

## Special Dietary Needs

Every year the number of students and their family members with special dietary needs increases. Whether this is due to an allergy or intolerance or for religious or ethical reasons we aim to accommodate your requirements and allow you to enjoy practical food lessons.

Most of the time this will require you to exchange one ingredient for another, i.e. meat for Quorn or cow's milk for soya milk or wheat flour for a gluten free variety BUT please let your teacher know so that arrangements and alternative recipes can be found, where necessary.

### The 14 ALLERGENS



Please note, because students provide their own ingredients for practical lessons there can never be a guarantee that these are entirely nut free due to cross contamination either during food processing or at home. It is essential if you have an allergy, that you provide all of your own ingredients and work completely independently using separate equipment. allergens above have been highlighted in the recipes in **bold/underlined/italic**; please ask if you have any concerns.

## Cooking at Highfields School

In this booklet are the recipes that you will be making this year during your time in food. You will be able to make some ingredient choices in each dish to enable you to tailor it to your families' likes and dislikes.

All students are expected to bring in their ingredients for every practical lesson. Food is part of the KS3 National Curriculum. If there are any issues that make this difficult, please speak to your teacher.

Students must have a large-lidded container to carry their ingredients to school and their cooked product(s) home. The container must be named, as in any one day there can be up to 80 students cooking.

Ingredients that require refrigerating should be put into a separate named bag ready to place straight in the fridge upon arrival at school.

Where possible, students should weigh and measure their ingredients at home. This is part of the learning experience and helps to speed up the lesson. However, we do have digital scales at school that can be used.

Ingredients must be brought to their food practical room before morning lesson on the day of their practical lesson. Ingredients that require refrigerating should be put into the correct refrigerator (labelled) and other ingredients should be placed on the shelf.

Finished products and any remaining ingredients must be collected at the end of the school day. No products can be collected before 3.20pm unless the student has informed the teacher beforehand and has a valid reason for doing so e.g. leaving early for a medical appointment.

**All boxes should be labelled with the student's name, form and date.**

All equipment will be provided by school; however we would ask that you provide your child with a clean apron.

Thank you

**Mrs Hakin & Miss Poundall**

## PASTA WITH NEOPOLITAN SAUCE

### Ingredients

| Sauce                      | Optional extras   |
|----------------------------|---|
| small onion                | 50g mushrooms   |
| 1 clove of garlic          | red or green pepper   |
| 400g tin tomatoes          | small courgette   |
| <u>2tblsp tomato puree</u> | 25g olives  |
| 1tsp mixed herbs - (sch)   | 25g sweetcorn   |
| 1tblsp oil- (sch)          | <u>25g parmesan or grated cheese</u>                                |
| Seasoning - (sch)          |   |
| 1tsp sugar - (sch)         | <u>200g pasta eg. Spaghetti, tagliatelli, penne or small shapes</u> |

**\*Container and lid/cover to serve product in and carry it home /apron**  
**Equipment** - large and small saucepan, wooden spoon, chopping board, vegetable knife, colander, can opener, teaspoon, tablespoon, plate, small bowl

### Method

1. Half fill a large pan with water and bring to the boil.
2. Prepare all vegetables and cut into small even cubes - keep onion separate and put remaining vegetables on a plate.
3. When the water is boiling add the pasta and **simmer for 10-15min until al-dente** (slightly soft but not sticky).
4. Drain pasta in a colander and rinse with boiling water.
5. Heat oil in small pan, add the onions and sauté for 2mins until soft not brown. Add the rest of the vegetables and cook gently for 2mins.
6. Add to the pan the tomatoes, herbs, puree, garlic and seasoning. Mix well and bring to the boil. **Simmer for 15mins** without lid to reduce consistency.
7. Put pasta on base of serving dish and top with the sauce. Sprinkle with cheese and serve.
8. *To reheat - heat to minimum of 75°C in the centre.*

## MACARONI CHEESE PASTA BAKE

### Ingredients

| Sauce   | Optional extras   |
|---|---|
| <u>25g Butter</u> or Spread                       | <u>200g can Tuna fish (in water) or 200g Broccoli as a Vegetarian Alternative</u> |
| <u>25g Plain flour</u>                            | 150g can Sweetcorn or Peas (defrosted) (opt)                                      |
| <u>250ml Milk</u>                                 | 2 Sliced Tomatoes (opt)   |
| <u>75g Parmesan or Cheddar Cheese</u>             | 1x5ml dried Oregano / Mixed herbs (sch)   |
| Black Pepper                                      |   |
| <u>200g Pasta e.g. penne/ rigatoni / macaroni</u> |   |

**\*Oven-proof dish to make and cook the pasta bake in / apron**

### Equipment

2 saucepans, sieve or colander, baking dish, can opener, oven gloves, wooden spoon, measuring jug

### Method

1. **Preheat the oven to 200°C/gas mark 6.**
2. Prepare the ingredients: - open the can of tuna and drain;
  - open the can of sweetcorn (if using) and drain;
  - cut the tomato into chunks;
  - grate the cheese.
3. Melt the butter or spread in a saucepan. Add the flour and stir into a paste. (roux)
4. Gradually add the milk, stirring constantly. The sauce will become thick.
5. Reduce the heat and allow to simmer for 2 minutes. Add seasoning, if desired.
6. Boil the pasta for 10 minutes, add broccoli 4 minutes before pasta finishes - Check if pasta is al dente then drain.
7. Add the cooked pasta, tuna and vegetables to the sauce and stir the mixture together.
8. Pour the pasta mixture into a baking dish. Sprinkle grated cheese on top.
9. **Using oven gloves, place in the oven for 20 minutes. Bake until golden brown.**

## PUFF PASTRY

### Ingredients

#### 225g Plain flour

Pinch of Salt (Sch)

30g lard

150ml cold water (Sch)

150g hard margarine

\*apron

Equipment - table knife, large mixing bowl, rolling pin, flour shaker

### Method

1. Sift together the flour and the salt and rub in the lard. Stir in enough of the water to make a soft dough, wrap in cling film and chill for 20 minutes.
2. Put the butter between 2 pieces of greaseproof paper and flatten out with a rolling pin until it is a rectangle 10 x 7.5cm/4 x 3in.
3. Roll out the dough to another rectangle that measures 12.5 x 25cm/5 x 10in.
4. Take the butter out of the paper and put on the dough rectangle. Bring the corners of the dough together to make an envelope. Chill for 10 minutes.
5. Roll out the envelope on a floured surface to make a rectangle that is 3 times longer than it is wide. Fold one third into the middle and then the other third on top. Seal the edges lightly with a rolling pin and turn the pastry 90 degrees.
6. Repeat stage 5 and chill for 30 minutes.
7. Repeat this rolling and folding twice more and then chill for another 30 minutes and then do two more - the pastry will have been rolled and folded six times altogether.
8. Now roll out and use as required.
9. It is important that the pastry is well chilled otherwise the pastry will become greasy and tough when baked. Also the butter might come through the surface, if this happens, dab on a little flour.

## MEAT LASAGNE

### Ingredients

#### Meat mixture

#### 400g minced meat or Quorn

1 onion

seasoning/garlic

400g tin tomatoes

5g mixed herbs- (sch)

1tblsp tomato puree

opt - other vegetables

#### Cheese sauce

#### 300ml milk

30g plain flour

30g hard margarine

Seasoning

75g grated cheese

Topping

25g grated cheese

6 sheets of easy cook lasagne

**\*Oven proof dish to make & cook lasagne in / apron**

Equipment - 1 med & 1 sm pan, wooden spoon, chopping board, vegetable knife, and grater, spiral whisk.

### Method

1. Peel and chop onion and any other vegetables finely.
2. Make meat mixture - Put the mince in medium pan on a low heat and cook gently until brown and the fat released.
3. Add the onions to the meat and gently cook for 3mins.
4. Add the other vegetables and cook for 3 mins.
5. Add the tomatoes, puree, herbs, garlic and seasoning. Mix well and **simmer gently for 15mins.**
6. Make cheese sauce - Put flour, milk and margarine into small pan. Heat very gently stirring continuously with a whisk until ingredients blend and mixture begins to thicken, gently boil for 2mins
7. Remove pan from heat and stir in the grated cheese.
8. Put  $\frac{1}{2}$  the lasagne at the bottom of the oven proof dish, cover with  $\frac{1}{2}$  the meat mixture and the cheese sauce. Repeat the layers finishing with cheese sauce.
9. Sprinkle the grated cheese over the top of the cheese sauce.
10. **At home, bake in the oven at 180°C/gas mark 4, for 30-40mins until golden brown and bubbly.**

## CHICKEN CURRY AND RICE

### Ingredients

| Protein / Vegetable/CHO                           | Sauce   |
|---|---|
| 250g chicken breast,<br>Quorn or TVP              | 15ml oil - (sch)<br><u>1/2 jar curry paste</u> (190g approx.) |
| 1 onion   | 150ml water - (sch)   |
| opt. - peppers, mushrooms,<br>chillies, sweetcorn | <u>opt. - small tub cream, yoghurt<br/>or crème fraiche</u>   |
| 150g long grain rice                              | garnish -fresh coriander/parsley opt                          |

**\*Container to take curry and rice home in / apron**

Equipment - large and small saucepans, red chopping board & meat knife, chopping board, vegetable knife, wooden spoon, sieve, measuring jug

### Method

1. Prepare and chop onion and any selected vegetables.
2. Heat oil in a large pan, add onion and **fry gently for 2-3 mins.**
3. Cut the chicken into small cubes or strips, (remember to use red board & knife). Add to the onion and fry gently for 5mins, stir until the chicken is sealed - white in colour.
4. Stir in the other vegetables and gently **fry for 2 mins.**
5. Stir in the paste and fry for 2mins.
6. Add the water, bring to boil and then reduce temperature and **simmer for 10-15min until chicken is cooked (check by using a food temperature probe 75°C)**
7. Prepare the rice - boil  $\frac{1}{2}$  a pan of water, add the rice and simmer for 15mins until rice is soft but not sticky. Drain the rice in a sieve and rinse with water.
8. Remove curry from heat and stir in the cream or yoghurt.
9. Serve the curry and rice on a dish - garnish

## GOUJONS AND POTATO WEDGES

### Ingredients

| Goujons  | Potato wedges  |
|--|--|
| 1 chicken breast or strips of<br>Vegetarian alternative such as<br><u>halloumi</u> or courgette/aubergine sweet<br>potato/butternut squash | 1 large baking potatoes or sweet<br>potatoes<br>Seasonings eg. Chilli<br>powder/curry powder/dried<br>herbs/ salt & pepper (opt) |
| <i>For coating</i><br><u>2 slices of bread for breadcrumbs</u><br><u>1 egg</u><br>25 ml oil  | 25ml oil (sch)   |

**\* Container to take goujons & wedges home in / apron**

Equipment - vegetable knife, chopping board, tablespoon, grater, plate, fork, palette knife, baking tray, pastry brush

### Method

1. **Turn on oven to 200°C, gas mark 7** and lightly oil a baking tray.
2. Wash and dry potatoes. Cut each potato into roughly 6 wedges.
3. Toss wedges in oil and sprinkle with your chosen seasonings
4. Place wedges onto a baking tray.
5. Using a fork whisk an egg in a bowl and place breadcrumbs onto a plate.
6. Slice your chicken into goujons or alternatively slice your vegetarian/vegan alternative - halloumi needs to be cut into 1cm width wedges
7. Dip chicken in egg and then coat in breadcrumbs.
8. Place goujons on a baking tray along with the wedges.
9. **Bake for 25 mins until tender and golden. The chicken should be crisp and 75°C.**
10. Part way through baking turn the goujons & wedges on the tray.

## SPINACH, POTATO & CHICKPEA CURRY AND RICE

### Ingredients

|                                |   |
|--------------------------------|---|
| 1 can chickpeas (400g) drained | 15ml oil - (sch)                          |
| 1 can chopped tomatoes (400g)  | <u>1/2 jar curry paste</u> (190g approx.) |
| 1 onion                        | 300ml water - (sch)                       |
| 3 handfuls of fresh spinach    |   |
| 1 large potato                 | 150g long grain rice                      |
| 1 clove garlic                 |   |
|                                | garnish -fresh coriander/parsley opt      |

*\*Container to take curry and rice home in / apron*

Equipment - large and small saucepans, chopping board, vegetable knife, wooden spoon, sieve, measuring jug, can opener

### Method

1. Prepare the onion (sliced), garlic (crushed) and potato (1cm dice)
2. Heat oil in a large pan, add onion and garlic and **fry gently for 2-3 mins.**
3. Stir in the curry paste, potatoes and water
4. Add the tomatoes and chickpeas and simmer for 20mins. until potato is tender.
5. Stir in the fresh spinach and cook for a further 2 mins.
6. Prepare the rice - boil  $\frac{1}{2}$  a pan of water, **add the rice and simmer for 15mins until rice is soft but not sticky.** Drain the rice in a sieve and rinse with boiling water.
7. Remove curry from heat
8. Serve the curry and rice on a dish - garnish

## VEGETARIAN LASAGNE

### Ingredients

| Main Sauce                             | Cheese sauce                  |
|--|-------------------------------|
| 1 carrot                               | <u>300ml milk</u>             |
| 1 onion                                | <u>30g plain flour</u>        |
| 1 tabbsp oil - (sch)                   | 30g hard margarine            |
| 400g tin tomatoes                      | seasoning                     |
| 5g mixed herbs- (sch)                  | <u>75g grated cheese</u>      |
| <u>1 tabbsp tomato puree</u>           | Topping                       |
| 1 (400g) tin of lentils or mixed beans | <u>25g grated cheese</u>      |
| seasoning/garlic                       |                               |
| opt - other vegetables                 | 6 sheets of easy cook lasagne |

*\*Oven proof dish to make & cook lasagne in / apron*

Equipment - 1 med & 1 sm pan, wooden spoon, chopping board, vegetable knife, and grater, spiral whisk.

### Method

1. **Set oven at 180°C, gas mark 4.**
2. Make main sauce - Peel and chop onion and any other vegetables finely and evenly
3. Put the oil in medium pan on a low heat, add the onions and gently cook for 3mins.
4. Add the other fresh vegetables and cook for 3 mins.
5. Add the tomatoes, beans/lentils, puree, herbs, garlic and seasoning. **Mix well and simmer gently for 15mins.**
6. Make cheese sauce - Put flour, milk and margarine into small pan. Heat very gently stirring continuously with a whisk until ingredients blend and mixture begins to thicken, gently boil for 2mins
7. Remove pan from heat and stir in the grated cheese.
8. Put  $\frac{1}{2}$  the lasagne at the bottom of the oven proof dish, cover with  $\frac{1}{2}$  the main sauce and then  $\frac{1}{2}$  the cheese sauce. Repeat the layers finishing with cheese sauce.
9. Sprinkle the grated cheese over the top of the cheese sauce.
10. **Bake in the oven for 30-40mins until golden brown and bubbly.**

## SHEPHERD'S PIE

### Ingredients

| Meat mixture                      | Topping                         |
|-----------------------------------|---------------------------------|
| 250g minced lamb or <u>Quorn</u>  | 6 medium potatoes               |
| 1 onion                           | Splash of <u>milk</u> or tsp of |
| 1 carrot                          | <u>butter</u> /margarine        |
| <u>15ml tomato puree</u>          | Seasoning                       |
| <u>15g plain flour</u>            |                                 |
| <u>1 stock cube</u>               |                                 |
| <u>15ml Worcester sauce (opt)</u> |                                 |
| Seasoning (sch)                   |                                 |
| 250ml boiling water (sch)         |                                 |
|                                   | Garnish of tomato, fresh (opt)  |

**\*Oven proof dish to make & cook shepherd's pie in / apron**

Equipment - 1 med pan, wooden spoon, chopping board, vegetable knife, vegetable peeler, measuring spoons and potato masher.

### Method

1. **Set oven at 200°C, gas mark 6**
2. Boil  $\frac{1}{2}$  pan of water. Peel potato, cut in to 2cm cubes and put in to the boiling water with a pinch of salt.
3. **Boil for 15mins. until soft.**
4. Make meat mixture - Prepare the vegetables - chop the onion, dice carrot.
5. Put the mince, onion and carrot in medium pan on a low heat and cook gently until brown and the fat released.
6. Stir in the flour, puree and Worcester sauce
7. Make the stock up with the water and the stock cube
8. Add the stock to the meat mixture, bring to boil and simmer for 5-10mins until carrots are soft
9. Make topping - When the potatoes are soft, drain them and mash them with the milk.
10. Put the meat mixture in to an ovenproof dish and spread the potato over the top.
11. **Bake in the oven for 20-25mins until golden brown and bubbly**

## PLAIT

### Ingredients

| Pastry                                      | Filling                              |
|---|--------------------------------------|
| <u>Puff Pastry</u>                          | <u>200g sausages or sausage meat</u> |
|   | 1 large apple (opt)                  |
| <u>Beaten egg or milk</u> for glazing (sch) |                                      |

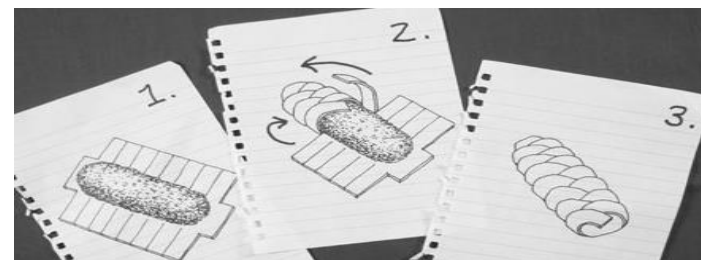
**\* Vegetarian filling alternative could include...** Meat-free sausages, cubed potato, grated or diced carrot, peas, sliced peppers, diced onion, goats/feta cheese, drained mixed beans such as chickpeas, fresh herbs/seasonings. (Cook fillings at home to soften).

**\*Swiss roll tin (22cmx30cm) or container to take home in / apron**

Equipment - swiss roll tin or baking tray, mixing bowl, measuring jug, table knife, sieve, chopping board, vegetable knife, vegetable peeler, pastry brush, rolling pin, flour dredger, 2mm batons.

### Method

1. **Set oven at 200°C, gas mark 6.**
2. Lightly flour the table and roll the pastry out to a large rectangle approx. 20cm x 25cm using the batons to guide the depth - trim straight with a knife. Place the pastry flat on the swiss roll tin or baking tray
3. Make the filling - if sausages are used remove the skins. Shape the sausage meat in to a narrow rectangle and position in the centre of the pastry (*see drawing*). Peel, core, thinly slice apple and arrange on the sausage meat
4. Brush round the edge of the pastry with beaten egg or milk.
5. Assembly of plait - (*see drawing*) Make diagonal cuts either side of the sausage meat, then fold over the top and bottom edge on to sausage meat.
6. Plait the diagonal strips starting at the top end.
7. Brush the completed plait with beaten egg or milk to glaze it.
8. **Bake in the oven for about 30-35mins until golden brown and the sausage meat is cooked (use a food temperature probe 75°C)**



## KOFTAS AND SAUCE

### Ingredients

| KOFTAS  | SAUCE   |
|---|---|
| 200g minced lamb  | <b>(Spiced)</b>   |
| 1 small onion   | 1 small red chilli - seeds removed and finely chopped                     |
| 1 clove of garlic (sch)                                     | 1 clove of garlic   |
| 1 small red chilli (opt)                                    | $\frac{1}{2}$ tsp ground cumin (sch)                                      |
| 1 tsp cumin (sch) (opt)                                     | 2 tabbsp finely chopped parsley, mint & coriander                         |
| 3 sprigs of fresh herbs (parsley, mint and coriander) (opt) | <b><u>120g natural yoghurt</u></b>  |
|   | 1 tabbsp chopped mint   |
|   | juice & zest of 1 lemon   |
|   | $\frac{1}{2}$ cucumber finely chopped or grated (squeeze to remove water) |

**\*Containers to take koftas and sauce home / apron**

Equipment - chopping board, veg knife, garlic crusher, grater, teaspoon, tablespoon, mixing bowl, skewers

### Method

1. Peel onion and very finely chop. Peel and crush garlic.
2. De-seed chilli and very finely chop.
3. Finely chop the fresh herbs
4. Put all the ingredients in to a mixing bowl and thoroughly blend together
5. Divide the mixture in to 2 or 3 and shape around the skewers
6. **Grill for 10 - 15mins, turning occasionally to ensure even and thorough cooking.** (the meat should not be pink)
7. For the chosen yoghurt sauce mix all the ingredients together in a bowl

## FALAFEL

### Ingredients

| FALAFEL   | YOGHURT DIP  |
|---|--|
| 400g chickpeas (1 large tin)                                    | <b>(Spiced)</b>  |
| 1-2 cloves garlic   | 1 small red chilli - seeds removed and finely chopped                            |
| 3 tsp dried parsley OR<br>1 handful fresh parsley               | 1 clove of garlic - crushed  |
| 2 tsp ground cumin  | $\frac{1}{2}$ tsp ground cumin (sch)   |
| 2 tsp ground coriander  | 2 tabbsp parsley, mint & coriander - finely chopped                              |
| 1 tsp <b><u>harissa powder</u></b> OR<br>chilli flakes to taste | <b><u>120g natural yoghurt</u></b>   |
| <b><u>2 tblsp plain flour</u></b>                               | 1 tabbsp mint - finely chopped   |
| 2 tblsp oil (sch)   | juice & zest of 1 lemon  |
| 1 onion   | $\frac{1}{2}$ cucumber finely chopped or grated (squeeze to remove excess water) |
| Salt & pepper (sch)   |  |
| 1 tblsp oil for frying (sch)                                    |  |

**\*Container for taking falafel home in/ apron**

Equipment - sharp knife, chopping board, garlic crusher, food processor, sieve, teaspoon, tablespoon, frying pan, wooden spatula.

### Method

1. Dice the onion, peel and crush the garlic and put them in a food processor.
2. Drain the chickpeas and put in the food processor.
3. Add parsley, cumin, coriander, harissa/chilli, plain flour, oil, salt and pepper to the food processor and blend into a smooth paste.
4. Add some water, 1 tsp at a time if the mixture is too thick. It should be soft, but not wet and sticky.
5. Shape the mixture into balls, then flatten to make patties (they should look like mini burgers).
6. Heat 1 tblsp oil in a frying pan, on a medium heat. Fry the falafel for 3 minutes on each side, until golden brown.
7. To make the sauce, prepare ingredients and mix together in a bowl.



**YEAR 9**

**Food - Sept 2021  
Main Meal Recipes**

Name \_\_\_\_\_ Form \_\_\_\_\_

Group \_\_\_\_\_ Day \_\_\_\_\_

Please note that the recipes can also be found on the Highfields School Website under: Parents/ Parent Booklets/ Food Recipe Booklets & each week the recipe will be set as homework on Satchel One