

Practical work is an essential part of Food Technology. For each practical lesson, remember:

•Ingredients, Box to take cooking home in, Theory note book, (Apron).

Remember!

Nearly all the recipes in this topic allow for you to make your own choices for filling ideas etc. – choose ones that suit your family (e.g. what you have in the cupboard / fridge / freezer, flavours you like, vegetarian ingredients etc.) and what your family can afford.

You could also make just a small amount (to eat for break or lunch).

At the end of this topic, you will be designing and making your own ‘healthy pastry-style snack’!

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 9 "Pastry Project" ingredients – remember a container to take your cooking home in!

1.) Fresh fruit tarts:

100g wholemeal flour

+ 100g plain flour ←

100g margarine

You will need 200g plain flour, if not using any wholemeal

Filling:

150g fresh, frozen or tinned mixed fruits, such as apples, pears, plums, nectarines, blackberries, dried apricots etc. or a combination .

3 – 4 tbsps jam

2.) Oaty sausage rolls

200g plain flour

100g margarine

50g porridge oats

350g sausages or sausage meat (low fat) or sosmix (vegetarian)

Optional Ingredients

2tbsps sesame seeds

25g parmesan or strong cheddar cheese

1 eating apple - grated

3.) Raspberry filo triangles

4 - 8 large sheets of filo pastry

25g (1oz) healthy eating sunflower spread, melted or olive oil

125g (4oz) healthy eating low fat soft cream cheese

1 x 15ml sp (1tbsp) strawberry or raspberry jam)

100g (4oz) frozen raspberries, defrosted or tinned fruit.

4.) Croustades

4 slices of medium sliced bread

30ml (2 tbsps) margarine

Your design for filling ingredients (see classwork – these can be sweet or savoury!)

e.g., 1 chicken breast or boneless thigh, ham etc.

1 spring onion, ¼ chopped red pepper etc.

1 tbsp soy sauce + ½ tbsp honey

Own topping choice e.g:

25g reduced fat cheese

(fresh fruit for sweet design)

5.) Baked tortillas

4 soft flour wraps (tortillas)

Your design for filling ingredients (see classwork)

e.g. 2 x 10ml spoon tomato sauce topping

50g sliced cheese, e.g Cheddar, Goat's cheese etc.

4 slices ham, chopped (optional)

2 spring onions, chopped

1. Preheat the oven to 200°C Put the fruit into a saucepan or microwaveable bowl. Simmer for 1-2 minutes, until the fruit begins to soften, then leave for 5 minutes to cool. Strain the fruit through a sieve. **Grease a bun tin,**
2. Make the pastry. Put the flour **and 1 teaspoon of caster sugar** into a food processor bowl with the butter/margarine and process for about 30 secs until it forms fine breadcrumbs. Tip into mixing bowl then add 3 – 4 tablespoons cold water and mix with a pallet knife to form 'clumps' of dough. 'Knead' the dough (squeeze with one hand) until it **just forms a ball (Do not 'overwork' the dough or it will be come tough and break easily).**
3. Roll out the pastry (remember to flour the surface & pastry to stop it sticking) turn it as you roll it out. Use a medium cutter and use a pallet knife to put the pastry circle into the tin. Press gently then add ½ tsp of jam to the center of the pastry.
4. Put a heaped tsp of the strained fruit on top of the jam then bake for about 10 - 12 minutes or until the pastry is golden. Carefully lift on to a cooling rack using a pallet knife and allow to cool. Clean the tray by soaking in hot soapy water in the sink before using a green scourer.

Fresh fruit wholemeal tarts

Filling Ingredients:

150g fresh, frozen or tinned mixed fruits, such as apples, pears, plums, nectarines, blackberries, dried apricots etc. or a combination .

3 – 4 tbsps jam

Pastry:

100g wholemeal flour

100g plain flour *

100g margarine

3 tbs water (approx)

BOX TO TAKE THEM HOME

(*You will need 200g plain, if not using wholemeal flour.)



1. Put a heaped tsp of the strained fruit on top of the jam then bake for about 10 - 12 minutes or until the pastry is golden. Carefully lift on to a cooling rack using a pallet knife and allow to cool. Clean the tray by soaking in hot soapy water in the sink before using a green scourer.
2. Remember to get all your washing up checked and to **clean the baking tray at the end by soaking it in hot soapy water in the SINK (not bowl) then cleaning with green scourer. Trays MUST be checked before you leave!**

• Your Fruit Tarts should be:

1. Even in shape

2. Have an even amount of jam and fruit in each tart.

- A = excellent
- B = very good
- C = satisfactory
- D= just below satisfactory
- E= poor

Assessment

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care



Oaty Sausage Rolls

200g plain flour

100g margarine

50g porridge oats

2-4 tbsps cold water

350g sausages or sausagemeat (low fat) or sosmix (vegetarian)

Optional Ingredients

2tbsps sesame seeds

25g parmesan or strong cheddar cheese

1 eating apple - grated

- ▣ Rub the margarine into the flour and oats until it looks like breadcrumbs.
- ▣ Then mix in cheese and seeds. (if using).
- ▣ Add 3 tbsps cold water.(Add extra tablespoon if too dry)
- ▣ Mix with a pallet knife to form a soft BUT NOT sticky dough.
- ▣ Roll out pastry to a rectangle.
- ▣ Mix apple into sausage meat. Place on pastry.
- ▣ Dampen along edge of pastry. Fold over sausage meat. Press down. Cut into even sized rolls. Repeat until all sausage meat is used up.
- ▣ Place on a baking sheet.
- ▣ Bake at 200°C (180Cfan oven) Gas 7 for 20 minutes.

1. Bake for about 20 - 25 minutes or until the pastry is golden (you may need to turn the tray round after 18 – 20 minutes. Remove from the oven. Carefully lift on to a cooling rack using a fish slice and allow to cool.
2. Remember to get all your washing up checked and to **clean the baking tray at the end by soaking it in hot soapy water in the SINK (not bowl) then cleaning with green scourer. Trays MUST be checked before you leave!**

1. Sausage rolls are golden brown
2. Pastry fold is on under side
3. 8 sausage rolls, evenly sized

Assessment

A = excellent
B = very good
C = satisfactory
D = just below satisfactory
E = poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care

Raspberry Filo Triangles

Method: (**Pre-heat oven to 200 C**) – Remember to roll up spare filo pastry & cover with slightly damp paper towels to prevent it drying out

1. Spread 1 sheet of filo out flat (remember to cover the rest with a damp cloth or kitchen paper) and brush half lengthways, with melted margarine or oil.
2. Fold the other half over then add a teaspoon of jam + 1 – 2 teaspoons of cream cheese to one corner. Top with 2 or 3 raspberries.
3. Brush the remaining filo with a small amount of margarine/oil, then fold carefully into a triangle, continuing down the length of the pastry until it is all used.
4. Brush top and bottom with some more margarine /oli and place on the baking tray.
5. When triangles are ready, bake for approximately 10 – 12 minutes or until golden brown.*Remember only cook a couple to eat straight away as they are soggy when cold. The remaining triangles can be wrapped in cling film ready to cook at home.



Ingredients: (Remember a box to take them home in!)

4 - 8 large sheets of filo pastry

25g (1oz) healthy eating sunflower spread, melted or olive oil

125g (4oz) healthy eating low fat soft cream cheese

1 x 15ml sp (1tbsp) strawberry or raspberry jam)

100g (4oz) frozen raspberries, defrosted or tinned fruit.

Alternative ingredients:

(Cream cheese is optional)

1 [apple](#), or pear peeled, cored and grated

50g [sultanas](#)

½ tsp [cinnamon](#)

½ tsp [ground ginger](#)

You could also do these with a savoury filling – look for a ‘samosa’ recipe or one for ‘spring rolls’.

1. When all triangles are ready, bake for approximately 10 – 12 minutes or until golden brown.
2. Remember to get all your washing up checked and to **clean the baking tray / silicone mat at the end by soaking it in hot soapy water in the SINK (not bowl) then cleaning with green scourer. Trays MUST be checked before you leave!**

Assessment

1. Filo shapes are golden brown
2. Good texture and flavour
3. Filling is enclosed by pastry (doesn't leak out)
4. Neat & tidy *appearance*.



A = excellent
B = very good
C = satisfactory
D = just below satisfactory
E = poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care

Method:

- 1. Preheat oven to 200C (180C Fan). Remove crusts from the bread and cut out a circle using a cutter. Use a rolling pin and roll until flattened.**
- 2. Spread bread evenly with butter on both sides (*or thin layer of pesto on one side if using). Place in a bun or muffin tin, pressing down to form a cup shape bake in oven for 4-6 mins)**
- 3. Prepare your filling whilst croustade cases are cooking. If using chicken or bacon, chop into small pieces, mix with flavouring and stir fry until cooked through. Add chopped spring onion.**
- 4. Spoon into bread cases, top with mixture or your choice. Bake in oven for approximately 6 – 8 minutes (or until topping is golden brown).**

Ingredients:

4 slices of medium sliced bread

30ml (2 tbsps) margarine

1 chicken breast or boneless thigh

1 spring onion, ¼ chopped red pepper etc.

1 tbsp soy sauce + ½ tbsp honey

(other flavourings e.g. Chinese 5 spice, chilli, herbs, etc.)

Own topping choice e.g:

1 small packet reduced fat crisps. 25g reduced fat cheese

2 tbsps fresh breadcrumbs + cheese

Remember! The filling ingredients are your choice – this is only an example (you could also do ones with a sweet filling).



Croustades

- 1. Press bread into muffin tin, pressing down to form a cup shape bake in oven for 4-6 mins)**
- 2. Spoon filling into bread cases, top with mixture or your choice. Bake in oven for approximately 8 - 10 minutes (or until topping is golden brown).**
- 3. Remember to get all your washing up checked and to clean the cake tray at the end by soaking it in hot soapy water in the SINK (not bowl) then cleaning with green scourer. Trays MUST be checked before you leave!**

1. Croustade base is crispy
2. Filling has an attractive finish
3. Good overall flavour

Assessment

A = excellent
B = very good
C = satisfactory
D = just below satisfactory
E = poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care

Method:

Preheat oven to 200 C

1. Prepare the spring onion, ham and cheese (or fillings of own choice).
2. Spread the tomato sauce in the centre of the tortilla.
3. Arrange the ham, spring onion and cheese over the tortilla.
4. Fold to make a parcel shape, then place on baking sheet.
5. Sprinkle a small amount of grated cheese on top.
6. Repeat with remaining tortilla wraps
7. Bake in oven for 10-12 minutes, until puffed and golden.



Tortilla Toastie

or Burritos

Ingredients:

4 soft flour wraps (tortillas)

Own choice of filling ingredients e.g.

2 x 10ml spoon tomato sauce topping

50g sliced cheese, e.g Cheddar, Goat's cheese etc.

4 slices ham, chopped (optional)

2 spring onions, chopped

Tips/Variations:

Use chilli for a kick.

Be adventurous. Try adding tuna, pesto, mushrooms, tomatoes, red onion, green pepper, courgette, sweetcorn, chicken or sliced beef (this can be pre-cooked or you could pan fry thin slices with some flavourings in a wok or frying pan first.)

Use different varieties of tortilla, e.g. wholemeal, seeds, herbs or tomato.

1. Bake in oven for 8-10 minutes, until puffed and golden.
2. Remember to get all your washing up checked and to **clean the baking tray at the end by soaking it in hot soapy water in the SINK (not bowl) then cleaning with green scourer. Trays MUST be checked before you leave!**

Assessment

1. Wraps are golden brown
2. Filling is enclosed by wrap (doesn't leak out)
3. *Attractive appearance* (sensory appeal)
4. *Good flavour* (sensory appeal)

A = excellent
B = very good
C = satisfactory
D = just below satisfactory
E = poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
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<http://www.mykitchentable.co.uk/index.php/2010/12/mary-berry-chocolate-brownies>

Step One

Preheat the oven to 180°C. Cut a rectangle of non-stick baking parchment to fit the base and sides of the tin. Grease the tin and then line it with the paper, pushing it neatly into the corners.

Step Two

Measure all the ingredients EXCEPT the chocolate chips into a large bowl and mix with a hand-held electric mixer until evenly blended.

Step Three

Stir in the choc chips then spoon the mixture into the prepared tin, scraping the sides of the bowl with a plastic spatula to remove all of it. Spread the mixture gently to the corners of the tin and level the surface with the back of the spatula

Step Four

Bake for 25 - 30 minutes, until the brownies have a crusty top and a skewer inserted into the centre comes out clean. Cover loosely with foil for the last 10 minutes if the mixture is browning too much. Allow the brownies to cool in the tin and then cut into 12 squares. Store in an airtight tin

Cake tin needed: large flapjack tin

140g (2 ½ oz) butter, softened

190g (6 ½ oz) caster sugar

2 large eggs

37g (1 ½ oz) cocoa powder

50g (2oz) self-raising flour

50g (2oz) plain chocolate chips

