth dough (you may not need it all.)
2. Turn out onto a floured surface and knead for 2-3 minutes. Mould the dough into a long oblong shape and place onto a baking sheet. Sprinkle the remaining cheese on top.
3. Transfer to the oven and bake for 15 minutes, or until golden-brown on top.
4. To serve, slice the bread, top with the garlic mushrooms and sprinkle with chives.

Perfect

3a.

Pasta

1. Ingredients:

200g/7oz pasta shapes

100g/4oz broccoli

2 chicken breasts, or thighs,
cut into bite-size pieces /
tinned tuna etc

2. Try and include 2 extra
vegetables of your
choice, e.g:

Sweetcorn

Spring onions

Red pepper

Mushrooms

3. Add a Sauce/flavourings of your choice.

e.g:

• Red pesto sauce (2 tablespoons)

• Chinese flavours

2 tbsp honey

1 tbsp rice vinegar

2 tbsp soy sauce

1 tsp sesame oil

• 2 – 3 tablespoons mayonnaise

1. Put a large saucepan of water onto boil. (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. Fry the chicken pieces in a frying pan or wok until cooked through.
3. Once water is boiling add pasta (use a colander so the water doesn't splash), stir, then reduce heat to simmer. Cook pasta according to packet instructions (usually around 10-12 mins). Rinse thoroughly in cold water.
4. Add the broccoli (if using) for the last 3 minutes, then drain thoroughly. Rinse with cold water (twice)
5. Carefully slice the spring onions.
6. Mix together the pasta, chicken, vegetables of your choice and the dressing.
7. Your pasta salad is now ready to eat.

3b.

RAINBOW RICE

100g basmati rice, or easy cook long grain rice

1 small red pepper, deseeded and finely chopped

½ cucumber, deseeded and finely chopped

1 large carrot, grated

6 dried apricots, chopped

1 tbsp olive oil

½ orange, juice only or 2 tbsp fruit juice of your choice or

Use ½ stock cube crumbled into the water with the rice

(optional: cold meat, tuna, toasted seeds etc. Do not bring anything that needs cooking first!)

1. Put rice into saucepan and add plenty of water (about 4x as much water as you had rice)
2. Bring to boil (**Hob = 12**) with lid on saucepan. As soon as water begins to bubble and steam, **USING A PAIR OF OVEN GLOVES** lift the lid off to prevent it from boiling over.
3. Turn hob down to **hob 3** and replace lid (at a slight angle to start with, to allow steam to escape until water is just simmering gently – then replace lid fully). Time rice to cook for **12 minutes** (or according to time given on packet).
4. (While rice is cooking, prepare the salad ingredients).
5. **USING A PAIR OF OVEN GLOVES again,** remove the lid carefully then tip the rice from the saucepan into a sieve (hold over the sink).
6. Rinse in cold water and drain again. (Repeat if rice doesn't feel cold).
7. Mix with salad ingredients then drizzle over olive oil and the orange juice.
8. Make sure that you use a **SPATULA** to get **ALL** your salad ingredients into your container – **DO NOT RINSE BITS DOWN THE SINK!**

4.

Tiramisu

Ingredients:

1 x 250g tub of Marscarpone Cheese

50g/2oz Icing sugar

½ tsp rum essence

125 – 150ml whipping cream

½ packet sponge (trifle) fingers (100g – 150g)

1 tablespoon coffee granules – ½ pint hot water

OR

2 tsps coffee and 2 tsps drinking chocolate

Grated chocolate or cocoa to decorate

Remember to bring a dish or plastic tub to make it in!

Method:

1. Make up coffee (with drinking chocolate, if using) using boiling water from the kettle, topped up with cold to 250ml in a jug.
2. Cream the mascarpone, cream, sugar and rum essence together.
3. Place half the sponge fingers in your dish, pour over some of the coffee (just enough to soak the sponge fingers but NOT so there is a lot of excess liquid in the bottom).
4. Spread over half the cheese mixture.
5. Repeat stages 3 and 4.
6. Decorate the tiramisu and put in the fridge.