

Year 9 “Convenience & Fast Foods” Project.

The following recipes are only a guide line.

In your theory lessons you will be adapting and / or designing your own ideas based on the recipe for that lesson.

When designing your version of a recipe you should always try and think of:

- Ingredients that your family like
- Ingredients that you may already have at home (particularly for flavourings)
- Ingredients that suit the family budget

As before, you can make a small amount to have in school for break or lunch.



1: Stuffed chicken pieces.

2 small skinless, boneless chicken breasts*
75g (2oz) mozzarella or reduced fat cheddar cheese
10g (¼ oz) fresh rosemary or thyme, roughly chopped (or use 1 tsp dried herbs of your choice)
75g (2 oz) breadcrumbs (bring 2-3 slices of bread and pulse in food processor to form bread crumbs)
1 egg, beaten

***This recipe can easily be doubled to serve 4**

Vegetarian alternative – use Quorn

2.) Bolognese (or chilli, curried mince etc.)

450g (approx) lean mince
1-2 cloves garlic
450g tin tomatoes or tomato passata
1 onion
1 tbsp tomato puree
1 tsp sugar
½ stock cube
(herbs or flavourings of your choice)

3.) Trifle(Basic recipe – you will be designing your own in class)

1 swiss roll OR 1 Madeira cake + 2 tbsp jam
100g fresh fruit (e.g strawberries, raspberries, etc.)
+ small carton of fruit juice OR 1 can tinned fruits in natural juice.
½ pt carton ready made custard (ideally reduced fat)
½ pt double cream (ideally reduced fat)

Decoration: 1 large dish or 4 small dishes to make it in and take it home.

4.a) Burgers (you will be choosing your own flavourings for this)

400g (approx) lean mince
1 egg
2 tbsps fresh breadcrumbs
1 small onion
1tsp herbs / 1 tbsp tomato puree / ½ tsp crumbled stock cube or other flavourings that you have chosen

4b.) Cheesy Vegetable Burgers

One third of a butternut squash, peeled and chopped
1 sweet potato, peeled and chopped
1 small potato, peeled and chopped
1 carrot, peeled and chopped
½ red onion, chopped
1 garlic clove, chopped
A large pinch of dried thyme
40g grated mature Cheddar cheese
A pinch of salt and black pepper (or ½ tsp curry spices)

5.) 'Pot Noodle' (you can change the ingredients to suit you!)

2 chicken breasts or thigh meat, chopped
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.

1) Stuffed chicken

Method:

1. Pre-heat oven to 180 C
 2. Make a slit in each piece of chicken or Quorn with a sharp knife to form a pocket.
 3. Flatten slightly with a rolling pin. (**Health & Safety:** Remember to wash rolling pin and boards in hot soapy water, then spray!)
 4. Divide the cheese into 2 portions and place inside the pocket that you have made..
 5. Mix the rosemary or other flavourings with the breadcrumbs.
 6. Dip each chicken / Quorn piece into the beaten egg followed by the breadcrumbs, coating both sides.
 7. Place on a greased baking tray and bake in the oven for 25-35 minutes depending on the thickness of the chicken (check the chicken is cooked through but carefully cutting into a thick part of the chicken piece.).
- **All equipment that has had contact with raw chicken, must be WASHED thoroughly, the SPRAYED with the pink sanitizer spray. LEAVE FOR 1 MINUTE then rinse using clean hot water.**

Ingredients:

2 small skinless, boneless chicken breasts*
75g (2oz) mozzarella or reduced fat cheddar cheese
10g (¼ oz) fresh rosemary or thyme, roughly chopped
(or use 1 tsp dried herbs of your choice)
75g (2 oz) breadcrumbs (bring 2-3 slices of bread and pulse in food processor to form bread crumbs)
1 egg, beaten

***This recipe can easily be doubled to serve 4**

Vegetarian alternative – use Quorn



1. Heat the oil in a **large wok** or saucepan on a medium heat. (**hob 8 – hob 9 if using back hob**).
2. Chop onion and cook gently for about 5 minutes or until soft.
3. Peel and crush the garlic and add to the pan with the mince. Stir fry until the mince begins to brown then add the tomato puree. Continue to stir fry until the puree is mixed in (about 5 minutes).
4. Add tomatoes, sugar and stock cube. Turn heat down to a simmer (**hob 2 – 3**) and cook for 15 minutes.

Other variations:

- Add other vegetables, such as mushrooms, peppers, sweetcorn (miss out mince if vegetarian).
- Make this a curried mince (keema) stir in 1 – 2 tablespoons of curry paste or 1 – 2 teaspoons of curry powder of your choice (e.g. tandoori paste, medium curry powder)
- Add ½ tsp chilli powder and kidney beans to make a chilli etc.



3) Bolognese Sauce

Ingredients:

450g (approx) lean mince

1-2 cloves garlic

450g tin tomatoes or tomato passata

1 onion

1 tbsp tomato puree

1 tsp sugar

½ stock cube

1 tbsp vegetable oil

4) Trifle (Basic)



Method:

1. Slice cake (sandwich together with jam if using Madeira cake) line bottom of dish, sprinkle with fruit juice.
2. Wash and slice fresh fruit (if required) or drain tinned fruit. Put fruit on top of cake layer (keep some for decoration).
3. Carefully pour custard on top of fruit.
4. Whip cream using an electric whisk until stiff (DO NOT OVER WHIP OR IT WILL SEPARATE).
5. Spoon or pipe (if time) cream over custard layer and decorate.



Ingredients:

- 1 swiss roll OR 1 Madeira cake + 2 tbsp jam
- 100g fresh fruit (e.g strawberries, raspberries, etc.)
- + small carton of fruit juice OR 1 can tinned fruits in natural juice.
- ½ pt carton ready made custard (can be reduced fat)
- ½ pt double cream

Decoration: 1 large dish or 4 small dishes to make it in and take it home.

Remember, ideally you should make the trifle that you design in lesson time!

4a) Burgers

Method:

1. Turn oven on to 190 C, lightly grease a baking tray.
2. Chop onion finely.
3. Place in a large mixing bowl with all the other ingredients.
4. Mix well until all ingredients are well combined.
5. Form into 'burgers' take a golf ball size of mixture and flatten it slightly on the tray.
6. Bake in oven for 15 – 20 minutes (depending on size) or until burger is golden brown and cooked all the way through.

400g lean mince

1 egg

2 tbsps fresh breadcrumbs

1 small onion

1tsp herbs / 1 tbsp tomato puree / ½ tbsp crumbled stock cube or other flavourings

Variations:

Use lamb mince, mixed with a small amount of mint (dried or fresh).

Use pork mince with a little chopped apple.

Use turkey mince with herbs.

Add a little grated cheese (eg: low fat strong cheddar, or parmesan).

Add your favourite spices instead of herbs (eg: cumin, coriander, turmeric).



Method (pre-heat oven to 190 C or use a medium hot grill):

1. Peel and chop vegetables if not already done.
2. Bring large saucepan of hot water to the boil (cover with lid to speed this process up). Add squash, sweet potato, potato, carrot, onion & garlic, boil for 10 minutes until soft.
3. Strain and mash well with a potato masher.
4. Add the thyme, salt & pepper and work together with your hands until evenly mixed.
5. Grate the cheese onto a chopping board.
6. Divide the burger mixture into 2 or 3 burger patties. Press each burger down into the grated cheese, which should stick all around the outside of the burger.
7. Put the burgers onto a greased baking sheet and either bake in the oven for 8 – 10 minutes on each side or grill under a medium hot grill for 6 -8 minutes on each side until the cheese is brown and bubbling.
8. Remove from the oven / grill and allow to cool slightly before serving.

4b) Cheesy Vegetable Burger

Ingredients (Makes 2 – 3):

- One third of a butternut squash, peeled and chopped
- 1 sweet potato, peeled and chopped
- 1 small potato, peeled and chopped
- 1 carrot, peeled and chopped
- ½ red onion, chopped
- 1 garlic clove, chopped
- A large pinch of dried thyme
- 40g grated mature Cheddar cheese
- A pinch of salt and black pepper (or ½ tsp curry spices)



5) 'Pot Noodle'

Method:

1. If using **dried noodles** (not "Ready-to-wok" noodles) place them in a saucepan of **boiling water**, stir briefly to break them up a little then put the lid on, turn the heat off and leave them to soften according to the time stated on the packet (usually 3 – 4 minutes).
2. Once soft, **drain immediately** using a colander..
3. Heat small amount of oil in pan and begin to stir fry chicken pieces.
4. Chop any vegetables into even sized pieces.
5. When the chicken is just cooked through add other vegetables and stir fry for 2-3 minutes.
6. Drain pineapple (if using) chop if necessary then add to pan (+ a little of the pineapple juice).
7. Add sauce and cooked noodles, stir (for 1 – 2 minutes or until heated through.

Ingredients:

- 2 chicken breasts or thigh meat, chopped
- 1 onion or 3 spring onions
- ½ red or yellow pepper (or mixture)
- 2 – 3 tablespoons sweet corn, 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) or own sauce

