



Year 8

Food Technology Bakery 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

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.



Please note, although Starkholmes is now a nut-free zone, 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. Staff and students must ensure they do not bring in any product containing nuts. Potential 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

TOMATO, CHEESE & BASIL TART

Ingredients

Base	Filling
<u>100g Plain flour</u>	2 Tomatoes (sliced) or Cherry Tomatoes can also be used
50g Block <u>Butter</u> /Margarine	<u>50g Cheese of your choice</u>
2-3 x15ml Cold Water	Handful of Basil Leaves (opt)
	<u>2 Eggs</u>
	<u>125ml Milk</u>
	Seasoning

**Container for taking tart home in/ apron*

Equipment - Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, sandwich tin or foil tray, fork, chopping board, knife, grater, measuring jug, baking tray.

Method

1. **Preheat the oven to 180°C, gas mark 4.**
2. Make up the shortcrust pastry: sift the flour into the bowl. Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs. Add the cold water gradually and start to mix together; mix to form a firm, smooth dough.
3. Roll out the pastry, on a lightly floured surface.
4. Line the foil dish or sandwich tin with the pastry.
5. Trim the edges of the pastry using the palette knife
6. Prick the bottom of the pastry with a fork.
7. Slice the tomatoes or half the cherry tomatoes.
8. Slice or grate the cheese.
9. Whisk the eggs and milk together in the measuring jug using the fork. Tear the basil into the mixture, then add a few twists of black pepper.
10. Pour the egg mixture into the pastry shell
11. Arrange the tomato slices and cheese over the top.
12. **Place on a baking tray and bake for 30 minutes, until golden and firm.**

DRIZZLE CAKE

Ingredients

Cake Mixture	Glaze
<u>100g Self-Raising flour</u>	1 Orange or Lemon juice
100g Soft margarine	25g Caster sugar
100g Caster sugar	
<u>2 Eggs</u>	
Zest of 1 Orange or Lemon	

**Container for taking cake home/ apron*

Equipment - 19cm shallow cake tin, cooling rack, mixing bowl, sieve, wooden spoon, grater, lemon squeezer, plastic spatula, vegetable knife, plate, palette knife

Method

1. **Put on oven, 180°C, gas mark 4** and grease and line a cake tin
2. Grate the rind from the orange or lemon on to a plate
3. Sieve the flour in to a mixing bowl, add the caster sugar, margarine, eggs and orange rind
4. Using a wooden spoon beat the mixture until light and fluffy and well mixed
5. Using a large spoon carefully put the mixture in to the greased and lined cake tin
6. Spread the mixture evenly and wipe the sides if mixture is around the sides of the tin
7. **Using oven gloves put the cake in to the oven for 25 - 30 min until golden brown and firm to touch**
8. Cut the orange/lemon in half and squeeze out the juice. Put the juice in to a small bowl and mix in the small amount of sugar
9. When the cake is cooked, loosen it from the tin using a palette knife. Turn it out on to a cooling tray.
10. Pour the juice carefully over the bottom of the cake a little at a time and allow it to soak in.

MAIDS OF HONOUR

Ingredients

Pastry	Cake Mixture
<u>100g Plain flour</u>	50g Soft margarine
Pinch of salt - sch	50g Caster sugar
50g Block margarine	<u>50g Self Raising flour</u>
Cold water - sch	<u>1 egg</u>
Filling: 2 tbsp Jam or Lemon curd	

**Container for taking tarts home in/ apron*

Equipment - patty (bun) tray, cooling rack, mixing bowl, sieve, measuring jug, table knife, flour dredger, rolling pin, pastry cutter, teaspoon, wooden spoon

Method

1. **Set oven to 200°C, gas mark 6.**
2. Sieve flour and salt into mixing bowl, Add fat (margarine and lard) and cut into small pieces.
3. Rub fat into flour until it looks like breadcrumbs.
4. Add water, 1 teaspoon at a time, to the flour mixture and mix with a table knife until it forms a ball of soft but not sticky dough.
5. Knead the dough lightly and lightly flour table and rolling pin. Roll out the pastry until 2mm thick. Check that it does not stick to the table.
6. Cut out large circles and line the patty tins.
7. Add 1 teaspoon of jam to each pastry case
8. Make the sponge mixture by putting, margarine, sugar, flour and egg in to mixing bowl and beating well
9. Put a teaspoon of mixture on top of the jam in each tart
10. **Bake for 10 - 15 mins until golden brown and spongy to touch**
11. Take maids of honour out of the patty tin and put on cooling rack

(Seasonal) BIRDS' NESTS

Ingredients

Nest	Decoration
50g Margarine	Smarties or Mini Eggs
50g (2tbsp) Golden syrup	20 bun cases
50g Icing sugar	
40g Cocoa Powder	
75g Rice Krispies / Cornflakes / Shredded wheat	

**Container for taking nests home in/ apron*

Equipment - medium saucepan, cooling rack, wooden spoon, teaspoon

Method

1. Put the bun cases out on to the cooling rack
2. Put the margarine and syrup in to a saucepan and gently heat it - do not boil it.
3. Remove the pan from the heat and stir in the icing sugar and the cocoa. Stir well.
4. Stir in the cereal until well coated.
5. Put a heaped teaspoon of mixture in to each bun case and make a slight well in the middle of each.
6. Put the smarties / mini eggs in the well and serve.

(Seasonal) SHORTBREAD- fancy shapes!

Ingredients

Biscuit
<u>150g Plain flour</u>
100g <u>Butter</u> or Soft Margarine
50g Sugar
Decorations/ Flavours can be added if wanted

*Container for taking biscuits home in/apron

Equipment - baking tray, cooling rack, dough cutters, mixing bowl, rolling pin, table knife, fork, flour dredger, tea spoon

Method

1. **Preheat oven at 180°C, gas mark 4** and lightly flour the baking tray
2. Put the flour, fat and sugar into mixing bowl and rub in the fat until it resembles breadcrumbs
3. Using one hand, knead and squeeze the mixture until it becomes like soft pastry - a soft dough.
4. Roll dough out on a lightly floured table to 3mm thickness.
5. Using fancy cutters cut out shapes and put the shapes on to the baking tray. If you want them for hanging as a decoration use a thick skewer to make a hole
6. **Bake for about 10 - 15 mins until pale golden brown**
7. As soon as it comes out of the oven remark the hole.
8. Transfer the shortbread biscuits on to a cooling tray to cool
9. When cold decorate and thread cord through hole if required

CHEESE STRAWS

Ingredients

Biscuit	
<u>185 g Plain flour</u>	<u>75g Mature cheddar cheese</u>
110g Hard margarine	<u>Pinch of dry mustard - sch</u>
Pinch of salt - <u>sch</u>	Pinch of cayenne pepper - <u>opt sch</u>
<u>½ Egg - sch</u>	
	Opt coating/finishing -
	Sea salt, black pepper, <u>poppy seeds</u>

*Container for taking cheese straws home in/ apron

Equipment - baking tray, mixing bowl, table knife, fork, small bowl, flour dredger, plate, grater, rolling pin, 3mm batons

Method

1. **Preheat oven at 190°C, gas mark 5** and lightly flour the baking tray
2. Put the flour and salt in to a mixing bowl and add the margarine cut up in to small pieces.
3. Rub the fat into the flour until the mixture resembles fine breadcrumbs.
4. Stir in the grated cheese, mustard and cayenne pepper.
5. Whisk the egg in a bowl and add to the rubbed in mixture. Mix with a table knife to bring the dough together to form a soft but not sticky dough. If the dough is too dry add a little cold water.
6. Wrap the dough in cling film and chill it for 30mins.
7. Roll out the dough to a square on a floured table to 3mm thick. Cut the square in half and then each half in 1 cm strips.
8. Transfer the straws to the floured baking tray
9. **Bake for 15 - 20 minutes until pale golden brown and crisp.**
10. Leave the cheese straws to cool on the tray and then they are ready to serve.

OMELETTE

Ingredients

<u>3 Eggs</u>
A little olive oil -sch
Salt & Pepper - sch
<u>50g Cheddar Cheese</u>
<u>3 Slices ham</u> - opt
50g mushrooms - opt
1 Red, Orange or Yellow Pepper - opt

**Container for taking omelette home in/ apron*

Equipment - jug or mixing bowl, frying pan, fork, spatula, grater, knife, chopping board

Method

1. Prepare your vegetables by chopping them into bite sized pieces.
2. Grate your cheese carefully.
3. Crack the eggs into a jug and add a pinch of salt and pepper.
4. Beat eggs well with a fork.
5. Add a small amount of butter/oil to the pan.
6. Cook the vegetables and remove from the pan into a bowl.
7. Add some more butter/oil to the pan if needed.
8. Pour the egg mixture into the pan and spread around evenly.
9. When there is little or no liquid on top, add your vegetables and cheese to half of the omelette.
10. Flip the top half over the omelette.
11. Cook for a further few minutes until starting to go slightly golden.

(Seasonal) SPIDER'S WEB FAIRY CAKES

Ingredients

Cake Mixture	Icing
100g Soft margarine	150g Icing sugar
<u>100g Self raising flour</u>	<u>Food colouring</u> - sch
100g Caster sugar	
<u>2 Eggs</u>	
12 Bun cases	

**Container for taking cakes home in/ apron*

Method

1. **Set oven at 180°C, gas mark 4.**
2. Place paper cases in patty tin
3. Put margarine, sugar, flour and egg into a bowl and cream until light and fluffy
4. Place a heaped teaspoonful of mixture into each case
5. **Put into oven and cook for 15 mins till spongy to touch and golden in colour**
6. Put on to a cooling rack to cool
7. Put the icing sugar in to a small bowl and stir in a few drops of water and stir to give a thick icing.
8. Put 1tblsp of icing into another bowl and add 2 drops of food colouring, mix and put the icing into a paper-piping bag.
9. Taking 1 bun at a time spread with white icing and then pipe the coloured icing in circles on top. Draw a skewer across in alternate directions to make a spider's web



(Seasonal) MINCEPIES

Ingredients

Shortcrust pastry	Filling
100g Hard margarine	<u>Jar of sweet mincemeat</u>
<u>200g Plain Flour</u>	A little icing sugar - sch / opt
Pinch of salt - sch	
Cold water - sch	

*Container to take mince pies home in/apron

Equipment

mixing bowl, measuring jug, table knife, teaspoon, rolling pin, flour dredger, large & small crinkle pastry cutters, 3mm batons, patty tin, cooling tray,

Method

1. **Set oven to 200°C, gas mark 6.**
2. Make the shortcrust pastry - rub the fat in to the flour and salt until fine breadcrumbs, gradually add drops of water and mix to give a soft but not sticky dough
3. Roll the pastry out using the batons to guide the thickness of the pastry and cut out an equal number of each size cutters.
4. Line patty tins with the large circles
5. Put a teaspoon of mincemeat in to each pastry case
6. Brush a little water on one side of the smaller circles (lids) and put wet side down on top of the mincemeat and gently seal.
7. Using a fork or knife mark an air hole in the top of each pie and brush over lightly with milk or water
8. **Bake for 15min until pale golden brown**
9. Sieve a little icing sugar over to serve - Can be served hot or cold

FOCACCIA

Ingredients

Mixture
1 tbsp runny honey - sch
7g sachet dried fast action yeast - sch can provide on request
130ml warm water
Seasoning - sch
<u>250g Strong white flour</u>
Olive oil (drizzle opt)
1 clove garlic and/or 6-8 olives (opt)
Sprigs of rosemary (opt)

*Container for taking bread home in/ apron

Equipment - large bowl, palette knife, baking tray/cake tin, measuring jug, saucepan, sharp knife, chopping board

Method - **Set oven to 220°C, gas mark 7.**

1. Add the honey and yeast to the warm water and leave for a couple of minutes until it starts bubbling
2. Place the flour and salt into a large mixing bowl. Add half the yeast mixture and stir thoroughly
3. Once you have a stodgy consistency, add the rest of the yeast mixture. Continue mixing until you have a smooth dough
4. Knead the dough for 5 minutes until it is soft and elastic
5. Make the dough into a flat round shape and leave to prove for at least 20 minutes. Meanwhile peel and chop the garlic, pick the rosemary leaves and drain the olives
6. Lightly knead and shape the dough into a round or oval shape and place it onto the baking tray
7. Spread your topping over the bread, pushing your fingers right down to the bottom of the dough to make little dimples. Place the tray somewhere warm and leave for 10 minutes or until doubled in size.
8. Poke the bread all over again with your fingers
9. **Bake in the hot oven for 20 minutes or until golden and springy.**

10. Remove from the oven. Drizzle well with olive oil and a sprinkle of sea salt.

PIZZA

Ingredients

Base	Tomato sauce (or ready-made)
<u>170g strong plain flour</u>	small onion
1tsp fast action yeast - sch can provide on request	15ml oil - sch
15ml oil - sch	400g tin tomatoes
100ml warm water - sch	15ml tomato puree
	5ml mixed herbs/oregano - sch
	salt/pepper/sugar to taste - sch
Toppings (select 50g of any 3)	<u>Cheese (select 150g from cheeses below)</u>
<u>ham/pepperoni/bacon</u>	<u>grated cheddar/red Leicester</u>
<u>tuna/prawns/anchovies</u>	<u>firm mozzarella</u>
peppers/onion/mushrooms	<u>soft mozzarella</u>
sweetcorn/pineapple	
olives/tomato/basil/chilli flakes	

* Pizza tray or container to take pizza home in /Cookery apron

Equipment - pizza tray, mixing bowl, measuring jug, med. pan, wooden spoon, chopping board, veg knife, flour dredger, tablespoon, grater

Method

1. **Make Tomato sauce** - peel & chop onion and fry gently in oil in pan for a few mins. Add tomatoes, puree, herbs and seasoning. Bring to boil, reduce heat and simmer uncovered for 20min until reduced and thick. Blend until smooth if required. (a jar of ready-made sauce or tomato puree can be used instead)
2. Prepare toppings as required.
3. **Set oven to 200°C, gas mark 6.**
4. **Make base** - sieve flour and salt in to mixing bowl, stir in yeast and make a well in centre. Mix oil in to hand hot (37°C) water and pour in to the flour well. Stir to a soft but not sticky dough. Knead dough for 5min, shape as required and place on a floured baking tray or pizza tray.
5. **Assemble pizza** - spread base with 3-4 tbsp. tomato sauce, add toppings and finish with cheese.

6. Bake for 15- 20 mins until base is firm and cheese has melted and is golden brown

PALMIERS

Base	Possible flavour combinations
<u>500g/1lb 2oz ready-made puff pastry</u>	1 x 280g/10oz jar sun-dried tomatoes, drained and finely chopped few sprigs fresh rosemary, leaves only, finely chopped
<u>plain flour, for dusting - sch</u>	tapenade or <u>parmesan</u>
	sugar and ground cinnamon
<u>1 egg, lightly beaten</u>	jam

Ingredients

* Container to take your palmiers home in Cookery apron

*Please can we ask that you do not bring Nutella, Pesto or any Nut Based Products

Method

1. **Put the puff pastry on a well-floured surface and bash it with a rolling pin.** Usually you need to be quite delicate with puff pastry as it needs to puff up a lot, but for palmiers it only needs to puff up a little.
2. Roll the pastry out into a rectangle about 30 x 35cm/12 x 14in and the thickness of a £1 coin.
3. **Filling -** Evenly spread your chosen filling over the pastry.
4. With the shortest end facing you, take both long edges of the pastry and roll them towards each other to meet in the middle.
5. Brush a little egg down the centre to stick the two halves together.
6. Carefully lift into a large baking tray (making sure it will fit in your fridge first) and put in the fridge for at least 30 minutes to chill and harden.
7. **Preheat the oven to 200°C, gas mark 6.**
8. Remove the roll from the fridge and, using a very sharp knife, slice it into 1cm/½in thick pieces. Lay each piece on the baking tray, cut side up, and brush well with the beaten egg.

9. Bake in the oven for 10-15 minutes until puffed up, crisp and golden-brown and leave to cool on the baking tray.

Pasta

200g of '00' Flour or Strong plain flour

2 Eggs

2tbsp Oil - sch

PASTA

Ingredients

* Container to take your pasta home in / apron

Method

1. Add 2 eggs, and 2tbsp of oil into the middle of 200g of '00' flour.
2. Gently stir a little flour at a time into the egg with a fork
3. Continue to mix together until all flour is combined and turn onto the surface
4. Work the dough together into a ball using your fingers
5. Knead for 5 minutes until smooth, silky and stretchy with the heel of your hand
6. Optional step to wrap with cling film and chill/ rest for 30 minutes (this is time dependant)
7. Roll dough to a rectangle then either; continue to roll to reduce the thickness or use a pasta machine is available start at the widest setting and then gradually reduce the thickness
8. Roll up or if your using a pasta machine roll again reducing the roll we thickness each time
9. Cut pasta into narrow strips by either; slicing off the dough or rolling through the pasta machine again
10. Open pasta up and hang to dry for 30 minutes before boiling for 2 minutes in salt water

Note: Add 60ml of beetroot juice for pink and 60ml of spinach juice for green