

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.

## Year 8 "Eat Well" Topic – Remember a container to take your cooking home in!

### 1.) Multi-coloured Stir Fry

You need to look at the 'moodle' powerpoint, as there is not a recipe as such, just ideas for ingredients that you could include.

### 3.) Oatmeal Cookies

85g margarine  
110g light brown (or caster) sugar  
1 small egg  
½ teaspoon vanilla extract  
50g self raising flour  
¼ teaspoon baking powder  
½ teaspoon ground cinnamon  
150g rolled or porridge oats  
25g dried cranberries, cherries, or raisins  
and 50g white or dark chocolate chips

### 4.) Creamy bacon & spinach pasta

1 large onion  
1 clove garlic  
2-3 rashers of bacon (mushrooms are a good vegetarian alternative)  
300g dried pasta  
180g (small pack) baby leaf spinach or broccoli  
300ml reduced fat crème fraiche or single cream  
25g grated parmesan cheese

### 2.) Wholemeal cheese scones (\*if not using wholemeal flour, bring in 200g white SR flour.)

100g	Self raising flour *
100 g	Wholemeal Flour *
1 tsp	Baking Powder
¼ tsp	Salt
50 g	Butter
125ml	Milk
75g	Grated Cheddar
1 tbsp	Chopped chives and/or chopped cooked bacon

### 5a.) Pecan treacle tart

200g ready-made shortcrust pastry  
1 thick slice white bread (to make about 25g breadcrumbs)  
100g pecan or walnut halves  
1 eating apple  
175g golden syrup  
Grated zest of 1 small orange or lemon

Or

### 5b.) Salmon & cheddar fishcakes

350g floury potatoes  
3 spring onions, trimmed & chopped  
50g mature cheddar (grated, reduced fat if poss)  
220g tinned salmon  
3 -4 tbs natural breadcrumbs or bring in 2 slices of (wholemeal) bread

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, beef, pork etc.
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***

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

1. Put 1 tbsp oil into wok
2. Heat wok on hob 8/9 then add any carrots followed by meat if you are using these. Stir using the black silicone fish slice or a wooden spoon.
3. Then add longer cooking vegetables like onion, mushrooms
4. Add rest of vegetables (stir fry 1 – 2 minutes)
5. Add sauce and soft noodles, cook for 1 more minute

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

## Wholemeal Cheese Scones

100g Self raising flour \*  
100 g Wholemeal Flour \*  
1 tsp Baking Powder  
¼ tsp Salt  
50 g Butter or margarine  
150 ml Milk  
100 g Grated Cheddar  
1 tbsp Chopped chives and/or  
chopped cooked bacon

1. Pre-heat oven to 200 C
2. In a large bowl mix together flour, baking powder, (sugar if making sweet scones), salt, black pepper and RUB IN softened butter.
3. Reserve a spoon of grated cheese for decoration and add rest to flour mixture.
4. Measure 125ml of your milk into a jug, add this to the flour and stir with a pallet knife to form 'clumps of dough'.
5. Knead to form a dough with your hands. Turn dough out onto floured surface and gently press to 3cm/1" thick.
6. Scatter the reserved cheese on the top of the dough.
7. Cut the dough into triangle shapes.
8. Place the dough triangles on a floured baking tray.
9. Bake in a pre heated oven for 10/12 minutes until well risen and golden brown.
10. Use a pallet knife to transfer scones onto a cooling rack.
11. Clean your tray but putting hot soapy water into the sink then allowing tray to soak before cleaning (use a green scouring pad if necessary).
12. Get your washing up and tray checked.

3.

# Oatmeal Cookies Recipe



Remember  
box to take  
them  
home!

85g margarine

110g light brown (or caster) sugar

1 small egg

½ teaspoon vanilla extract

50g self raising flour

¼ teaspoon baking powder

½ teaspoon ground cinnamon

150g rolled or porridge oats

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

## **Pre heat oven to 180 C. Grease 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

4.

# Creamy Bacon & Spinach Pasta

## Ingredients:

1 large onion

1 clove garlic

2-3 rashers of bacon (mushrooms are a good vegetarian alternative)

300g dried pasta

180g (small pack) baby leaf spinach

300ml reduced fat crème fraiche or ½ fat cream cheese (e.g. Philadelphia)

25g grated parmesan cheese

## Method:-

❑ **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 and simmer for 10-12 minutes (do not let the water boil over!).

❑ Cut the onion in half then slice it, crush the garlic (and slice the mushrooms if using). Put the bacon on the chopping board. Using kitchen scissors, cut the rind from the bacon then cut the bacon into thin pieces.

❑ While the pasta is cooking, put a large frying pan on the stove, turn the heat to medium (**hob 6-7**) and put the oil in the pan. Add the onion, garlic and bacon, and stir until the onion is soft. Add the mushrooms and stir until soft.

❑ Add the creme fraiche to the bacon mixture with the spinach. and cook for 5 minutes.

❑ Test the pasta, If it is just soft, it is ready. Stand a colander in the sink. Using the oven gloves take the pan of pasta to the sink and pout it into the strainer. Let the water drain away.

❑ Stir the pasta into the sauce and sprinkle with parmesan.

5a.

## Pecan Treacle Tart

***Ingredients: (You will also need an 18cm flan or cake tin and / or a box to take it home in).***

200g ready-made shortcrust pastry

1 thick slice white bread (to make about 25g breadcrumbs)

100g pecan or walnut halves

1 eating apple

175g golden syrup

Grated zest of 1 small orange or lemon

### ***Method:***

1. Preheat oven to 190 C.
2. Grease the flan tin, roll out the pastry and carefully use to line the tin. Press down well then trim off excess pastry.
3. Break the bread into chunks and put in a food processor with about half the nuts and process to coarse crumbs.
4. Peel, core and slice the apple.
5. Measure the syrup into a large pan and heat gently.
6. Remove from the hob, then tip in the breadcrumb mixture and stir.
7. Add the remaining nuts, apple and orange zest. Stir well.
8. Spread over the pastry case and bake in the oven for 25 – 30 minutes or until the pastry is golden.



5b.

# Salmon & Cheddar Fishcakes

## Method:

1. Preheat oven to 200°C. Peel and chop potatoes. Place in a large pan, bring to the boil and cook for about 15 minutes, until soft. Drain well, tip into a bowl and, using a fork, roughly break into chunks.
2. Drain the tin of salmon (remove skin and bones if necessary, add to the potato along with the spring onions, lemon zest and half the cheese. Season to taste and stir together.
3. Grease a large baking sheet with a little oil.
4. Sprinkle the breadcrumbs onto a plate.
5. Form the mixture into 4 fishcake shapes then press into the breadcrumbs on both sides.
6. Place on the baking tray and sprinkle with the remaining cheese. Bake in the oven for 20 minutes, or until cooked through and golden on top.

## Ingredients:

- 350g floury potatoes
- 3 spring onions, trimmed & chopped
- 50g mature cheddar (grated, reduced fat if poss)
- 220g tinned salmon
- 3 -4 tbs natural breadcrumbs or bring in 2 slices of (wholemeal) bread