



Year 8

**Food - Sept 2025
Recipes**

Name _____ Form _____

Teacher _____

DT 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

The 14 ALLERGENS



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.

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 **suitable apron** and 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 or before the lesson**. 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 and other ingredients should be placed on the designated 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 Weller

SAVOURY PUFF PASTRY TART

Ingredients

*Please bring one pack of ready-made chilled puff pastry	
Choose 2-3 toppings	Choose 1 option for the base
Pepper	<u>Soft cream cheese</u>
Onion	Pasta Sauce
Courgette	Tomato puree
Mushroom	Chutney
<u>Cheese - Feta, Cheddar, goats cheese or Mozzarella</u>	Pickle
Tomatoes	Fresh/dried herbs, garlic (opt)
Olives	
Cooked Meat e.g. Chicken	

**Container for taking tarts home in/ apron*

Method

1. Place the puff pastry on a baking tray lined with baking parchment and score a border with a sharp knife 2cm in from the edge all the way round.
Preheat the oven to 200°C/Gas mark 7.
2. Prepare your chosen toppings and place into a large bowl. Add 1 tbsp of oil, garlic, herbs and season generously with salt and pepper.
3. Spread the puff pastry with your chosen base flavour inside the border. Add your chosen toppings.
4. **Cook for approx. 20-25 minutes**, until pastry is golden and crisp. Remove from the oven.
5. Cut the tart into quarters and place in container.

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*

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.

JAM TARTS

Ingredients

100g Plain flour

Pinch of salt (sch)

50g Block margarine

2-4 tbsp Cold water (sch)

Filling: 6 tbsp Jam or Lemon curd

**Container for taking tarts home in/ apron*

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. **Bake for 10 - 12 mins until golden brown**
9. Take jam tarts out of the tin and put on cooling rack

VIENNESE FINGERS/WHIRLS

Ingredients

Biscuits

175g Self raising flour

175g soft margarine

50g caster sugar

$\frac{1}{2}$ tsp vanilla essence

3 tbsp jam

Decoration (opt)

Glaze cherries for whirls (opt)

**Container to take biscuits home in / cookery apron*

Method

1. **Heat oven to 160°C.** Dust a baking tray with flour.
2. Cream fat and sugar thoroughly, gently fold in sieved flour and vanilla essence.
3. Place mixture in a piping bag with a star nozzle and pipe circles/lines on a baking tray.
4. Place in chiller to set for 5-8 minutes.
5. Using oven gloves **bake for about 12-15 minutes, until lightly golden.**
6. Mix 3 tbsp spoons of jam in a small bowl and then gently pick up the biscuits to spread jam and place another biscuit gently on top.
7. Add to container.



CHEESE STRAWS

Ingredients

<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 (sch)	Pinch of cayenne pepper (opt) (sch)
<u>1 Egg</u>	
	Opt coating/finishing -
	Sea salt, black pepper, <u>poppy seeds</u>

**Container for taking cheese straws home in/ apron*

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.

FOCACCIA

Ingredients

Mixture
<u>250g Strong white flour</u>
7g sachet dried fast action yeast (sch) can provide on request
130ml warm water
Seasoning - 1tsp salt (sch)
2tbsp olive oil
Olive oil (drizzle on top after cooking opt)
Optional flavours - 1 clove garlic /6-8 olives / sundried tomatoes (opt)
Sprigs of rosemary (sch/opt)

**Container for taking bread home in/ apron*

Method

1. Place the flour into the bowl, Mix the yeast into one side of the flour, and the fine salt into the other side. Then mix everything together, this initial separation prevents the salt from killing the yeast.
2. Make a well in the middle of the flour and add 2 tbsp oil, gradually add your warm water until you have a slightly sticky dough. Continue mixing until you have a smooth dough.
3. Knead the dough for 5 minutes until it is soft and elastic on a lightly floured surface.
4. Make the dough into a flat round shape
5. Peel and chop the garlic, pick the rosemary leaves and drain the olives if using.
6. 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.
7. Poke the bread all over again with your fingers
8. **Set oven to 220°C, gas mark 7. Bake in the hot oven for 20-25 minutes or until golden and springy.**
9. Remove from the oven. Drizzle well with olive oil and a sprinkle of sea salt.

PIZZA

Ingredients

Base	Tomato sauce (or ready-made)
170g strong plain flour	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

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.**

CINNAMON BUNS

Ingredients

Enriched bread dough	Filling
<u>225g Strong Plain White Flour</u>	<u>20g Butter</u>
$\frac{1}{2}$ Tsp Salt (sch)	25g Soft Brown Sugar
<u>25g Butter</u>	$\frac{1}{4}$ Tsp Cinnamon (sch)
2tsp Fast Action Dried Yeast - CAN BE PROVIDED BY SCHOOL ON REQUEST	<u>Glaze (opt)</u>
	2tbsp Clear Honey, Apricot Jam Or Water With Sugar Dissolved
<u>100ml Milk (Warmed at school)</u>	
<u>1 Egg</u>	

*Suitable container for transporting home

Method

1. **Pre heat oven at 220°C/gas 7.**
2. Sieve flour and salt into mixing bowl. Rub in butter and stir in yeast
3. Warm the milk and beat the egg and mix together.
4. Make a well in the flour and add the liquid and mix to a soft but not sticky dough.
5. Knead for 5min and leave in a covered bowl to prove for 10min.
6. Knock back dough (knead again) and roll on lightly flour area in to a large rectangle.
7. Melt the butter and brush over the dough. Sprinkle with the sugar and spice and trickle over the remaining butter.
8. Roll up dough like a swiss roll and cut into 9 equal pieces. Place them close together on a baking tray or in a cake tin.
9. Cover with cling film and leave to prove.
10. **Sprinkle with castor sugar and bake for 15-20min until golden brown.**
11. Remove from oven and glaze while still hot.

SWISS ROLL

Ingredients

Sponge

75g caster sugar

75g plain flour

3 eggs

5 tablespoons of jam/curd

* Container to take your swiss roll home in / apron

* Swiss roll tin (approx 24x33cm) - school provides on the day!

Method

1. **Set oven 200°C, gas 6, grease and line swiss roll tin.**
2. Whisk eggs and sugar together in a bowl until the mixture is very thick and leaves a trail from the beaters.
3. Fold in the sieved flour very gently using a metal spoon.
4. Pour into the prepared tin and place in the oven for approximately 6-10 mins (oven dependant).
5. Place a sheet of greaseproof paper onto the work surface and sprinkle lightly with caster sugar.
6. Turn the sponge on to the paper and remove the lining paper.
7. Beat jam until smooth (if lumpy it can be heated gently in the microwave). Spread with jam/curd and roll up the sponge using the greaseproof paper.
8. Sieve icing sugar gently over the top.

SHORTBREAD (EXTRA)

Ingredients

Biscuit	Decoration (opt)
<u>180g plain flour</u>	50g icing sugar
55g caster sugar	A few drops of water
125g soft margarine	
	Glace cherries, smarties or similar

* Container to take biscuits home in / cookery apron

Method

1. **Preheat oven at 190 C, gas 5** and lightly greased 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 - use batons for even 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 - 15mins 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. Carefully mix water into icing sugar a drop at a time to make a stiff icing. Spread or pipe on to cooled biscuits