

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).**

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 ingredient list – “Food & Farming Topic”. (Don’t forget a container to take your cooking home in!)

1.) *Twice-baked jacket potatoes:*

1 medium baking potato (pre-cooked if possible)

Optional ingredients:

1 bacon rasher or slice of ham

1 oz grated hard cheese

1 spring onion or 1 small tomato chopped

2.) *Fruit crumble with oats*

3 eating apples, finely sliced

150g blackberries or other fruit

100g plain flour

50g rolled oats

50g butter or margarine

50g caster sugar (+ 2tbs for fruit)

3.) *Chicken nuggets*

250g Chicken breast (cut into bite-size pieces)

50g breadcrumbs (fresh if possible)

$\frac{1}{2}$ tsp paprika or herbs, or 1 tbsp parmesan

2 tbsps flour

1 medium egg.

4.) *Banana or Fruit Muffins*

10oz (280g) self raising flour

1tsp baking powder

3 - 4 oz (110g) white granulated sugar

1 egg

2 fl oz (60ml) milk (You will need 8fl oz or 240ml for fruit muffins)

3 fl oz (90 ml) vegetable oil

3 very ripe bananas or

3oz (75g) frozen soft fruit (e.g.

Blackberries, raspberries etc.)

After these practicals, you have the choice of making either a ‘Cornish Pasty’ or ‘Devonshire Apple Cake’, for your Yr8 assessment.

1.

Twice-Baked Jacket Potatoes

(Remember box to take them home, if not eating at school)

Pre-heat
Oven: 200°C

Ingredients:

1 medium baking potato

Optional ingredients:

1 bacon rasher or slice of ham

1 oz grated hard cheese

1 spring onion or 1 small tomato chopped

Method:

If at all possible please pre-cook potato at home (either in microwave or oven). Bring in whole. Wash & dry potato, prick skin with a fork, place on absorbent kitchen paper on an oven proof plate in the microwave. Cook on high for 5-7 minutes, turning over once (8-10 minutes if cooking 2 potatoes). Check centre is cooked.

1. Cut open potato and carefully scoop out centre. Mash in a bowl using a fork.
2. Chop ham or cooked bacon into pieces.
3. Chop spring onion.
4. Mix together the potato, bacon, onion and cheese.
5. Rub a small amount of vegetable oil on outside of potato skins, place on a baking tray. Put filling into skins and reheat in oven (200°C) for 15-20 minutes. (Reserve a little cheese to put on top of potato).

Assessment Criteria for Baked Jacket Potatoes

1. Potato is cut evenly into 2 'flat' halves.
2. Cooked potato is removed carefully from skins - skins don't tear.
3. Filling is smooth and evenly placed in jacket shells.
4. Finished cooked potatoes are golden brown in colour.

Level (A) = 6 (6a, 6b, 6c) – top

Level (B) = 5 (5a, 5b, 5c)

Level (C) = 4 (4a, 4b, 4c) – middle

Level (D) = 3 (3a, 3b, 3c)

2.

Fruit Crumble with Rolled Oats

Remember own ovenproof dish!

Ingredients (serves 4)

100g plain flour

50g butter or margarine

50g caster sugar (+ 2tbs for fruit)

50g rolled oats

3 eating apples, finely sliced

150g blackberries

Method:

1. Pre heat the oven to 180 C.
2. Rub the butter into the flour to make fine breadcrumbs. Stir in 50g of sugar and the oats.
3. Mix the fruit together in a bowl with 2-3 tbs of sugar if using a cooking apple.
4. Add 1 tablespoon of water.
5. Spoon into a large ovenproof dish then heap the crumble topping on top.
6. Bake at 180°C for about 20 minutes until cooked through and golden brown.

Assessment

- Crumble should be:
 1. Evenly spread in dish
 2. Golden brown on top
 3. Fruit is evenly chopped

- Level 6a = excellent
- Level 5a = very good
- Level 4a = satisfactory

Chicken Nuggets

3. **250g Chicken breast (cut into bite-size pieces)**

50g breadcrumbs (fresh if possible)

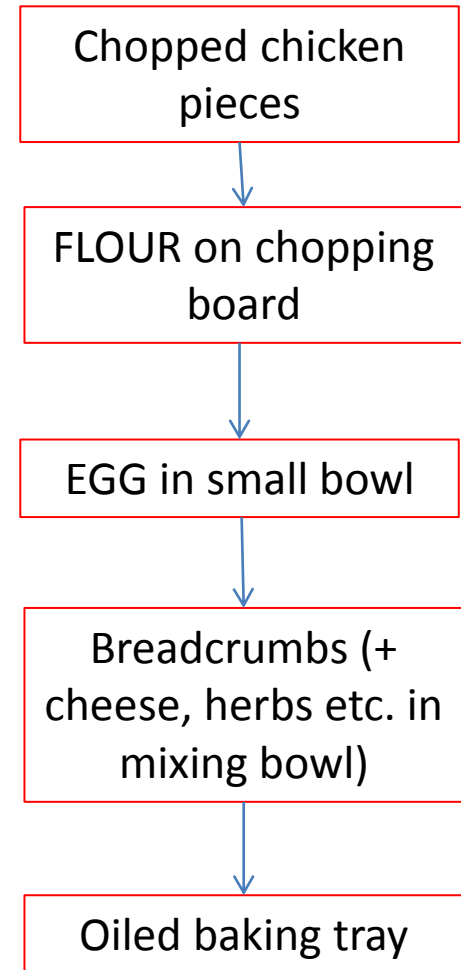
½ tsp paprika or herbs, or 1 tbsp parmesan

2 tbsps flour

1 medium egg.

Method:

- Brush a baking sheet with oil
- Cut chicken or fish into bite size pieces.
- Mix BREADCRUMBS WITH paprika, cheese, herbs or other flavourings in a large bowl
- Beat egg in a bowl.
- Put flour on a small plate, dip **chicken into flour**, then **egg**, then **breadcrumbs**, then put onto oiled **tray**.
- Place on baking sheet.
- Bake at 180°C for 12 – 20 minutes (according to size) until golden brown and crisp. Check cooked through by cutting a large piece in half with a sharp knife.



Assessment

- The most important thing when cooking chicken is that you work hygienically so that there is no chance of bacterial contamination.
- Your assessment is based on you being able to do this and to know when your chicken nuggets are properly cooked.
- Completed correctly (and also not overcooked / dry) = 6C

4a.

Banana Muffin

You will need 10-12 large muffin cases and a box to take them home in.

10oz (280g) self raising flour (1/2 wholemeal if possible.

1tsp baking powder

4 oz (110g) white granulated sugar

3 very ripe bananas

1 egg

2 fl oz (60ml) milk or water

3 fl oz (90 ml) corn oil or 3oz (85g) butter or margarine, melted

+ 3 oz (85g) plain choc chips (optional)

1. Prepare muffin tins with cases.
2. **Preheat oven 190°C, Gas mark 5-6.**
3. In a large bowl, sift together (or stir thoroughly with a metal spoon) **flour and baking powder. Add the sugar (& choc chips).**
4. In a separate bowl, mash **bananas** thoroughly with a potato masher. Beat **egg** lightly with a fork and add to banana with the **milk and oil** (or water, melted butter/margarine). Stir well.
5. Pour all of wet ingredients into dry and stir just until combined, scraping side and bottom of the bowl as you stir. **This mixing should take not more that about 20 seconds.** Batter will be lumpy, but no dry flour should be visible. (Add chocolate drops during last few strokes. **Do not over-stir.**
6. **Fill muffin cups ¾ full** (or to the tops for larger muffins). Makes 10-11 standard size muffins. Bake about 20-25 minutes. **Muffins are done when tops are lightly browned and spring back when touched.**
7. Remove from tin and stand on a cooling rack. Allow muffins to cool before trying to peel back paper cases.

4b.

Fruit Muffin

10oz (280g) self raising flour

1tsp baking powder

3 - 4 oz (110g) white granulated sugar

1 egg

8 fl oz (240ml) milk

3 fl oz (90 ml) vegetable oil

3oz (75g) frozen soft fruit (e.g.

Blackberries, raspberries etc.)

You will need 10-12 large muffin cases and a box to take them home in.

1. Prepare muffin tins with cases.
2. **Preheat oven 190 -200°C**, Gas mark 5-6.
3. In a large bowl, sift together (or stir thoroughly with a fork) **flour and baking powder**. **Add the sugar**.
4. In a separate bowl, beat **egg** lightly with a fork. Add the **milk and oil**. Stir well.
5. Pour all of wet ingredients into dry and stir just until combined, scraping side and bottom of the bowl as you stir. **This mixing should take not more that about 20 seconds**. Batter will be lumpy, but no dry flour should be visible. **Do not over-stir**.
6. **Quickly stir in the fruit.**
6. **Fill muffin cups $\frac{3}{4}$ full** (or to the tops for larger muffins). Makes 10-11 standard size muffins. Bake about 20-25 minutes. **Muffins are done when tops are lightly browned and spring back when touched**.
7. Remove from tin and stand on a cooling rack. Allow muffins to cool before trying to peel back paper cases.

HINT: A 400g tin of crushed pineapple = enough for recipe. Press liquid out before using. Alternatively, use about 8 slices of pineapple chopped finely by hand or in food processor).

Ingredients

5a.

Cornish Pasty

1 pack ready-made shortcrust pastry

For the filling

1 small potato, **about 75g, peeled and cut into 1cm dice**

40g swede, **peeled and cut into 1cm dice**

1000g braising steak, **cut into 1cm cubes** (to make it easier you could use mince)

1 small onion, **finely chopped**

1 teaspoon salt & pepper

Please chop as much as you can at home as the lesson time is very short!

1. **Preheat the oven to 190°C**
2. **Divide the pastry into 4 equal pieces and roll each one out on a lightly floured work surface using short sharp strokes, always rolling in one direction. Give the pastry a quarter-turn, then roll it again to form a round of about 20cm in diameter and about as thick as a £1 coin. Cut into a circle using a plate as a guide.**
3. **Divide the ingredients into 4. Arrange half a portion of potato and swede along the centre of a pastry circle. Top with steak then onion, then the rest of the potato and swede. Season each layer with salt & pepper.**
4. **Lightly brush the edge of the pastry with water then carefully bring up the edges to the centre to cover the filling. Pinch or crimp between the forefinger and thumb of one hand and forefinger of the other to create a sealed crest over the top of the pasty. Repeat with the other pastry circles, place on a baking sheet.**
5. **Brush the pasties with milk or beaten egg and cook for 30 – 40 minutes until the pastry is golden and the filling cooked through. Serve hot or cold.**

Devonshire Apple Cake *(adapted from a recipe by Margaret Wilson)*

5b.

125 g (4 oz) plain flour
½ tsp bicarbonate of soda (from school if you don't have any)
½ tsp cinnamon
¼ tsp ground ginger
½ tsp mixed spice (or 1 tsp of any of these spices)
125 g (4 oz) mixed sultanas, raisins and currants
1 egg
100 g (4oz) cooking apples.
75 g (2 ½ oz) unsalted butter (softened)
85 g (3 oz) light soft brown sugar (or use caster sugar)
caster sugar for sprinkling
2 tbsp apple juice.

BRING A small CAKE TIN / FLAPJACK TIN FROM HOME IF POSSIBLE.

(If not, bring a box to take it home in)

1. Grease and line an 7 inch shallow cake tin or flapjack tin with greaseproof paper. Preheat the oven to 325 degrees F/170 degrees C.
2. Put the dried fruit in a small bowl and soak in hot water for 10 minutes.
3. Meanwhile, peel and core the apples place in a saucepan with the apple juice and enough water to cover, cook until they are just soft (hob 12 until boiling then turn down to hob 6). **Strain away any excess liquid.**
4. Cream the butter, sugar in a large bowl, using an electric food mixer. Add the egg.
5. Sieve together the flour, spices and bicarbonate of soda. Add to the mixture with the apple. Stir well.
6. Strain the dried fruit and stir into the mixture with a spoon until evenly mixed.
7. Place the mixture in the prepared cake tin .Sprinkle the top with castor sugar.
8. Bake in the centre of the oven for 25 - 30 minutes. Cool in the pan for 10 minutes before transferring to a wire rack. (Can bake in cupcake cases for 12 minutes)

(Christmas recipe – may be included, if time.)

Chocolate Truffles

Ingredients:

150g good quality chocolate

Small pot of double cream (75 – 100ml approx)

25g finely crushed biscuits/cake crumbs/ground almonds/finely chopped fruit etc.

1 tsp flavoured essence (optional)

***You will also need about 15 -20 ‘petit four’ (very small) cake cases and a box to take them home in.**

1. Break the **chocolate** into small pieces and put into a saucepan with the **cream**.
2. Heat gently on the hob (**HOB 3 - 4**), stir until melted. **DO NOT ALLOW TO BOIL!**
3. **REMOVE PAN FROM THE HOB! (and place on a pot stand)**
4. Stir in biscuit/cake crumbs/ground almonds and flavouring (if using).
5. Transfer the mixture into a **measuring jug**.
6. Stand cake cases on a tray (line this with a piece of paper with your name on it) or in the box you are taking them home, then CAREFULLY pour the mixture into the cake cases (use a teaspoon to help you).
7. Top with grated chocolate or decorations of your choice.
8. **Refrigerate** until firm.

CHOCOLATE TRUFFLE Ingredients:

150g good quality chocolate
Small pot of double cream (75 – 100ml approx)
25g finely crushed biscuits/cake crumbs/ground almonds/finely chopped fruit etc.
1 tsp flavoured essence (optional)

*You will also need about 15 -20 'petit four' (very small) cake cases and a box to take them home in.

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