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Speedy Stirfry	Date:	
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Ingredients

200g selection of vegetables: carrots, courgettes, baby sweetcorn, mushrooms, broccoli, green beans, peppers (please choose at least 3)

1 or 2 skinless chicken breasts, (or Tofu, or Quorn for vegetarians)

1 medium onion, chopped

2 cloves garlic.

100g (approx) Straight to wok noodles.

Soy Sauce

****Container to carry food home in**

Method

1. Gently fry the chicken, the chopped onion, and the cloves of garlic in the bottom of the wok until the chicken changes colour (Approximately 5 minutes).
2. Add the vegetables. Stir-fry for approximately 5-10 mins.
3. Add noodles to the wok, and heat for 2 mins.
4. Add Soy Sauce to taste.

Serve

Equipment

2 white trays

Wok

Wooden spoon

Chopping board

Vegetable knife

Garlic crusher

Pinwheels	Date:	
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Ingredients

125g grated cheese

One small onion

2 rashers of lean bacon

185g Wholemeal self raising flour

185g White self raising flour

60g hard margarine

250ml milk

Poppy or sesame seeds (optional)

Method

1. Oven on at 200°C. Chop the bacon, grate the cheese and chop the onion.
2. Sieve the two flours together into a large bowl.
3. Cut the butter up into smaller pieces and rub into the flour until it looks like fine breadcrumbs.
4. Add the milk, a little at a time to form dough. Be careful not to add too much.
5. Roll out the dough to a large rectangle about 30cm by 23cm.
6. Brush the top of the rectangle with milk.
7. Sprinkle your ingredients over the rectangle, trying to keep them even.
8. Firmly roll the dough into a sausage.
9. Brush the top with milk, and sprinkle on your seeds if you are using them. Cut into wheels and place on your baking tray
10. Bake until golden brown (about 20 minutes).

Pineapple Upside down cake	Date:	
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50g self-raising flour

50g margarine

50g caster sugar

1 egg

1 teaspoon brown sugar

Small can pineapple rings

4 glacé cherries

Method:

1. Preheat oven to Gas 5, 190°C.
2. Check accuracy & place cake ingredients in bowl - cream together with butter and sugar
3. Add egg. Sieve in flour
4. Grease and line an ovenproof dish - sprinkle 1 tsp brown sugar in bottom of dish.
5. Place pineapple rings and cherries in dish and cover with cake mixture, smooth down with palette knife.
6. Bake for 20mins until golden brown and springy to touch.

Chicken/Beef Curry	Date:	
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2 chicken breasts (raw) (beef/Quorn/Tofu can also be used)
 2 tablespoons oil or 25g margarine
 1 medium onion
 1 clove garlic
 10g flour
 2 tsp curry powder
 1 tablespoon tomato puree
 1 chicken stock cube (& 350 mls water)
 $\frac{1}{2}$ green pepper (optional)
 50g mushrooms (optional)
 1 apple (optional) (adding a fruit can make the curry less spicy and more sweet!)
 25g sultanas (optional)
 Plastic container with well-fitting lid

Method:

1. Slice the chicken thinly. Wash your equipment!
2. Prepare all vegetable ingredients.
3. Place following ingredients in jug and gently whisk:
 - 350 mls water
 - 10g flour
 - 2 tsp curry powder
 - 1 tablespoon tomato puree
 - 1 chicken stock cube
4. Place oil or margarine in saucepan, add the chicken and lightly brown.
5. Add the chopped vegetables and cook gently for 4 minutes.
6. Stir the mixture in the jug and pour into pan. Bring to boil and simmer for 10 minutes.

Chicken Goujons	Date:	
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2 chicken fillets
 1 egg
 2 TBSP Plain Flour
 2 TBSP Oil
 3 pieces of bread (any type
 Pepper*provide in school

Method

1. Place the 2 slices of bread in the food processor and turn into breadcrumbs.
2. Add breadcrumbs, pepper & any spices into a glass bowl and mix.
3. Place the flour into a plastic sandwich bag
4. Crack the egg and beat with a fork in a plastic bowl.
5. On a red board slice the chicken breast into medium chunks.
6. Add to the plastic bag with flour in and move around carefully to coat.
7. Dip the floured chicken pieces in into the beaten egg
8. Finally coat in the breadcrumbs. Shake off the excess and lay on baking tray.
9. Bake in the oven for 15-20 minutes, turning once on 200.
When golden brown, remove.

Chewy Flapjack Cupcakes	Date:	
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Flapjack layer:

- 40 margarine
- 40g brown sugar
- 1 tbsp syrup
- 55g rolled oats

Cake layer:

- 50g self raising flour
- 50g margarine
- 50g caster sugar
- 1 egg
- 10 cake cases
- Container to take food home in

Method:

1. Light oven Gas 5/190°C
2. Place 40g margarine, 40g brown sugar and 1 tbsp syrup in pan and melt gently. Take off the heat and stir in rolled oats.
3. Place 50g self raising flour, 50g margarine, 50g caster sugar and 1 egg in mixing bowl and mix until light and creamy.
4. Place teaspoons of cake mixture in 10 cake cases and top with flapjack layer. Bake for 20 minutes until golden brown and firm to touch.



Year 8

Food Technology Recipe Book



Please take good care of this booklet!