

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

The 14 ALLERGENS



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.

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

VEGETABLE SOUP

Ingredients

600ml water (sch)
x1 Vegetable stock cube
1 Onion
1 Leek
1 Potato
2 Cloves of garlic
1 Carrot or Celery stick (opt)
1 tbsp oil (sch)
1 tsp mixed herbs /coriander
Salt and pepper (sch)

**Container with secure lid for taking soup home in/ apron*

Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - top and tail, peel and dice the carrot;
 - top and tail, then slice the leek;
 - peel and cube the potato;
 - slice the celery;
 - chop the coriander.
2. Heat the oil in a saucepan and fry (sauté) all the vegetables, except the potatoes, for 5-10 minutes.
3. Add the stock to the saucepan and bring to the boil.
4. Add the potatoes and simmer for 20 minutes.
5. Stir in the chopped coriander / mixed herbs and serve.

TOP TIPS

Try using a sweet potato.

Vary the types of vegetables used depending on what is in season.

Add canned or frozen sweetcorn or a can of beans.

Blend the soup for a smooth consistency.

Try adding different herbs and spices.

MACARONI CHEESE PASTA BAKE

Ingredients

Sauce	Choose from the following:
<u>25g Butter</u> or Spread	<u>200g can Tuna fish (in water) (opt)</u>
<u>25g Plain flour</u>	200g Broccoli/cauliflower (opt)
<u>250ml Milk</u>	150g can Sweetcorn or Peas (opt)
<u>75g Parmesan or Cheddar Cheese</u>	2 Sliced Tomatoes (opt)
Black Pepper	1x5ml dried Oregano / Mixed herbs (sch)
<u>200g Pasta e.g. penne/ rigatoni / macaroni</u>	

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

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.**

LASAGNE

Ingredients

Filling	Cheese sauce
<u>400g Meat/Quorn mince</u>	<u>300ml milk</u>
1 onion	<u>30g plain flour</u>
seasoning/garlic	30g hard margarine
400g tin tomatoes	Seasoning
5g mixed herbs- (sch)	<u>75g grated cheese</u>
<u>1tblsp tomato puree</u>	Topping
opt - other vegetables	<u>25g grated cheese</u>
<u>*6 sheets of easy cook lasagne*</u>	

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

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.**

VEGETARIAN LASAGNE

Ingredients

Filling	Cheese sauce
1 carrot	<u>300ml milk</u>
1 onion	<u>30g plain flour</u>
1 tbsp oil - (sch)	30g hard margarine
400g tin tomatoes	seasoning
5g mixed herbs- (sch)	<u>75g grated cheese</u>
<u>1tblsp tomato puree</u>	Topping
1 (400g) tin of lentils or mixed beans	<u>25g grated cheese (opt)</u>
X2 cloves of garlic	
<u>*6 sheets of easy cook lasagne*</u>	
opt - other vegetables	

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

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.**

GOUJONS AND POTATO WEDGES

Ingredients

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

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

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.

AMERICAN PANCAKES

Ingredients

200g self-raising flour

1 ½ tsp baking powder (sch)

1 tbsp caster sugar

3 large eggs

25g butter, plus extra for cooking

200ml milk

vegetable oil, for cooking (sch)

**Container for taking pancakes home in/Cookery apron*

Method

1. Mix 200g self-raising flour, 1 ½ tsp baking powder, 1 tbsp caster sugar and a pinch of salt together in a large bowl.
2. Melt 25g of butter in a saucepan.
3. Create a well in the centre with the back of your spoon then add 3 large eggs, the slightly cooled 25g melted butter (to avoid scrambling the eggs) and 200ml milk.
4. Whisk together either with a balloon whisk or electric hand whisk until smooth then pour into a jug.
5. Heat the oil in a frying pan, when hot pour any excess into a small bowl and keep to one side.
6. Using the jug pour your batter into the frying pan. When tiny air pockets form and they are golden flip the pancake.

TOP TIP

If you want to serve them all at once, heat the oven to its lowest setting and put a couple of baking trays in there to keep the pancakes warm as you make the rest. Add toppings/fillings of your choice...cooked bacon, chocolate chips, blueberries or peanut butter (at home) and jam.

PLAIT

Ingredients

Pastry	Filling
<u>Puff Pastry - shop bought can be used on this occasion</u>	<u>1 packet of sausages/sausage meat</u>
	1 large apple (opt)
<u>Beaten egg or milk</u> for glazing (sch)	2 tbsp caramelised onion chutney (opt)

* **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 - 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)**

CHEESECAKE

Ingredients (Serves approx. 4)

Base	Topping
150g Biscuits e.g. digestive, gingernut	<u>150ml double cream</u>
<u>75g Butter</u>	<u>100g full fat cream cheese</u>
	50g icing sugar
	$\frac{1}{2}$ tsp vanilla essence / Zest of lemon or orange
	Decoration - bring fruits of your choosing

*Foil and Cling film will be provided by school

Method

1. Melt the butter in a saucepan.
2. Crush the biscuits with a rolling pin in a large bowl. Mix the melted butter with the crushed biscuits.
3. Firmly press the biscuit mixture into your foil tin. You could use the back of a tablespoon to help.
4. You must **wash the large bowl**.
5. In the large bowl beat the cream cheese, cream, icing sugar and flavourings e.g. vanilla essence using an electric mixer to whip until thick. **DO NOT OVER WHISK!**
6. Pour the topping mixture over the biscuit base. Place in the fridge to set.
7. Decorate with your choice of ingredient.

CHICKPEA TIKKA MASALA

Ingredients (Serves 2)

Curry	
1 can chickpeas (400g) drained	15ml oil - (sch)
2 tomatoes	2tbsp tomato puree
1 onion	1 vegetable stock cube
2 garlic cloves	300ml water (sch)
1tsp ground paprika (sch)	
40g mango chutney (opt)	
50g creamed coconut	
1tbsp curry powder (sch)	

**Container to take curry home in / apron*

Method

1. Prepare the onion - peel and finely chop.
2. Heat 1tbsp of oil in a large saucepan, add the chopped onion and cook for 6-8 mins until soft.
3. Drain and rinse the chickpeas. Chop the tomatoes roughly. Peel and either finely chop or crush the garlic.
4. Once the onion is soft, add the chopped tomatoes and crushed garlic to the saucepan. Cook for a further 4-5 minutes until the tomatoes have completely broken down. Meanwhile, chop the creamed coconut roughly.
5. Dissolve the vegetable stock cube, creamed coconut, and tomato puree in 300ml boiled water.
6. Once the tomatoes have broken down, add the ground paprika, curry powder and drained chickpeas - cook for a further 1-2 minutes.
7. Add the coconut stock and mango chutney if using. Leave to cook for a further 6-8 minutes until thickened in consistency.
8. Remove curry from heat.

RAMEN (EXTRA - can be made using leftovers)

Ingredients (Serves approx. 2)

Essential	Choose 2 or more from this list
Approx. 200g noodles, (egg, rice or udon noodles will all work well)	Handful of mushrooms
2 spring onions	1 red/yellow/orange pepper
2 stock cubes (chicken/beef/veg/pork)	Half a head of broccoli
A form of raw protein; either... 200g chicken, pork, beef, prawns, firm tofu, Quorn fillets	1 head pak choi (use white cabbage for cheaper alternative)
700ml water (sch)	Small piece of fresh ginger
2 garlic cloves	A few baby corn
1-2 tbsp soy sauce (sch on request)	Small handful of mange tout
Fresh coriander (sch/opt)	Chilli flakes (sch)

***If using tofu, please bring 1tbsp cornflour & 1tbsp sugar or honey**

***Med-large water-tight container for taking Ramen home in & apron**

Method

1. Prepare all veg first on a green chopping board- slice vegetables and ginger into thin strips and place on a plate to one side.
2. Peel and slice your spring onions, garlic and keep these separate.
3. Prepare your protein- if using raw meat, slice into thin strips on a red chopping board. If using Quorn fillets, slice into thin strips on a green chopping board. If using tofu, chop into approx. 2x2cm chunks and coat with the cornflour.
4. Fry your protein on a medium heat until thoroughly cooked- if using meat, this should be probed and must be 75°C in the middle. If using tofu/Quorn, fry until crispy and golden on the outside.
5. Whilst the protein is cooking, add 700ml water to a pan and put on a high heat.
6. When the water is simmering/boiling, add your stock cubes and your noodles with any flavour sachets. REMEMBER TO STIR your noodles so they don't stick and to break them up.

7. When the protein is cooked, add the chopped garlic, soy sauce and any honey/sugar, as well as any other seasonings to the pan with your protein and cook for 2 mins then take off the heat.
8. When noodles are cooked, take off the heat- you can make ramen with more or less broth depending on how long you cook them for.
9. Assemble your ramen- add noodles to the container, then arrange your protein on top of the noodles to one side, then do the same with your vegetables to another side. Sprinkle sliced spring onions over the top.



YEAR 9

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